



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

## QuickStart Tennis Training Set for Martinsville and Henry County

Charlottesville, Virginia (1/20/2016) – QuickStart Tennis of Central Virginia ([QCV](http://qcv.org)) is pleased to announce that QuickStart Tennis in School training will be held on Friday, March 4 at Fieldale/Collinsville Middle School in Collinsville, VA. The session will start at 10 a.m. In addition to PE teachers, the training is free and open to any community members who want help kids learn to play a lifetime sport. To date, 30 participants have registered. To register email: [quickstartcentral@comcast.net](mailto:quickstartcentral@comcast.net).



Lynda Harrill, QuickStart Tennis Coordinator and QCV Founder, says, “Many thanks to Sandy Strayer, Assistant Superintendent with Henry County Schools, and Sarah Byrd, Director of Communications & Outreach with Martinsville City Schools, for helping us set this up. Having a combined training session is wonderful opportunity for teachers to learn and work together. We are looking forward to getting almost 7,000 students in 16 elementary and middle schools in Martinsville and Henry County developing motor skills, playing tennis and learning life lessons in PE classes. This is part of our Jump Start QuickStart Tennis Initiative where we train, equip and support schools and other youth-centric organizations that commit to teaching kid-sized tennis. We raise funds and buy portable nets, racquets and balls for schools and organizations like the Boys & Girls Club. We aim to make it free and easy for teachers and other instructors to hop on the QuickStart bus and come along for the FUN! It’s all about using tennis as a vehicle for Positive Youth Development and helping combat childhood obesity and physical inactivity in the FUN QuickStart way. Who can resist?”

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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 166 schools with 80,000 kids, ten 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](http://www.quickstartcentral.org) and on [Facebook](#).

For additional information, contact [quickstartcentral@comcast.net](mailto:quickstartcentral@comcast.net)



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



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