



VAN DER MEER TENNIS ACADEMY

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SETTING GOALS FOR VDM'S ACADEMY YEAR 2016-2017

Time has flown! While the heat index doesn't show it, summer is over and school is in full swing. Many of our kids are off to/ back to college. The juniors and seniors in high school have their minds focused on getting recruited to the school of their choice, so they can get a great education while playing for a team and coach where they will flourish.

Part of my responsibility for the USTA Pro Circuit Committee has been to track pathways for collegiate players who have been successful on the pro tour. Yes, you can do both Stevie Johnson, John Isner and Nicole Gibbs, are among the many who have had great success in college and on tour. You don't have to sacrifice college to turn pro, nor do have to sacrifice your dream of playing pro to go to college. With the right coach and program, you can do both! Yes, you need to work hard to manage both studies and top tennis, but lots of effort is required in order to reach all lofty goals!

In setting goals, you need to think about where you'd like to be. If you don't set high goals for yourself, you definitely won't go far. Think of this saying - "Shoot for the moon; if you miss, you'll land amongst the stars..."

Get the picture? Aim high, and adjust along the way. Don't set time limits for yourself; injuries and other obstacles usually present themselves. But don't quit striving for excellence; simply adjust your timetable!

You definitely need to write down immediate things you need to work on to help you reach these goals. A solid game isn't built in a day. It takes many repetitions to be able to count on a new stroke under pressure, just like it takes time and work to increase strength, speed and agility. Mental toughness skills require the same commitment and practice. Daily effort reaps long-term rewards.

College coaches are looking for players who show maturity and clarity regarding their goals. They want to be sure their team members know how to work to achieve individual and team goals. The best coaches select their recruits by looking at results, work ethic, and consistent effort to improve. Competitive ability, problem solving, and positive personality are sought after traits. Good teams are comprised of strong individual players who can fight hard on court, are compatible, and support each other.

If one of your goals is to be recruited by a top team, you need to work to show these traits daily in practice and in your tournament play. The new UTR system is geared to help you remember to work hard for every game. Coaches are increasingly using this evaluation system in their recruiting, as it shows effort and ability. A 7-6, 5-7, 6-7 loss is a lot different than a 3-6, 0-6 loss.

Set high goals, write them down, and make a plan that helps you get a bit better each day of this academy year. At the end of the year you can feel proud that you've given your best effort to reach the moon!

JUNIOR SUMMER CAMPS — TAKE IT TO THE NEXT LEVEL

Van Der Meer Academy had an awesome summer - full camps with lots of great match play on all surfaces along with excellent tournament results. Our Academy players won 3 Southern Closed Events - Boys 18's and 14's, and Girl's 14's! Our 16's girls did really well too, despite the draining Arkansas heat. Holiday Camps for 2016-17 are now taking reservations, and the dates for 2017 summer camps are coming out soon. Boarding was full last summer, so reservations should be booked well in advance. **Visit vdmtennis.com or call our sales department for more information.**



VAN DER MEER TENNIS ACADEMY

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TOURNAMENT RESULTS

VDM ACADEMY CLASSIC

- Boys 18 winner-** Tommaso Rossin
- Boys 18 finalist-** Will Danzell
- Boys 18 doubles winners-** Matthew Oliver, Will Danzell
- Boys 18 doubles finalists-** Tommaso Rossin, Ryohei Arai
- Girls 18 winner-** Olga Zavorotnaya
- Girls 18 finalist-** Madison Dillon
- Girls 18 doubles winners-** Olga Zavorotnaya, Madison Dillon
- Girls 18 doubles finalists-** Anna Letto,, Frankie Trella
- Boys 16 winner-** Colt Tegtmeier
- Boys 16 finalist-** Joseph Kvint
- Boys 16 doubles winners-** Colt Tegtmeier, Nehemiah Molla
- Boys 16 doubles finalists-** Abel Assfaw, Jarrett Karnibad
- Boys 14 winner-** Robert Hagen
- Boys 14 finalist-** Davis Phillips
- Boys 14 doubles winners-** Michael Oliver, Davis Phillips
- Girls 14 finalist-** Rebecca Stepleman
- Girls 14 doubles winners-** Rebecca Stepleman, Natalie Bassett
- Boys 12 finalist-** Patrick Mihai
- Girls 12 winner-** Brooke Schafer
- Girls 12 finalist-** Sierra Seabra-Taylor
- Girls 12 doubles winners-** Brooke Schafer, Sierra Seabra-Taylor
- Girls 10 doubles finalists-** Carly Anthony, Maya Shimada
- 8/under winner-** Townsend Mikell

CITADEL

- Boys 18 winner-** Tommaso Rossin
- Boys 18 back draw winner-** Matthew Oliver
- Boys 18 doubles finalists-** Tommaso Rossin, Ryohei Arai
- Girls 18 finalist-** Sayda Hernandez
- Girls 14-** Natalie Bassett finished 3
- Girls 12-** Emily Ruckno Quarters of singles, Q14's doubles (with Rebekah Stepleman)



PEPSI

- Boys 18's-** Ryohei Arai- finished 3
- Boys 18 Doubles Finalists-** Ryohei Arai, Nehemiah Molla
- Girls 18 BD winner-** Sayda Hernandez
- Boys 12 BD winner-** Patrick Mihai
- Girls 12 winner-** Brooke Wrigley, doubles finalist

FITNESS CORNER – VDM ACADEMY FITNESS TESTING

By Katie White

Fitness testing is a major part of the on court fitness training regime at Van Der Meer Tennis Academy. It is usually carried out at the beginning and end of each semester in order for the athletes to evaluate which areas have shown the most improvement and which areas need further focus over the next few months. Fitness testing not only shows strengths and weaknesses of the players, but it helps to motivate them to become greater and work harder. It is known that better conditioned athletes have a higher level of self-confidence, and helping the players to keep a track of their improvement is a great boost to their confidence levels.



Our fitness testing consists of: 1 mile run, 20 yard dash, spider drill, shuffle test, vertical jump test, medicine ball chest pass test, the push up and sit up test and the racket touch test. These are all tests which are specific to tennis movements and cover many areas of physical fitness including speed, endurance, muscle strength and endurance and agility.

