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Winning and Losing

It goes without saying that of course everyone prefers to win. Losing is not as much fun, even if you play well. But if winning becomes the only important thing in your life as a tennis player, you are going to be miserable a lot of the time as you play stronger and stronger events. Somehow you have to learn to enjoy the process of improving and trying the right things at the right time almost as much as actually clinching the match, or winning the tournament. Resiliency after defeat for whatever reason is key to maturing as a player. Take time to analyze what you could have done better; decide if you lost the match, or simply got beaten by someone playing better that specific day. Think about what you could try next time you play that person. Never assume that because you've always beaten someone, it should always be the same result. That person is also working hard and improving. You need to be confident, but still maintain a level of respect for all opponents. Not so much respect that you fear them, but enough that you don't need excuses should you lose. If you never lose, you probably aren't pushing yourself quite enough in terms of tournament levels, just as too many losses means you need to find a way to regain confidence by getting a string of wins at events lower than you usually play. A ratio of 2 or 3 wins to one loss means you're improving.



A blast from the past - Dennis Van der Meer working with top 50 WTA players Joannette Kruger and Christina Papadaki in Rome.

Remember, even top collegiate players and tour professionals have some unexpected losses, and while momentarily devastated, they turn around and learn from each loss. Determination and resiliency combine to enable them to make lemonade out of lemons. They gain something valuable from each loss; helping them to become even stronger competitors. And you don't hear Roger or Rafa complaining about any circumstances leading to their defeat; no excuses! They show respect for their opponent by giving them credit for their performance. They understand that being gracious in defeat gains them even more respect and admiration from players and fans alike.

Upcoming Events

April 26- 28 - Southern Level 1 A Junior Tournament - 12's and 14's
May 24- June 1 - USTA Pro Circuit Women's 10 K Tournament



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Tournament Results

The South was pretty rainy on the weekends during March. Most tournaments experienced delays, and several had to be cancelled after several rounds. Sometimes shortened formats were adapted to try to finish. While difficult to deal with, it's all part of learning to be a competitor. Learning how to handle uncertainty, scheduling problems, change in routine is important for performance athletes..

Topspin

Jack Armistead and Madison Dillon won first two rounds before being rained out.

Aquafina

Jacqueline Pelletier, Alexis V, Masako Makiba and Mary Grace Armistead all won their first two rounds before being rained out.

Icy Hot Southern Level 2

18's - Carolina Lewis got 3rd at Doubles Girls 18s; Jade Lewis made the finals of singles

12's - Jack Armistead made the finals of doubles; MG Armistead won the backdraw of singles; Kylie Collins made the semis of singles

Other Tournament Results

Sam Fried - Won Lowcountry Challenger in Charleston without dropping a set.

Trevor White - Won Florence Junior Challenger

Nathan Perrone - Won GA Adult Clay Court Championships March 7

The Need for Speed – Getting There With Time, not In Time

By Pat Van der Meer

Part of being a great player is being quick to recognize what is happening, and to respond with a speedy first step. A fast player can get to most balls with time enough to make the best tactical play, as opposed to a slower person who barely gets to the ball in time and is forced into an emergency shot. A mentally quick player can rapidly determine through visual clues what opportunities are likely to present themselves; get in position early and take advantage of the situation. Fewer emergency shots can make the difference between winning and losing.

A strong, fit player can maintain speed throughout the match, and wear down a less-conditioned opponent both physically and mentally. Being in great shape enables you to compete with other players who are equally focused on eating well, hydrating properly, and working out. Superb fitness gives you the edge they need to maintain speed deep into draws.



Spring and 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

