



*** FOR IMMEDIATE RELEASE ***

QCV Makes Reading Grant to Cale BrightSTARS Classroom

Charlottesville, Virginia (8/26/2019) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report we have made a grant to Ms. Yleana Sawyer’s preschool class at Cale Elementary School. This grant will enable Ms. Sawyer to buy one book each month for each of her students to keep. Our all-volunteer [BrightSTARS — Tennis for Me!](#) tennis and nutrition immersion program for preschoolers, now in its third year at Cale, will start up again in October. We look forward to telling this year’s group of preschoolers that reading is a FUN way to train their brains just like tennis trains their bodies and brains.



Go Bananas for QuickStart!

WHY do tennis players like to read?

BECAUSE . . . READING


- Keeps our brains active and sharp
- Increases knowledge about tennis and lots of other things and builds vocabulary
- Improves memory, focus and concentration and makes us play better
- Promotes critical and strategic thinking, essential for playing tennis
- Helps us analyze our game and our opponent
- Is relaxing before a match
- Helps us fill down-time at tournaments
- Can help us unwind at night and sleep better
- Is interesting and FUN!

HOW MUCH READING IS ENOUGH?

Just like any other muscle in the body, brains benefit from a good workout. Reading is the best way to do that. Kids should read at least 20 minutes every day.

**Want to be a great tennis player?
Read like a great tennis player!**

We all need to read. Kids need to exercise their brains and learn new information. Tennis players need to read too! Our brains never stop loving to learn! Reading and learning is a lifelong activity just like tennis. Reading also gives tennis players a chance to “chill out” and relax, and they can learn about new tennis techniques and improve their game by reading. President Thomas Jefferson said, *“I cannot live without books.”* He was a very smart man.



QuickSTAR Vivi Hui Goes Bananas for QuickStart!

Eleven-year-old Vivian (Vivi) Hui *Goes Bananas!* for reading books and eating lots of fruits and vegetables. Vivi also drinks lots of water, plays lots of tennis and reads lots of books. Her favorite book is *Hoot* by Carl Hiaassen.

Go Bananas for QuickStart!

Reading Routine Check: Vivi reads 25 minutes each day. On-court Vivi always has water, squeezable fruit pouches and bananas. She likes to start her day with Grandma’s zucchini pancakes. Her favorite lunch is a turkey wrap with steamed broccoli and fruit. For dinner, Vivi likes chicken and pasta with vegetables. On special occasions she has ice cream or brownies.

Vivi Hui
Started tennis at age 7
Played tournaments since 2013
Ranked #1 in 10U Girls in the Mid-Atlantic
Ranked #7 in 12U; #36 in 14U and #49 in 16U
All-A Honor Student
Accomplished pianist

Go Bananas for QuickStart! Second Edition 1/2017
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Lynda Harrill, QCV QuickStart Coordinator, says, “Developing reading skills and a love of reading early in life are so important to achieve success as an adult. As part of our Go Bananas for QuickStart! campaign, in addition to promoting healthy foods, we promote life skills and good habits. Learning a lot of skills is easier at an early age, but it has to be FUN so kids will engage. Our ‘WHY do tennis players like to read?’ card encourages kids to ‘read like a great tennis player!’ The role model on the reading card is Vivi Hui who attended Cale, so we made this grant in her honor.”

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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