



VAN DER MEER TENNIS ACADEMY

DECEMBER, 2023 NEWSLETTER



Dennis & Pat Van der Meer
Founders

Brian DeVilliers
Academy Director

Elizma Nortje
Head Pro
Mental Training Director

Tommy Shimada
ATP Coach
Doubles Specialist

Derek Porter
Head Pro
Dir. of College Placement

David Anderson
Brandon Frazier
Natnael Zegdeta
Head Pros

Luke Elliott
Michelle Green
Academy Coaches

Our Holiday Wish for VDM Academy Students



Enjoyment in playing
 Improvement of your skills
 Growth of your mind and body
 Resolve to work hard at all times
 Discipline to improve your mental game
 Heart to compete and always give your best
 Courage to keep fighting and never give up
 Perseverance to find a way to win even when not playing your best
 Grace in losing while learning something to help you later
 Patience to find the solution to problems
 Joy of winning some hard fought battles
 Determination to make hard practice fun
 Confidence to try new things

Happy Holidays!

from everyone at

VAN DER MEER TENNIS ACADEMY

ACADEMY TRAINING

Make your plans now to train with the best over breaks. College Players - unsupervised housing is available for ages 18+ to rent. Condo rentals are also available for families with kids under 18. Train for a week or 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. Visit vdmtennis.com or call our Sales Department @ 1-800-845-6138 x1 for more info & the application form.



ENJOYING THE PROCESS

Each year we are faced with many of the same concerns...how to get our students to balance striving for excellence while enjoying the hard work it takes to be a really good tennis player. Some kids are naturally good competitors. These kids are able to deal with the stress of finding out what they still need to work on in tournament play and get to work on it without worrying about their rankings, UTR numbers, etc. Others obsess over these things, and obviously, they don't perform as well as they could if they would relax and enjoy the entire process of training. Balancing wins and losses is critical to being successful- you should play the right events to ensure a ratio of 2 -3 wins to 1 loss. The level of events is key. Nothing beats winning some tournaments for building confidence, so you need to keep this in mind when scheduling. College coaches look for well-rounded players who will compete well for their team. They want players who will work well with their teammates, making the seasons fun and successful.



JUNIOR CAMPS

Holiday, Spring and Summer Junior Camps for kids aged 12 up. Younger kids playing yellow ball tournaments with a UTR of at least 2.5 can apply, but videos are required for coaches to review. 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.



VAN DER MEER TENNIS ACADEMY

HILTON HEAD ISLAND, SC 1.800.845.6138

WWW.VDMACADEMY.COM

WWW.FACEBOOK.COM/VDMTENNISACADEMY





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TEAM VDM CHAMPS



COLLEGE SIGNING



DYLAN JAEN
BOISE STATE



FITNESS CORNER – FALL 2023 AWARDS

We believe that balancing fitness and mental toughness with strokes and tactics make great players. Our staff voted the following players most consistent in overall effort and performance in the following areas for the Fall Semester:



BRYCE PUTNEY
MOST IMPROVED
MALE



BROOKE DISTASIO
MOST IMPROVED
FEMALE



DYLAN JAEN
FITNESS STAR
MALE



EMERSON DEAN
FITNESS STAR
FEMALE



PAYTON YEA
YOUNG PLAYER TO WATCH
MALE



ISHA MANCHALA
YOUNG PLAYER TO WATCH
FEMALE



ALEXEI KATELEVSKY
HARDEST WORKER
MALE



ALICE ANN PANTSARI
HARDEST WORKER
FEMALE



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