



*** FOR IMMEDIATE RELEASE ***

First Year of BrightSTARS at Grove Park Preschool Wraps Up

Charlottesville, Virginia (5/30/2017) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report the first year of BrightSTARS — Tennis for Me! at Grove Park Preschool in Danville has finished up. BrightSTARS is a tennis and nutrition immersion format that QCV designed specifically for preschoolers. BrightSTARS at Grove Park is a collaboration of local tennis maven Neda Haymore, Principal Lou Ann Long, Martha Rucker who heads the Early Childhood Education program at Danville Community College (DCC) and her students who are volunteer instructors. Ninety-six kids in six classrooms at Grove Park participated in the nine-session program that ran twice weekly over five months.



Haymore says, “Working with the 96 children at Grove Park Preschool was truly amazing. The children were well behaved and very engaged during the sessions. At each session, we emphasized the food theme of the day, warmed up with fun and ‘crazy’ movement activities and worked to develop the skills of sending and receiving the tennis ball, hitting a forehand, backhand, volley and rallying. By the end of the 18 sessions, the kids were working with a partner and demonstrating sportsmanship by cheering on one another. The involvement of the teachers in the drills helped the children learn to cooperate and follow directions. I could see an improvement in the hand-eye coordination needed to watch the ball, swing and send the tennis ball over the net. The children enjoyed the addition of a new food item each session and promised they would at least taste each new food.”

Haymore adds, “This QuickStart program should be incorporated into every school in the country because it provides exercise, fun and skills that will also help with academics and it encourages healthy eating. The school principal, Lou Ann Long, and DCC instructor,

Martha Tucker, take the physical, emotional and educational needs of the students very seriously. The Grove Park teachers and the DCC students provided excellent help with the project. The whole experience was a Win-Win for everyone who participated. We are looking forward to working with a new group of preschoolers in the next school year.”

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](#).

For additional information, contact quickstartcentral@comcast.net



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