



VAN DER MEER TENNIS ACADEMY

MAY, 2019 NEWSLETTER



Dennis Van der Meer
Founder

Pat Van der Meer
Academy Co-Director

Brian DeVilliers
Academy Director

Katie Ruth
*Head Pro, Academy
Fitness Director*

Elizma Nortje
*Head Pro, Mental
Training Director*

Colin Strall
Fitness Coach

Nick Grafton
Nate Horvit
Phil O'Sullivan
Haris Poric
Intissar Rassif
Lauren Strasburger
Academy Coaches

Sally Droop
Quickstart Instructor

Melissa Marchetta
Head of Housing

WINNING AND LOSING

The end of the academic year is here, and summer is upon us. Most kids are playing lots of important tournaments throughout the summer months, and winning becomes almost unbearably important to most.

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 the key to maturing as a player.

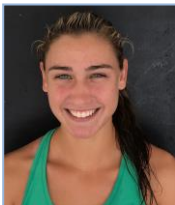
Take time to analyze what you could have done better; decide if you lost the match, or simply got beaten by someone playing better that specific day. Think about what you could try next time you play that person. Never assume that because you've always beaten someone, it should always be the same result. 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. Remember, if you never lose, you probably aren't pushing yourself quite enough in terms of tournament levels. On the other hand, 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. Be careful that you don't find yourself always playing up, thinking it's better to lose to better players than to win matches against beatable players. This is a cop-out, and avoiding pressure always catches up with you! You must face all sorts of opponents and deal with them.

You should realize that 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. They are true competitors! At VDM we practice "press" speeches after tournaments in front of our peers and coaches. This helps you analyze your matches, and prepares you for the real thing. Being able to give a composed, courteous interview in victory or defeat is the mark of a champion.

Good luck to all of you as you prepare to battle with grace this summer! Let us know how each match goes.

CONGRATULATIONS GRADUATES



Zoe Cauthen
Charleston Southern



Nehemiah Molla
Prairie State



Abel Assfaw
Missouri State



McGee Isgett
Gap Year

JUNIOR SUMMER CAMPS — TAKE IT TO THE NEXT LEVEL

Van Der Meer Academy has an awesome summer in store for you - full camps with lots of great match play on clay and hard court surfaces. Boarding was full last summer and many weeks are already sold out for 2019. Make your reservations quickly!

Visit vdmtennis.com or call our sales department for more information on our Junior Summer Camp programs.



VAN DER MEER TENNIS ACADEMY

HILTON HEAD ISLAND, SC 1.800.845.6138

WWW.VDMACADEMY.COM

WWW.FACEBOOK.COM/VDMTENNISACADEMY





VDM TOURNAMENT STARS SPRING 2019



VDM ACADEMY AWARD CEREMONY AT YEAR END BARBECUE

At the end of each semester, VDM Academy recognizes outstanding effort in several categories which always includes fitness training. At the end of last year, we added the Dennis Van der Meer Spirit Award. This year we gave it to a boy and a girl who always gave 100% effort in practice without complaining and consistently demonstrated the training values instilled by our Founder, the legendary Dennis Van der Meer. They also showed great character and sportsmanship in match play, whether winning or losing, respect for their opponents and support of their VDM teammates. A new award for this year is Player of the Year, given to the highest ranked junior player who compiled an amazing amount of wins at National Tournaments. Not surprisingly, she was also the first DVDM Spirit Award winner last year. Great character, composure, work ethic and focus lead to great results.



BROOKE WRIGLEY
PLAYER OF THE YEAR



DANIEL BOTTI
DVDM SPIRIT AWARD



MCKENZIE DANIEL
DVDM SPIRIT AWARD



AVERY BROTHERS
FITNESS STAR



NEHEMIAH MOLLA
FITNESS STAR



SIERRA SEABRA-TAYLOR
MOST IMPROVED PLAYER



PATRICK MIHAI
MOST IMPROVED PLAYER

