



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

## Go Bananas! Role Model Wins USA Games Gold

Charlottesville, Virginia (7/25/2022) – QuickStart Tennis of Central Virginia, Inc. (QCV) is thrilled to report Go Bananas! role model Jon Fried (WHY do tennis players eat beets?) won a gold medal in doubles with partner Chris Raupp last month at the [Special Olympics USA Games](#) in Orlando, FL. Nineteen sports were represented by 5,500+ athletes from



all 50 states, with 51 athletes from Virginia who won a total of 55 medals. The tennis matches were played at the USTA National Tennis Center at Lake Nona. Chris and Jon, who represented Special Olympics Virginia, are coached by Ron Manilla, a Master Tennis Professional and Director of Tournaments at Boar’s Head Sports Club.

Jon (shown on right, with Chris) has been a role model and inspiration for many. He started playing tennis at age 10. He won a gold medal in singles at the 2007 Special Olympics World Games in China and silver and bronze medals at the World Games in Greece in 2011. And he loves to play tennis and eat beets!

QCV’s QuickStart Coordinator Lynda Harrill says, “We are so proud of Jon and Chris for their winning performances at the USA Games. Winning a medal is always nice, but what sets Jon apart is his determination to play well, his dedication to our sport and his kindness towards everyone he meets. Hopefully, lots of QuickStart kids will follow Jon’s example on and off the court. He is a special person and we are proud to have him as a Go Bananas for QuickStart! role model.”

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

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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, 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 214 schools with 101,000 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](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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