

QuickStart Tennis of Central Virginia Promotes the Love of Tennis!

By Barbara Bozsik

TEACHING CHILDREN THE LIFE-LONG SPORT OF TENNIS

If you live in the Hollymead or Baker-Butler school zone, chances are, your child has enjoyed one of our tennis racquets in his or her physical education classes! That is because, for the past eight years, Albemarle County elementary and middle schools have been using child-size, tennis equipment, provided by QuickStart Tennis of Central Virginia, in both their physical education classes and afterschool programs.

In 2009, Quick Start Coordinator and founder, Lynda Harrill, initiated a pilot program at Greer Elementary. Her passion for bringing tennis to school age children has helped grow the program to now serve 205 schools in 27 counties, reaching 94,000 children. Lynda works tirelessly to secure funding for the program and has expanded it beyond tennis by bringing the concept of healthy eating to young tennis enthusiasts.



WHAT IS QUICKSTART TENNIS?

QuickStart Tennis is the United States Tennis Associations kid-sized, age-appropriate format for teaching children ages three and up the "sport for a lifetime." Tennis has always taught children valuable character-building life skills like integrity, sportsmanship, dedication, determination and teamwork. QuickStart has changed the teaching approach from traditional instruction to "play to learn" with a competency progression, which helps children experience success early on. QuickStart (QCV) adds FUN, fitness and conditioning activities that work on agility, balance, coordination, footwork and reaction time. QCV is helping create "play pathways" in the communities we serve to get kids playing tennis in physical education classes, after-school and out-of-school. Children have so much FUN with QuickStart that they don't even know they're learning - and they are learning a lot. QuickStart strives to bring out the best in children naturally.

QUICKSTART TENNIS MISSION

QCV is an all-volunteer, 501(c)3, grassroots, Community Tennis Association (CTA) dedicated to promoting, developing and growing QuickStart Tennis in 27 counties and three independent cities in central Virginia. Unlike most CTAs, which focus on a limited local area and offer a wide variety of established USTA programs, Quickstart targets a wide area with a concentrated goal of introducing, promoting and growing the QuickStart

Tennis format. Our goal is to create happy, healthy and active children in the communities we serve.

Tennis is one of the best sports for children because it is a safe, lifetime sport that not only enhances a child's mental and physical development but also provides an opportunity for social growth. By fostering partnerships with schools and local communities, QuickStart Tennis of Central Virginia strives to bring children, families and communities together through the sport of tennis.

The goal of any school's physical education department is to foster a lifelong, love of sports so that children grow up to be healthy and physically active adults. QuickStart Tennis of Central Virginia (QCV) understands and advocates this quest by being a supportive partner to physical education teachers across central and southern Virginia. Our motto is "A racquet in every hand! A smile on every face!"

Please encourage your child's school to reach out to us to make tennis a larger part of your child's physical education program.

Like, follow and repost us at: www.quickstartcentral.org or on Facebook @QScentral or contact us at quickstartcentral@comcast.net.

Barbara Bozsik is a realtor in Charlottesville, board member of QuickStart Tennis of Central Virginia and a development team member at Literacy Volunteers of Charlottesville. Her son Spencer is an incoming freshman on the UVA Men's tennis team.

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