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*** FOR IMMEDIATE RELEASE ***

QuickStart Tennis of Central Virginia Trains Buckingham Residents

Charlottesville, Virginia (2/22/2010) – QuickStart Tennis of Central Virginia recently held a training session sponsored by the Buckingham Recreation Department. Todd Shumaker, Director of Recreation, Erin Lake, Coach of the Buckingham High School Girls' Tennis Team and Diane Holman James, Dillwyn Town Council member and Ellis Acres Memorial Park booster, are jumpstarting QuickStart in our neighboring county.



It was a chilly winter morning, but things really heated up fast in the Industrial Park Building as Steven Iman, USTA Mid-Atlantic QuickStart instructor, got everyone running around. Waddell Mosley, PE teacher for Dillwyn and Gold Hill Elementary Schools, jumped right in. Erin brought members of her tennis team who will now be able to

teach kids throughout the community how to play QuickStart. For team member Anna Spears, it was her second QuickStart training session. She and Diane both attended QuickStart training last summer in Charlottesville. Their enthusiasm for QuickStart is really spreading in Buckingham County. Fellow team member Megan Almond and her mom Christina, a third-grade teacher at Gold Hill, jumped right in too.

Diane wants to make QuickStart Tennis a cornerstone program at Ellis Acres which will combine tennis and education for the county's youth. USTA National's Facilities Assistance program is working with Ellis Acres to develop a site plan for two tennis courts and may provide some funding.

Richard Michaels (left), a volunteer Assistant Coach at nearby Longwood University, was there to learn about how QuickStart can be used to expand the university's community outreach in the region. Roy Harrill, QCV Treasurer, and



Richard engaged in a friendly discussion about the upcoming Longwood vs. UVa Men's Tennis match that will be played on Saturday, February 27 at 5 p.m. at the Boar's Head Sports Club in Charlottesville. Admission to UVa tennis matches is FREE!

Lynda Harrill, QuickStart Tennis Coordinator says "It's all about connecting people who share "tennis DNA" or understand how QuickStart Tennis can help create happy, healthy and active kids. We are really connected to Buckingham County and we look forward to working with them on Ellis Acres and getting QuickStart in PE classes, after-school activities and recreational programs."

For more information about Ellis Acres, go to:

<http://www.buckinghamcountyva.org/Dillwyn/ellisacrespark.html>

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 21 counties and one independent city in Central Virginia for all beginners, especially underserved youth.

QCV's Service Area includes Albemarle, Amelia, Brunswick, Buckingham, Charlotte, Culpeper, Cumberland, Dinwiddie, Fluvanna, Greene, Greensville, Louisa, Lunenburg, Madison, Mecklenburg, Nelson, Nottoway, Orange, Prince Edward, Powhatan and Rappahannock counties and the City of Charlottesville.

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