



*** FOR IMMEDIATE RELEASE ***

QCV Receives Grant from CAPTRUST Community Foundation

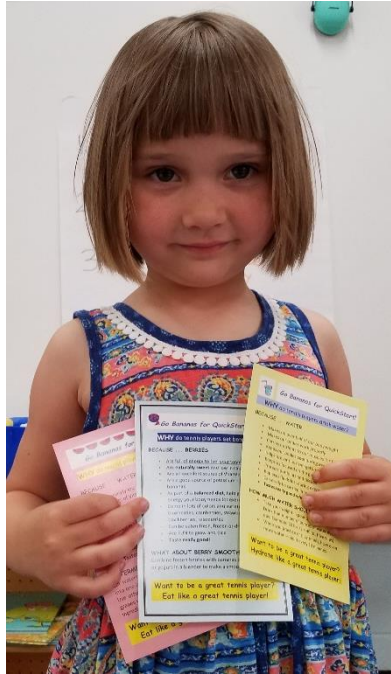
Charlottesville, Virginia (8/7/2019) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report CAPTRUST has joined the growing list of Go Bananas for QuickStart! supporters. We recently received a grant from the CAPTRUST Community Foundation to help fund our innovative Go Bananas! campaign that uses tennis players as nutritional and physical-activity role models for kids.

CAPTRUST joins nine Go Bananas! sponsors — Carter-Myers Automotive, GAMMA Sports, HomeLight, SHEETZ, Wegmans, The QuickStart Tennis Fund in the Charlottesville Area Community Foundation, Robert Gibb Insurance Associates, The Boar's Head Resort and The Charitable Fund for Tennis in the Harrisonburg-Rockingham Community Foundation — that have made generous donations to Go Bananas! this year. We annually fund Go Bananas! through a combination of grants, corporate and foundation sponsorships, and individual donations. These donations make it possible for us to reach 2,000+ kids, ages four to eight, each year through school visits and participation at community events. We have reached more than 17,000 kids since we started Go Bananas! ten years ago. We use Go Bananas! funding to print Go Bananas! posters and nutrition cards and buy giveaways for kids, including Go Bananas! bracelets, t-shirts, water bottles, drawstring bags, sunglasses, racquets, balls and other tennis-related items.

Lynda Harrill, QCV QuickStart Coordinator, says, "It's hard to believe we've been going bananas for ten years and have created 45 different Go Bananas! nutrition cards to give kids. Our approach to combat childhood obesity and physical inactivity in young kids — role model, reinforce and reward — and the silliness and FUN of Go Bananas! engage kids and have stood the test of time. Teachers love Go Bananas! Parents love Go Bananas! Most importantly, kids love Go Bananas! The Go Bananas! message resonates with kids and gets them to be mindful about what 'fuel' they are putting in their bodies and how active they are being. We couldn't do what we do without the financial support we receive, so thank you to everyone who has supported Go Bananas for QuickStart! over the years, and a big welcome to CAPTRUST!"

Want to be a great tennis player?

Eat like a great tennis player!



Want to be a great adult?

Be a QuickStart kid!

Go Bananas for QuickStart!

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 209 schools with 96,000 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](#).

For additional information, contact quickstartcentral@comcast.net



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



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