



Dennis Van der Meer
President

Pat Van der Meer
Academy Co-Director

Vince Bilotta
General Manager

Marcos Ondruska
Academy Director

Thomas Richter
Head Professional

Tommy Shimada
ATP Pro/Coach

Sally Droop
Quickstart Instructor

Heinrich Bremer
Maggie Ekert
Koeche Smith
Academy Coaches

Meaghan Miller
Fitness Coordinator

Tammy Pett
Admissions Coordinator

Russ Crandall
Head of Housing



Welcome Back Marcos Ondruska

Van Der Meer Academy is very happy to announce the return of Marcos Ondruska, former ATP #27, to head up the teaching staff. Marcos, who hails from South Africa, trained part time at Van Der Meer Academy until his retirement from the tour. He then took the world-renowned VDM TennisUniversity, and launched his teaching career at Van Der Meer Academy. He has since coached several top juniors and young touring pros; raising their world rankings significantly.

Marcos has moved with his wife and 2 children to Hilton Head and is already making a big impact on court. The Olympian and Davis Cupper brings a wealth of experience to our students, and his emphasis on developing all aspects of each player falls right in line with the vision of our founder, Dennis Van der Meer. Dennis is very happy to have Marcos on court, carrying out his vision along with the top coaching staff already in place. Most of our current players are returning, (only 2 seniors graduating this year) and we will see lots of new faces from the US and overseas.

Our Academy team will be very, very strong next year. The Van Der Meer tradition of excellence continues!



Tournament Results

Congratulations, Yuriko Ono, Olga Zavarotnaya and Will Danzell on winning the 18's, 14's and 12's MD at the Pepsi Junior Open April 21-22.

May 4, 2012 - Iris Junior Championships

- Valerie Droop won the G16 Singles and was the runner-up in G16 Doubles
- Tristan Puehse won the B14 Doubles and finished in 3rd place in the B14 Singles
- Nic Puehse won the B14 Doubles and was the runner-up in the B14 Singles
- Natasha Puehse finished 3rd in G12 Singles and won the G12 Doubles

April 13, 2012 - St. Andrews Spring Challenger

- Tristan Puehse won the B14 Singles and Doubles
- Nic Puehse won the B14 Doubles and was the runner-up in the B14 Singles
- Natasha Puehse was the runner-up in the G12 Singles and made the semi-finals in the G14 Doubles





VDM Trainer's Corner - Shoulder Pre-Hab

Most tennis shots utilize the muscles that are on the front side of the body. With a good practice regime, these muscles tend to strengthen as the process of breaking down and rebuilding happens on a day to day basis. This starts a pattern of pulling the shoulders forward, and the muscles that are at the back of the shoulder and around the shoulder blade are often neglected. Left for long enough, players might start getting Rotator Cuff injuries, inflammation around the shoulder joint, and potential pain in the bicep region.

I am sharing three simple exercises that will help negate this process and stabilize the shoulders. The amount of weight used should be light – anywhere from 2lbs to 10lbs - depending on the age and strength of the player. Form should be emphasized over weight, so that the exercises are performed correctly. If correct form cannot be maintained, then lighten up the weight.



Front Raise



Reverse fly pronated



Reverse fly with external rotation



Staff News

Van Der Meer Academy welcomes Certified Athletic Trainer, Meaghan Miller of California to the staff. A recent graduate of Chapman College, Meaghan will be working with all ages and levels of the camps and academy in the areas of fitness and injury prevention / basic treatment. We are very excited to have her here in Hilton Head.

Summer 2012 Programs for Ranked Tournament Players

Our expert staff will lift your game with tactics, strategy, mental toughness, fitness, as well as a thorough look at your current stroke arsenal. Your weapons and weaknesses will get the work needed to reach your highest potential. Match play and point play drills will be interspersed with individual attention. Join the best team at the best facility for your best summer results ever!

Training Schedule

May 28 - August 31, 2012
Mon-Fri 9:00 - 12:00, 2:00 - 4:00

Fees

Morning Session	\$90
Series of 5 AM Sessions	\$425
Weekly - Full Day	\$800

COVERED AND INDOOR COURTS - YOU WON'T GET RAINED OUT

