



FAITH OVER FEAR TENNIS ACADEMY

"Train With Trust, Play Without Fear"



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INTRODUCTION

I believe tennis should shape character, not break it. The game should challenge you, not crush you. A bad day on the court doesn't define you. What truly matters—and what you **can** control—are your effort and attitude. That's where growth begins.

I created **Faith Over Fear Tennis Academy (FOFTA)** to offer something more profound than wins and rankings. It's a complete player development philosophy that trains the body, mind, and heart. Whether you're a beginner, a rising junior, or a coach or parent seeking guidance, FOFTA empowers you to pursue excellence—not perfection—with courage, clarity, and consistency. Unlike conventional coaching methods that emphasize external rewards, such as rankings, trophies, and scholarships, FOFTA focuses on **intrinsic rewards—development, self-improvement, personal growth, and the joy of mastering the game.** Players who train with this mindset have less pressure, develop a lifelong love for learning, competition, and self-discipline, rather than relying on external validation to feel successful. [Research shows](#) that athletes who focus on internal mastery, rather than external validation, not only develop deeper resilience but also often achieve external rewards and have greater long-term success as a result.

What sets FOFTA apart is our foundation in both science and values. Many programs focus only on performance. In addition to performance, we focus on the person because building great tennis players starts with building strong human beings. This approach lays the foundation for developing fierce and fair competitors.

While we acknowledge the profound impact of faith and hope, we embrace them in a way that is inclusive and personal without promoting any specific religion. Rather than seeking to convert, we encourage individuals to interpret and apply these timeless values in a manner that aligns with their own beliefs.





COMPETITIVE OR RECREATIONAL - WHICH PATH?

As your child steps onto the court, one of the most important questions for parents to ask is: ***“What do we want tennis to give them?”*** For some families, the path is competitive—tournaments, rankings, and structured training. For others, it’s recreational—playing for fun, fitness, and friendship. Both paths are valid, and both offer powerful growth opportunities.

At FOFTA, we believe tennis is more than a pursuit of trophies. It’s a training ground for life. Whether your child dreams of college tennis or enjoys hitting balls on the weekend, they’re building essential life skills: focus, problem-solving, perseverance, resilience, discipline, emotional regulation, and respect. These benefits don’t require a podium—they require participation, consistency, and support.

Often, the visible difference that shapes competitive and recreational players comes down to work ethic and time commitment, not character or value. A recreational player might not want to train five days a week—and that’s okay. If tennis helps them become more resilient, confident, and capable in life, it’s doing its job.

Sometimes, players who start with a recreational mindset naturally grow more competitive as they gain confidence and see their game improve. The key is to let that desire come from them. Parents should avoid pressuring their child into more training or competition before they’re ready. Support their journey, trust the coach’s guidance, and let the passion develop at its own pace.

Competitive or recreational, tennis is a gift. Let them play it with joy, gratitude, purpose, and freedom. Seeing them blossom into resilient, well-grounded, and capable adults makes a parent's time and financial investment all the more meaningful.





WHO IS FOFTA FOR?

FOFTA is for students, parents, and coaches who believe that tennis is more than just a game—it's a powerful tool for growth, discipline, and life development.

For Students (Players):

FOFTA helps players of all levels grow not only as athletes but as people. Through values-driven, science-based training, players learn how to set goals, build confidence, develop their skills to the best of their ability, and compete with character. They're taught to focus on what they can control—effort, attitude, and mindset—while developing resilience, strategic thinking, and mental toughness as competitors.

For Parents:

FOFTA provides parents with the knowledge, tools, and support they need to better understand the game their child is playing and to become positive partners in their child's development. Whether you're new to tennis or guiding a serious competitor, FOFTA helps you build a healthy foundation of encouragement, communication, and perspective.

For Coaches and Mentors:

FOFTA provides a comprehensive framework for teaching the whole player. Coaches gain insights into blending technical training with mental, physical, and character development—creating not just winners, but well-rounded young athletes with integrity and purpose.





FOFTA TRAINING SYSTEM: SCIENCE MEETS HEART

FOFTA integrates cutting-edge sports science with character-based coaching (our values foundation). Training is built around the **Core Four** pillars of performance:

1. **Technical** – Stroke mechanics, shot variety, and efficient movement patterns.
2. **Physical** – Agility, strength, endurance, power, and injury prevention.
3. **Strategic** – Court awareness, patterns of play, and tactical intelligence.
4. **Mental** – Focus, resilience, confidence, and emotional control.

These four pillars are applied across the five key areas of play:

1. **Baseline** – Rally control, depth, angles, and consistency.
2. **Serve** – Developing reliable first serves and creative second serve options.
3. **Return of Serve** – Turning defense into offense and reading opponents.
4. **Net Game** – Approach shots, volleys, overheads, and transition play.
5. **Passing Shots and Lobs** – Defensive tools that turn the tide and test composure.

At FOFTA, we don't just build players, we build people. Tennis is a training ground for life, and our mission is to help every player step into that opportunity with trust, courage, and an unshakable belief in their potential.





OUR PRIMARY VALUES FOUNDATION

Goal Setting (SMART Goals)

FOFTA players define their success through Specific, Measurable, Achievable, Relevant, and Time-bound goals. We help them focus on progress over outcome.

Hope

Hope fuels effort. It's the inner voice that says, "*Keep going.*" We teach players to stay motivated through adversity and to see every challenge as an opportunity. Hope provides fuel to work towards and reach goals.

Faith

Faith can be spiritual or simply a belief in oneself, or in the training process. At FOFTA, it's personal and inclusive, guided by each player's own personal values helping them stay committed to their journey even when results aren't immediate.

Work Ethic

Talent is just the starting point. It's consistent, disciplined work that leads to growth. FOFTA players learn how to train with purpose and grit, even when motivation fades.

Effort and Attitude

Your effort and your attitude are always within your control. We emphasize these as the true measure of success, on and off the court.

Win with Grace, Lose with Honor

FOFTA athletes are coached to compete fiercely but fairly. Winning isn't everything. How you handle both victory and defeat reveals who you are.

Sportsmanship

Respect for your opponent, the game, and yourself is non-negotiable. Character is just as important as technique, and we train both.

