



# VAN DER MEER TENNIS ACADEMY

## SEPTEMBER 2024 NEWSLETTER



**Dennis & Pat Van der Meer**  
Founders

**Brian DeVilliers**  
Academy Director

**Derek Porter**  
Head Pro  
Dir. of College Placement

**Elizma Nortje**  
Head Pro  
Mental Training Director

**Tommy Shimada**  
ATP Coach  
Doubles Specialist

**David Anderson**  
**Brandon Frazier**  
Head Pros

**Justin Clark**  
**Luke Elliott**  
Academy Coaches

## THE WORLD-WIDE VAN DER MEER FAMILY

The beginning of each new Academy Year is a very exciting time, especially for new students. Most often, we know the players from summer or spring break camp, so we are pretty sure he/she will be a good fit. But it does take some time to adjust to the routine of managing school, tennis and fitness training. During the Pandemic, we decided to stop boarding students under 18, which has proved very successful. Having parents or guardians with their kids has given us much more time to devote to their tennis development, and our kids are flourishing.



Having a common language among all our staff makes a huge difference. Our Founder, Hall of Fame Coach Dennis Van der Meer, based his philosophy on commonalities and fundamentals, not style. He understood and taught that there are certain things that all players need to be successful at, but each has individual traits that will dictate their best style of play. All our coaches must go through [Van Der Meer TennisUniversity](https://www.vdmtennis.com), which produces competent tennis pros versed in solid teaching fundamentals. Our leaders have years of experience and work together to help each player achieve their goals in tennis and in life. This year's US Open was another great trip down memory lane, catching up with so many Alums!

Many of this year's new students started during the summer and are well on their way to shaping their game for college and their futures. As new students join full or part-time throughout the year, they also become part of the huge, world-wide Van Der Meer Family. We love it when our alums come back to train in summer and during college breaks! When they bring their own kids back to train, it's just magical. Check our sites on Facebook and Instagram to keep up to date on VDM Tennis.

## HOLIDAY CAMPS – THANKSGIVING AND WINTER HOLIDAY

Strong players aged 16 & up are generally accepted for academy training throughout the year, and we offer camps for all levels of players aged 10 and up during Thanksgiving and Winter Holiday Break. College players who have extended winter breaks often join us to stay sharp for their upcoming season. With newly resurfaced hard courts at the Tennis Center and Shipyard (added to the total renovation of Shipyard's indoor courts) we are ready for you to kick it up a notch at VDM Tennis Academy. Visit [vdmtennis.com](https://www.vdmtennis.com) to learn more.



### SCHEDULE

November 25-30	Thanksgiving Weeklong Clinic
December 30 – January 3	Winter Holiday Weeklong Clinic



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

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HILTON HEAD ISLAND, SC 1.800.845.6138

[WWW.VDMACADEMY.COM](https://www.vdmacademy.com)

[WWW.FACEBOOK.COM/VDMTENNISACADEMY](https://www.facebook.com/vdmtennisacademy)





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### TEAM VDM CHAMPS – SUMMER 2024



Congratulations to Claire Hill, Gold Ball Winner at National Clays u/18. She has trained at the Van Der Meer Academy since age 10.



### TRAINERS CORNER

## SPEED TRAINING USING ANTICIPATION SKILLS & PATTERNS OF PLAY

When watching top players, most of them are pretty balanced in terms of strength, endurance and most basic fitness elements. Some are naturally gifted in many areas; others need to work harder in certain facets to be competitive. All work extremely hard to be the best athletes possible. A common theme I noticed this year at the Open was how the best use anticipation skills to help them get to balls earlier and quicker than the rest of the pack. Combined with the gift of agility and foot speed, if they understand what is likely to be the response from their shot selection, they can read the next ball and respond sooner. Understanding how to create attacking situations with angles or heavy topspin can put them in better position to win. Training this way will turn their response rate of success from average or good to great and help them beat people they couldn't before.



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