




*** FOR IMMEDIATE RELEASE ***

Congratulations to Go Bananas! Role Model Danielle Collins

Charlottesville, Virginia (2/1/2022) – QuickStart Tennis of Central Virginia, Inc. (QCV) is so overjoyed to recognize Go Bananas for QuickStart! role model Danielle Collins for her breakthrough performance at the 2022 Australian Open. Collins, the tournament's #27 seed, made the finals where she fell to Ash Barty, the #1 seed and the #1 ranked women's tennis player in the world since June 2019.

Danielle has been a QuickStart Go Bananas! role model since 2013/2014, her first year at the University of Virginia. She won the 2014 NCAA singles title playing with a broken wrist. (Hard to imagine but she did.) She followed up with another NCAA singles title as a senior in 2016 and began her professional tennis career right after graduating from UVA. At the end of 2016 she was ranked #299 in the world. In 2019 she made the semifinals at the Australian Open and last year she won her first two Women's Tennis Association titles, the first in Italy on clay and a week later the second in California on hard courts. She's been climbing ever since, with some medical setbacks along the way. Her hard-earned ranking is now **#10 in the world!**



Go Bananas for QuickStart!

WHY do tennis players eat cucumbers?


BECAUSE ... CUCUMBERS

- Have potassium (just like bananas) to help with muscle cramps
- Are low in calories and have no fat
- Keep your eyes healthy, like carrots do too
- Help cool your body
- Are crispy and FUN to eat. **Taste really good!**


WHAT TO DO WITH CUCUMBERS?
Eat them raw with or without the skin. Use sliced or diced cucumbers in a salad. Combine sliced cucumbers and tomatoes and toss with balsamic dressing. Add slices to a glass of water for a refreshing taste. Make cold cucumber soup. Try a cucumber sandwich. YUMMY! Make your own pickles. FUN! Soothe tired eyes with sliced cucumber goggles. WOW! That's cool!

Want to be a great tennis player?
Eat like a great tennis player!

Stay Cool as a Cucumber! Cucumbers belong to the same family as zucchini, squash and pumpkins. Crispy and cool, cucumbers are about 96% water. Eating cucumbers counts toward the glasses of water you should drink each and every day.



In a pickle with muscle cramps?
Drinking **pickle juice** can help stop cramps!



Danielle Collins

WTA Pro Danielle Collins Goes Bananas for QuickStart!

Danielle Collins, WTA Pro and two-time NCAA Singles Champion while at UVA, **Goes Bananas!** for green veggies, especially cucumbers. Danielle eats lots of fruits, vegetables, whole grains and lean meats. She fuels up to play lots of tennis and she drinks a lot of water to stay cool. On the court, she stays as cool as a cucumber!

Go Bananas for QuickStart!

Bag Check On-court Danielle always has lots of water and bananas. She starts her day with cereal, eggs and fruit. Her favorite lunch is a green salad. For dinner she likes lots of veggies and pasta. Danielle celebrates special occasions with ice cream. Her favorite flavor is Cookies & Creme.

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Lynda Harrill, QCV founder, says, "I remember when I first met Danielle at the 2013 NAAs in Champaign, Illinois. She was just finishing her freshman year at the University of Florida. Complete strangers then, we just happened to get on the same motel elevator. We chatted a bit and she said she was thinking about transferring to UVA. As it turned

out, she actually did transfer to UVA in the fall, and the rest is history. Looks like I'm going to have to update her Go Bananas! card right away to reflect her status as a finalist in a Grand Slam event. That will be a very happy task. We are so proud of Danielle and all her hard work to refine her game and overcome a lot of obstacles that would have stopped other competitors in their tracks. She's a true role model for kids! Go Dan-yell!!!!"

Please visit our [website](#) to learn more about what QCV is doing to promote physical activity, healthy eating and early childhood literacy kids in our service area.

*Want to be a great adult?
Play tennis! Read books! Eat healthy! Have FUN!!!
Be a QuickStart kid!*

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, Amelia, Appomattox, Brunswick, Buckingham, Campbell, Charlotte, Culpeper, Cumberland, Dinwiddie, Fluvanna, Franklin, Greene, Greensville, 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, plus under a special arrangement, King George County. We currently serve 213 schools with 99,000 kids, 15 parks & recreation departments, three Boys & Girls Clubs and two YMCAs, in 31 Virginia counties and independent cities. We have also gotten tennis into PE classes in 37 additional schools with 16,000 students in Virginia 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!



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