



**Dennis Van der Meer**  
Founder

**Pat Van der Meer**  
Academy Co-Director

**Thomas Richter**  
Associate Director

**Vince Bilotta**  
Head Professional

**Tommy Shimada**  
ATP Pro/Coach

**Wayne Ferreira**  
ATP Pro/Coach

**Elizma Nortje**  
Head Pro, Mental  
Training Director

**Katie White**  
Academy Fitness  
Director

**Christian Rangelov**  
Sr Academy Coach

**Alfredo Soliz**  
**Dan Couzens**  
**Reggie Sanderson**  
Academy Coaches

**Sally Droop**  
Quickstart Instructor

**Katee Sanderson**  
Admissions Coordinator

**Barbara Schafer**  
Head of Housing

## The Characteristics of Successful College / Pro Tennis Players

Not surprisingly, the best players share commonalities. Focus, drive, competitive spirit, fitness, mental discipline and work ethic all combine with athletic ability/talent to create the mix of ingredients found at the base of most great players. College coaches are also looking for compatible personalities; they want “team players” who won’t tear a team apart through selfishness.

Is one of these characteristics more important than others? Must you have all of them in order to succeed? Our experience tells us that you can succeed if you have certain ones, despite being weaker in others. But it’s getting harder and harder for those with glaring weaknesses to compensate. All tennis athletes train harder and better than in the past. Fitness is imperative. You just can’t get away with being slow or unable to last. And no one wants to be injury –prone.

Dennis Van der Meer always believed there are intangibles, as well as obvious traits, like foot speed and a good head under pressure. But he felt that players with a certain look in the eye, along with belief in themselves, combined with willingness to put themselves on the line would surpass equally talented competitors. Some call it heart, some call it a competitive edge...Dennis always recognized superior ability. He got aggravated when others said “(S)he’s too small”, or “(S)he’s got a poor serve./attitude/volley...” His least favorite comment was “(S)he’s too old (at 16 or 17) to make an impact.” Being a wise coach, Dennis always looked at the strengths of his players, and spent as much time developing those as he did improving weaknesses. He balanced match play and drilling; knowing players need to be good at grinding out match wins, not just good at striking balls.

In order to be successful in tournaments, (which is why college coaches want you to play for them) you need to try to pack your racket bag with many of the traits identified by the Olympic committee as being important for success in competition:

- 🏆 Ability to focus
- 🏆 Ability to Cope
- 🏆 Goal Setting Ability
- 🏆 Mental Toughness
- 🏆 High Drive
- 🏆 Emotional Control
- 🏆 Competitiveness
- 🏆 Intrinsic Motivation
- 🏆 Coachability
- 🏆 Confidence/Hope
- 🏆 Ability to Click into Automatic Performance
- 🏆 High Optimism



Pack your bag with everything you need to be a champion

## JUNIOR SUMMER CAMPS — TAKE IT TO THE NEXT LEVEL

Have the best time of your life - train hard, get fit, play awesome tennis with Junior, Collegiate and Pro tennis players from all over the world. Stay for a week or a month in housing or with your family. Learn from ATP, WTA, ITF & Davis Cup Professionals. Our program has produced Ivy League, SEC, ACC and Big 10 college scholarships as well as ATP, WTA, ITF and Davis Cup professional players. **Visit [www.vdmtennis.com](http://www.vdmtennis.com) or call our sales department for more information.**



# VAN DER MEER TENNIS ACADEMY

HILTON HEAD ISLAND, SC 1.800.845.6138





## TOURNAMENT RESULTS

### MARTINIQUE ITF

Beau Pelletier won the doubles championship.



Beau Pelletier at Martinique



VDM students at Classically Carolina

### CLASSICALLY CAROLINA - CAMDEN

Molly won 18's, Mayu won 16's, Ryohei won 16's and Jije was 16's finalist.

### VAN DER MEER UNDER 12 TOURNAMENT

Sierra Seabra-Taylor won 12 A singles, Olivia Rose Besecker was a finalist, Alex Ruckno was a finalist in 12 A singles and doubles. Cassie Cohen/Amelia Stinson won 12 doubles, Carly Anthony/Maya Shimada won 10 doubles, Hailey Poplin/Alyssa Ruckno were finalists. Will Henry Alford won 12 B singles and Charles Byrd was a finalist. Will Henry Alford/Jackson Livingston won 12 B doubles and Charles Byrd/Alex Zhu were finalists. Cassie Cohen won 12 B singles.



Winners & finalists from the TLC Spring Junior Tournament

### TLC SPRING JUNIOR

Great job at the Bluffton Tournament Coach Reggie and VDM kids. Winners and finalists in most categories- very happy for our kids.

### SC STATE JUNIOR CHAMPIONSHIPS AT ROCK HILL

Robert Hagen won singles in 14's. Matt Oliver and Adam Kush finished 3<sup>rd</sup> and 4<sup>th</sup> in 16's while Brooke Schafer made the semi-finals in 12 doubles.



Winners from the Van Der Meer Under 12 Tournament

### ICY HOT MONTGOMERY

Kylie Collins finished 3<sup>rd</sup> in 16 singles while Anna Letto and Sayda Hernandez finished 3<sup>rd</sup> in 16 doubles.



Robert Hagen at Rock Hill

### STA L 1A CLEMSON/FURMAN

Beau Pelletier finished 3<sup>rd</sup> in 19 singles and made the semi-finals in 18 doubles. Jac Pelletier made the quarterfinals in 18 singles.

## FITNESS CORNER – SPEED & AGILITY TRAINING

By Katie White

Speed and agility training are vital to creating a successful tennis player. The most important aspect of speed training is developing a quick first step to react to the oncoming ball. Ball anticipation skills are important elements for young players to be taught, which helps even slower players get to balls that are difficult. First step acceleration can also be improved using light and sound cues, resistance bands to improve reactions and anticipation to the oncoming ball. Agility training exercises can be completed using a lot or little equipment. These can include an agility ladder, cones and/or simply lines on a tennis court.



Tennis players typically need to run fast for short distances during competitive play, so it is necessary to train for this. Speed and agility training consists of short bursts of movement followed by a rest period, requiring co-ordination of different areas of the body. It can be done both under instruction of a fitness trainer/coach or alone if the player is self-motivated and has a good understanding of the specific drills which can help them. Being faster on the court requires ongoing practice and determination from the player.

