



*** FOR IMMEDIATE RELEASE ***

QCV Reissues “WHY do tennis players eat apples?” Card

Charlottesville, Virginia (8/29/2016) – QuickStart Tennis of Central Virginia ([QCV](#)) is pleased to report we recently issued a new edition of our Go Bananas for QuickStart! Apples card. The new edition features 12-year-old Katja Wiersholm as the tennis role model. Katja is currently ranked #2 in the country in the 12U age group. In 2016 she has played in four national tournaments, winning two national titles (!!!) and 21 of the 22 matches she played. Her winning percentage is 95%.



Lynda Harrill, QCV QuickStart Coordinator, says, “Getting Katja on a Go Bananas! card has been in the works for a while. I met her last year when she and her family were here from their home in Washington State to visit her brother Henrik who plays on the UVa Men’s Tennis team. We arranged for her to hit with local QuickSTAR Vivi Hui, who is a Go Bananas! role model on our ‘WHY do tennis

players like to read?’ card. Katja is a great kid and a terrific player, so I’ve followed her progress with great interest and frequently wished she lived closer. Finalizing her Go Bananas! card was a little difficult because she kept winning tournaments and adding to her list of accomplishments. Soon we may need to create an annex for the card!”

**Go Bananas for QuickStart!**

WHY do tennis players eat apples?

BECAUSE . . . APPLES

- Are full of energy to fuel your tennis match
- Are rich in fiber to keep you feeling full
- Are a sweet snack, with only natural sugars
- Are a good source of Vitamin C
- Are a cool fuel to eat before you play tennis
- As part of a balanced diet, give you the energy you need for exercise
- Are naturally low in calories
- Come in hundreds of varieties – Red Delicious, Golden Delicious, Granny Smith, Gala, Pink Lady, Fuji, Jonathan, Rome, McIntosh, Pippin, Stayman, Empire, Ginger Gold, many more
- Taste really good!



**Want to be a great tennis player?
Eat like a great tennis player!**

Eat an apple every day! An apple a day keeps the doctor away! Apples are the perfect, portable snack – great-tasting, energy-boosting, and free of fat. When you’re on the tennis court, have an apple or banana close by for quick energy, whole-grain cereal bars for a quick post-tennis snack and plenty of water to drink as you play. Juicy apples help keep you cool!



Katja Wiersholm

Started playing at age 3
2016 Pacific Northwest Girls 14U Singles & Doubles Champion
2016 National Clay Courts Champion
2016 National Hard Courts Champion
#1 in Washington State
USTA Girls 12U National Ranking #2

Junior Tennis Star Goes Bananas for QuickStart!

Twelve year-old Katja Wiersholm *Goes Bananas* for apples and QuickStart! Like most tennis players Katja eats apples and bananas for snacks. Fresh fruit provides lots of energy. Just ask Katja who played 13 matches in seven days to win her first national title!

Go Bananas for QuickStart!

Bag Check On-court Katja always has lots of water, bananas, coconut water and Pedialyte. She starts the day with a banana, blueberry, pineapple and almond milk smoothie with granola. Her favorite lunch is a tomato soup with pasta. For dinner Katja likes Caesar salad, steak, broccoli and mashed potatoes. On special occasions, Katja enjoys sparkling apple cider and frozen yogurt for dessert.

Go Bananas for QuickStart! 8/2016
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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 188 schools with 89,000 kids, 13 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 and on [Facebook](#).

For additional information, contact quickstartcentral@comcast.net



A racquet in every hand! A smile on every face!



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