



\*\*\* FOR IMMEDIATE RELEASE \*\*\*

## Tasty Tennis for Kids 4 to 8 on Jack Jouett Courts

**Charlottesville, Virginia (2/27/2017)** – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report Tasty Tennis, a new tennis program for kids ages four to eight, will be held on the kid-sized QuickStart courts at Jack Jouett Middle School this spring. Baker-Butler Elementary PE teacher and former QCV President Tessa Pehanick will lead the sessions, in collaboration with Amy Smith of Albemarle Parks & Rec. Tasty Tennis combines tennis instruction, nutrition education and tasting healthy foods, and will “take school tennis to the courts.” Tasty Tennis is an extension of the Tennis Tuesdays program Pehanick started at Baker-Butler, which has immersed 270 second-graders in tennis and nutrition in PE classes over the past three years, and the after-school tennis program Pehanick began at Baker-Butler two years ago. With Tasty Tennis, kids will develop their motor skills, hone their tennis skills on kid-sized courts and get to taste healthy foods for four sessions on Saturday mornings this spring. On-line registration through the Albemarle County Parks & Recreation [website](#) opens March 6.



### Take School Tennis to the Courts!

QCV QuickStart Coordinator Lynda Harrill, says: “Tessa, Amy Smith and I have been collaborating for nine years, ever since we started the Middle School after-school QuickStart Tennis program that is still going strong. They are both great community partners who share QCV’s vision for getting kids moving and eating healthy foods. The really FUN part for me is getting to use our Go Bananas for QuickStart! campaign in so many different ways. I had no idea Go Bananas! would have such an impact when I dreamed it up in 2009. Tasty Tennis – yum, tennis never tasted so good.”

\*\*\*\*\*

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](http://www.quickstartcentral.org) and on [Facebook](#).

For additional information, contact [quickstartcentral@comcast.net](mailto:quickstartcentral@comcast.net)



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



####