



VAN DER MEER TENNIS ACADEMY

APRIL, 2022 NEWSLETTER



**Dennis & Pat
Van der Meer**
Founders

Brian DeVilliers
Academy Director

Elizma Nortje
Head Pro
Mental Training Director

Tommy Shimada
ATP Coach
Doubles Specialist

Nick Grafton
Senior Staff Pro
Athletic Trainer

**Nicola Manni
Natnael Zegdeta**
Academy Coach

Sally Droop
Quickstart Instructor

WHAT MAKES VDM TENNIS ACADEMY STAND OUT?

Dennis Van der Meer was a visionary coach and master teacher whose teaching techniques have been widely copied and used all over the world. At VDM Academy, all our coaches are required to go through TennisUniversity, the training course based on solid progressions and group teaching. We all teach techniques based on commonalities, with a range of correctness based on individual factors. We do not impose our own personal preferences upon our player. Instead we focus on developing their own style based on necessary elements in each stroke. We look for the following when making a decision when to actually change a stroke: 1) Can it physically injure them? 2) Will it limit their development? 3) Does it break down in match play? Dennis often suggested simply adding a new grip or stroke so the player didn't feel they were losing something comfortable.

For instance - in the case of a player with an extreme western grip, he would explain the limitations of that grip. He would say, "It's good for very high balls, but vulnerable for low ones, especially slice. It's also not great for normal volleys. Keep your grip if you like for high balls, but add a continental for volleys, and let's see if it helps your game. Usually the player would end up modifying their forehand grip to semi-western, but never felt like they lost anything.

An approach like Dennis' can coax reluctant players to add new strategies and skills to their games. A player who camped out near the fence suddenly can have success serving and volleying. A player who tried to finish points too early can rely on their groundstrokes long enough to construct a point. This style of coaching enabled Dennis to have success at every level - beginners to world champions. Not everyone can reach the highest level of touring pro, but everyone can have a solid game for life. In the TennisUniversity course he gives us the blueprint for successful, enjoyable coaching for our players. We strive every day to maintain his standards for excellence.



TOTAL TENNISUNIVERSITY

Learn how to teach tennis! The course touches on all aspects of tennis instruction, adaptive tennis, stringing, pro shop and running events. Participants have the opportunity to observe VDM programs while here, including adults, young juniors, academy level players. It's an amazing opportunity to get a solid base in tennis teaching through the Total TennisUniversity.

- May 23-27
- July 25-29
- September 26-30

SUMMER JUNIOR CAMPS & ACADEMY TRAINING

Summer Junior Camps for kids aged 12 and up. Younger kids playing only yellow ball with a UTR of at least 2.5 could apply, but we suggest QuickStart or Private lessons. Our very popular camps were full last year, and we expect the same for this year. We have video sessions to be sure your strokes are developing soundly, mental toughness and fitness components to be sure your mind and body are strong. Sign up early to get a spot, online or through the sales office.

College Players - Unsupervised housing is available for age 18+. Condo rentals for families with kids under 18. Train for a week of longer. Kick it up a notch with our World Class Coaches. Take your game to the next level on court at the world-famous **Van Der Meer Tennis Academy**.



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HILTON HEAD ISLAND, SC 1.800.845.6138

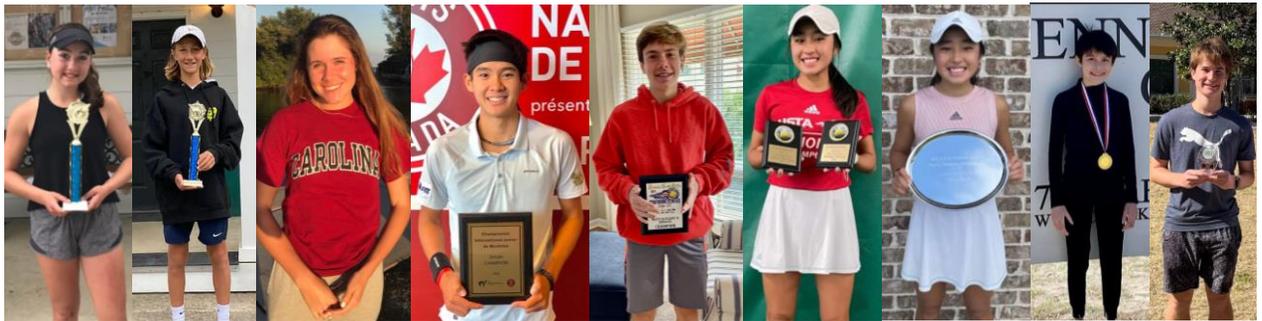
WWW.VDMACADEMY.COM

WWW.FACEBOOK.COM/VDMTENNISACADEMY





TEAM VDM CHAMPS



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 you 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 cardiovascular 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. Young players need to be careful, sticking to band work and using their own body weight in workouts. When players mature sufficiently, weight training can be safely introduced, added to endurance and speed training and a productive stretching routine for flexibility already in place. 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. A high level of fitness builds confidence which directly correlates to your success in tough matches.

