



For additional information, contact Communications at [quickstartcentral@comcast.net](mailto:quickstartcentral@comcast.net) or visit [www.quickstartcentral.org](http://www.quickstartcentral.org)

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

## QCV Trains Albemarle County Schools

**Charlottesville, Virginia** (8/12/2015) – QuickStart Tennis of Central Virginia ([QCV](http://www.quickstartcentral.org)) is pleased to report all elementary PE teachers in the Albemarle County Public Schools were provided an opportunity to attend a QuickStart training session as part of their professional development curriculum. Thirty PE teachers, representing all 16 elementary schools, and three student teachers from the University of Virginia participated in the workshop held at Jack Jouett Middle School. Tessa Pehanick, PE teacher at Baker-Butler Elementary and former QCV President, led the instruction with an assist from QCV QuickStart Coordinator Lynda Harrill. Albemarle PE Coordinator Michael Craddock arranged the session, which included videos of movement activities and lots of fun on-court action in the school gym.



Harrill says, “This was the fourth training we have done for Albemarle PE teachers since the QuickStart format was first introduced in 2008. The primary purpose of this training session was to familiarize the teachers with the successful ‘Tennis Tuesdays’ program Tessa ran last school year at Baker-Butler. ‘Tennis Tuesdays’ is a tennis immersion methodology that combines tennis skills and nutritional education using the FUN of our [Go Bananas for QuickStart!](#) campaign. It provides us with a terrific opportunity to ‘freshen’ things up for the PE teachers who have been teaching tennis in school, some for six years, and to train PE teachers who are new to Albemarle County or new to the QuickStart format. Judging by the reception given by the session attendees, we expect several additional schools will adopt the ‘Tennis Tuesdays’ activity this year.”

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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 142 schools with 68,000 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 30 additional schools with 14,000 students in southwestern and eastern central Virginia as part of the Mid-Atlantic Supercharge School Tennis Task Force.

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



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