*** FOR IMMEDIATE RELEASE ***

BrightSTARS for Head Start Kids Starts at James River Elementary

Williamsburg, Virginia (10/7/2026) – QuickStart Children of Virginia (QCV) is delighted to announce the launch of a new **BrightStARS – Tennis for Me!** at James River Elementary School in Williamsburg. This 10-session tennis and nutrition enrichment program will run over five months and builds on the **Racquets for Reading!!!** book grant awarded to these Head Start students earlier this school year.

BrightSTARS at James River is led by QCV Board member Kristin Romesburg and supported by community volunteers, Katie Mulherin, Kristin Doherty and Mary Beth Sablan and the Head Start classroom teachers.





Pass the squishy ball down the line is a beginning drill all children enjoy.

The children were introduced to the volunteers, learned about tennis and the kid-sized equipment and then jumped right into their first activity -- passing the squishy ball down the line. They quickly progressed to passing to a partner. BrightSTARS builds hand-eye coordination, teaches children to follow instructions and encourages cooperation -- essential life skills best learned early.

QCV Board member Kristin Romesburg, says, “These little ones are so excited every time we visit. It’s amazing how quickly they pick up new skills and how proud they are of themselves when they succeed. Their enthusiasm is a wonderful reminder that a love for tennis can start at any age!”



Volunteers recently gathered for a BrightSTARS training session to unpack the new equipment, learn the curriculum and prepare for hands-on instruction with the children.

Want to be a great adult?
Play tennis! Read books!
Eat healthy! Have FUN!!!
Be a QuickStart kid!

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QuickStart Tennis of Central Virginia, Inc. (aka QuickStart Children of 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 Virginia for all beginners, especially underserved and at-risk youth, using the kid-sized QuickStart Tennis format. We leverage the fun of tennis to promote lifelong physical activity, healthy eating/lifestyle habits and a love of reading in the communities we serve. We believe early childhood literacy will solve many socioeconomic problems and produce kids who will succeed in school and in life.

Visit QCV at **www.qscentral.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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