



*** FOR IMMEDIATE RELEASE ***

QuickStart PRO Chris Cabbage Gets Kudos at The Lodge at Old Trail

Charlottesville, Virginia (9/4/2017) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report The Lodge at Old Trail’s [August/September issue](#) of their newsletter, “The Lodger” features QuickStart PRO Christopher “Cubby” Cabbage on the front page as a “Favorite Instructor.” Cabbage has been teaching weekly sessions of QuickReStartSM on Fridays at The Lodge since 2012. QuickReStartSM uses the QuickStart format and methodology to offer seniors an opportunity to get back on court. Cabbage has taught more than 475 individuals using QuickReStartSM. He works with assisted living and memory care residents at both The Lodge at Old Trail and the Colonnades.



Cabbage says, “I am very lucky these days because after 36 years in my profession, the Matilda Blue Adaptive line-up of programs provides an atmosphere that inspires me and energizes my outlook on life and teaching. I get to create using a clean canvas for each student. On any given day, I will teach ages 1 to 100. In many cases, I have taught three generations of the same family, and last year I experienced four generations of the same family actively enrolled in Matilda

Blue programs at the same time. That was really special.”

QCV QuickStart Coordinator Lynda Harrill, adds, “Cubby was one of the first pros in the area to jump on the ‘QuickStart bus.’ Together, we imagined how the format could be applied beyond its primary purpose of teaching kids. Cubby has a particular interest in adaptive teaching, so he self-taught himself about functional neurology (activating specific neural pathways) and applied it using the QuickStart Tennis format. The approach works for aging seniors and kids on the autism spectrum. Who knows what QuickStart Tennis will be able to accomplish next?”

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 206 schools with 95,000 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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