



*** FOR IMMEDIATE RELEASE ***

**QuickStart Tennis of Central Virginia to Celebrate
Sixth Annual Rev Your Bev Day at the
Boyd Tinsley Clay Court Classic on April 25, 2018
A statewide day of action educates young Virginians on the
health benefits of drinking water**

Charlottesville, Virginia (4/24/2018) – QuickStart Tennis of Central Virginia, Inc. (QCV) will join volunteers, parents, teachers and health advocates across Virginia to raise awareness about the incredible health benefits you can see by making water your No. 1 beverage of choice as part of the sixth annual **Rev Your Bev Day**, an initiative of the [Virginia Foundation for Healthy Youth](#). This year 450 events are planned statewide.

Since 2013, more than 1,000 Rev Your Bev Day events have taken place around the Commonwealth to change the way Virginians think about what they drink. This year's Rev Your Bev Day highlights many of the FUN and delicious ways to drink water. Tap, bottle, filtered, bubble or with fruit — there are endless ways to include more water in your day.



Lynda Harrill, QCV QuickStart Tennis Coordinator, says, "We have been encouraging kids to drink water since 2009 as part of our ongoing Go Bananas for QuickStart! program that uses tennis players as nutritional role models for kids. We stress proper hydration is essential for tennis players. This year the stars aligned for the annual Kids Tennis Clinic at the Boyd Tinsley tournament and the annual Rev Your Bev Day, so we jumped at the opportunity to promote water and hydration.

We hope lots of kids will come out on Wednesday afternoon at 3:30 p.m. to learn about water and healthy eating and have some on-court FUN with the professional tennis players in town for the tournament. The Kids Tennis Clinic starts at 4:00 p.m. and continues through 5:30 at the Boyd Tinsley indoor courts at the Boar's Head Sports Club.”

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 more than 95,000 kids, 15 parks & recreation departments, three Boys & Girls Clubs and three YMCAs in our service area of 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](https://www.facebook.com/quickstartcentral).

For additional information, contact quickstartcentral@comcast.net



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



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