



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

## **New Lake Monticello Junior Tennis Afterschool Program**

**Charlottesville, Virginia** (12/13/2022) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report the inaugural session of a new Junior Tennis Program at Lake Monticello was a big hit with the kids. The program was led by QCV Board member Betsy Gunnels with an assist from regular volunteer instructors Karen Christofferson, Larry Day, Fred Gunnels and Glen Showalter and additional volunteers Lynda Fulford, Tom Holleran and Jeannette Thillet. The afterschool program ran on Mondays from mid-September until the first of December. A dozen kids, ages eight to 14, participated. A spring session is planned for March.



Betsy, says, “We taught these kids the basics of tennis. We warmed up before instruction. They were instructed on how to hold a racquet, the ready position, and hand-eye drills. We then moved on to drills for forehand and backhand groundstrokes, volleys, and overhands. We taught beginning elements for the serve, what the lines on the court are called, and touched on scoring. Many children expressed interest in a Spring Session which will start in March.”

QCV QuickStart Coordinator Lynda Harrill adds, “Betsy is the ‘voice of tennis’ at Lake Monticello. She’s like an Energizer Bunny for all things tennis. Betsy has volunteered with the Lake Monticello summer tennis program for kids since it started in 2009. She joined our Board earlier this year. She created this new afterschool program to attract kids who have aspirations of playing on the high school tennis teams. We were happy to support the new program with equipment and hats for the volunteers.”

***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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