



VAN DER MEER TENNIS

PHONE: 800.845.6138 / 843.785.8388 | FAX: 843.785.7032

E-MAIL: tennis@vdmtennis.com | WEBSITE: www.vandermeertennis.com

VAN DER MEER SUMMER CIRCUIT TRAINING PROGRAM SWEET BRIAR COLLEGE

For the past 25 years, Sweet Briar College, VA has been the training site for VDM Summer Circuit Training Program. It's the tournament training program of choice for talented players who have achieved sectional, national, international or collegiate rankings. Participants are selected by application in advance, using the criteria of ranking and recent results. Each week, a limited number of additional players will be selected based on match results, demonstrated work ethic, and positive attitude.

This specialized program was developed by Dennis and Pat Van der Meer and a team of experts in the sport sciences to incorporate the following areas of instruction:

- Footwork and agility
- Mental toughness
- Tactics and strategy
- Stroke production – video analysis
- Conditioning and injury prevention
- Schedule planning and career counseling (*including college advice*)
- Daily supervised match play – there's no substitute for match toughness

A junior tournament is held on campus each year, with age categories from 10–18. The 2010 dates are July 9–11. A team of players travel to several ITA tournaments in July from Sweet Briar at a fee of approximately \$400 per event, which includes transportation, coaching, and hotel costs (*entries and food costs are additional*). Top players aged 15–20 are considered first. The dates for the two ITA tournaments are as follows:

- UNC – Chapel Hill July 16-19
- UNC – Greensboro July 23-26

Note: must be an ITA member to register for these tournaments.

To apply to this amazing program, please complete and submit the enclosed application.

Note: You must be signed up for a minimum of 2 camp weeks in order to apply.



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VAN DER MEER SUMMER CIRCUIT TRAINING PROGRAM - APPLICATION FORM SWEET BRIAR COLLEGE

Player Name _____ USTA # _____

Address _____

City _____ State/Province _____

Country (if applicable) _____ Zip/Postal Code _____

Home Phone # (____) - _____ Cell Phone # (____) - _____

E-mail _____ Date of Birth ____/____/____

Age Category Playing (circle selections) 12s 14s 16s 18s ITF WTA ATP

Rankings State _____ Section _____ National _____ College _____ ITA _____

Camp Weeks Planning on Attending (circle all that apply; must be signed up for a min. of 2 weeks)

Camp 1: 6/20 — 6/25 Camp 2: 6/27 — 7/2 Camp 3: 7/4 — 7/9

Camp 4: 7/11 — 7/16 Camp 5: 7/18 — 7/23 Camp 6: 7/25 — 7/30

I agree that all information provided on this form is accurate and current as of the date I completed this form.

X _____

Parent signature of participating student (if under the age of 18)

Date ____/____/____

X _____

Signature of participating student

Date ____/____/____

Please fax this application to 843.785.7032 or mail to the following address for submittal:

Van Der Meer Tennis Summer Circuit Training Program
c/o Van Der Meer Tennis
P.O. Box 5902
Hilton Head Island, SC 29928