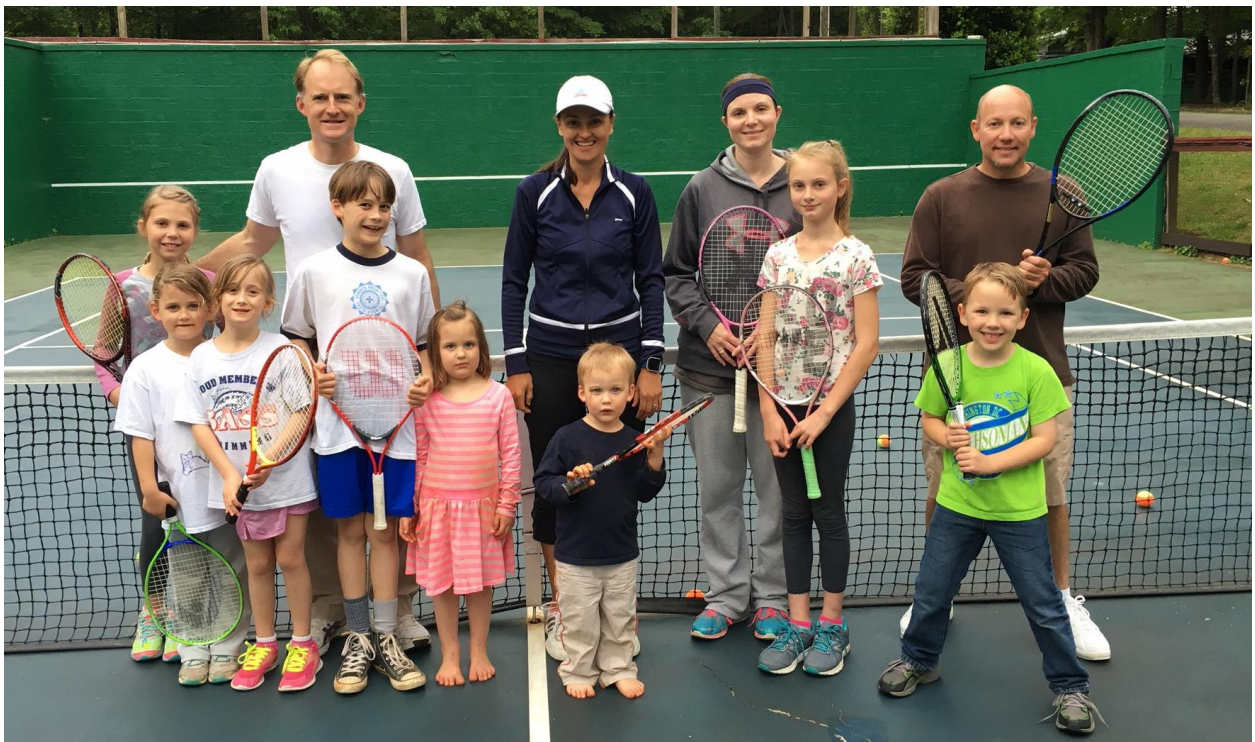




\*\*\* FOR IMMEDIATE RELEASE \*\*\*

## Friendship Tennis Academy Hosts “Rally the Family”

**Charlottesville, Virginia (5/27/2016)** – QuickStart Tennis of Central Virginia ([QCV](#)) is pleased to report Friendship Tennis Academy at Camp Friendship in Fluvanna County recently hosted a “Rally the Family . . . to play tennis” program. [Rally the Family](#) is a new tennis industry-wide campaign to boost tennis activity and interest across the country. It’s the largest collaborative tennis campaign in history. The program at Camp Friendship was comprised of four weekly sessions and involved four families. The participants used red, orange and green balls on 36-foot and 60-foot court formats.



Alina Ackenbom, Director of Tennis at Camp Friendship and QCV President, says, “We have just finished our first Rally the Family session. It was very successful! We had three Fluvanna families and one Louisa family. One family had five kids plus one on the way. We had kids from three to 10 years old. Tom Langford was my Assistant Coach and Polina Shumilina, one of my students who is nine, was my volunteer helper.

This was a great session where families learned about the sport of tennis. We worked on groundstrokes, serves and volleys and we played singles and doubles King of the Court, which was everyone's favorite. We did a lot of ABC (Agility, Balance and Coordination) games and drills with and without rackets to show students what skills they need to develop to be good tennis players. We practiced with red and orange balls and used age- and size-appropriate rackets. My goal was to give parents many ideas on how to play tennis with their kids when they play on their own in the summer. Everyone enjoyed the classes very much. We had fun, laughs and lot of high fives. The

children were really thrilled to have their parents play with them. It is not often that busy parents get to hang out and play with their children, and have so much family FUN.”

Jay Thompson, father of five, says “Tennis is a great family sport,” and his family will definitely play more tennis.



Lynda Harrill, QCV’s QuickStart Tennis Coordinator and Founder, adds, “With Alina in the lead, we support many campaign and initiatives that will grow the game and bring families together. Having a lot of out-of-school options for kids is essential. Having programs that get parents on court with their kids is a real bonus.”

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QuickStart Tennis of Central Virginia is an all-volunteer, grassroots Community Tennis Association established in 2009 as a 501(c)(3) charitable organization to promote, develop and grow QuickStart Tennis in the heart of Virginia for all beginners, especially underserved youth, using the kid-sized QuickStart Tennis format.

QCV’s service area includes Albemarle, Amelia, Appomattox, Brunswick, Buckingham, Charlotte, Culpeper, Cumberland, Dinwiddie, Fluvanna, Franklin, Greene, Greenville, Halifax, Henry, Louisa, Lunenburg, Madison, Mecklenburg, Nelson, Nottoway, Orange, Patrick, Pittsylvania, Prince Edward, Powhatan and Rappahannock counties and the cities of Charlottesville, Danville and Martinsville, We currently serve 166 schools with 80,000 kids, ten parks & recreation departments, three Boys & Girls Clubs and two YMCAs in 27 counties and three independent cities. We have also gotten tennis into PE classes in 30 additional schools with 14,000 students in southwestern and eastern central Virginia as part of the Mid-Atlantic Supercharge School Tennis Task Force.

Visit QCV at: [www.quickstartcentral.org](http://www.quickstartcentral.org) and on [Facebook](https://www.facebook.com/quickstartcentral).

For additional information, contact [quickstartcentral@comcast.net](mailto:quickstartcentral@comcast.net)



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