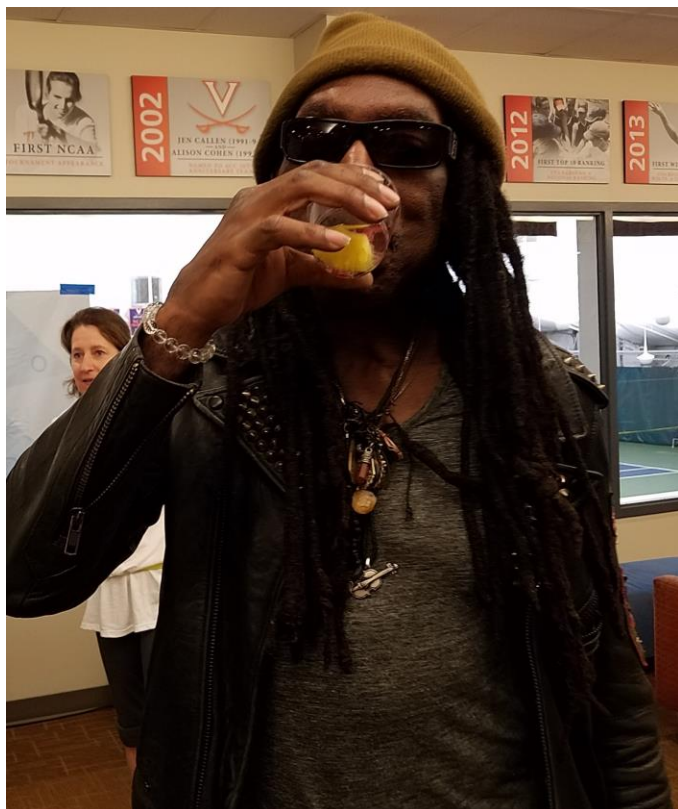
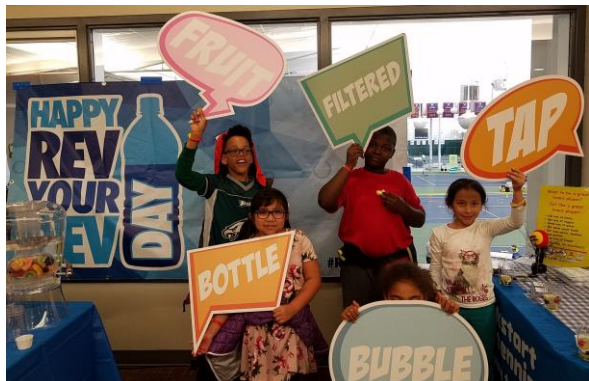




\*\*\* FOR IMMEDIATE RELEASE \*\*\*

## Rev Your Bev Day at the Boyd Tinsley Clay Court Classic

Charlottesville, Virginia (4/27/2018) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report that it partnered with the [Virginia Foundation for Healthy Youth](#) (VFHY) in presenting the 2018 **Rev Your Bev Day** at the Boyd Tinsley tournament. This event was a big hit with the 50+ kids who were treated to fruit-infused sparkling water and cucumber- and lemon-infused tap water – tasty alternatives to sodas and juice that contain a lot of sugar. VFHY encourages their **Rev Your Bev Day** partners to incorporate extra ideas and activities to promote making healthy beverage choices. QCV supplemented the standard event offerings with fresh fruit and veggies to garnish the water. QCV also gave the kids Go Bananas! bracelets and Go Bananas! cards explaining the healthy benefits of water, cucumbers and berries.



Lynda Harrill, QCV QuickStart Tennis Coordinator, says, “We talk to kids about the importance of drinking water and hydration all the time as part of our Go Bananas for QuickStart! campaign. **Rev Your Bev Day** gave us the opportunity to talk to kids, who participated in the free kids tennis clinic at the Tinsley tournament, about flavored water as an alternative to sugar-laden beverages and to promote eating lots of fruit. QCV Board member Barbara Bozsik did an awesome job preparing all the fresh fruit to make it appealing to kids. I had to laugh as

Barbara passed around fruit while the kids were eating pizza and drinking bottled water at the end of the tennis event. The highlight of the day was getting Boyd Tinsley,

tournament founder and violinist for the Dave Matthews Band, to try the water. He gave **Rev Your Bev Day** a real thumbs up!"

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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 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](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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