



# VAN DER MEER TENNIS ACADEMY

## SPRING, 2020 NEWSLETTER



**Dennis & Pat  
Van der Meer**  
*Founders*

**Brian DeVilliers**  
*Academy Director*

**Katie Ruth**  
*Head Pro  
Director of Fitness*

**Elizma Nortje**  
*Head Pro  
Mental Training Director*

**Nick Grafton**  
*Academy Coach  
Athletic Trainer*

**Yonas Gebre**  
*Academy Coach  
Head Stringer*

**Haris Poric  
Becca Richison  
Tyler Pyle  
Martin Gonzalez  
Lauren Strasburger**  
*Academy Coaches*

**Sally Droop**  
*Quickstart Instructor*

**Melissa Marchetta**  
*Head of Housing*

## RESPECT

VDM Academy has been building players with great character since 1985. Of all the things we wish for our kids, success on the court and in school is paramount. Success is a general word that can mean many things. To us, it means accomplishing goals through hard work, enjoying and embracing the process of giving your best effort, becoming a solid player and person. At Van Der Meer Academy, we treasure character, respect for yourself and others, and showing that respect at all times through your words and actions.

Our sports' greatest ambassador, Roger Federer, is the epitome of displaying good character, respect for himself and his opponents on court and off. He learned this over time, and grew wiser as he matured. We have been fortunate of late with great sportsmanship displayed by the majority of our stars; Rafa, Delo, Venus, Kim Clisters are but a few who stand out as great role models. Alison Riske and John Isner are two VDM alums who epitomize respect. They understand that showing respect and humility only bolsters their standing and confidence while performing.



College coaches are looking for players who display mature understanding of character; players who are coachable, have high drive, ability to focus and put aside fears and insecurities. They want players who can win for them by always giving their best effort. The best coaches will take a player known as a bulldog on court with a never-give-up attitude over a flashy, arrogant player every time. They want the respectful team player who will encourage their teammates and help drive the whole team to success.

Dennis Van Der Meer, our founder and guiding star, cared about all of his Academy players and coaches. He is always in our coaching. We can hear his voice in our heads, and his awesome training tips will live on forever through the thousands of top coaches he trained. Respect was always utmost in his mind, and through his humor, we were able to get even the most contrary player to learn to display control on court. Dennis, our current crop of students and coaches are trying to make you proud!

## JUNIOR SUMMER CAMPS — TAKE IT TO THE NEXT LEVEL

Van Der Meer Academy hopes to have an awesome summer in store for you. Legendary camps with great tennis instruction with lots of match play on clay and hard surfaces. Call our sales department for up to date information on camps and clinics this summer.



# VAN DER MEER TENNIS ACADEMY

HILTON HEAD ISLAND, SC 1.800.845.6138

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

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





## VDM TOURNAMENT STARS SPRING 2020



## FITNESS CORNER

So many players around the world do not currently have access to tennis courts or gyms due to the Coronavirus Pandemic. With that in mind, VDM is reminding you that many exercises can be revised to do at home, so your fitness level doesn't suffer during these unprecedented times. If you have a driveway or basement, you should be able to do quite a bit.

- You can execute a lot of the dynamic warm up in a relatively small space. (Be careful of lamps/furniture) Kickbacks, inside cradle, knee to chest, lunge and twist, tip toes and heel walks are good ones.
- For agility and footwork, if you don't have your own ladder at home, you can easily chalk one out to be able to run through the drills. (Check with your parents for the best location)
- You can also do medicine ball exercises if you have a weighted ball to keep your upper body strong and limber.



Kickbacks (alternate)



Knee-to-chest, then lunge and twist (alternate)



Inside cradle (alternate)



Tip Toes

Heel Walks (backwards)

Thankfully we were able to celebrate Dennis' life all together before everything closed down. He would have been very very happy with the outpouring of love from family and lifelong friends from all over the world. Big thanks to Dr. Jim Loehr who spoke at both the church service and PTR celebration of life. Keep those classic Dennis photos and stories coming on Facebook.

We have heard from many of our friends from all around the world and are happy to report that most of you have come through very well so far. We certainly hope that this horrible virus is vanquished soon and that Van Der Meer will be able to run Summer Camps as usual. Stay in touch and our thoughts and prayers are with all of you. #TeamVDM !

