



**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*



## **Advantage – VDM Academy Students 2015-16**

The 2015-16 school year has begun for Van Der Meer Academy students. We have another great group of international players of all ages, who are settling in to a routine that requires a lot of discipline. Learning to push your limits on court while maintaining high academic standards is not a walk in the park. Each year we watch for the signs of the transformation of ordinary young human beings into mature, smart competitors.

Learning how to be a successful and respected competitor is one of the most important goals we set for our students. Our kids learn how to maximize their physical, mental and tactical skills in order to everything possible to win matches. These skills will transfer their ability to prepare to win in other facets of life. Dealing with pressure on court is a valuable lesson for later success in personal and professional life, and as good citizens of the world.

We are very proud of our international family of coaches and students. Our players always have had the advantage of learning from the best, and our alums include highly successful college grads in all occupations, as well as top touring pros, current and retired. Several have become excellent coaches and are back on tour with top players. (Grant Stafford, David Nainkin, Neville Godwin to name a few.)

Marcos Ondruska, former ATP# 27, leads an impressive staff of dedicated coaches. He carries on our founder Dennis Van der Meer's tradition of excellence and high standards using a solid base of instruction based on commonalities and sound biomechanics. Because he trained with Dennis as a player and a fledgling coach, he understands the importance of balancing stroke production, tactics, fitness and mental toughness in our program.

We welcomed Wayne Ferreira, former ATP #6 to VDM this summer. Marcos' Davis Cup teammate and good friend moved to Hilton Head so his sons could train at Van Der Meer. Wayne joins fellow tour players Miki and Tommy Shimada who also lend their expertise to our program.

Elizma Nortje, another VDM former WTA player, has supplemented her vast ITF experience with several courses in the mental toughness area as well as the fitness area, recognizing how important the link is between the two fields. Fitness increases confidence, and confidence leads to good results.

Katie White, newly named Fitness Director, has taken specialized certification courses geared to planning and implementing tennis-specific fitness programs. Her tennis background and passion and expertise in the fitness area have been another positive influence on all our players.

Dennis, though retired due to the stroke he suffered, continues to inspire us all, and continually receives the honor and recognition of the entire tennis community. Named by the USTA a "Legendary Coach" in 2015, he was also recently inducted into USPTA's Hall of Fame. He is present in spirit at all Academy practices and tournaments.





### Tournament Results

#### Pepsi

- **Natalie Bassett** - winner 12 singles and doubles
- **Ashley Chang** - finals 14 singles
- **Will Danzell** - SF 16 singles
- **Molly Sanderson** - SF 18 doubles
- **Brooke Wrigley** - SF 12 singles



#### VDM Academy Classic

- **Josh Wilson** - winner 18 singles and doubles (with Marcus Ferreira)
- **Tom Chang** - winner 16 singles
- **JJ Tracy** - winner 14 singles
- **Olga Zavarotnaya** - winner 18 singles
- **Ashley Chang** - winner 16 singles
- **Brooke Wrigley** - winner 12 singles and doubles (with Mia Yamakita)
- **Tate Steinour** - F 18 singles and doubles (with Cooper Steinour)
- **Matt Oliver** - F 16 singles
- **Anna Letto** - F 16 singles, winner doubles (with Nicole Sister)
- **Saera Kanda** - SF 18 singles, winner 18 doubles (with Molly Sanderson)
- **Nathalie Bassett** - winner 14 doubles (with MG Armistead)



#### Citadel

- **Marcus Ferreira** - winner 18 singles
- **Tom Chang** - winner 16 singles, SF doubles (with Soh Kuyama)
- **Robert Hagen** - winner 12 singles
- **Olga Zavarotnaya** - winner 18 singles
- **Thompson Byrd** - F 14's singles
- **Anna Letto** - SF 16 singles
- **Emily Ruckno** - SF 12 singles & winner 12 doubles
- **Juliana Goehner** - winner 18 doubles



### Fitness Corner

Fitness Director Katie White is working hard with all our kids to help them improve in all areas of training needed for today's tennis. Our program is based on cardio fitness, balanced with strength training to prevent injury and build endurance, speed training and footwork agility, balance and core stability. Our players' gym work is done with Peter Worthy at Player's Club, right next door to VDM Academy. Our goal is to have a strong mind in a strong body, which helps in building a strong, confident player.

