



*** FOR IMMEDIATE RELEASE ***

Tennis Club at Fluvanna High Uses QuickStart Tennis Format

Charlottesville, Virginia (12/2/2016) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report a new Tennis Club at Fluvanna County High School recently wrapped up its fall season. Fifteen players in grades 8 through 12 and one sixth-grader participated in the weekly program, which was held on the courts at the high school. The sessions were led by Alina Ackenbom, USPTA tennis professional and QCV President. As most of the players were new to tennis, the QuickStart Tennis format was used to get them up-to-speed. Each session lasted two hours and included dynamic warm up, drills designed to work on tennis fundamentals, theory and free or match play.



QuickStart Racquet Quickness Drill works for older beginners

Alina says, “At the beginning I used the QuickStart format to teach students basic hand-eye coordination skills and we rallied with orange balls (50% compression). Then we moved to the yellow ball (normal compression), and all students progressed nicely to produce strokes and maintain rallies. All students are now familiar with match play basics that include scoring and match play etiquette. We worked on singles and doubles play, which students enjoyed the most. Before the Thanksgiving holiday we asked students if they wanted to continue the club as long as weather permitted, and they all voted to continue.

“I asked them what they enjoy most about Tennis Club and they said tennis is fun and even more fun to play with friends, it's good exercise that keeps them fit and it gives them the potential to be on the high school tennis team, which is very exciting for them. They are planning to try out for the team in the spring.”

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 204 schools with 94,000 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!



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