



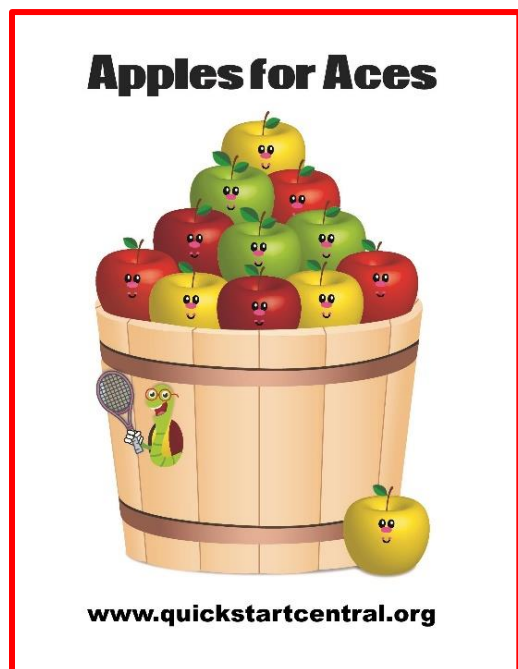
*** FOR IMMEDIATE RELEASE ***

Second Year of Apples for Aces

Charlottesville, Virginia (10/26/2018) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report a second year of Apples for Aces, a QCV tennis and nutrition campaign for kindergartners, is underway thanks to the generosity of Carter Mountain Orchard. More than 140 kindergartners at Crozet and Stone-Robinson Elementary Schools were treated to a Go Bananas for QuickStart! bracelet and poster card, the Go Bananas! nutrition card (WHY do tennis players eat apples?), an Apples for Aces sticker and a Red Delicious apple from Carter Mountain Orchard.



Kindergartners at Crozet Elementary showing off their Go Bananas! bracelets



Lynda Harrill, QCV QuickStart Coordinator, says, “Apples for Aces is a FUN introductory session to get kids in kindergarten excited about tennis. In addition to doing a ‘show and tell’ about kid-sized tennis with racquets and balls, we talk to the kids about what tennis players eat — fruits, vegetables, whole grains, lean meats, seafood and other proteins — and drink — lots of water and milk. We also tell the kids about 14-year-old Katja Wiersholm, the Apples card role model. Katja started playing at their age and now is playing on the ITF Junior circuit in international tournaments. She won a tournament last weekend in Norway so,

thanks to a handy map, we threw in a geography lesson too. Tennis can take you in so many different directions with kids. We may be reading about one of these kindergartners playing in Norway in ten years!”



Apples for Aces Smiles

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 and on [Facebook](https://www.facebook.com/quickstartcentral).

For additional information, contact quickstartcentral@comcast.net



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



####