



*** FOR IMMEDIATE RELEASE ***

Second Year of Tennis Tuesdays at Baker-Butler Wraps Up

Charlottesville, Virginia (3/23/2016) – QuickStart Tennis of Central Virginia ([QCV](#)) is pleased to report that the second year of Tennis Tuesdays, the tennis and nutrition immersion program for 88 second-graders at Baker-Butler Elementary, recently wrapped up. Six sessions over two months featured bananas, apples, berries, oranges, broccoli, carrots and cucumbers and tennis in the gym. At the final session, kids were treated to a “Go Bananas! Buffet” and were given a Go Bananas! drawstring bag, and a Go Bananas! poster, as well as a WAHOOWA t-shirt donated by UVa Athletics. Dustin Taylor, UVa Men’s Assistant Tennis Coach, was the guest role model for the final session. Dustin is the tennis role model on the “WHY do tennis players eat balanced meals?” Go Bananas! card. Tennis Tuesdays is a collaboration of QCV and Baker-Butler PE teachers Tessa Pehanick, Eleni Heeschen and John Johnson.



Dustin Taylor and Tessa Pehanick



Go Bananas! Buffet

Tessa Pehanick says, “When community partnerships exceed expectations great things happen. As our second year of ‘Tennis Tuesdays’ ends, we notice that students are truly learning about healthy eating and being active. Tennis is a complicated sport, especially for our younger population. The QuickStart model ensures that close to 40 students are active, engaged, and having fun in each one of the two groups. The best outcome of Tennis Tuesdays is keeping the nets up for the entire day so all of our Baker-Butler students improve their skills! Thank you QCV!”

Lynda Harrill, QCV’s QuickStart Tennis Coordinator and Founder, adds, “This was our second year working with this format and we really nailed it. The kids were so engaged and coachable, and a lot of good tennis was played in the gym. Tessa did a superb job of designing the work plans for each session. The highlight for me was the Go Bananas! Buffet and talking to the kids about foods and nutrition, while they sampled the different foods. They have really been paying attention at the sessions and understand why

tennis players like to eat certain foods. The fruits and veggies on the buffet were made possible by a donation from Harris-Teeter at Hollymead. Ms. Heeschen did the prep work with an assist from Mr. Johnson. Tennis Tuesdays is all about teamwork.”

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 166 schools with 80,000 kids, ten 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 30 additional schools with 14,000 students in southwestern and eastern central Virginia as part of the Mid-Atlantic Supercharge School Tennis Task Force.

Visit QCV at: www.quickstartcentral.org and on [Facebook](https://www.facebook.com/quickstartcentral).

For additional information, contact quickstartcentral@comcast.net



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