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

## QuickStart Tennis at Kids in the Kitchen

**Charlottesville, Virginia (3/24/2015)** – QuickStart Tennis of Central Virginia ([QCV](http://www.quickstartcentral.org)) is pleased to report we have participated in the Junior League’s annual Kids in the Kitchen for another year. This marks our fifth consecutive year of Go Bananas for QuickStart! at this wonderful community event. More than 70 kids were given the opportunity to play tennis in the gym at the Boys & Girls Club and they received Go Bananas! bracelets and posters and some Go Bananas! cards. We also had information available for 8U Tennis Academy programming. QCV Board members Gwedette Crummie, Dave Dahnert and Lynda Harrill were assisted “on court” by Julianna Caddell and Corrinne Jennings, tennis players from the Covenant School (where Dave coaches the girls tennis teams), numerous Junior League members and lots of parents and grandparents.



Lynda Harrill, QuickStart Coordinator, says, “This was the best Kids in the Kitchen event so far. We were swamped the entire four hours. I could barely take a drink of water. The Boys & Girls Club is a perfect facility for this event. Upstairs there were food-related

exhibitors like Trader Joe's smoothie station. All the physical activity was downstairs in the gym. Kids in the Kitchen links good nutrition and being active just like Go Bananas!. We love partnering with the Junior League for the sake of kids in our community."

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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 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](http://www.quickstartcentral.org) and on [Facebook](#).



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



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