



TAKING STOCK; FINISHING UP STRONG

**Dennis & Pat
Van der Meer**
Founders

Brian DeVilliers
Academy Director

Katie Ruth
*Head Pro
Director of Fitness*

Elizma Nortje
*Head Pro
Mental Training Director*

Tommy Shimada
*ATP Coach
Doubles Specialist*

Nick Grafton
*Academy Coach
Athletic Trainer*

Haris Poric
Senior Staff Pro

**Claudia Escribens
Hideki Ishii
Becca Richison**
Academy Coaches

Sally Droop
Quickstart Instructor

Taccuma Henry
Head of Housing

As the academic year draws to a close, take stock in your progress on the path to success after high school. If you've consistently given your best to achieve your goals for this year- whether it includes being recruited for college tennis, playing pro events, or reaching high academic status. Have you enjoyed the process, celebrating small milestones that lead to larger ones? Optimists do this, and they help themselves move up the ladder to success more quickly. It's never too late to make up your mind to adopt a better mindset. With the COVID Pandemic, many things have changed in the college recruiting process; and you need to present your best self. Being a productive team member in all ways has never been more important.

Not surprisingly, the best players share commonalities. Focus, drive, competitive spirit, fitness, mental discipline and work ethic all combine with athletic ability/talent to create the mix of ingredients found at the base of most great players. College coaches are also looking for compatible personalities; they want "team players" who won't tear a team apart through selfishness. Is one of these characteristics more important than others? Must you have all of them in order to succeed? Our experience tells us that you can succeed if you have certain ones, despite being weaker in others. But it's getting harder and harder for those with glaring weaknesses to compensate. All tennis athletes train harder and better than in the past. Fitness is imperative. You just cannot get away with being slow or unable to last. And no one wants to be injury prone.

Dennis Van der Meer always believed there are many intangibles to be considered when scouting good prospects. The obvious traits like foot speed and a good head under pressure are still important. But he felt that players with a certain look in the eye, along with belief in themselves, combined with willingness to put themselves on the line would surpass equally talented competitors. Some call it heart, some call it a competitive edge...Dennis always recognized superior ability. He got aggravated when other coaches said "(S)he's too small", or "(S)he's got a poor serve/attitude/volley..." His least favorite comment was "(S)he's too old (at 16 or 17) to make an impact." Being a wise coach, Dennis always looked at the strengths of his players, and spent as much time developing those as he did on improving weaknesses. He balanced match play and drilling; knowing players need to be good at grinding out match wins, not just be good at striking balls.

In order to be successful in tournaments, (which is why college coaches want you to play for them) you need to pack your racket bag with many of the traits identified by the Olympic committee as being very important for success in competition:

- Ability to focus
- Ability to cope
- Goal Setting Ability
- Mental Toughness
- High Drive
- Emotional Control
- Competitiveness
- Intrinsic Motivation
- Coachability
- Confidence/Hope
- High Optimism
- Ability to Click into Automatic Performance

JUNIOR SUMMER CAMPS — TAKE IT TO THE NEXT LEVEL

New for this summer and Academy year 21-22 – UTR Match Play available. [More Information](#)

Summer is approaching fast! Our spring camps were awesome, and we are expecting full summer camps as well. We have suspended supervised boarding due to the increased demand for families who wish to remain in their own pods. We have nearly fully booked our rental units across the street at Beach Arbor. These units have proved popular for their convenience, proximity to the Tennis Center, beach and shopping. Starting in mid-August when the academy year starts up, several of these units will be available for families of Academy players to rent long term, while others will be reserved for groups, gap year or professional players attending the Academy who are 18 or older to rent for longer periods of time.



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HILTON HEAD ISLAND, SC 1.800.845.6138





TEAM VDM CHAMPS



FITNESS CORNER — THE BENEFITS OF STRETCHING — DYNAMIC & STATIC — BY KATIE RUTH

Dynamic stretching involves putting the body through a sequence of controlled movement patterns that will start the blood flowing quickly to the targeted muscle groups and preparing specific muscles to perform correctly at high intensity. Dynamic stretching is completed at the beginning of a practice session or match to allow this to happen and prepares the muscles to execute the vigorous movements efficiently. Completing a dynamic warm up helps reduce the risk of injury significantly as the muscles will be warm and flexible when play begins. Static stretching is exercises completed where the muscle is held at a certain length with no movement. This is done after activity is completed to allow the muscles to cool down efficiently. This significantly reduces the likelihood of injury and keeps the muscles loose while the body is growing and developing.



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