



*** FOR IMMEDIATE RELEASE ***

Tennis Tuesdays Wrap Up at Baker-Butler Elementary

Charlottesville, Virginia (2/28/2019) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report the fifth and final session of Tennis Tuesdays at Baker-Butler Elementary was held this week. Over the five weeks, 110 second-graders developed tennis skills, social skills and learned about the healthy foods tennis players like to eat.

PE teachers, Eleni Heeschen, John Johnson and Ryan Shrader expertly designed, organized and executed four “on-court” activities for each of the five sessions. Lynda Harrill, QCV QuickStart Coordinator, attended each session, coached the kids during the sessions and talked to the kids about different fruits, vegetables and life skills important to tennis players. The kids were given Go Bananas! cards for Apples, Bananas, Bell Peppers, Broccoli, Brush & Floss, Carrots, Cucumbers, Good Manners, Grapes, Green Beans, Reading, Warm Up/Cool Down, Water and Watermelons. UVA Women’s Tennis Coach Sara O’Leary and UVA Women’s Tennis alumna Gabriela Chase were guest coaches at Tennis Tuesdays.

The highlight of the final Tennis Tuesdays session was a Go Bananas for QuickStart! Buffet that allowed the kids to try each of the foods covered during the five weeks. Each kid was given a Go Bananas! poster to mark successful completion of the program.



Harrill says, “Tennis Tuesdays at Baker-Butler brighten up the cold, dreary days we can have in January and February. The gym is alive with activity. The PE teachers and kids are so engaged. This was the fifth year of Tennis Tuesdays. We did all five second-grade classrooms this year, up from four in previous years. Everyone rose to the challenge of reaching more kids. Every year has a memorable moment, but this year’s was really FUN. At the final session, I handed out the [WHY do tennis players brush & floss?](#) card. After I talked about the benefits of good dental hygiene, I asked if this card made anyone think

about dancing. The boys stood up and started ‘flossing,’ which I captured on [video](#). What FUN and what a perfect way to end a great session. Looking forward to next year.”



Picnicking in the hall at the 2019 Go Bananas! Buffet

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 207 schools with 95,000 kids, 15 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 36 additional schools with 15,000 students in communities outside our service area.

Visit QCV at: www.quickstartcentral.org and on [Facebook](#).

For additional information, contact quickstartcentral@comcast.net



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



####