



Dennis Van der Meer
President

Pat Van der Meer
Academy Co-Director

Marcos Ondruska
Academy Director

Thomas Richter
Head Professional

David Lewis
ATP Pro/Coach

Tommy Shimada
ATP Pro/Coach

Sally Droop
Quickstart Instructor

Rafael Array Pareja
Maggie Ekert
Christian Ranguelov
Michael Stevenson
Koeche Smith
Academy Coaches

Meaghan Miller
Fitness Coordinator

Tammy Pett
Admissions Coordinator

Russ Crandall
Head of Housing



End of Academy Year – Congratulations, Graduates!

As the Academic Year draws to an end each year, we are filled with emotions. Excitement and happiness for each student going on to play collegiate tennis is tinged with sadness that we won't see them every day on our courts. We know that our student athletes have gained the tools for a successful college career; goal setting, hard work and discipline. These qualities will take them far in life, beyond tennis and academics and will always be a part of their character. Whether they've been with us for one year or many, we are proud of these graduates, and wish them well as they move to the next phase of their lives.



Yuriko Ono
 Western Michigan



Alexis Hinnant
 Virginia Tech



Scarlett Walston
 East Carolina



Darren Mast
 Mount St. Mary's



Madeline Wills
 Southeastern

Van Der Meer Summer Clinics / Academy Weeks

Summer is here and so are VDM Summer 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

Belton

Carsten Fisher (boys 18's), Samantha Schuster (girl 16's), Jack Armistead (boys 12's), Mary Grace Armistead (girl 12's) all made the semis of the main draw, qualifying directly for Southern. Madeline Pollitzer and Emily Ruckno (g 10) qualified also. Jared Woodson, Valerie Droop, Trevor White and several other VDM kids are in as well.



HEAD/First Federal Women's Pro Circuit Event

14 year old Jade Lewis and 14 year old Olga Zavarotnaya (pictured right) both won WC events to the main draw, where Jade won her 1st WTA point. In the previous week at Sumter, Maggie Ekert qualified and won her first point as well.



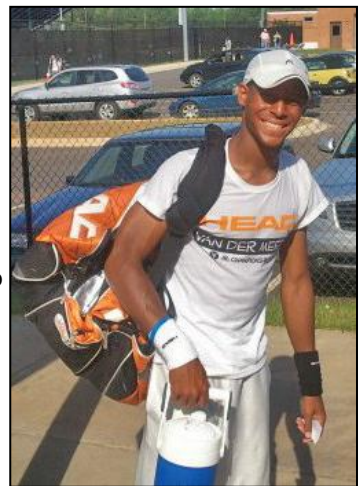
All Star Camp

The Van Der Meer All Star Camp was held at the Cayce Tennis Center. Michael Stevenson, a Van Der Meer Academy coach, trained top South Carolina players who qualified for the annual camp named for Dennis and Pat Van der Meer. Academy players in attendance included Jared Woodson, Will Danzell, Sam Schuster, Mary Grace and Jack Armistead.

Fitness Corner

Summer is a time for many tournaments, so usually it's more of a maintenance period for fitness. You will be expending lots of energy in the heat, so unless you are dealing with injuries/rehab, generally your focus should be on retaining rather than building strength, speed and agility. Your fitness routine needs to be modified to reflect this. Cut back a bit in the weight room to save energy to win lots of matches. Use bands, do some sprint work. Cross train, ride your bike and enjoy other fun exercises like pool work. Nutrition and hydration are critical during hot summer months. Remember to drink a lot before your tournament matches, not just during them – it's too late then!

Fitness Stars – Meaghan Miller, certified athletic trainer for the VDM Academy, is proud to announce that the overall fitness stars for the 2012-13 academic year were David Botti and Nicole Sister. Anna Dzehtsiarova and James Bachety were the last quarter winners. Results were based on improved test scores as well as consistent effort during fitness sessions and implementation of skills on court.

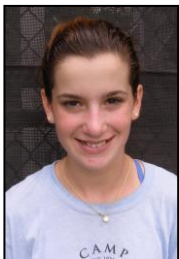


Bring a water jug to all your practices, making sure to keep sipping in the heat.

Fitness Stars of the Year



David Botti



Nicole Sister

Fitness Stars of the Month



James Bachety



Anna Dzehtsiarova