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## Good Habits for a Successful Academy Year

Like in life, your habits on court influence your success. At the start of another academy year at Van Der Meer, we can not stress enough to each of our players the importance of building habits on and off court that will set you up for positive results and skill building. We are fortunate to have the best facilities in the region, superb and caring coaches who can guide you to the top, and supportive families who enable and encourage our students to strive for excellence in school and tennis.

Although all of you are at different of development, there is a common theme for each practice session. You need to give your best effort in order to improve. Every day you are developing habits that will either accelerate or hinder your rate of achieving the results you want. Every time you manage to fight through your nerves with good body language and emotional control, you move closer to the bulls eye that means you are mentally tough. Each time you take time on a changeover to think out a plan B when it's not going well, you are helping yourself move into the winner's circle.



By working hard and working smart each practice session, utilizing your time to improve your footwork and shot selection, you are instilling a work ethic that becomes a habit for you. Whether you are aiming for a college or pro career, good habits are critical to reaching your goals. Aim high; if you miss the moon, you can end up in the stars!

## Women's 10k Pro Circuit Tournament

VDM Shipyard recently hosted a fall women's 10 K pro circuit tournament. Under beautiful, warm and sunny skies the 64 qualifiers battled for main draw spots. The great conditioners continued throughout the week, and 16 year old SC native Ellie Halbauer beat veteran Alexandra Mueller in a hard fought final on Sunday in front of more than 100 spectators. USTA supervisors Bunny Williams, Missy Malool, and tournament director Jim Stubbs did an excellent job of coordinating with VDM staff to produce an outstanding event. The week including an adult doubles clinic and pro exhibition, with donations going to the Stroke Association, a players' party with delicious Japanese fare from Kurama, and a free kids day clinic featuring u/10 games and match play.





**Tournament Results**

**VDM Academy Classic Tournament**

Van Der Meer Academy Girls took home nearly every title at the weekend VDM Academy Classic Tournament - from girls' 10 doubles - Emily Ruckno and Maddie Pollitzer, to girls 18's doubles, an all VDM final - Barbora Vasilkova and Masako Makiba over Taylor Childress and Diana Colen. Our girls won MD g 12 (Savie), 14 (Mary Grace), 16 (Madison), 18 (Olga) singles, often playing each other in the finals and semis. Nicole won the 14 s back draw, and the 14's MD doubles. We had some boys titles, too, but the girls were unbelievable! Go girls - keep it going!



**Fitness Corner**

By Kerri Dunn, Certified Fitness Coach for VDM

The Summer season has come to an end, and Fall time has begun to roll in, bringing with it cooler temperatures and plenty of tournaments. The World Class Tennis academy players have been training hard on the court and in the gym to prepare for the busy season. As the weather begins to change it's especially important the athletes take the time for proper warm up to get their muscles ready as the temperature cools. As tennis is a high intensity sport, its vital that the body temperature is raised prior to play in order to prevent any tear or strain in a tendon or muscle, increase the range of motion, and to help the body perform at higher levels. A proper warm up should consist of a light aerobic exercise, followed immediately by some dynamic stretches, which stretch the muscles while moving. When beginning the hitting warm-up, its important to activate the entire body with footwork and rotation to engage in a full kinetic chain. This will help to transfer energy efficiently throughout the body and extremities. Following a warm up similar to this format, will not only prepare the muscles for play, but the brain will be alert and focused as well. As always, make sure to keep hydrated as well prior, during, and post play with plenty of water and electrolytes!

**Fitness Star of the Month**



Alexis Voulgaropoulos

In the image, World Class player JT Page and I are working on core stability and rotation during his on- court personal training session. This range of motion with the medicine ball is similar to the movement of the forehand and backhand ground strokes as he side shuffles from side to side.



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