



*** FOR IMMEDIATE RELEASE ***

Middle School Tennis Tradition Continues at Lakeside Middle School

Charlottesville, Virginia (9/22/2021) – QuickStart Tennis of Central Virginia, Inc. (QCV) is happy to report the long-running tennis afterschool program continues to thrive at Lakeside Middle School in Albemarle County. The Middle School Afterschool Tennis program was started by former QCV President and retired Albemarle PE teacher Tessa Pehanick in 2008 and expanded the program to all five middle schools the next year. Lakeside PE teacher Kim Davis has led the Lakeside program ever since. This year Kim and Tessa have reunited to teach 32 kids the fundamentals of tennis. There are only two tennis courts at the school, so the nearby blacktop has been busy with tennis activities. Kids practice skills on the blacktop and rotate to the courts.



Tessa says, "When Kim asked me to assist with the afterschool tennis program, I was a bit hesitant due to COVID. To our surprise, the number of registrations totaled 32. The balance of students from each grade level, 6-8, truly demonstrates that students are ready to return to their normal. Kim is one of the most dedicated Physical Education Specialists in ACPS. The return of her former players is a testament to her positive tennis program. I'm honored to be her assistant."

QCV QuickStart Coordinator Lynda Harrill, adds, "It's so nice to see something last like the middle school afterschool program has. Hundreds of kids have participated over the past 13 years. It's also fun to see Tessa teaching kids in Albemarle County again. I remember one year when she had 45 kids in the Henley Middle School afterschool program where there aren't even any tennis courts. She's a true master of blacktop adaptation."

Please visit our [website](#) to learn more about what QCV is doing to promote physical activity, healthy eating and early childhood literacy in the 30 school systems we serve.

*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](#).

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