



*** FOR IMMEDIATE RELEASE ***

School Tennis Training Held for Louisa County

Charlottesville, Virginia (2/25/2022) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report QCV recently hosted a School Tennis training session for Louisa County PE teachers and the Louisa County High School Girls' Tennis Team. Twenty-one people participated in the session, which was led by USTA trainer Ellen Markowitz with an assist from Alex Assaf, Schools Manager for the USTA/Mid-Atlantic Section.



QuickStart Coordinator Lynda Harrill says, "The first time we trained Louisa County Schools was back in August 2010. This current training was more a refresher as most of the participants back then are still PE teachers in Louisa today, including the two ladies pictured at left. Leslie Simpson (on the left) is the PE teacher at Thomas Jefferson Elementary and Sarah Blanchard is at Trevilians Elementary. COVID has prevented us from doing the Family Fitness Nights at their schools we usually do in the fall. It was wonderful to see them again! It was also great to meet Betsy McGinnis, the new Girls' Tennis Coach and five of her players who want to engage in community outreach tennis activities with young kids.



“We were fortunate to have the two young sons of two PE teachers in the gym as it was a school holiday and they couldn’t be left at home alone. (I love having a few kids at training sessions!) They were engrossed in their laptops until the action started. One jumped in early on but the other said he wasn’t interested when I asked if he wanted to learn to play tennis. Next thing I knew, he came up and asked me to be his partner. Everyone was having a lot of fun and he just couldn’t resist. That’s why I love the QuickStart format. It is so irresistible.”

Please visit our [website](#) to learn more about what QCV is doing to promote physical activity, healthy eating and early childhood literacy kids in our service area.

*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, 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 213 schools with 99,000 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 and on [Facebook](#).

For additional information, contact quickstartcentral@comcast.net.



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



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