



# VAN DER MEER TENNIS ACADEMY

## FEBRUARY 2024 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

**Siria Dibe**  
**Luke Elliott**  
**Joel Mast**  
Academy Coaches

## A NEW YEAR, A NEW RESOLVE

As tennis players, we are used to setting goals for ourselves. Setting the goals is the easy part - consistent effort towards making goals reality is much tougher. Your coaches and parents are important motivators, but ultimately **it's up to YOU to take full responsibility for your effort and results.** All really successful players have INNER motivation and drive to succeed. They credit others who help along the way, and don't look to place blame on anyone for their occasional failures. Instead, they look inward to see what they can improve.

Tennis (and life) is full of ups and downs, so you need to learn how to adapt to change. The ability to learn from mistakes then to look for opportunities to put improved skills into match play is a trait of great players. If you don't get up when you fall down, you're going nowhere. The same is true if you keep making the same mistakes with no deliberate consistent effort to improve the problem area (stroke production, fitness or mental) you're going nowhere. Others who embrace the challenge to take advantage of opportunities to grow and learn will pass you by. **BE BRAVE AND RESOLVE TO STRIVE TO APPLY WHAT YOU'VE LEARNED IN YOUR TOURNAMENTS.** You'll never be sorry or regret giving 100% effort. You'll learn one of life's most important lessons: **"The harder you work, the luckier you get!"** Shoot for the moon. If you miss, you'll still end up in the stars.

## JUNIOR SPRING & SUMMER CAMPS – TAKE IT TO THE NEXT LEVEL

It's hard to believe that we're more than halfway through the Academy Year 23-24. Last year we had record numbers of players in our spring and summer camps. Dennis Van der Meer's teaching philosophy has proven so successful that we were full most weeks, with waiting lists - and this year some spring camps are already sold out! Our coaches have all been trained through VDM TennisUniversity to carry out Dennis' blueprint for success on court and in life.

### SPRING

March 11-15	Junior Clinic #1 – <b>SOLD OUT</b>
March 18-22	Junior Clinic #2 – <b>SOLD OUT</b>
March 25-29	Junior Clinic #3
April 1-5	Junior Clinic #4
April 8-12	Junior Clinic #5
April 15-19	Junior Clinic #6

### SUMMER

**TRAIN WITH THE BEST.  
RAISE YOUR LEVEL FOR  
11 FUN WEEKS STARTING  
MAY 26 AND ENDING  
AUGUST 9.**



For more information & to register, please visit [vdmtennis.com](http://vdmtennis.com). Book your spot before we sell out!



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HILTON HEAD ISLAND, SC 1.800.845.6138

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

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### TEAM VDM CHAMPS – WINTER 2023-2024



### TRAINERS CORNER DON'T BE SLACK 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. 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 at high levels is extremely demanding athletically, physically, and mentally, requiring great amounts of versatile and proper training. Muscular and cardiovascular strength is vital, as tennis is a high intensity sport. Factors imperative to success in tennis require athletic skills such as explosive power, flexibility, quickness, speed, and stamina. Of course, your age and stage of growth will determine the appropriate program for you. Types of training to help grow your fitness ability include band work, agility, weight training, endurance, and speed training. You also need a productive stretching routine for flexibility. It's key to regulate your fitness, as improper/over training can be problematic and lead to injury.



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