



# Van Der Meer Tennis Academy

Mar 2008

## MONTHLY NEWSLETTER



**Dennis Van der Meer**

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

**Vince Bilotta**  
*General Manager*

**Walker Sahag**  
*Academy Director*

**Jolene Watanabe-Giltz**  
*WTA Player/Coach*

**Justyn Schelver**  
*Head Professional*

**Heinrich Bremer**  
**Brijesh Lodha**  
**Christophe Bonadona**  
**Maria Brito**  
**Oscar Gomez**  
**Robert Gates**  
**Alex de Guzman**  
*Coaches*

**Shari Frey**  
*Admissions Coordinator*

**Sue Osmers**  
*World Class Advisor*

**Russ Crandall**  
**Shari Frey**  
*House parents*

### **The Need for Speed—Getting there WITH time not just IN time**

*By Dennis and Pat Van der Meer*

The Sony Ericsson Tournament in Miami is always a fun event for us. Almost like a Slam, we get the chance to watch not only our current and former players, but new and upcoming pros breaking through. We always use these tournaments as barometers for our juniors who aspire to the top of tennis. We observe and note sound and successful stroke production, general fitness, and mental toughness trends. One characteristic that stands out at this level is the use of speed; in terms of footwork, racket acceleration, and judgment.



A fast player can get to most balls *with* time to make the best tactical play possible, as opposed to a slower person who barely gets there *in* time and has to make a lot of emergency shots. When the fast player gets in position early, he/she can quickly determine what opportunities exist, then choose the best play for the situation. With enough time, the player can generate the appropriate amount of racket head speed to make a forceful shot, and take the ball early enough to give the opponent less time to react. Good footwork sets this up.

A strong, fit player can maintain speed throughout a 3 or 5 set match, wearing out a less conditioned opponent both physically and mentally. Being in great condition, eating nutritional food, and hydrating properly allows good players to hang in against other well-conditioned players. Superb fitness gives them the confidence they need against the highly ranked opponents they'll meet going deep in tournament draws.

Pat and Dennis, pictured with former VDM Academy student, Marcin Rozpedski at the Sony Ericsson Tournament in Miami. Marcin, formerly from Poland, is now Director of Tennis at The Lakes Country Club in Palm Desert, California. He was there as the hitting partner of Ana Ivanovic, who won Indian Wells, and the Australian Open earlier this year.



# TAKE IT TO THE NEXT LEVEL!



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### Tournament Results



**Steven Lin:** Topspin, B/18 Cons. F; VDM Mens Open DBLS Cons. Winner



**Ryan Drake:** Thornblade, B/18 Cons. F; VDM Mens Open DBLS Cons. Winner



**Matt Kirk:** Topspin, B/14 Cons. SF



**Jared Woodson:** Topspin, B/12 3rd Place



**Keri Wong:** USTA Spring Ntl, G/18 Winner of back draw, Dbls Finals; VDM Womens Open Singles Finalist



**Caroline Gerber:** Topspin, G/18 Cons. SF



**Michelle Green:** Topspin, G/18 Winner of back draw



**Zeynap Mafa:** Thornblade, G/16 Winner of back draw; VDM Womens Open Singles Cons. Winner



**Kendal Drake:** Topspin, G/16 SF; Thornblade, G/16 Cons. QTRS



**Erik Halaj:** Topspin, B/18 3rd Place



**Ben Davies:** USTA MAS L1 B/14 3rd Place



**Megan Kelly:** Thornblade, G/10 Cons. SF



**Michael Gilliland:** VDM Mens Open Singles SF



**Elizabeth Begley:** Trinidad ITF, Singles QTRF, Dbls SF

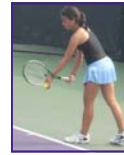


**Leyla Erkan:** BullFrog 3/29/2008 R/16, BullFrog 3/1/2008 3Q Cons.



**Lindsey Burke:** Richland Futures, G/18 Winner

#### Highlights



**18 year-old Keri Wong**, currently ranked #3 in US girls 18, recently won the Back draw in the 18's Nationals at Mobile and reached the finals of the doubles main draw (partner - Claire Bartlett).



**16 year-old Elizabeth Begley**, currently ranked #29 in US girls 16, reached the quarters of the Trinidad ITF in singles and the semi-finals in doubles (partner - Natalie Beazant).

#### Van Der Meer Summer Circuit Travel Team

During the month of July, players from around the world will gather at Sweet Briar College for the Van Der Meer Academy's Summer Circuit Camp. The intensive tournament training schedule includes fitness, match play tactics, and mental toughness strategies geared to top-level national and international players. The schedule includes several ITA events. Former Summer Circuit greats include K.J. Hippensteel, (Stanford) Doug Root, (Duke) Peter Handoyo, (Tennessee) Janet Bergman (Wake Forest) Liezel Horn (WTA #1 doubles). Many of these standouts began training at Sweet Briar by age 12 or 13.



Sweet Briar ITA Summer Circuit Travel Team 2007

#### Van Der Meer Sweet Briar Summer Camp 2008

Jun 15-20	Camp 1	Jul 13-18	Camp 5*
Jun 22-27	Camp 2	Jul 19-21	Chapel Hill, NC ITA**
Jun 29-Jul 4	Camp 3*	Jul 20-25	Camp 6*
Jul 4-6	SB Junior Tourn.	Jul 25-28	Greensboro, NC ITA**
Jul 6-11	Camp 4*	Jul 27-Aug 1	Camp 7

\*Summer Circuit training weeks

\*\*ITA Collegiate Summer Circuit Event for selected players age 16-20

Contact Shari for 2008 Summer Camp training options

800-845-6138 opt 5, ext 140  
843-785-8388 opt 5, ext 140

**Van Der Meer Tennis**  
P.O. Box 5902  
Hilton Head Island, SC 29938

Phone: **1.800.845.6138**  
**1.843.785.8388**

Fax: **1.843.785.7032**

academy@vdmtennis.com  
www.vdmacademy.com



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