



SETTING GOALS FOR YOUR ACADEMY YEAR 2020-21

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As a new Academy year begins, each of us should set new developmental goals. Even in challenging times, goal setting is a very important part of each year. We tell everyone, "Set lofty goals, and try your best - **someone** will end up #1 in their age category (even in the world rankings) so why not you?" 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. Long range goals include college tennis, professional tennis, etc. If you write these dream goals down, the short/long term goal sheets you fill out are much more meaningful, because you are working on specific fitness, tactics, mental toughness and strokes in order to achieve a college scholarship, or a spot on the pro tour. Intermediate goals (like winning UTR, 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. In times of adversity, there must be adaptability to shift timelines for achievement. We are proud of your determination and hard work to maintain and improve your tennis levels throughout this time of Coronavirus.

Set high goals, write them down, and we can help you 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! We as your coaches are constantly setting the same kind of goals to be sure Dennis Van der Meer's legacy of excellence is carried out through our students' success on and off the court.



VDM Alum KJ Hippensteel with Dennis. He accomplished many of his goals; played college tennis at Stanford, won NCAA doubles title, played Wimbledon and the US Open and is now a doctor with kids of his own.

SEARCHING FOR THE RIGHT COLLEGE

An important part of attending an academy is preparing for and selecting the best possible fit for college. Being realistic about your ability to produce wins for your team makes it easier to decide where you can play and possibly even get a partial or full scholarship. Particularly for boys, with much less funding available to coaches, you need to keep certain things in mind at all times.

While coaches definitely will first select players with the ability to win matches for them right off the bat, potential and attitude can give you great opportunities after early signing period in the fall. Not all kids reach their full size by the time they are seniors, nor are they all equally mature emotionally. As long as you show positive intensity and a strong work ethic, some spotty results can be overlooked. Good coaches know that someone who helps make practices valuable by giving 100% all the time will make good team players. Prima donnas can wreck team spirit. By learning to be a positive leader in high school, you definitely enhance your chances of earning the coveted spot on the team of your choice. A positive attitude and great work ethic generally will influence the coach to select you over someone with equal results. UTR has become an important tool, but don't obsess about your number. You shouldn't try to protect it once you achieve a good level; you must always strive to improve. Coaches like players who enjoy competing, so always look for opportunities to compete with other good players.



VAN DER MEER TENNIS ACADEMY

HILTON HEAD ISLAND, SC 1.800.845.6138





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SEPTEMBER, 2020 NEWSLETTER



VDM TOURNAMENT STARS



MORE INFORMATION

VDM ACADEMY

If you are looking to maximize your development as a tennis player, look no further... it's right here at VDM Tennis Academy on beautiful Hilton Head.

[VISIT THE VDM ACADEMY WEBSITE](#)

JUNIOR HOLIDAY TENNIS CLINICS

Join us on court for the upcoming holiday seasons and train with the best at our Junior Tennis Clinics.

[VIEW THE JUNIOR CLINIC SCHEDULE](#)

TENNISUNIVERSITY

A GREAT OPPORTUNITY TO IMPROVE YOUR GAME WHILE LEARNING HOW TO ENJOY TEACHING TENNIS

Dennis Van der Meer created the perfect learning environment for all tennis players. His TU course has launched the careers of countless great coaches and helped others finance their college careers by giving them a solid base for getting a job. During this COVID time, many college students are not on campus. September 28-Oct 2 could be the right time to take the course, train a bit with other participants and have a great experience that will help with your own game. The course touches on all aspects of tennis instruction with the opportunity to observe VDM programs while here. Call 800-845-6138 x1 for more info or to help with lodging. [Learn More Here](#)



FITNESS CORNER — BE COMMITTED WHEN IT COMES TO FITNESS

Not everyone is as committed to fitness work as they are to practicing strokes. Players who work hard on footwork, strength, agility, and flexibility have the best shot at long term success in their careers. While injury can happen to anyone, those who maintain a high level of fitness have the edge. Pay attention to both strengths and weaknesses when developing your plan with a trainer. To reach a high level of performance in today's tennis, your fitness training must be just as important to your overall training as well developed strokes, technique, and mental skills. The game of tennis is extremely demanding athletically, physically, and mentally, requiring great amounts of versatile and proper training. Muscular and cardio vascular strength and endurance is vital, as tennis is a high intensity sport. Factors imperative to the success in tennis require athletic skills such as explosive power, flexibility, quickness, speed, and stamina all require specific attention. Weight training, endurance training, and speed training, along with a productive stretching routine for flexibility all are key elements in a balanced program. It's important to pay attention to your fitness schedule and routines, because both under and over training can be problematic and lead to injury.



At VDM we are lucky to have a beautiful sandy beach a block away from our facilities for extra conditioning work.



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