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*** FOR IMMEDIATE RELEASE ***

Go Bananas for QuickStart! at Mountaintop Montessori

Charlottesville, Virginia (4/8/2015) – QuickStart Tennis of Central Virginia ([QCV](http://www.quickstartcentral.org)) is pleased to report a recent Go Bananas! visit for kindergarteners who participate in the Matilda Blue Tennis after-school program at Mountaintop Montessori School. Eight five-year-olds, who are being introduced to the sport for a lifetime, were treated to some Go Bananas! FUN and giveaways. Matilda Blue Coach Ken Chasin started by putting the kids through their paces to burn off some energy. Then Lynda Harrill, QuickStart Coordinator, led the kids with some tossing and catching koosh balls. Harrill then gave the kids a short Go Bananas! talk about what tennis players like to eat and why they like to play tennis.



As part of the Go Bananas! talk, each child was given a Go Bananas! poster and bracelet, a selection of Go Bananas! cards, photos of the UVa tennis teams and some funky rainbow sunglasses.

Harrill says, "Our goal is to make sure every three- to five-year-old child has 'tennis' in their vocabulary. When Go Bananas! was originally conceived six years ago, we focused on second and third graders. Over the past few years, however, we have been

'going bananas' with younger kids too, including Head Start and Bright Stars kids and kids in private preschool programs. We use the same Go Bananas! materials, but we adjust our approach and length of presentation to suit the age group. Regardless of the age, we keep it FUN and the Go Bananas! message continues to resonate with kids and parents. Want to be a great tennis player? Eat like a great tennis player!"

For more photos, check out our [Facebook](#) page.

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!



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