



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

## QuickStart PE Teacher Named Mid-Atlantic PE Teacher of the Year

**Charlottesville, Virginia (9/29/2020)** – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report long-time QuickStart Tennis PE teacher, Sharon Gregory, has been named USTA Mid-Atlantic Rockstar PE Teacher of the Year for the 2019/2020 school year. Sharon is currently the adapted PE teacher for Greene County Public Schools where she teaches kids in grades K-12. She started teaching the QuickStart Tennis format ten years ago at A.G. Richardson Elementary School in Culpeper County and subsequently moved to the Piedmont Regional Education Program where she focused exclusively on adapted PE and concentrated on tennis activities. She recently moved to Greene County Public Schools.



Sharon says, “I have used QuickStart Tennis as a way to provide lifetime skills to my Adapted PE students. I adapt the skill lessons and equipment to best meet the special needs of my students. The visual supports have been helpful. My students love being successful at skills their peers are doing. In Greene County I plan to continue to teach tennis throughout the year. As social distancing restrictions are relaxed, I will look to do more inclusive activities.”



Culpeper County Schools Training — 2010

Lynda Harrill, QCV QuickStart Coordinator, adds, “I remember when we trained Culpeper Schools back in August 2010, and I remember Sharon as being one of the most enthusiastic participants at the session! At A.G. Richardson, she taught all students, not only the kids with special needs. She always was looking for ways to engage all her

students. She contacted me one time about a student who had vision issues and she wanted to come up with a way for him to follow the ball. I did a little investigation and came up with the idea to make a small incision in the ball and put a jingle bell or two inside. I was so happy when she moved to the P.R.E.P. program to focus on adapted PE and think Greene County is so fortunate to have someone with her skills and passion to work with their students. We're thrilled the USTA has recognized her for efforts to use tennis for good."

*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 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, 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](http://www.quickstartcentral.org) and on [Facebook](https://www.facebook.com/quickstartcentral).

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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