



*** FOR IMMEDIATE RELEASE ***

Third Annual Tennis Field Day for BrightSTARS at Greer Elementary

Charlottesville, Virginia (5/15/2017) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report the third annual Tennis Field Day was held recently for 35 preschoolers at Greer Elementary. This year’s venue was a portion of the cafeteria. (We can teach QuickStart Tennis anywhere!) Both preschools classes, Ms. Shelor’s and Ms. Perkins’, participated and had a very FUN time!

For the first 50 minutes of each session, the kids rotated through three activity stations — Stop Sign Pop Volleys, Puffer Ball Toss & Catch, and Tee It Up Tennis! QCV Board members Linda Perry and Roy Harrill led the Stop Sign Pop Volleys station. QuickStart volunteer Margaret Rose kept things moving with the Puffer Ball Toss & Catch. QCV President Alina Ackenbom and board members Barbara Bozsik and Barbara Watson coached the kids as they hit topspin forehands off traffic cones in Tee It Up Tennis! For the final 10 minutes of each session, the kids were treated to a Go Bananas! Berries Buffet of blueberries, blackberries, raspberries and strawberries. They also received some Go Bananas for QuickStart! goodies — t-shirt, drawstring bag, water bottle, poster and of course, the “WHY do tennis players eat berries?” card, which features UVA men’s tennis alumnus Houston Barrick as the tennis role model.



Ms. Shelor’s class and QCV coaches

Lynda Harrill, QCV QuickStart Coordinator, says, “The Field Day is one of 10 sessions of BrightSTARS -- Tennis for Me! at Greer Elementary. It’s a tennis and nutrition immersion format QCV designed specifically for preschool kids. BrightSTARS is all about FUN, lots of movement, motor skill development and healthy eating. Research indicates 75% of

childhood obesity is attributable to a lack of physical activity. Another 20% is due to improper eating habits. With BrightSTARS we can address 95% of the issue in the FUN QuickStart way for preschool kids, and hopefully prevent a problem from happening.”



Ms. Perkins' Class

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 205 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](https://www.facebook.com/quickstartcentral).

For additional information, contact quickstartcentral@comcast.net



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



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