



Pro Rules: Creating a Solid Emotional Baseline on and off the Tennis Court

Andrea Ehritt-Vanc

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Over the last twelve years, Stephan Ehritt-Vanc and Andreea Ehritt-Vanc, founders of the Pro-M International Tennis Academy, have played in or coached several players in more than sixty Grand Slams. In their guidebook, Pro Rules, they offer proven principles and a set of values that can help tennis players of all ages improve their game, achieve goals, and ultimately maximize their potential. Presented through five main elements-experience, acceptance-action response, respect, real self-confidence, and mastering the zone-Pro Rules guides tennis players to not only control their physical play, but also their mental play as well. You can learn how to act like a pro in any situation; deal with bad calls; focus despite distractions; analyze, predict, and respect an opponent; strike the balance between self-confidence and overconfidence; and live in the present tense. Pro Rules relies on the lessons of two experienced tennis professionals to share an innovative way of looking at life-both on and off the court-that can guide tennis players to find their professional core, learn control, and master their game by following their instincts with mastery and precision.

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