



quickstart tennis of  
central virginia

## *Come along for the FUN!*

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QuickStart Tennis of Central Virginia is an all-volunteer Community Tennis Association dedicated to promoting, developing and growing QuickStart Tennis, the USTA's "play to learn" format, in 21 counties in central Virginia. Our main objective is to reach 55,000 kids in 116 public elementary and middle schools over the next five years. In this process we also can help combat childhood obesity by using tennis players as nutritional role models for kids and sponsoring QuickStart Tennis gardens at schools. Additionally, we plan to use the QuickStart format and Positive Youth Development principles to help create happy and healthy middle-school kids who will grow up to be great adults. Lastly, we want to make QuickStart Tennis available to beginners of any age. We want to make tennis readily accessible and FUN for everyone! Here are some examples of our initiatives:

#### *Jump Start QuickStart Tennis*

- Goal - accelerate the introduction of QuickStart Tennis into central Virginia
- Model - Train, Equip and Support
- Motto - **A racquet in every hand! A smile on every face!**

#### *Go Bananas for QuickStart!*

- Goal - help reduce childhood obesity by using tennis players as nutritional role models
- Model - Role Model, Reinforce and Reward
- Motto - **Want to be a great tennis player? Eat like a great tennis player!**

#### *Grow Veggies for QuickStart!*

- Goal - connect agriculture and tennis for kids in a fun and interactive way
- Model - Engage, Educate and Eat
- Motto - **Want to eat healthy? Grow veggies for QuickStart!**

#### *Middle-School QuickStart*

- Goal - create a passion for tennis that will translate into other areas of kids' lives
- Model - Relate, Empower and Mentor
- Motto - **Want to be a great adult? Be a QuickStart kid!**

Those are a few examples of how we plan to get QuickStart Tennis going in central Virginia. Our website - [quickstartcentral.org](http://quickstartcentral.org) - contains much more information. Please visit!

We depend solely on grants and sponsors to fund our programs, and on volunteers in the communities we serve to step up and help support our operations. We know there are many deserving organizations asking for support. What sets us apart is that we are using tennis as a preemptive "vehicle" to address a variety of serious issues that face kids today, and we approach these issues in a FUN way that appeals to the kids. We're trying to prevent problems, create happy and healthy kids, and lessen the remedial workload in the future. The best part is we get to do all this while everyone is having FUN! We hope you will want to come along for the FUN too! Please sign up on the next page.



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*We want to come along for the FUN!  
Sign us up!*

Name (please print): \_\_\_\_\_

Email address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

I would like to:

\_\_\_\_\_ Donate \$ \_\_\_\_\_

\_\_\_\_\_ Attend QuickStart Tennis Training

\_\_\_\_\_ Volunteer for Go Bananas! School Visits

\_\_\_\_\_ Volunteer to help tend a QuickStart Tennis Garden

\_\_\_\_\_ Volunteer in an after-school QuickStart Program

\_\_\_\_\_ Volunteer for QuickStart Tennis Day at Darden Towe (last Saturday in each May)

\_\_\_\_\_ Volunteer at our USTA Adopt-A-School School - Woodbrook Elementary

\_\_\_\_\_ Start a QuickStart Tennis Program

\_\_\_\_\_ Start a USTA Junior Team Tennis QuickStart Tennis Team

\_\_\_\_\_ Call me, I'd like to learn more

Please mail to: QuickStart Tennis of Central Virginia  
PO Box 422  
Ivy, VA 22945