



**Dennis Van der Meer**  
*Founder*

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

**Marcos Ondruska**  
*Academy Director*

**Thomas Richter**  
*Head Professional*

**Vince Bilotta**  
*Head Professional*

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

**Wayne Ferreira**  
*ATP Pro/Coach*

**Elizma Nortje**  
*Head Pro, Mental  
Training Director*

**Katie White**  
*Academy Fitness  
Director*

**Christian Rangelov**  
*Senior Academy  
Coach*

**Satchel McCarthy**  
**Alfredo Soliz**  
*Academy Coaches*

**Sally Droop**  
*Quickstart Instructor*

**Barbara Schafer**  
*Head of Housing*



## The Rock/Paper/Scissors Approach to Strategy

Everyone has played rock/paper/scissors to determine a winner. Rock breaks scissors, scissors cut paper, paper covers rock. This simple game is the start of understanding strategy. If you are best at the baseline, how can you beat a net rusher? If you like to attack, how can you beat a ball retriever? If you're a flat hitter, what should you do against a heavy spin player? Etc, etc...



As Dennis Van der Meer always said, "tactics is making your opponent miserable". Simple advice; all you need to do is try to ascertain if your best game is beating their best game. If so, keep on going right through to the end. If not, you must adjust! Your tactics are a result of grasping your opponent's strategy, and having developed your own. Always stay with a winning strategy, make necessary adjustments if it stops working. For example, if you have been beating the net rusher with passing shots, but they start making great volleys, add a lob to keep them guessing.

Likewise, if you start losing against a ball retriever, after winning with big attacking shots and volleys, you can try drawing them towards the net with drops and angles - making them play from an area where they're not comfortable. Remember; don't make a big tactical change until you're sure you need to. Sometimes it's a matter of adjusting the height/spin/depth/direction of your shot, rather than a massive shift in strategy.

Paying attention to how your opponent reacts to different types of balls in your warm up, and throughout your match, gives you two advantages. One, you take pressure off yourself by keeping your focus on finding and taking advantage of their weak areas. Two, you stay in the moment and address the challenge of using your brain to "Make your opponent miserable" using the rock (offense) paper (defense) scissors ( mix up the game) approach to strategy. Mastering all aspects of the game, from all the areas of the court, gives you the opportunity to select the best strategy and implement the appropriate tactics for each opponent you face!

## Upcoming Holiday Events

Join us on court for great weeks of holiday tennis this November and December including Junior Weeklong and Weekend Clinics. Please visit our website at [www.vdmtennis.com](http://www.vdmtennis.com) or ask our pro shop for the full schedule of special holiday tennis programs.





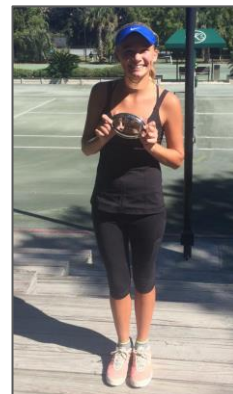
**Tournament Results**

**Kiawah**

- **Madison Dillon** – G18’s Singles Winner
- **Robert Hagen** – B12’s Singles Winner/B12’s Doubles Finalist
- **Ashley Chang** – G16’s Singles Finalist
- **Anna Letto** – G16’s Singles 4<sup>th</sup> Place



Robert Hagen (middle)



Madison Dillon

**National Selection - Delray**

- **Marcus Ferreira** - B16’s Singles Finalist

**Icy Hot - Mobile**

- **JJ Tracy** – B14’s Singles 5<sup>th</sup> Place/Doubles 4<sup>th</sup> Place
- **Marcus Ferreira** – B16’s Singles Winner

**TLC 12 & Under Summer Ending Tournament**

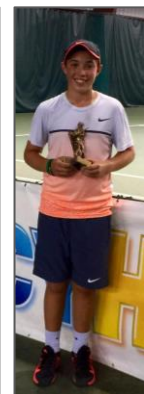
- **Kaylee Zhu** – G12’s Singles Winner
- **Brooke Shafer** – G12’s Singles Finalist
- **Magnus Ferreira** – B12’s Semi Finalist



JJ Tracy & Marcus Ferreira



Kaylee Zhu & Brooke Shafer



JJ Tracy

**Icy Hot - Chattanooga**

- **JJ Tracy** – Boys 14’s Singles Winner

**Fitness Corner – Core Strength**

By Katie White

Core strength is vital for high level tennis performance. It provides a good level of balance and support for the upper and lower extremities whilst also giving a good base of power through the stroke being executed.

It is known that the body works as a kinetic chain when performing a tennis stroke. The chain starts with the athlete’s base (legs) against the ground, and the power chain works its way up through the core and into the upper extremities. A weak core or break in this kinetic chain will mean a lack in power through the stroke, and make it harder for the athlete to balance during execution.

Core strengthening exercises should be performed 3-4 times per week, with a weight or resistance suitable for the athlete’s age, overall body strength and ability. It is also essential to use the correct rest time between sets of each exercise and between each group of exercises for maximum strength gain.

