



**2009 Health and Physical Activity Institute
James Madison University
July 22, 2009**

QuickStart Tennis

- New approach to teaching kids – Instant Rally Progression
- Fitness and conditioning activities
- Nutritional and hydration components – *Go Bananas for QuickStart!*
- Kid-sized equipment and courts
- Age-appropriate lesson plans
- Team-based approach
- Free training
- Equipment grants and discounts
- Best practices and knowledge-sharing

Our Goals

- Introduce kids 10 and under to the sport for a lifetime
- Help combat childhood obesity in a fun and informative way
- Foster healthy life styles for kids in Virginia
- Train PE Teachers, tennis instructors, parents and other community volunteers to teach QuickStart in PE classes, after-school and summer programs
- Obtain QuickStart equipment for schools, parks & recreation departments and other community organizations
- Establish National Junior Tennis & Learning (NJTL) chapters and Junior Tennis Team (JTT) leagues and teams

QuickStart Tennis website: <http://partners.quickstarttennis.com/>

Resources

- USTA National <http://www.usta.com/>
- USTA/Mid-Atlantic <http://www.midatlantic.usta.com/home/default.sps>
- USTA/Virginia <http://www.usta-va.com/>
- USTA School Tennis <http://www.usta.com/Coaches/SchoolsHome.aspx>
- Tennis in the Parks http://www.usta.com/GetInvolved/Tennis_In_The_Parks.aspx
- NJTL <http://www.usta.com/GetInvolved/NJTL.aspx>
- JTT <http://jrteamtennis.usta.com/>

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