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Developing Automatic Responses

How many times have you heard that you need to bend your knees, get more net clearance, stay closer to the baseline, stop negative self-talk, etc.? Sometimes your coaches sound like a broken tape...

Repetition is necessary in order to establish habits, so you'll likely hear the advice hundreds of times, until you are able to automatically come up with the proper response on your own most of the time. It's important you practice the proper techniques, court position, and mental toughness each time you go on the court, correcting yourself immediately, or you won't be able to establish the desired habits in a timely fashion. The more you practice correctly, the quicker the results!



The same principle applies to developing effective patterns of play. For example, you may realize that when you're moved wide or pushed back, you should add more height to the ball, but until it becomes an automatic response, you will continue losing points into the net. If you never practice hitting inside the baseline, you will not develop a transition game, and will be a target for drop shots. Remember, the better you practice, the better you play!

Spring and Summer Camps

Get tuned up after the long cold winter- come to a Spring Break Clinic the following weeks:

March 24-28

April 14-18

March 31-April 4

April 21-25

April 7-11



Summer Camp also begins in early June and runs through mid August. All levels accepted, ages 11 and up. 10 and under should attend our Van Der Meer QuickStart Camp (green, orange, red and foam ball).





Tournament Results

Savannah Challenger

Nathan Perrone and Vasily Kichigin each made the semi finals at the Savannah Challenger wildcard tournament. Nathan also won both singles and doubles of boys 16's at the National Tournament in Columbus, GA, putting the 15 year old into the top 10 in the US.



Richland County Junior, Columbia, SC

Van Der Meer dominated the Richland County Junior event held in Columbia, SC. All girls 18's semifinalists were from Van Der Meer. Congratulations to Masako Makiba for winning the title against Saera Kanda. Semi finalists were Barbora Vasilkova and Honami Watanabi. Nicole Sister won the girls 16's doubles with Alexis Voulgaropoulos. Nicole also won the girls 14's singles event. Sam Fried won the boys 16's doubles. Well done!



Southern Championships

Carolina and Jade Lewis did really well at the Southern Champs. Jade was up 6/1 4/3 in the semis of the girls 18s when the tournament was canceled due to rain. She is now ranked 8 in the girls 18's Southern section. Carolina lost in the quarterfinals. She is now ranked 21 in the girls 18's Southern section. They made it to the finals of the doubles together.

Dunlop Cup, Charleston, SC

13 year old Madison Dillon won the girls' 14 at the Dunlop Cup in Charleston.

Academy News

VDM Academy pros were busy and successful during the PTR Symposium. Mimi Emoto (Japan) won the mixed doubles tournament, Elizma Nortje (Namibia) completed Jim Loehr's Mental Toughness Training course, and Katie White (England) completed Pat Etcheberry's Fitness Training course.



Fitness Corner

By Pat Van der Meer

Footwork drills are critically important for developing quickness and efficiency on court. However, they must be practiced correctly in order to be effective. If you don't practice perfectly, you will be wasting time and reinforcing bad habits. Van Der Meer Academy coach Katie White recently took Pat Etcheberry's course to learn from the legendary fitness coach's experience training tennis stars like Jim Courier. She has since begun implementing a daily footwork drill component to the Academy players' warm up. Stressing tennis-specific basics like staying low, using crossover steps, and building leg strength, general conditioning, and speed, these drills complement the basic fitness plan already in place for our students.

