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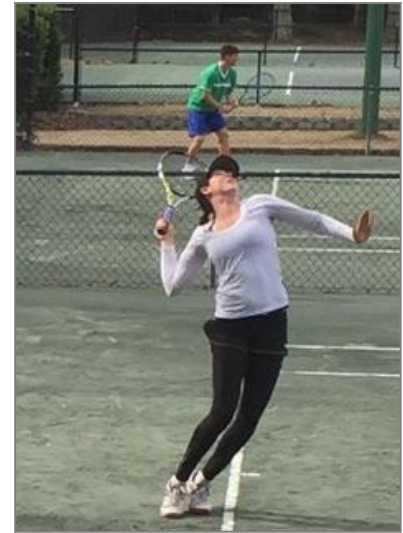


## Basic Clay Court Tactics

It's that time of year again- clay court season for the pro tour. Watching Rafa and other clay court experts slide on the European red clay gearing up for Roland Garros is inspiring to tennis fans around the world. During this time of year, you can learn a lot about how to win on clay, be it red or green, by watching the pros.

Great clay court players slide into their shots, usually off their front foot, dragging the back foot to slow them down with balance. Balance is very important on this tricky surface, which varies according to amount of moisture. Sometimes slippery and fast, often heavy and slow, it's important to recognize the state of the court; it will change your footing and shot selection.

Generally speaking, topspin and slice are very effective on clay. Patience and craftiness, strength and endurance are critical factors on a surface that encourages epic battles of will and skill. Using heavy topspin to push your opponent back or off the court, then using a delicate drop shot is a pattern that works when you are in control, and in good position. You must not think the point is over; you must be prepared for their response with a solid passing shot or topspin lob. The trick in playing a drop shot is to hit the ball on the rise so the arc is highest on your side of the net. This ensures that the ball is descending when it reaches the other side of the net.



## Team USA Names Dennis Van der Meer 'Legendary Coach'

Dennis Van der Meer was named a "Legendary Coach" by Team USA along with Jimmy Evert and John Wilkerson. The trio were honored at the Easter Bowl 2015, and Patrick McEnroe presented Dennis' award to Pat Van der Meer during the USTA Annual Meeting in Boca later that week. Van der Meer has coached world champions in singles and doubles, as well as national and international junior champions over his long career, in addition to training countless other coaches all around the world. His unique ability to integrate sport sciences and tactics along with stroke production has helped bring out the best in his many students.



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### Tournament Results



Sam Cochrane defeated Will Advocaat in Boys 18's at TLC



Saera Kanda beat Mary Ann Aaron in the Girls 18 final at the TLC



Soh Kuyama defeated Michal Rapsik in Boys 18's final at TLC



Thompson Byrd beat David Phillips in Boys 14's final at TLC



Sam Cochrane won the 16's singles backdraw and 16's doubles with Thompson Byrd, who won the 14's singles at the Classically Carolina



The VDM 12's team won many matches at the Easter Bowl. Kylie Collins won 3 singles matches, Sydney Ratliff won 4 singles matches and JJ Tracy made the round of 16 in singles and the semis in doubles finishing 4th



Jack Armistead made the finals of 12's singles and doubles and Mary Grace Armistead made the semis of 14's doubles at the Icy Hot Southern Level 2 Championships in Auburn

### Fitness Corner - Two Player Balance & Loading Drill

by Katie White, Fitness Coordinator

This drill is a great way to combine both stability and balance along with side to side movement and efficient loading. Player A holds their position on one leg on the BOSU ball, maintaining a squat position with good posture, keeping their back straight and knee behind the line of the foot. While holding this position, they throw the medicine ball side to side for player B to run out to, efficiently load on the outside leg, and throw back to player A. After a certain number of side to side repetitions, player A switches to the other leg and completes the same number of throws to player B. After the exercise is completed, the two players switch roles.

Doing this exercise helps to maintain good stability in both the core and legs during ground strokes, and also effectively improves the loading phase of the stroke in order to push the body weight forward through the ball. It is an efficient fitness exercise that allows 2 players to be working on tennis specific movements at the same time.



### Summer Junior Camps & Academy Weeks

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