

# Van Der Meer Tennis Academy

Jan 2008



**Dennis Van der Meer**

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

**Walker Sahag**  
*Director*

**Vince Bilotta**  
*General Manager*

**Jolene Watanabe-Giltz**  
*WTA Player/Coach*

**Justyn Schelver**  
*Head Professional*

**Shari Frey**  
*Admissions Coordinator*

**Sue Osmers**  
*World Class Advisor*

**Christophe Bonadona**

**Brijesh Lodha**

**Maria Brito**

**Oscar Gomez**

**Heinrich Bremer**

**Robert Gates**

**Alex de Guzman**  
*Coaches*

**Russ Crandall**

**Shari Frey**  
*House parents*

## MONTHLY NEWSLETTER



### Basic Stroke Qualities for Professional Tennis, by Dennis Van der Meer

I am often asked what strokes a player needs to break into the top hundred on the WTA or ATP Tour. Top players on the tours have an arsenal of weapons to defend or to attack, depending on the situation. To make it on the tours, a player must have:

The ability to serve the ball reliably at a relatively high speed, and most importantly with the ability to consistently hit the serve with directional control, depth, spin, and speed.

The ability to return serves of different speed and spins without giving up too much territory. When faced with high speed, the player must be able to neutralize/block the return. Players must also be able to recognize and attack weak serves.

A topspin drive with pace that the player can consistently hit both down the line and crosscourt. Also, the ability to hit a short ball for an outright winner, and a short-angle passing shot.

A put-away overhead from almost any part of the court. Enough athletic ability to get up to hit the overhead.

A sound volley that can be played with pace and touch. Players who have two-handed backhands must have the ability to volley the ball with a one-handed stroke as needed. Modern players must also have the ability to hit a swinging volley from the mid-court.



Ok, now you know what it takes. Best of Luck!!

### **Elizabeth Begley Continues on Roll Wins DUBAI ITF!!**

Elizabeth, who celebrates her 16<sup>th</sup> birthday this month, backed up her outstanding Orange Bowl semifinal result by reaching the consolation final of 16's Winter Nationals, bowing out in the rd of 16 main draw. She then went on to the back draw semis of the Copper Bowl 18's. Her current 16's national ranking is 11!

This January Elizabeth went to Dubai and won a Grade 5 ITF Girls Singles title!

### **Keri Wong Reaches Finals at Winter Nationals**

18 year old Keri, who will attend Clemson on a full scholarship next year, recently made a run to the finals of 18's Winter Nationals. Keri's outstanding results have brought her to #5 in the US u/18.

Kerry was then awarded the Bill Ozaki Junior Sportsmanship Award for the Southern Section in January 2008.



# TAKE IT TO THE NEXT LEVEL!



## MONTHLY NEWSLETTER

### January Tournament Results

#### St. Andrew's Point Quest Junior Tournament - SC L 3



**Lauren Kelly** W Consol. G/18 singles, F G/16 doubles

**Alrissa Tobe** F G/16 singles

**Jasmyn Howell** SF G/14 singles, Winner G/14 doubles

**Megan Kelly** SF G/10 singles

**Kendal Drake** F G/16 doubles

**Ryan Drake** F B/18 doubles



**Wes Counts** F B/16 singles

**Alex Bahr** SF B/16 singles, F B/18 doubles

**Matt Kirk** Winner B/14 singles, Winner B/14 doubles

**Matt Kelly** Winner B/14 doubles

**Merritt Wilburn** SF B/12 singles, F B/12 doubles

**Amit Kohli** SF B/12 singles, F B/12 doubles



**Leyla Erkan** advanced to the semifinals of the Tennis Plaza Cup in Florida. She beat the #7 seed along the way, before falling to the #1 seed. Leyla defeated the #3 seed in the third place match.

### Other Tournament Results



**Ryan Drake** Tournament Tough Jr Championships, GA 3rd Place B/18s



**Kendal Drake** Tournament Tough Jr Championships, GA 3rd Place G/16s



Alrissa with her runner-up trophy from the St. Andrew's Point Quest Jr. Tournament

#### You're Invited To A

Van Der Meer Tennis Academy  
World Class Junior Weekend Clinic

**When:** Mar. 28-30  
**Where:** Hilton Head Island, SC  
**Time:** Fri. 3-6pm, Sat. 9:30am-12pm & 2-4:30pm  
Sun. 9-11am  
**Cost:** \$328

RSVP to Shari Frey: 1.800.845.6138

Discount accommodation rates available

**Jolene Watanabe-Giltz** has returned to work for Van Der Meer Tennis Academy. In December Jolene took some time off to have both of her hips replaced. She continues her rehabilitation routine and is now back on-court teaching, which makes us all happy!



**Van Der Meer Tennis**  
P.O. Box 5902  
Hilton Head Island, SC 29938

Phone: 1.800.845.6138

1.843.785.8388

Fax: 1.843.785.7032

academy@vdmtennis.com

www.vdmacademy.com



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