



**Dennis Van der Meer**  
*President*

**Pat Van der Meer**  
*Academy Co-Director*

**Vince Bilotta**  
*General Manager*

**Marcos Ondruska**  
*Academy Director*

**Thomas Richter**  
*Head Professional*

**Tommy Shimada**  
*ATP Pro/Coach*

**Sally Droop**  
*Quickstart Instructor*

**Heinrich Bremer**  
**Maggie Ekert**  
**Christian Ranguelov**  
**Michael Stevenson**  
*Academy Coaches*

**Meaghan Miller**  
*Fitness Coordinator*

**Tammy Pett**  
*Admissions Coordinator*

**Russ Crandall**  
*Head of Housing*



## Use Your Brain on the Court

Our founder, legendary coach Dennis Van der Meer noted that in his experience, most people with IQs of 150 immediately drop to 75 as soon as they pick up a tennis racket! It was this kind of wit that enabled him to make his points memorable to his students. While he didn't mean it quite literally, he did observe that many otherwise intelligent people lose some of their common sense and ability to think rationally when they step onto a tennis court for a match.

Kids have to learn how to use their brains to figure out tactics to enable them to win a match; vanquishing negative thoughts and fears in order to allow their brains to function as they should. This is done on the practice courts; with coaches paying as much attention

This sounds simple enough, but then why do players ever hit a ball into the net? As Dennis pointed out time and time again, the net is only 3 feet high, and the sky is limitless. Again, Dennis' quirky sense of humor reminded his students to think of basics 1<sup>st</sup>- don't make silly errors like hitting a ball in the net. One time at the US Open junior event, we were watching one of our students play in the quarterfinals, and the poor girl was so nervous that many, many balls went in the net. Dennis thought out loud "Do Not Feed The Net; Danger of Losing Set. " When we got back to Hilton Head, he made the signs for the nets that our kids practice on. He had alligators with their mouths open put on them for good measure.

In short, you need to be able to relax enough to remember the basics when you're playing important matches. Keep a sense of humor in order to use your brain on court. Practice this way, and you'll have your wits about you during tournaments!



## Van Der Meer Spring Break Clinics / Academy Weeks

Spring is just around the corner, and so are VDM Spring Break Clinics/Academy weeks. Get ready for your upcoming tournaments by joining the expert coaches at Van Der Meer. Limited spots available at VDM academy boarding. Get the Van Der Meer Advantage!





## Tournament Results

### Richland County Junior Tournament

The weekend of January 25th featured some impressive results from the Van der Meer Academy juniors at the Richland County Junior Tournament in Columbia, South Carolina. David Botti captured the 18's final against Austin Peterson 3-6, 6-3, 6-2. David used his versatility and fitness to out-work his opponent in the 2<sup>nd</sup> and 3<sup>rd</sup> sets. Rising star Cameron Clark made a run to the boys 14 final, where he was edged out by one seed William Graham 6-4, 7-5. The 18's doubles girls final featured three Van der Meer students: Masako Makiba, Saera Kanda and Valerie Droop. The Japanese team was able to claim the championship 8-1. In 16 singles, Saera Kanda was undefeated in the back draw, claiming the consolation final 6-0, 6-0 against the three seed Morgan Keefe. Great weekend Van der Meer...let's carry this momentum into the next tournament!



18's Winner David Botti



14's Finalist Cameron Clark



Van Der Meer Travel Team with Coach Mike Stevenson



18's Doubles Finalists and Winners

## Key Elements of Fitness Training

By Meaghan Miller, Certified Athletic Trainer

Van Der Meer Tennis Academy is focused on training the athlete in the following areas:

### Speed/Agility/Quickness:

Speed and quickness are significant factors for tennis players. Players must be able to cover the ground on the court quickly in order to have a chance to compete in all aspects of the game. It's not only about how quickly a player can move. It is also about how quickly the player can stop and change directions as well. Tennis footwork training emphasizes increasing speed and agility while improving movement in the tennis court.

**Exercises-** ladder work, racquet touches, finger pointing drill, cone drills

### Flexibility:

Dynamic flexibility involves performing controlled movement about a joint or joints through a full range of motion. In tennis this would preferably be similar to the movement patterns used in the sport. Clearly, the purpose of a warm-up is to prepare a player for the movements and intensity they are about to perform. Static stretching is necessary to maintain normal range of motion around joints. In fact, because tennis player characteristically become tight in specific muscle groups due to the repetition of certain movement patterns, static stretching can help reduce the effects of this adaptive tightness, thus helping to prevent injury.

**Exercises-** dynamic warm-up, foam roll, stretching with thera-bands

### Strength:

Strength training programs should include 2 key components: training for injury prevention and training for performance enhancement. Because of the unbalanced nature of the sport, tennis produces players with noticeable strength imbalances throughout the body. It is important that players address these imbalances to ensure proper joint function and minimize the risk of injury. **Exercises-** medicine ball exercises, jump squats, lunges, push-ups, sit-ups, planks, weight room

### Endurance:

Endurance training for tennis differs from endurance training for other sports, such as marathon running. Endurance is most commonly associated with sports that require a steady pace of a certain type of physical activity. Tennis players, however, require an endurance that enables them to consistently perform high-intensity sprints, rather than long and slow runs. **Exercises-** Spider drill, suicides, 400's, 200's, 100's, 17's, mile run

