

U.S.A. TCHOUKBALL

Official United States Tchoukball Bulletin

Tchoukball in the United States of America ...

Encouraging! We receive more and more often news from P.E. teachers and athletic directors who started teaching the game and want to share with us their experience. Thank you to them for sharing this information !

In April 2004 a U.S. Tchoukball Invitational Festival will be held in Washington D.C. and we invite everyone to participate. We especially encourage P.E. teachers and their students to take part in the popular tournament on Saturday afternoon. You will be able to play with international tchoukball players and we assure you a tremendous amount of fun. See more details inside.

We hope you will enjoy reading this bulletin and we encourage you to share with us your own tchoukball experience.

Info@tchoukball.net www.tchoukball.net

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TCHOUKBALL
Promotion



Tchoukball, a Scientific Swiss Sport With a Social Conscience

"The objective of human physical activities is not to make champions, but rather to help construct a harmonious society."

– Dr. Hermann Brandt, Swiss Physician and inventor of the Tchoukball game.



Dr. Hermann Brandt (1897-1972) was an eminent Swiss physician and physical educator. His work in the practical application of

scientific knowledge as it relates to physical activities led him to develop the sport of tchoukball. After writing the book *From Physical Education to Sport Through Biology*, Dr. Brandt presented his now-famous paper *A Scientific Criticism of Team Games*. For this work he won the coveted Thulin Prize, a world competition on the theory of physical education organized by the International Physical Education Federation

Brandt worked to develop a sport that would:

- **Be competitive without encouraging aggression**
- **Avoid violent confrontations**
- **Increase self-confidence and the**

- ability to concentrate**
- **Reward problem-solving and anticipation as well as physical ability**
- **Teach teamwork and positive social behavior**

Brandt used a scientific approach in order to design rules advancing his educational objectives. Brandt wanted to create a sport in



which the players' skills could be expressed without physical confrontations with opponents. He also wanted to teach through play the benefits of nonviolent action. Each rule was carefully adapted to human

psychological, physiological, and social capabilities, and was calibrated to enhance challenging play within a totally non-contact framework.

Tchoukball's advantages

- Tchoukball does not allow contact or interference between players. With no body contact, injuries are minimized.

- No player can steal the ball nor intercept a pass, instead rewarding strategy and cooperation as teams play on both offense and defense.

- Tchoukball is easy to play. Rules are intuitive and easily grasped.

- It accommodates mixed team play (old/young, male/female, fit/unfit, experienced/

beginner).

- No player dominates a team. All the players must be involved, both on offense and defense.

- Tchoukball requires alertness and concentration. It teaches anticipation and physics, as well as teamwork and trust.

Are you interested in knowing more ?

If you want to know more about this fantastic and unique game, please visit www.tchoukball.net or call 301 962 5076

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In the School

Bertie Backus Middle School, Washington D.C. Plays Tchoukball

School Introduced to Swiss Aerobic Game...

▶ Backus MS held a school-wide Tchoukball tournament December 18, following three weeks of intensive training in the physical education classes of approximately 120 seventh and eighth grade students.

Tchoukball, a Swiss aerobic netball game, combines physical skills with educational objectives. Teams of seven to nine players score points by bouncing a ball off a net to prevent a catch by opponents before it touches the

ground. The offense scores a point if the ball touches the ground. The game is fast-paced, non-violent and requires ball handling, strategy, concentration and teamwork. Pierre-Alain Girardin, an international player and coach, helped Backus students hone their skills, and organized the tournament.

The Tchoukball in Schools Program through the American Tchoukball Corporation (ATC), brought the game to Backus.

Backus principal Eugene Pair said, "Students took to tchoukball immediately. They can play in physical education class, at recess and in after-school programs. We're very pleased."

Source PCPS January 8 2003



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Christian Brothers School, New Orleans, takes up new sport!

▶ When Tim Collins took over as athletic director at Christian Brothers School in New Orleans, five years ago, one of his goals was to offer a variety of sport to the students.

"Young people enjoy playing other sports beside the big three: football, basketball and baseball," Collins said. "And when they do this, it keeps them develop their physical skills."

The school is located in City Park and has an enrollment of 275 boys in grades five, six and seven. Christian Brothers offers basketball, baseball, flag football, swimming, bowling, cross country, golf, inline hockey, tennis, soccer volleyball and wrestling.

And this year, tchoukball will be added to the list.

"I had never heard of it until last spring," Collins said. "But one of our faculty members asked if we could include it in our program for the 2003-2004 school year."

Tchoukball is a blend of volleyball and handball. It can be played indoors or outdoors on a court that is about 40 yards long with a rebound net at each end of the court. Two teams of nine players each throw a ball that is about the size of a cabbage ball against the net and try to catch it.

Guy Weigel, who teaches

Continued on Page 4

English and literature at Christian Brothers, introduced the sport to Collins and the students in the spring after reading a magazine article about it.

“I showed a video of the game being played and asked who would like to play.” Weigel said. “More than half of the boys who saw the video wanted to play.”

The students already have started playing tchoukball in their physical education classes. About the middle of September, those who want to play on a team will have an opportunity to participate in an after-school intramural program, Weigel said.

Owen Barry, 12, a seventh-grader at Christian Brothers, said he is looking forward to the start of the tchoukball season.

“I play soccer and flag football, but I want to learn how to play a new sport,” he said. “I’ve already played it (tchoukball) some, and it is lots of fun. It is different from the other sports I’ve played.”

At first tchoukball might appear to be easy to play. But

Weigel said it requires a certain amount of athletic skill, specially running and catching the ball.

“It is fun, and the boys are going to have lots of fun,” he said. “But they will also improve their stamina with all the running they will be doing.”

The Time-Picayune. New Orleans.

“Your sons into young men – young men into Christian gentlemen” Christians Brothers School philosophy.

The school’s goal is to develop the moral, intellectual, social, cultural, and physical potentialities of each student.

We congratulate Guy Weigel and Tim Collins for their enthusiasm for introducing this new non-violent game to their students. They have been the first in the United States to introduce the game as an intramural activity at school.

We are looking forward to having them participate in the popular tchoukball tournament held at the first Tchoukball Invitational Festival in April 2004.

(see page 7)

**Key Middle School,
Springfield, VA**

**By Shari Frank, Health
& Physical Education
Teacher**

After 15 years as a P.E. teacher, Shari Frank thought she had seen and taught practically every sport until she attended a work-



shop about tchoukball. “What I really liked about tchoukball is the teamwork that the game teaches by itself. The design of the rules pushes forward the collaboration that children must have in the game to be successful” she said. After the workshop, Shari knew she had to teach this new sport to her students. So, for three weeks in May 2003, with the help of Pierre-Alain Girardin, Shari taught the game to 7th and 8th grade students at Key Middle School. Twenty to thirty students attended 45 minutes P.E. classes every day during that time.

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Key Middle School, Springfield, VA

Day 1: Passes

First, the students were taught to pass the ball properly. In tchoukball, the ball should never touch the floor and it cannot be intercepted by an opposing player. Therefore, the passes require each

This must be taught to students in order to allow the less skilled players to participate in the game. By doing so, the level of passes will increase as well as the quality of the whole game. Shari was able to teach this concept really easily

with appropriate exercises, followed by lead-up games.

Day 2: Shooting

Next, the children were taught how the ball reacts with the rebound frame. They were able to practice catching the ball after it rebounds from the frame and the different shooting angles. Several

important aspects of the game were taught: first, the concept of the rebound from the frame and the angles of the ball after a shot and second, the fact that in

player to accurately throw the ball without overwhelming his teammate with the strength of the throw. This concept requires throwing and catching skills from the students.

tchoukball when you have made the pass you have to move somewhere to help your teammates to be ready for the next action. Gradually, the students' self-confidence increased.

Day 3: Defense & Catching

After learning passing and shooting, the students were taught how to catch and defend a shot. First, the students reviewed the angles a ball makes when it is shot at the frame and the consequential rebounds. Next, Pierre demonstrated to the students where the ball can go on the court depending on the strength and the angle of the shot. Finally, the students were shown the concept of defending the court as a team. By showing how the ball can go everywhere within the limits of the court, the students understood that every player on the team has to defend the floor.

Day 4 and 5: The whole game

After going over the major rules of the game, the students were able to play a real game of tchoukball. In the beginning, the students' main goal was to shoot the ball at the frame. The students shot mainly from the center position in front of the frame which offered an easy catch for the defense since the ball rebounded straight into the middle of the court. Gradually, the students improved their shooting, began using differ-



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**Key Middle School,
Springfield, VA**

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ent angles of shots and increased the level of intensity of the game.

Impressions and feedback:

Overall, the students really enjoyed playing and learning the game. David (13) says, “Tchoukball was a good learning experience! I like to shoot the ball at the frame.” Martin (13) says, “I would love having it as an intramural program.”

“This is the first sport that I like! I am not a sport person and I am afraid to get hurt. In tchoukball nobody will hurt you. I would like to do it more!” says Ruby (13).

Ren (13) says, “Tchoukball is the only game that I can play because nobody will tackle me and boys and girls can play together. I would like definitely to play it as an after school activity”.

For Shari, introducing tchoukball was very rewarding. “I was really impressed to see how students, who usually would never been involved in a team game like basketball or soccer, were really active in tchoukball. Tchoukball is an appropriate sport for school because it emphasizes teamwork and non-violence” Shari said. “I would like to introduce it as an after school activity. In the next school year I will teach the game in a 3 week unit to build the skills of throwing and catching” she added.

Passing and Catching the Essence of Tchoukball.

Passing is the most important skill in tchoukball. It allows a player to move the ball quickly and accurately and to advance the ball and set up scoring opportunities. Several principles apply to all passes.

The type of pass, and the velocity of the pass is determined by the speed of the intended receiver and the distance between the passer. However, because, in tchoukball, nobody blocks the movement of the players making the pass or steals the ball while it is in the air, it is really important to point out the quality of the pass between players regarding the level of skills of the players (passer and catcher).

While players are learning the fundamentals of passing, the non-throwing hand should point in the direction of the throw.

When throwing and catching the ball, it is recommended that the players use the fingers, rather than the palm of the hand, to insure consistent control of the ball.

Proper balance should be maintained and the body weight should be evenly distributed to help insure more accurate passes. During the throwing phase, the body weight should be shifted from the back foot to the front foot maintaining momentum behind the ball for a crisp pass.

The correct throwing pattern requires the player to step forward with the leg on the side of the body of the no-throwing arm. For beginning players it is impor-

tant for them to step in the direction of the throw.

The type of pass utilized depends on the specific situation which is presented to the player. After a pass the player should try to position himself/herself in such a manner to help the player with the ball and look for a return pass or take a defense position if it was the third pass.

The ball should be thrown to a teammate at chest level so it can be easily handled and put into play.

Exercises:

To teach to students the principle of passing and catching, create pair of players with one ball per group. Make one lane of player on the side line of the basketball court and the partner is about 15 feet far from the first player. Different kind of pass can be used such as overhand pass, underarm pass, chest pass etc. The objective of the players is that the ball never touches the floor and twenty consecutive and successful passes, per player are done. The concept of smooth pass and accurate pass between players must be taught to the students (in the game of tchoukball, if the ball is dropped it is a turn over and the ball belongs to the other team.)

In order to increase the levels of difficulty you can increase the distance between the players or ask them to run and move everywhere on the court while making passes. The same objective can be required by the players.

To be continued...

Upcoming Events

In Washington D.C.

U.S. Tchoukball Invitational Festival 2004

Friday April 9th to Monday April 11th, 2004

The first ever organized major Tchoukball event in the U.S.A.

Join Us, Watch and Participate FREE...

Many activities are scheduled and everyone can participate from youth to elderly people.



Training and Practice

Teams from Italy, Switzerland, Canada and U.S.A will practice and train together.

Famous Swiss coaches will join us to lead the training and share their knowledge with the international players, physical education teachers and students.

First Popular Tournament

Learn how to play Tchoukball by watching the U.S.

and International Tchoukball players. The players will be happy to demonstrate and explain how to play Tchoukball. Play in a tournament with international players. Students and adults from Pennsylvania, Virginia, Maryland will participate.

Exhibition Games

Take advantage of the presence of international players to see how Tchoukball is played at the

international level. See the speed of the game, its intensity, and how spectacular Tchoukball is.

Workshops (3 to 4 hours)

Workshops will be provided to Physical Education teachers in order to give them exercises, lead-up games, and knowledge to be able to teach Tchoukball in P.E. classes. Educational aspects of the game will be described in detail. Workshops will be taught by Tchoukball experts from Switzer-

land and the Coach of the U.S. national teams. Minimum participants twelve, maximum twenty. Make your reservation before March 1, 2004 at 301 962 5076 or e-mail info@tchoukballpromo.com at

First International Tchoukball Invitational Tournament

The first U.S. Tchoukball Invitational Tournament will be open to the international teams from Switzerland, Canada, Italy and the U.S.A..

Opportunity to watch a high level of Tchoukball and to experience an unforgettable atmosphere on the court and among the spectators.

Program:

-Friday: training international players

-Saturday morning: training international players workshop for P.E. teachers and Sports Coach

-Saturday afternoon: popular Tchoukball tournament exhibition games + prizes ceremony

-Sunday: U.S. Tchoukball Invitational Tournament

-Monday morning: U.S. Tchoukball Invitational Tournament playoff

Are you interested?

If you are interested in participating alone or with your students at any of the activities please contact us by phone 301 962 5076 or e-mail info@tchoukball.us.

For more information regarding Tchoukball, please visit www.tchoukball.us or www.tchoukball.net



AMERICAN TCHOUKBALL CORPORATION

The American Tchoukball Corporation (ATC) is a nonprofit organization whose mission is to promote tchoukball, a nonviolent team sport, in elementary, middle and high schools and in the community. It does so by assisting in the purchase of game equipment; by training P.E. teachers, coaches, referees, recreation directors, and students; and by organizing tournaments.

The ATC believes that adoption of tchoukball into P.E. curricula will increase positive social behavior, reduce sport-related injuries, encourage students to engage in daily physical activity, and give P.E. teachers a game that focuses on the development of the whole person.

Inherent in these goals is the promotion of the mission as stated by the President’s Council on Physical Fitness through its Executive Order of 1956, which hope to

“promote, encourage, and motivate the development of physical fitness and sports participation for Americans of all ages.”

The ATC has been en-



dorsed by the National Association for Sport and Physical Education (NASPE).

Objectives

The ATC hopes to achieve its goals through realistically and incrementally increasing its involvement in the following:

- Making presentation to P.E.

teachers and providing training sessions for teachers and introductory training sessions for students in P.E. classes.

- Equipping 11 schools per granting period with four frames and five balls each.
- Helping those 11 schools to introduce tchoukball into their P.E. classes.
- Organizing tournaments in the participating schools.

Schools can apply to enter the "

Tchoukball in Schools" program.

For more information visit our web site www.americantchoukball.org

If you wish to contribute to the promotion of this non-violent Swiss game in the U.S.A. and make a donation, we would appreciate your charitable contribution. Your donation is tax-deductible.

American Tchoukball Corporation Contribution

I/we wish to support the American Tchoukball Corporation and its project Tchoukball in the Schools. My contribution is _____ \$20.00 _____ \$50.00 _____ \$75.00 _____ \$100.00 \$ _____

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Lorna Hobbs first played tchoukball in England from 1987 to 1991. When she moved to the U.S., she was disappointed to discover that the game was not played. As the years went by, Lorna never forgot how much she enjoyed playing tchoukball.

One evening in January 2003, Lorna typed “U.S.A

were interested in playing the game. “I have a great group of friends here in LA; I knew they’d love the game so I held an “intro to tchoukball” night at a friend’s house. After watching the video, everyone couldn’t wait to give Tchoukball a try. I contacted Pierre and arranged for him to fly out to LA to coach an introductory clinic.

to think of creative new drills that will help to raise the level of the game.”

“I love the fact that teamwork is an essential part of this game; one player alone cannot “steal the glory” because without the aid of their teammates they cannot even begin to play the game” Lorna says of tchoukball. “I also love the spirit of the game. Aggression, foul play and negativity are not welcome in this game nor do they serve any purpose other than to lose points for your team. Positive attitudes, honesty and sharp thinking are the attributes needed to play this game well.”

Interestingly, out of all the sports that the team members play (basketball, softball, football & soccer), tchoukball has one of the best turnouts week after week. When asked why, a team member said



tchoukball” in an internet search engine and to her great surprise, discovered an American website promoting the game of tchoukball. She immediately sent an e-mail to the web master asking them for a video or for some promotional material. Pierre-Alain Girardin answered and sent Lorna a tchoukball video.

“Even though it had been over 11 years since I last played, I had still not forgotten what an impact tchoukball had on me. I was pleasantly surprised to find Pierre-Alain Girardin’s website. I felt like I had discovered tchoukball all over again!”

Lorna wanted to show the video to her friends to see if they

The introductory clinic was held in April for 5 hours. Pierre explained the philosophy of the game and introduced many drills to learn the basics of tchoukball. Lorna explains, “We had a lot of fun at the clinic; I think everyone was instantly hooked on the game.” At that moment, LA Genesis - LA’s first tchoukball team - was born.

Since the clinic, the team has played virtually every Sunday afternoon. Lorna leads the training. “I love to teach tchoukball. It’s very rewarding to see everyone have so much fun each week. It’s fascinating to see people’s competitive and somewhat aggressive attitudes about sport change into more positive ones. It’s also a welcome challenge



“Tchoukball is SO much fun to play and it’s so awesome to play a sport for hours where nobody gets injured.”

Laura, another Genesis

In the Community

Los Angeles, California

team member, says of tchoukball “It’s fun and really active; I like the thinking aspect of the game. I appreciate the fact that players with different levels of ability can play together.”

“I like to be part of something which carries noble and positive values. Tchoukball is the first sport that I have ever played in which those values can be expressed and are encouraged. I would like to support the promotion of the game here in the U.S.” says Tristana.

A truly incredible opportunity has arisen for these Los Angeles women. They have the opportunity to represent the United States at the next world tchoukball tournament in 2004 in Taiwan. “Being the first U.S. women’s team is exciting. I like being a part of the team, exposing others to the sport and having the op-



portunity to meet new people.” Jamie said.

“I am proud to be part of this

new type of sport. I think the kind of values and attitude that the game of tchoukball requires and expects



are ones that my country is severely lacking. I want to be a part of something that leads by example in the hope of change” Tristana said.

“I want to be involved in a sport that is growing. Going to Taiwan will help spread the knowledge about tchoukball and might get more people involved the sport” says Charlee, another Genesis team member.

This new endeavor has brought about new challenges for LA Genesis. These include finding a gym to practice at on a regular basis, thinking of original ways to fundraise, and finding sponsors that will make this dream possible. The whole team stays optimistic but admits it is daunting endeavor.

“I think one of our biggest challenges thus far has been finding gym space for us to play. Los Angeles recreation centers seem to be over-

run by men’s basketball leagues and it’s difficult to find athletic direc-

tors who will give you even 5 minutes of their time so you can explain what Tchoukball is all about and why it’s so important that we be allowed a place to play” Lorna said.

As these pioneering female tchoukball players continue their training in order to increase their skills and level of game, the logistic structures are being put in to place to make this dream a reality. “I will help with the sponsorship and fundraising aspects of the team, so we can have great opportunities to learn from more experienced players and discover new cultures” Heather said.

Like their namesake, these women hope to be the genesis of something unique for sport in the United States.

To learn more about L.A. Genesis, please contact Tristana Ward at tristanaw@yahoo.com.



UNITED STATES TCHOUKBALL ASSOCIATION

The United States Tchoukball Association (U.S.T.B.A.) is the governing body of Tchoukball in the United States. The association organizes training for coaches and referees. Also the

association will organize tournaments at the local, regional and national level. Members can be individuals, teams, clubs, state associations and/or for-profit companies. The membership allows the mem-

bers to have a discount on training, newsletters, tournaments. If you are interested in becoming a member of this association please fill out the form and send it with your check. Thank you for applying

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