



# VAN DER MEER TENNIS ACADEMY

## NOVEMBER, 2016 NEWSLETTER



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Academy Coaches

**Sally Droop**  
Quickstart Instructor

**Barbara Schafer**  
Head of Housing

## WHAT DOES IT MEAN TO COMPETE?

Some players get it from the start; competing means trying your best, giving your all, putting yourself on the line every time you go on court. These players improve faster than others, because they are willing to listen and learn from losses, and understand that giving everything you have brings quicker success than holding back, making excuses, blaming outside factors, or being closed to changing problem areas for future improvement. Whatever the score says, you are a winner in each match if you give your best effort.

The players who struggle with competition need to be willing to grow as players; secure in their identity off court as valuable, successful people who are loved by others for themselves. Kids need to learn early to accept defeat gracefully, while trying their best to win a match fairly. They must understand that their identity is not reliant solely upon their success on the tennis court. As teenagers, they must learn emotional control despite many changes in their bodies including height and weight changes (or delays in these physical factors). Maintaining a

sense of balance with humor is important to navigating the teenage years. Being smaller does not mean you cannot be a successful competitor; but you must be convinced you can rely on speed, endurance and intelligence in order to win matches. Your game plan needs to be adaptable and you must have the heart to compete!

At Van Der Meer, we give all our players the tools to compete, and watch each one for the spark of joy in giving their best daily to ignite future success. We coach them daily, looking for breakthroughs in their understanding of what makes a successful competitor. Once they get it, they become extremely valuable college recruits, and happy, positive players who have confidence in themselves. A confident game face and strong body language when competing are big factors in managing momentum shifts and predicting future successes in competition!



Long time VDM Academy player and recent Bucknell graduate Nick Bybel recently earned his first ATP points in Stellenbosch, South Africa. Way to go Nick - 2017 is looking good!

## JUNIOR SPRING BREAK & ACADEMY WEEKS

Make your plans now to train with the best over Spring Break. Kick it up a notch with our World Class Coaches. Take it to the Next Level on court at the world famous VDM Tennis Center. Visit [vdmtennis.com](http://vdmtennis.com) or call our sales department for more information.



## 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](http://vdmtennis.com) or call our sales department for more information.



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HILTON HEAD ISLAND, SC 1.800.845.6138



[WWW.VDMACADEMY.COM](http://WWW.VDMACADEMY.COM)

[WWW.FACEBOOK.COM/VDMTENNISACADEMY](http://WWW.FACEBOOK.COM/VDMTENNISACADEMY)



## TOURNAMENT RESULTS

### K-SWISS KIAWAH ISLAND

- Boys 18 3<sup>rd</sup> Place – Matthew Oliver
- Boys 18 doubles semifinalists – Will Danzell & Matt Oliver
- Girls 18 winner – Sayda Hernandez
- Boys 14 finalist- Robert Hagen
- Boys 14 semifinalist – Davis Phillips
- Girls 14 doubles finalists – Rebekah Steplemen & Natalie Bassett
- Girls 12 winner – Brooke Schafer

### SOUTHERN JR CHAMPIONSHIPS AT CITADEL

- Boys 18 quarterfinalist – Tommaso Rossin
- Girls 18 quarterfinalist – Madison Dillon
- Boys 14 quarterfinalist – Robert Hagen
- Boys 14 quarterfinalist – Davis Phillips

Play was canceled due to rain

### ICY HOT CHATTANOOGA

- Girls 3<sup>rd</sup> Place – Brooke Wrigley

### NORCROSS USTA CLOSED REGIONAL

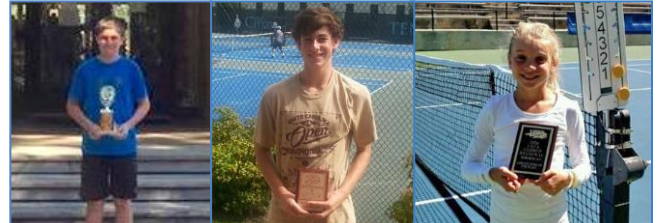
- Girls 5<sup>th</sup> Place – Brooke Wrigley

### AUGUSTA GA STATE FALL OPEN

- Girls 14 finalist – Natalie Bassett
- Girls quarterfinalist – Rebekah Stepleman
- Girls doubles semifinalists – Natalie Bassett & Rebekah Stepleman

### ATLANTA ITF

- Tommaso Rossin – Qualified for main draw
- Anna Letto – Reached the round of 16 after beating the 5<sup>th</sup> seed



## FITNESS CORNER – BENEFITS OF A PRE-MATCH WARM-UP

By Katie White  
PTR, TPT  
Academy Fitness Trainer

Every player should have some type of pre match warm up routine which gets them into the correct mindset to compete at their best level. Each player is different, meaning that different methods can be used. Some players like to be alone, listen to music or read motivational quotes; while others prefer to jump rope, do footwork exercises or do racquet swings. All of these are appropriate methods of preparing for competition.

For a physical fitness warm up, the key is to raise the heart rate so that the athlete can efficiently perform when the match begins. It is also important to warm up the muscles so that the risk of injury is decreased when intense activity starts. Players can jump rope; uses a footwork ladder, complete simple footwork patterns/exercise drills and even perform simple resistance band exercises. All of these will get the athlete ready to perform and move well when competition starts.

It is also very important to warm up the mind for competition. Some players get very nervous; therefore they like to go to a quiet place to relax. Such things as reading a book, listening to calming music, looking at goals etc will help with this. Others like to be more active and are more likely to want to hang out with supportive friends, family, coaches. It's important for **all** players to go out to the court with positive thoughts and a basic plan of action.



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