



Dennis Van der Meer
President

Pat Van der Meer
Academy Co-Director

Marcos Ondruska
Academy Director

Thomas Richter
Head Professional

Vince Bilotta
Head Professional

Tommy Shimada
ATP Pro/Coach

Elizma Nortje
Head Professional

Sally Droop
Quickstart Instructor

Mimi Emoto
Christian Rangelov
Katie White
Ike Kiro
Dilara Yurtkuran
Academy Coaches

Russ Crandall
Head of Housing



Confidence – If You Build It, It Will Come

It's a funny thing about confidence- you get it by winning, but you need it to win. So how do you build it when you don't feel it? The world's leading sport psychologists will tell you that if you **act** like you feel confident, you often can fool your opponent into thinking you are! (And in the process, you can actually feel better and stronger yourself) A confident walk, well -executed rituals between points, and positive comments to yourself can turn things around.

On the other hand, falling into bad habits of letting your opponent (and any spectators) know that you are playing the worst possible tennis will almost certainly guarantee that another loss will be your fate. Do you think that acting like you're angry, or that you don't care will protect you somehow? Everyone knows that's counterproductive. So don't waste your time being negative. Start working right away on a positive arsenal to build your confidence. Work on your fitness; practice your strengths and improve your weaknesses. Replace old bad habits with new positive behaviors. Build a strong image in your mind and show it on court. Walk the walk, talk the talk of champions, and you have a much better chance to become one!



Bybel Becomes Bucknell's All-Time Most Winning Player

VDM Alum, Bucknell Star Nick Bybel, broke the college's record; notching 77 career singles wins while leading Bucknell to victory over Villanova.



Wayne Ferreira

South African former #6 ATP player visited the academy with his son Marcus and shared a few insights with our students.





Tournament Results



Jac Pelletier made finals of doubles at the Puerto Rico ITF



Natalie Bassett finished 3rd in girls u/12 at Augusta



Robert Hagen won boys 12 singles & doubles at Lexington



Jason Dilly won two men's opens in North Carolina.



Jack Armistead finished 3rd in singles and 2nd in doubles in Knoxville.

Fitness Corner

Tennis Fitness Guru Pat Etcheberry gives his certification course at VDM Tennis at least once a year during the PTR Symposium. Last year, Academy coach Katie White got certified, and this year Elizma Nortje went through and got certified. They join VDM's Dr. Louie Cap, who helps teach the course overseas during his teaching tours for PTR.

Going forward, VDM Academy and TennisUniversity plan to have Pat visiting at specified times to enhance all programs. Dates/details will be posted in future newsletters and on line at the web site www.vandermeertennis.com. Though best known for grooming champions like Jim Courier and Justine Henin, Etcheberry Fitness is beneficial for all ages and levels of players.



Summer Junior Camps & Academy Weeks

Join us on court for the best tennis instruction in the world with our ATP, WTA, top Collegiate and Davis Cup staff professionals. Multiple week stays available. Housing is full some weeks, so call 1-800-845-6138 x 1 to reserve a spot, after visiting our website, www.vdmtennis.com.

