



VAN DER MEER TENNIS ACADEMY

JANUARY/FEBRUARY, 2017 NEWSLETTER



Dennis Van der Meer
Founder

Pat Van der Meer
Academy Co-Director

Thomas Richter
Associate Director

Vince Bilotta
Head Professional

Tommy Shimada
ATP Pro/Coach

Elizma Nortje
Head Pro, Mental
Training Director

Katie Ruth
Academy Fitness
Director

Reggie Sanderson
Sr Academy Coach

Etienne Dumas
WTA/ATP Coach

Renata Mello
Ryan Kreis
Alessio Di Stefano
Academy Coaches

Sally Droop
Quickstart Instructor

Melissa Marchetta
Head of Housing

COLLECTING POINTS

Salute to Roger and Serena- the "older" players who came out victorious at 2017's Australian Open! Each of these champions came to their thrones by very different pathways, Roger more traditionally playing national, ITF juniors, pro circuits then tour. The Williams sisters, Serena and Aussie Open runner-up Venus, didn't worry about junior tennis at all, playing exo's and training hard with their parents and private coaches, playing and pushing each other until they were age-eligible to jump straight to the tour. They never stressed about recruiting stars or UTR points, rankings or points of any kinds. All they did was give their best to become super athletes and competitors.



For most young players with dreams, however, points become a vehicle to move up the ranks to reach their goals. The trick is not to obsess with points, rankings, and scores- but to use them wisely to help you. Understanding how to collect points, rather than let them terrify you is a skill that can be learned.

In most cases, the player who wins the most points ends up winning the match. There are a few times, usually when set scores are lopsided, that the player with the most points ends up losing, but those matches are few and far between. Of course, while it sounds simple - just win more points than your opponent to win your match- sometimes players think that it's preferable to go for screaming winners to gain points. It is a fun, satisfying feeling to smack the ball very hard, but doing it at inappropriate times can lead to erratic, unreliable play. To get them back on track, we tell them to think like a boxer or fencer who jabs away with little assaults and excellent footwork in order to set up the big punches. A boxer or tennis player who swings away wildly with no rhyme or reason usually ends up off balance and susceptible to getting pummeled. Then they get very anxious, letting nerves take away their sense of how to control the rhythm of the match.

When one of our players falls into this mode, we've shown them to keep score a bit differently. We ask them to try to gather points in sets of 3 in a row. The player who collects the most sets of 3 points in a row in a set will win it. Thinking about collecting points restores calm thinking. If they lose a point or two, they simply begin trying to block their opponent from getting a set of 3, thereby changing momentum back in their favor. Thinking of collecting 1 point at a time leads to confidence as they gather their sets of 3. Focusing on each point puts them in the present, not worrying about the match outcome. At grand slam junior tournaments, we've often asked VDM teammates to chart this way for each other, in order to get them to see how simple it is. It's particularly helpful for players who get nervous about results, and have trouble closing out matches. Try it-you'll like it!!! And remember, it's playing tough that brings points to collect.

JUNIOR SPRING BREAK & ACADEMY WEEKS

Make your plans now to train with the best over Spring Break. Kick it up a notch with our World Class Coaches. Take it to the Next Level on court at the world famous VDM Tennis Center. Visit vdmtennis.com or call our sales department for more information.



JUNIOR SUMMER CAMPS — TAKE IT TO THE NEXT LEVEL

Have the Best Summer of your Life!! Train with the best coaches, play matches with great kids from around the world one block from the beach. Let our ATP, WTA, ITF and Top College players raise your game to new heights! Visit vdmtennis.com or call our sales department for more information on our Junior Summer Camp programs.



VAN DER MEER TENNIS ACADEMY

HILTON HEAD ISLAND, SC 1.800.845.6138



WWW.VDMACADEMY.COM

WWW.FACEBOOK.COM/VDMTENNISACADEMY



TOURNAMENT RESULTS

SATA JR. WINTER BLAST CHAMPIONSHIPS

Girls 16 finalist – Rebecca Stepleman
 Girls 16 doubles winners – McKenzie Daniel & Rebecca Stepleman

SOUTHERN WINTER LEVEL 1 CHAMPIONSHIPS

Girls 16 finalist – Madison Dillon
 Girls 12 doubles finalist – Brooke Wrigley & Mia Yamakita

SC JUNIOR STATE OPEN CHAMPIONSHIPS AT LTP

Boys 18 finalist – Tommaso Rossin
 Girls 18 finalist – Madison Dillon
 Girls 18 3rd place – Olga Zavarotnaya
 Girls 18 4th place – Sayda Hernandez
 Girls 18 consolation finalist – Anna Letto
 Girls 18 doubles winners – Madison Dillon & Anna Letto
 Girls 18 doubles semifinalists – Olga Zavarotnaya & Sayda Hernandez
 Boys 14 3rd place & doubles semifinalist – Robert Hagen
 Girls 14 consolation winner – Rebecca Stepleman
 Girls 14 consolation finalist – Sophia Marchetta
 Girls 12 singles finalist & doubles winner – Brooke Schafer

DUNLOP JUNIOR TENNIS CHAMPIONSHIPS

Girls 18 3rd place & doubles semifinalist – Sayda Hernandez
 Boys 14 finalist – Davis Phillips
 Girls 14 3rd place – Natalie Basset
 Girls 14 consolation semifinalist – Rebecca Stepleman
 Girls 10 Orange backdraw winner & doubles winner – Hailey Poplin
 Girls 10 Orange 4th place & doubles winner – Mika Shimada
 Girls 10 Green backdraw finalist – Maya Shimada

GA ST. POLAR BEAR JUNIOR CHAMPIONSHIPS

Boys 18 finalist – Tommaso Rossin
 Girls 14 quarterfinalist – Sophia Marchetta

USTA NATIONAL LEVEL 2

Boys 18 6th place – Beau Pelletier

SATA JUNIOR WINTER CLASSIC CHAMPIONSHIPS

Girls 14 – Lauren Harvey went 3-1 in round robin singles

LIFETIME FITNESS LAKEVILLE WINTER CHAMP

Girls 18 singles 3rd place & doubles finalist – Frankie Trella

ICY HOT TOURNAMENT, MACON, GA

Girls 12 4th place – Brooke Wrigley



Beau Pelletier



Madison Dillon



Mia Yamakita & Brooke Wrigley



Rebecca Stepleman & McKenzie Daniel



Tommaso Rossin



Madison Dillon



Robert Hagen



Olga Zavarotnaya



Brooke Schafer



Tommaso Rossin



Sayda Hernandez



Anna Letto & Madison Dillon



Natalie Basset



Mika Shimada and Hailey Poplin

FITNESS CORNER – BENEFITS OF A PRE-MATCH WARM-UP

By Katie Ruth
 PTR, TPT
 Academy Fitness Trainer

It is vital when competing at a high level that the body is properly warmed up before exercise begins in order to reduce the risk of physical injury and advance the ability of the player to compete at 100%. In cold weather conditions, this can sometimes take a little longer due to the muscles being more inactive and less blood flow to specific areas. When this situation occurs, it would benefit the athlete to take more time to jog to ensure that blood is flowing efficiently between the muscles. This can be followed by a thorough routine of dynamic stretching for all areas of the body. The most important areas to focus on during dynamic stretching would be the lower body, hips and shoulder areas.

If a rain or other delay occurs during play, try to ensure that the body stays warm. This can be done by continuing to stretch, ensuring that sufficient clothing layers are on, and moving to a warmer environment where possible. Before resuming play, try to go through a further simple routine of light jogging/dynamic stretching so that the muscles are ready to go into full activity safely.

