



*** FOR IMMEDIATE RELEASE ***

QuickStart Rocks the Gym at Thomas Jefferson Elementary

Charlottesville, Virginia (11/9/2017) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report we participated in the annual Family Fitness Night at Thomas Jefferson Elementary School in Louisa County for the fourth year in a row. The event is organized each year by PE teacher Leslie Simpson. Over the 90 minutes, more than 130 students and parents played tennis in the gym. We had a large group of kids five and under, so we depended on parents to help us teach kids the ABCs (agility, balance and coordination) of tennis. We also had long lines with people waiting to jump “on court” but we made sure we got them all in.



QuickStart Tennis Coordinator Lynda Harrill says, “We absolutely love supporting Family Fitness Night at Thomas Jefferson Elementary. It’s a terrific tradition. This year was the best ever. We were so busy, no one could take a break. Our President, Alina Ackenbom and Treasurer Roy Harrill worked with kids six and up, while I worked with the little ones and got their parents involved in teaching them. We want parents to see

how easy it is to teach kids the basics. This way we get the parents interested and engaged too. After all, tennis is the greatest family sport. We're already looking forward to next year!"

In addition to playing tennis, kids were given Go Bananas! bracelets and cards.



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 207 schools with more than 95,000 kids, 15 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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