Sooner or later, irrespective of your sport, you'll fail at some level. It's inevitable. And I know that you don't like to hear that. The truth is there's not much that you can do about it. But there's a lot that you can do to prepare for that moment and the way you handle yourself afterward. And it's the "afterward" that's critical because the competition goes on, your life as an athlete goes on, and you'll need to be able to slam a home run despite what happened moments ago.

MENTAL TOUGHNESS

ONLY THE MENTALLY TOUGH CAN DEAL WITH SPORTS ADVERSITY.