



For additional information, contact Communications at quickstartcentral@comcast.net or visit www.quickstartcentral.org

*** FOR IMMEDIATE RELEASE ***

QCV Goes Bananas! at Lighthouse Preschool

Charlottesville, Virginia (2/6/2015) – QuickStart Tennis of Central Virginia ([QCV](http://www.quickstartcentral.org)) is pleased to report 27 three- and four-year-olds in three classrooms at Lighthouse Christian Preschool were recently treated to a Go Bananas! visit. In addition to a brief talk about what tennis players eat and how they play lots of tennis, kids were given Go Bananas! posters, bracelets and nutrition cards to take home. For the “show-and-tell” component, racquets and foam balls were passed round. The kids really like the light, kid-sized racquets. Visits to preschools like Lighthouse Christian are made as part of the QuickStart for Tots & Tykes initiative.



Lynda Harrill, QuickStart Coordinator, says, “The earlier we get to kids the better. Going to preschools is a blast! They pay attention, ask good questions, sometimes make hilarious comments and always want to know when they can start playing tennis. I tell them three and four are perfect ages to start, especially because they can learn to play in school or with their parents in a Family Friendly QuickStart class.”

To learn more, visit [QuickStart for Tots & Tykes](http://www.quickstartcentral.org) on the QCV website.

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 141 schools with 67,000 kids, nine 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 28 additional schools in southwestern and eastern Virginia as part of the Supercharge School Tennis Task Force in the USTA/Mid-Atlantic Section which kicked off in August 2014 and runs for the current school year.

Visit QCV at: www.quickstartcentral.org and on [Facebook](#).



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



#####