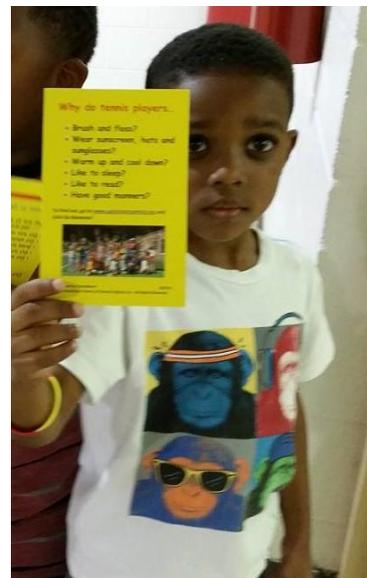




*** FOR IMMEDIATE RELEASE ***

BrightSTARS Format Shines at Grove Park Preschool

Charlottesville, Virginia (10/17/2016) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report that 96 four-year-olds in six classrooms at Grove Park Preschool in Danville are learning about tennis and nutrition with QCV's BrightSTARS–Tennis for Me! format. Grove Park is one of two public preschools in the city. Danville resident and QuickStart volunteer Neda Haymore is heading up a group of enthusiastic instructors from the Early Childhood Education Program at Danville Community College. Equipment for the school was made possible by a grant from the Kiwanis Club of Danville Foundation. QCV supplied the curriculum, as well as Go Bananas!! bracelets and a variety of Go Bananas! nutrition cards for the kids. BrightSTARS sessions are on Tuesday and Thursday mornings, twice a month for five months.



Want to be a great adult? Be a BrightSTAR!

Haymore says, "The four-year-olds who participated in BrightSTARS tennis at Grove Park this week were wonderful. Every child in all six classrooms joined in the fun with enthusiasm and a willingness to learn. They followed directions well and moved from

tennis station to station with an excitement for what they were about to learn. It was a real adventure 'going bananas' with these youngsters."

Martha Tucker, Professor at Danville Community College, adds, "DCC's Early Childhood students are thrilled to have the opportunity to assist with this great program. These pre-service teachers enjoyed the expertise of seasoned tennis enthusiasts and loved sharing the activities with the busy, energetic children."

QCV QuickStart Coordinator Lynda Harrill says, "The QuickStart format and the Go Bananas for QuickStart! initiative are a winning combination for preschool kids. The kids have a lot of FUN and learn about healthy eating. About 70% of childhood obesity is attributable to physical inactivity, and poor nutrition accounts for about 25%. With BrightSTARS–Tennis for Me! we can address 95% of the problem. I really like QuickStart 'arithmetic': Playing Tennis + Nutrition Education = Happy, Healthy, Active Kids!

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 190 schools with 89,000 kids, 13 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](#).

For additional information, contact quickstartcentral@comcast.net



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



####