

VAN DER MEER TOTAL TENNISUNIVERSITY



Over the years, Van der Meer TennisUniversity has launched the careers of many prominent tennis teachers and coaches from all over the world. Now totally revamped to incorporate many of the specialty courses originally conducted

under the TU umbrella, Van Der Meer Total TennisUniversity is one of the most recognized and highly-respected tennis teaching and coaching institutions in existence.

“I went to Hilton Head hoping to pick up a couple of pointers, but came away amazed at the many new formulas and techniques I had experienced.”

- **Tim Wilkison**

ATP Tour veteran & 1998 Masters Champion

“Dennis Van der Meer is the number one tennis teacher. He has influenced the entire tennis teaching world with his innovative techniques.”

- **Billy Jean King**

World Champion

“TennisUniversity has to be one of the best single experiences for tennis coaches.”

- **Dr. James Loehr**

Famed Sports Psychologist



VAN DER MEER TENNIS

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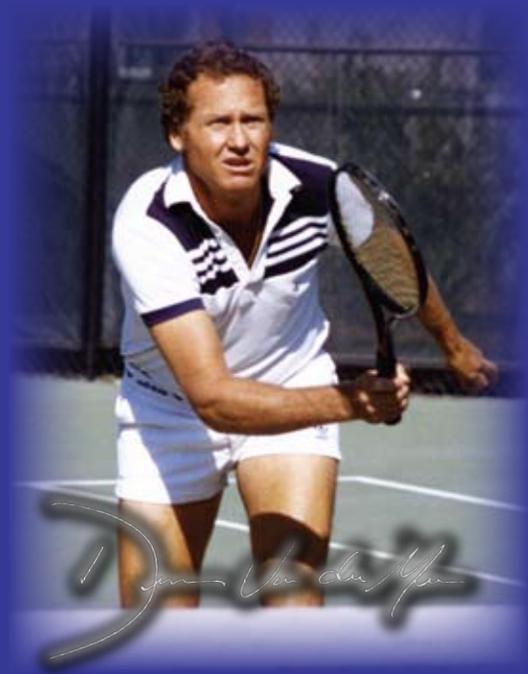
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The complete tennis instructor
course for tennis teachers, coaches,
managers, and professionals



DENNIS VAN DER MEER
Legendary Tennis Coach

HISTORY OF TOTAL TENNISUNIVERSITY



Billie Jean King and Dennis Van der Meer reviewing a mock layout of one of the first Van Der Meer Tennis Center facilities, home of the original Tennis America.

Van Der Meer TennisUniversity was created in 1973 in Berkeley, CA when Dennis Van der Meer and Billie Jean King teamed up to start a group of tennis camps across the nation. They formed **TennisAmerica**, and advertised for pros who liked their concept of making tennis instruction available and affordable for adults and children of all ages and abilities. They knew the key was really good group

teaching, and looked for pros that could perform well in a group setting.

Many pros applied, but there was a major problem that surfaced when they started. Because each pro had his/her own style of teaching, the students became confused each time they moved to another court. Dennis and Billie Jean got all the pros together, and gave them one simple way to teach tennis to beginners. Dennis always understood the concept of graduated length, and developed progressions based on a biomechanically sound method. He asked for advice from leading experts around the world, and incorporated scientific principles and commonalities into what became "**The Official Standard Method™**", the basis for his TennisUniversity course. The emphasis of the TU has always been superior group teaching with individualized attention within the lessons. This maximizes court usage, and reduces individual cost for lessons. Dennis always paid attention over the years to equipment and physical training advances that allowed for changes in techniques, and was quick to consult physicians and biomechanists to ascertain the long term safety of new techniques. Dennis influenced the entire tennis world with his contributions to the game. He has been honored by the USTA, ITF, US Olympic Committee, and the US States Department. In 2004, he received an Honorary Doctorate from The University of Greenwich, England. His ingenious way of presenting complex material has simplified basic tennis



TOTAL TU PROGRAM OVERVIEW

Van Der Meer Total TennisUniversity provides you with the building blocks to be a great coach.

BASICS:

- Solid fundamentals for group and private lessons
- Practice effective lessons for all the major strokes
- Learn corrective techniques to help you get your student to improve
- Professional tips to improve ball feeding skills
- Learn how a ball machine can be used to enhance your teaching
- Learn how to modify instruction for special populations
- Practice drills and games on-court with VDM Pros

ADVANCED:

- Overview of player development and resources to help you move your players up in the rankings
- Get help understanding when to change or add a stroke
- Improve tactics and strategy by understanding patterns and styles of play
- The opportunity to observe the Van Der Meer World Class Academy students in their daily training
- Take part in some tennis fitness and dynamic warm-ups

MUNCHKIN TENNIS (UNDER 10):

- Learn fun games to instill a love of tennis while improving motor skills
- See how to modify progressions to give children (3-10) a biomechanically sound base for future stroke development
- Instant tennis = instant success using graduated length techniques (the base for QuickStart/Under 10 tennis)

OFF THE COURT:

- Learn about the latest stringing techniques
- See how a simple Pro Shop can add to your tennis facility
- Get familiar with adaptive tennis programs for special populations
- Get information on how to run events and tournaments at your facility



DENNIS VAN DER MEER DR. LOUIE CAP STEVE RICKARD MARCOS ONDRUSKA

The main leader of Total TennisUniversity is PTR Master Professional Dr. Louie Cap, who has been with Dennis over 40 years. Director of Tennis Steve Rickard, Academy Director Marcos Ondruska, and a host of guest lecturers lend their experience and knowledge to guide you through a valuable and unforgettable week!