



VAN DER MEER TENNIS ACADEMY

SEPTEMBER/OCTOBER, 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

Nick Grafton
Fitness Coach
Athletic Trainer

Yonas Gebre
Nick Grafton
Haris Poric
Becca Richison
Lauren Strasburger
Academy Coaches

Sally Droop
Quickstart Instructor

Melissa Marchetta
Head of Housing

MAKING DENNIS PROUD

We lost our Founder, Dennis Van der Meer, in late summer. The man and tennis icon gave us the blueprint for success, and it is our mission to continue to build upon his amazing legacy. Dennis, everything we do is carefully planned to follow your timeless guidelines for helping kids build character and a great base for tennis and life. Van Der Meer Academy students and coaches over the years have become world champions in tennis, as well as great professionals in the business world, medical and legal professions, as well as leaders in the tennis community. We believe that the current crop has the same potential for doing great things and we are helping them set goals on a pathway towards excellence.



SETTING GOALS FOR THE NEW ACADEMY YEAR

As a new Academy year begins, each of our students should set different developmental goals for the year. Goal setting is a very important part of each year. We tell our students, "Set lofty goals, and try your best- **someone** will end up #1 in the world- why not you?" As we tell all new students, you should reach for the moon, and if you miss, you still can end up in the stars. We want each student to understand that in order to achieve your best; you must keep your long range goals in mind. Then the short/long term goal sheets you fill out are much more meaningful- you are working on specific fitness, tactics, and strokes in order to achieve a college scholarship, or place on the pro tour. Intermediate goals (like winning sectional or national tournaments) are the stepping stones towards that goal. All of our players must express their dreams, and then we can help chart their path. While no two pathways are exactly the same, there are some commonalities needed to succeed. Hard work, belief, and motivation lead the way. Set high goals, write them down, and make a plan that helps you get a bit better every day of this academy year. At the end of the year, you will be able to feel proud that you've given your best effort to reach the moon!

JUNIOR HOLIDAY CAMPS — TAKE IT TO THE NEXT LEVEL

Join us this Thanksgiving and Winter Holiday season for some great tennis for the entire family! The weather is perfect for tuning up your game, so let our international, world class teaching professionals take your game to the next level!

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



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HILTON HEAD ISLAND, SC 1.800.845.6138

WWW.VDMACADEMY.COM

WWW.FACEBOOK.COM/VDMTENNISACADEMY





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VDM TOURNAMENT STARS SUMMER/FALL 2019

Our kids played well over the summer and have continued to excel in events this fall so far. We had a visit from Aniko Kapros, VDM Alum and former top ITF junior, as well as top 40 WTA player.



FITNESS CORNER – INJURY PREVENTION

By Nicholas Grafton, Athletic Trainer

The purpose of injury prevention is to reduce the change of injury by increasing strength, flexibility, elasticity and muscular endurance. Several important factors that aid in injury prevention include a proper warm-up with components of dynamic movement and cool downs that consist of static stretching.



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