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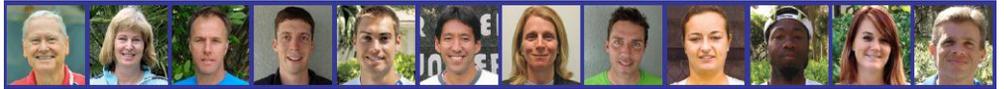
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Rise Up in the Ranking Lists

Every tournament player gets concerned at one point or another about their place in the rankings. For juniors, it's because they want a good scholarship, or they want their Federation to notice them and possibly give them financial support/enter them for big tournaments. Sport companies offer equipment and clothing sponsorships based on results and or rankings. For pro players, many of the same rewards are tied into ranking – with higher stakes. Players earn their living by winning matches at bigger tournaments. The lessons learned in juniors/college on how to deal with the pressure of earning ranking points are really important, and can make the difference between a successful career and a long, unhappy struggle.



For successful players, improving their game is their focus instead of ranking. They look at tournaments as the chance to earn more points, and while they are aware of the need to defend points earned, they simply try to enjoy the process of competing. This is easy to do when things are going well; much more difficult when you're struggling to find the answer to an opponent's great shots, or making lots of unforced errors. However, it's critical that you take control of your feelings in tough situations, and find a way to turn the match around. If you don't, you will certainly lose.

Every player loses sometimes. Don't let ranking pressure contribute to a loss. Fight as hard as you can in all your matches until the last point is over. If it turns out badly, spend some time thinking about what you can do better to win next time. Then turn your back on the loss, and move forward. What's done is done. Apply what you learned in your next match, and try your hardest to pull off a victory. Winning more means a higher ranking, which means more opportunities. So focus on getting better and stronger in all areas- work on strengths and weaknesses in practice, and watch your name rise up in the ranking list. But don't check it every week- your hard work will pay off with more wins, which automatically brings success in the rankings.

Van Der Meer Summer Clinics / Academy Weeks

Summer is just around the corner, and so are VDM Summer Clinics/Academy weeks. Get ready for your upcoming tournaments by joining the expert coaches at Van Der Meer. Limited spots available at VDM academy boarding. Get the Van Der Meer Advantage!



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Tournament Results

March started off great for the Van der Meer Academy when Masako Makiba won the 18's Girls singles title at the Sportsclub Junior Challenger. Later in the month the team travelled to the Topspin tournament in Lexington. Scarlett Walston, Kate Christensen, and Taylor Childress all made the consolation finals and Diana Colen secured a trophy for 4th place overall! Near the end of the month the team travelled to the Aquafina tournament which was unfortunately rained out. The team is training hard and looking forward to competing in several tournaments in April including the Pepsi Junior Open!



Carsten Fisher recently qualified in an ITF junior tournament in Puerto Rico, and went on to win the doubles and reach the finals of singles. He was able to focus on performance, not outcome and look at the results-Lots of points for Carsten!



College Signing

VDM Academy student, Heritage senior Yuriko Ono has signed a letter of intent to play for Western Michigan. Originally from Japan, Yuriko worked diligently and made National Honor Society, while taking her tennis to a very high level. Tommy and Miki Shimada, Marcos Ondruska, and Pat Van der Meer are pictured (right) surrounding Yuriko. Go Broncos!



Periodization for Tennis

By Meaghan Miller, Certified Athletic Trainer

Tennis conditioning requires exercises to be specific for the demands of tennis. In order to balance the workout load between conditioning, practice and tournament matches, it's best to plan your schedule using periodization concepts. Periodization breaks tennis into four phases, with specific training and conditioning goals. These phases include:

- 1. The Preparation Phase:** In this phase the emphasis is on maximal off court conditioning to improve flexibility, strength, and endurance. This conditioning program incorporates core and leg strength, running, and flexibility exercises.
- 2. The Transition Phase (Pre-Competition):** This phase focuses on more tennis specific exercises, such as shoulder strength and flexibility and short running activities/footwork drills. There is an increase amount of tennis played in this phase. This phase emphasizes the transition from building muscle endurance to training for strength and power.
- 3. The Competition Phase:** This phase is a high intensity period where tennis is played at a maximal level. The conditioning consists of maintenance exercises which include rotator cuff strength, endurance sprints, shoulder flexibility, and core strength.
- 4. The Recovery Phase:** This phase focuses on recovering from the physical and mental stress endured during the competition phase. While a fitness level should still be maintained, it is important for the player to stay away from serious tennis training and to give their body a rest. Cross training and other activities besides tennis are encouraged during this phase to maintain a fitness level.

Fitness Stars of the Month



Tim Becker



Nicole Sister