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**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 to 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

LOVE OF THE GAME !!!
Dennis and Pat Van der Meer 🌐

An important key to success is self confidence. An important key to self confidence is preparation."

- Arthur Ashe on preparing for success

"Don't let what you can not do interfere with what you can do. Success comes from knowing that you did your best to become the best that you are capable of becoming."

- John Wooden on trying your best

"Winning is a habit; unfortunately, so is losing." "Winning isn't everything, but wanting to win is." "Winners never quit, and quitters never win."

- Vince Lombardi on winning



Tournament Results

David Carmines

The David Carmines tournament in Palmetto Dunes saw the success of Stratton Pollitzer and Christian Hopper. They competed for the finals of the Boys 12's division, where Stratton won. Unfortunately, this was one of the only divisions to finish, due to inclement weather. David Botti won his first two rounds of 18's, playing very well. Cameron Clark, in the Boys 14's made the finals but got rained out, as did Catherine Campbell, Elle Christensen, and Ellie Czura who all reached the semis.

SC State Open Citadel #2

VDM girls ruled in the second trip to Citadel. Diana Colen won the Girls 18's title and Kate Christensen placed 3rd. Taylor Childress had an impressive back-draw victory over Linley Busby, the one seed. Ellie Christensen, playing in the Girls 14's, suffered a tough first round match but rallied to win the back-draw, and won the Girls 16's doubles. Other notable performances were those of Kylie Collins, who placed second in Girls 12's singles and won in Girls 12's doubles, with partner Natasha Puehse. Samantha Schuster also won the Girls 16's singles event.



Stratton Pollitzer and Christian Hopper with Coach Mike Stevenson at the David Carmines Tournament



Diana Colen, Sam Schuster, Ellie Czura and Taylor Childress - Citadel #2 standouts

Holiday Fitness

You may be thinking that these two words don't go together, but in fact you must make an effort to keep reasonable fitness activity over the holidays! Since tennis nowadays requires enormous levels of strength, endurance, speed, and agility in order to remain competitive, it's imperative you don't totally lose your edge while on vacation with family. Having a down time to rest your body and indulge in foods you don't normally eat is important, but remember to keep it reasonable. Enjoy, but don't lose your foundation. Next semester, we plan to kick up the on-court fitness work, so make sure you're ready for January 2013!

VDM Fitness Stars

Certified Athletic Trainer Meaghan Miller awarded fitness prizes to the players pictured below for the first semester. Testing scores as well as consistent work ethic were considered in her choices. Congratulations winners on your hard work on and off court.



David Botti
Best All Around Boy



Yuriko Ono
Best All Around Girl



J.T. Page
Most Improved Boy



Nicole Sister
Most Improved Girl