



USTA Recreational QuickStart Tennis Workshop

Saturday, October 9, 2010

9:30 until 1:00

Farmington Country Club - QuickStart Courts

1140 Tennis Road

Charlottesville, VA 22901

LEARN how to teach kids the "sport for a lifetime" with the USTA's new kid-sized, "play to learn" format.

Interactive workshop is designed for PE teachers, parents, after-school program staff members, tennis instructors, homeschoolers, older juniors and other community volunteers

Items covered:

- QuickStart Tennis format (instruction and exercises)
- Court set-up and equipment
- USTA QuickStart practice plans
- Play situations and games
- USTA School Tennis
- USTA QuickStart Junior Team Tennis
- Resources available to support QuickStart Tennis programs

Help *Jump Start QuickStart Tennis* in your community by attending this training session.

To register, please email quickstartcentral@comcast.net to reserve a spot. Cost \$10.00. Send your check payable to QuickStart Tennis of Central VA to PO Box 422, Ivy, VA 22945 to arrive before September 25, 2010.

REGISTRATION DEADLINE: September 15, 2010

(We need to give the USTA a headcount in advance of the workshop.)

Hope to see you on the courts!

Lynda Harrill

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www.quickstartcentral.org

QuickStart = Tennis + Life Skills+ Fitness/Conditioning + Nutrition/Hydration + Positive Youth Development

