



*** FOR IMMEDIATE RELEASE ***

Summer Tennis Tradition Continues at Lake Monticello

Charlottesville, Virginia (7/26/2021) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report that the weeklong summer tennis camp at Lake Monticello has resumed after a COVID interruption last year, thanks to the efforts of Betsy and Fred Gunnels who have volunteered with the program for several years. The tennis camp was started 12 years ago by former Lake Monticello resident Lynn Forsyth. In addition to Betsy who taught four- and five-year-olds, including her granddaughter, this year’s instructors included Ed Ferris (ages six and seven), Tom Holleran (ages eight and nine) and Alden Bigelow (ten and up). Fred was a roving instructor who jumped in on-court as needed. Instructors were assisted by volunteers: Jodi and Patrick Gray, Jeanette Thillet, Karen Christofferson, Allyson Hopkins and Steve Lake. There were 27 campers over the week.



Happy Campers at Lake Monticello – July 2021

Lynda Harrill, QCV QuickStart Coordinator, says, “So happy for this great tradition to continue at the Lake under Betsy’s leadership, especially given that Betsy was a bit hobbled by a broken left ankle, injured during a ‘very competitive’ tennis match in mid-June. She wore a heavy-duty ankle brace, shoved her swollen foot into an unlaced tennis shoe and got the youngest participants excited about learning the basics of tennis. She said her granddaughter was really hitting the ball well. QCV President Alina Ackenbom provided some equipment and coaching tips ahead of camp. I wished I could have been there, but my own broken right ankle isn’t up to being on the tennis court yet, and I haven’t even driven a car since January. Hopefully, next year . . .”

Please visit our [website](#) to learn more about what QCV is doing to promote physical activity, healthy eating and early childhood literacy for preschoolers and kindergartners through our [Racquets for Reading!!!](#) initiative during COVID. More than 2,500 kids reached with more than 20,000 books!!!

*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, 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 212 schools with 99,000 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 37 additional schools with 16,000 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!



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