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Get Your Game Face On

Part of being a great competitor is looking the part. A strong, composed expression combined with body language that lets your opponent know that you are never, ever, under any circumstances going to give up is one of the keys to winning tough matches. Even if you have to fake it until you feel it, you must keep a strong, fighting demeanor.

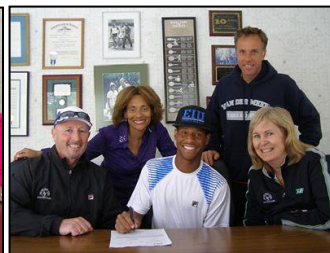
At the younger ages it is often very apparent who is winning and who is losing just by looking at each player's face. Tears flow easily, anger is very apparent, and matches slip away with lack of emotional control. Usually this changes with experience and maturity, but some teens struggle with themselves longer than others. Confidence is a very fragile quality for many; more than you would ever know suffer from self-doubt at times. The great competitors understand this, and mask their negative feelings so their opponents never know. They recognize that by keeping their emotions hidden they don't give their opponents an opening. That's why we tell our players **"Get your game face on"** whenever they go on court for a match.



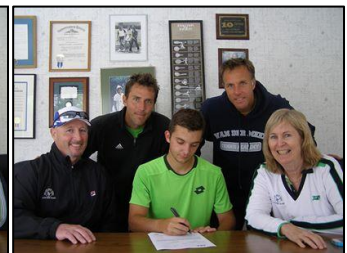
April College Signings



Nick Johnson signs at
University of Charleston, WV



Jared Woodson signs at
Eastern Illinois

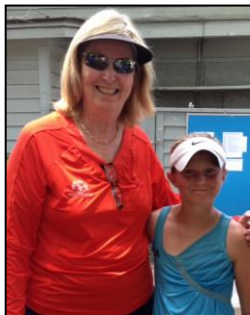


David Botti signs at
Old Dominion

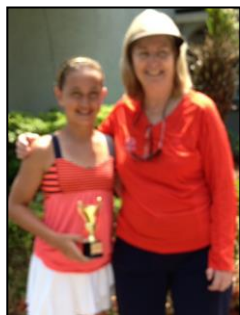




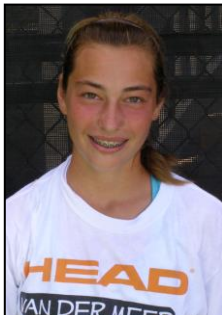
Tournament Results



Southern Level 1A VDM
Mary Grace Armistead
5th Place in Singles
Girls 12's



Southern Level 1A VDM
Kylie Collins
3rd Place Singles
Girls 12's



**Southern Level 1A
Clemson**
Jade Lewis
5th Place Singles
Girls 18's



Snee Farms Tournament
Conrad Alford
Winner Singles
Winner Doubles
Boys 12's



Snee Farms Tournament
Thor Pullon
Winner Singles
Green Dot
Boy's 12's

Fitness Corner

By Pat Van der Meer

Summer has arrived in the South...that means you need to think about hydration, hydration, hydration! Not just during the match/practice-that's too late. You need to be drinking the night before as well, and afterwards as well. Many players in the know are taking a recovery shake (containing 4 parts carbohydrates and 1 part protein) within 45 minutes of their match. They believe it can give about a 20% boost in their performance the next day. If they have another match the same day, they reduce the amount in half, so they don't feel bloated. Some players prefer powdered versions to mix themselves, some buy pre-made shakes, available in most health food stores.



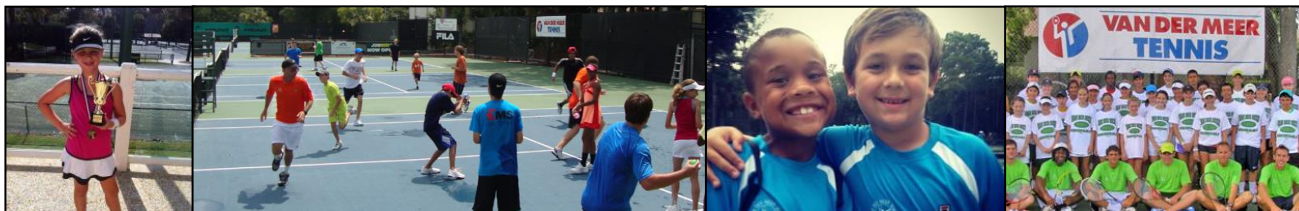
Summer Camps

Get the Van Der Meer Advantage this summer at one of the following programs:

Starting June 2nd running through August:

- Academy Weeks (for Ranked Tournament Players Only) Ages 14 and up
- Junior Summer Camp (All levels will be grouped by ability) Ages 11 and up
- VDM QuickStart Tennis and Day Camp (green, orange, red and foam balls) Ages 4 and up

Multiple week, multiple family member discounts. Also inquire about adult programming at VDM Shipyard Racquet Club for parents.



Upcoming Events

May 19-23 – Total TennisUniversity (Free “Guinea Pig” lessons from 5-6pm Mon-Thurs)
May 24- June 1 – Head/First Federal USTA Pro Circuit Women's 10 K Tournament