



## CATA QuickStart Tennis



### QuickStart Tennis Training Saturday, September 26, 2009

9:00 until noon

Louisa County High School Tennis Courts  
757 Jeff Davis Highway  
Mineral, VA

This three-hour training session, which is being presented by Louisa County Parks & Recreation Department, Charlottesville Area Tennis Association (CATA) and USTA Virginia, is designed to introduce PE teachers, recreational instructors, parents and other community volunteers to QuickStart Tennis - the USTA's new format for kids ten and under. (The QuickStart approach is adaptable and works for tennis beginners of any age.)

#### Items covered:

- QuickStart Tennis format
- Court set-up and equipment
- Lesson/practice plans
- Play situations and games
- USTA School Tennis
- USTA Junior Team Tennis
- NJTL (National Junior Tennis & Learning) chapters
- Resources available to support QuickStart Tennis programs

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

To register, please email [CATAQuickStart@comcast.net](mailto:CATAQuickStart@comcast.net) to reserve a spot.

Hope to see you on the courts.

Lynda Harrill  
CATA QuickStart Tennis Coordinator  
***Jump Start QuickStart Tennis Initiative***  
***Go Bananas for QuickStart!***  
[CATAQuickStart@comcast.net](mailto:CATAQuickStart@comcast.net)