



*** FOR IMMEDIATE RELEASE ***

BrightSTARS—Tennis for Me! Begins Third Year at Greer Elementary

Charlottesville, Virginia (10/24/2016) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report the third year of BrightSTARS—Tennis for Me! at Greer Elementary School in Albemarle County is underway. This year 36 four-year-olds who participate in the Virginia Preschool Initiative (VPI) program are learning about tennis and nutrition from QCV volunteers. QuickStart Coordinator Lynda Harrill, QCV Board members Linda Perry and Barbara Watson and community volunteers Margaret Rose and Susan Nothnagle are working with the kids with an assist from the preschool teaching assistants. BrightSTARS—Tennis for Me! is a 10-session format taught in October, November, March, April and May. Each session is themed with a different food and the healthy eating message is reinforced by Go Bananas!! bracelets and a variety of Go Bananas! nutrition cards. Kids receive 30 minutes of tennis instruction and nutrition education at each session. QCV created the innovative curriculum. BrightSTARS sessions are held at Greer Elementary on Wednesday mornings.



Want to be a great adult? Be a BrightSTAR!

Harrill says, “Studies say about 70% of childhood obesity is attributable to physical inactivity, and poor nutrition accounts for about 25%. With BrightSTARS—Tennis for Me!

we can address 95% of the problem. I really like QuickStart 'arithmetic':
Playing Tennis + Nutrition Education = Happy, Healthy, Active Kids!

QuickStart Tennis really adds up for kids."

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 190 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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