A Story of Redemption, Resilience, and God's Grace

I didn't grow up with much stability. In high school, my home life was full of turmoil. I often felt like I was just trying to survive the chaos. I needed a healthy outlet, and tennis became my lifeline. It gave me something to hold onto: a reason to leave the house, something to commit to, a space where I could breathe, move, and focus. It was more than a game. It was where I began to heal.

Through tennis, I found structure, discipline, and a safe outlet to release the stress I carried. Just rallying a ball across the net was therapy for my soul. The physical movement gave me strength. The competition taught me to problem-solve. The team experience reminded me that I wasn't alone. God used tennis to pull me through one of the darkest times in my life, and in doing so, He planted purpose in my heart.

As I grew older, doors opened. I received opportunities I never imagined: new environments and a deeper understanding of how God can use anything, even a sport, to restore and rebuild. That's why I knew one day I would come back and use this game to bless others.

Mindful Tennis by T.R.I.N.I.T.Y. is the fruit of that promise. This program is my way of giving back what was so freely given to me, a space where young people can find peace, joy, and purpose through tennis, and where they can learn to lean into resilience, faith, and their God-given strength.

Here, we don't just work on forehands and footwork. We breathe. We reflect. We talk about emotions. We create space for healing and growth. Whether through one-on-one coaching or group sessions, I help youth see that their struggles do not define them. There is hope. There is strength inside of them. And God has a plan for their lives. So if your child needs an outlet, a boost of confidence, or simply a place to grow surrounded by care, this is the space. It's not perfect. But it's rooted in love, and it's covered in prayer.

With love and purpose,

Krys Murray
Coach, Mentor & Founder
T.R.I.N.I.T.Y.