



*** FOR IMMEDIATE RELEASE ***

QCV Completes PreK Go Bananas! Mini-Blitz in March

Charlottesville, Virginia (3/30/2017) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report we recently completed a Go Bananas! Mini-Blitz for preschoolers in recognition of March’s designation as National Nutrition Month. We made Go Bananas! visits to the Virginia Preschool Initiative classes at Agnor-Hurt, Stone Robinson and Red Hill Elementary schools.



Go Bananas! at Agnor-Hurt Elementary

QCV QuickStart Coordinator Lynda Harrill says, “In the eight years we’ve been growing kid-sized tennis, we have progressively gravitated toward starting with younger kids. Our experience indicates four-year-olds are the youngest, appropriate age group to start kids on a pathway of being active and eating healthy through tennis. When we visit preschool classes, we spend 30 to 40 minutes in each class. We introduce kids to racquets and balls, work on some basic hand-eye skills and wrap up with a few Go Bananas! cards that promote good eating and health habits. The kids are always very attentive. Initial visits are also used to gauge interest in our tennis and nutrition curriculum for preschoolers, BrightSTARS – Tennis for Me!, which is working well at Greer Elementary, Buckingham Preschool, two public preschools in Danville and Martinsville, and two public elementary schools in Patrick County. The sooner we get to kids, the better.”

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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