

▶ U.S.A. TCHOUKBALL ◀

Official United States Tchoukball Bulletin

Tchoukball in the United States of America ...

Congratulations! In your hands you have the first Tchoukball newsletter published in the U.S. A.

The aim of this bulletin is to promote the game of Tchoukball in the U.S.A.

We would like you to keep up-to-date regarding the development of this beautiful and fantastic game in the schools and in the community.

This bulletin includes reports and articles from Physical Education teachers, coaches, students, and players in order to give you feedback and life experience regarding teaching, learning and playing tchoukball.

In the near future, this bulletin will include lead-up games, drills, and exercises.

This Newsletter has been published for you, and we invite you to submit your comments, experiences and feedback. Please contact us. We would be pleased to publish your comments and articles.

Today more and more schools have introduced tchoukball in their curricula.

West Chester University at West Chester, PA, and West Virginia University, Morgantown WV present the game to the Physical Education teacher students.

Pennsylvania:

Columbia Junior HS Columbia
Ehprata MS, Ephrata.
Manheim Township MS, Lancaster
East HS, West Chester
Henderson HS
West Chester
Garden Spot MS
New Holland
Ridley School District, Folsom

Louisiana:

Christian Brother school, New Orleans

Virginia:

Newport News Public Schools,

Newport News
Robinson JR secondary School,
Fairfax
Kilmer MS, Vienna
Falls Church HS, Falls Church
Key MS, Springfield

Iowa:

Spencer Community HS,
Spencer

Washington D.C.:

Lafayette ES
Bertie Backus MS
St Anselm's Abbey School.

Massachusetts:

Needham HS, Needham

New York:

The Children Home of Wyoming Conference, Birghampton

Maryland:

Patapsco MS, Ellicott City
Centenial HS, Ellicott City
Howard HS. Ellicott City

Info@tchoukball.net *www.tchoukball.net*

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TCHOUKBALL
Promotion LLC.



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
B r a n d t
(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 de-

velop 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 Schools

Saint Anselm's Abbey School, Washington D.C. Introduces Tchoukball

► **February 2003, Saint Anselm's Abbey School, N.E. Washington D.C..**

In February 2003, for two weeks at Saint Anselm's Abbey School N.E. in Washington DC, students were taught tchoukball during regular P.E. Classes. About 120 students from 6th to 9th grades learned more about Tchoukball. After a brief



introduction, they played tchoukball and were surprised how it is easy to

pick up the game ! They enjoyed the game and they had a lot of fun. On the last day, for the first time in the U.S., a junior tournament was organized. Ten teams of seven players took part in this tournament.

The students enjoyed playing tchoukball and are interested in going further with it.

Thanks to Father Peter, Head Master, Mr. Brian Johnson, Head P.E. teacher and Mr. Brian Murphy, Director of Athletics, for giving their students the opportunity to play this fast-paced, non-contact and non-violent sport.



The option to teach the game was possible because of the determination and the enthusiasm of Mr. Brian Johnson Director of Health and Physical Education and Mr. Bryan Murphy Athletic Director from St. Anselm's Abbey School

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Educational Services

Learn about Tchoukball.

Tchoukball can be taught during regular P.E. Classes with students.

Our staff of Tchoukball professional organize training, after school activities, summer camps, presentations, In-Services, workshops, P.E. teacher trainings and more....

Contact us today and give to your students a lot of fun
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Tel: 301 962 5076



Columbia Junior High School, Columbia, PA.

By Lori Eberly, Physical Education teacher

In the fall of 2001, I was looking for something new and exciting to offer for a workshop for a local association of PSAHPERD. As I was surfing the PE Central web site, I came across a link to a game called tchoukball. The website was very interesting, but I was a bit confused about the equipment needed to play



the game and how to pronounce its name. I e-mailed the web master, Pierre-Alain Girardin and asked him my questions. He responded promptly and I saw through his correspondence how excited he was about sharing his passion for the game of tchoukball. I asked him if he would be interested in doing a workshop for our local association. He said yes and in Oct. 2001, Pierre spoke to 15 local physical educators in Lancaster County, Pennsylvania. Everyone loved it! We had fun learning and experi-

enced a terrific workout too!

Lately, I began to wonder why I've become so involved in promoting a game that I thought would be just another activity in my physical education curriculum. I suppose that I see more than a game. As an educator, I



have witnessed many times the negative effects of competition. There were times when I had to stop the aggressive behavior that could cause injuries. I have watched the non-aggressive students run

for the sidelines when they do not feel comfortable on the same court or field of play with very competitive players. I even saw students take pleasure in intimidating their less skilled and more passive classmates. As a physical educator, my job is to provide opportunities for each child in my class to experience a physical activity, develop new skills, and to enjoy a positive social event.

Too often, competition, while very enjoyable to those talented few, seemed to get in the way and become a barrier to our students as they attempted to meet the objectives of our activities. Tchoukball removes the negative aspects of competition and provides the players to play to the best of their abilities without other players interfering with their game.

In the spring of 2002, I introduced the game to a few of my classes. The students were in the junior and high school grades, both male and female. As soon as the students saw the tchoukball rebounding off of the frames and how much fun it was to try to catch it, they were very interested in learning how to play. The rules were a bit of a challenge at first, especially the one where they are not permitted to play defense.

Subscription to U.S.A. TCHOUKBALL

Non U.S.T.B.A Members

Please, fill this form out and send it with your check of \$20.00 to:

U.S. TchoukBall Association; 2501 Glenallan Ave #3,
Silver Spring, MD 20906

First and last name: _____

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Date and signature: _____

In Schools

Columbia Junior High School, Columbia, PA.

But, the students, after about two class periods began to see how much better it was when people were not getting in their way. I began to notice how the attitudes of my students were changing. They started to speak more words of encouragement. They were thinking about how they were getting in the way of their fellow classmates. They were even cheering for the good plays of the other team.



As a teacher, the rules were challenging to learn and to teach, but, if you explain why they exist, they begin to make sense. At first, I decided to ignore the scoring part of the game simply for my own sanity.

I also wanted them to focus on the skills and not be worried with the score of the game. I really enjoyed watching my students help each other out more often and I also liked watching the smiles on their faces when they made a good play or helped someone else score a point. As for assessments, I only assessed their effort and their sportsmanship. I have a simple rubric that I use for most of my classes. If the students are involved, participate in a positive manner, and if they attempt to learn new skills, they receive the maximum number of points. In the future, my rubric will concentrate more on skill development and strategies.

I am convinced that the game of tchoukball will help my students become better team players, more considerate

classmates, and will encourage them to exhibit more positive social behaviors. As for the state standards, tchoukball can be used to meet several. Tchoukball teaches them to avoid conflicts and violence and they learn about the role of individual responsibility for safety during an organized group activity. Tchoukball is a game that can be played for a lifetime because players at all levels of ability can play together. Tchoukball is an invigorating game that promotes positive responses that contribute to physical fitness and health. Classes can analyze group dynamics and peer pressure and how other people can play a positive or negative role in a person's life. The students can also experience and develop new motor skills. These new motor skills can provide opportunities to evaluate the components of the game using scientific and biomechanical principles. Examples of this would be how the ball is thrown against the frame and where the ball will rebound based on the trajectory and force. Tchoukball is a fun, energetic, and interesting new game, but it is also a powerful positive social experience that the students learn to appreciate and understand. I truly enjoy teaching the game of tchoukball in my physical education classes.

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The unique, exclusive #1 tchoukball frame in the U.S.A.

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U.S.TchoukBall Association
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New
New
New

In the Community

In Bethesda, Maryland

Tristan Axelrod explains...



... I enjoy most sports simply for the joy of playing. I find competition to be an inseparable aspect of sports. In fact, it was my intense competitive spirit that led me to my current favorite sport, the Swiss game of tchoukball (pronounced 'chookball').

It was a sunny day in April 2001. I was sliding into home plate, about to score the tying run on my second home run of the championship intramural softball game. It was a close play, so I slid into home plate headfirst, although I had been told by the gym teacher five minutes before that "if you keep sliding headfirst, you could easily separate your shoulder." Well guess what? I separated my shoulder. As I slid, my elbow caught a shot put hole and stuck, and my momentum forced my left arm out of its socket.

The shoulder problems ruined my wrestling and track seasons, although I did remain on the teams to help train younger athletes. Since I

was not allowed to compete in varsity athletics, I began to look around for non-contact sports that would not stress my shoulder. My mother noticed an article in the paper about a cerebral and non-combative Swiss game that was being played in the area. We checked it out and the whole family got hooked on tchoukball.

When I first tried tchoukball, men and women, adults and children, and fit and unfit were all playing in the same game.



Tchoukball matches my mental and physical talents. Rules are fairly intuitive, and I was easily able to learn the shooting angles and methods, the defensive placements, and the team coordination strategies. These are different from those in American sports, which tend to focus on aggressive physical contact and individual dominance. For the past two years I have been playing every weekend with my parents and other die-hard tchoukball players. This

summer I will become the first American to represent the U.S. in international competition, as part of an international conglomerate team at a tournament in Rimini, Italy. In the summer of 2004 I hope to play on the first U.S. team to take part in the Tchoukball World Championships in Taiwan.

When we play tchoukball, we do not keep score. We do

COME AND PLAY... You can play every Friday at 8 p.m. at Walt Whitman High School, 7100 Whittier Blvd, Bethesda.	ers, men and women. Come with your family and enjoy playing together. Players with different levels of ability can successfully play together. Give it a try for free. If you want to know more please contact us at info@tchoukball.net or call us at 301 962 5076 evening.
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not waste energy on illustrating the obvious fact that some players are better than others. The goal is simply to enjoy playing the game and to help others develop their abilities. In doing so, everyone benefits. There is even room for competition, as players hone their skills and the rest are forced to adapt.

Tchoukball has been a prime motivator and a great benefit not only to my successful physical rehabilitation, but also to my mental and physical health.



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 endorsed 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 \$_____

Please make check payable to the American Tchoukball Corporation and mail to:

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Silver Spring, MD 20906

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Address: _____



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 asso-

ciation 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 members to have a discount on

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

MEMBERSHIP APPLICATION FORM

Please PRINT

First name : _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-mail: _____

Date of Birth: ___/___/ 19__ Gender: male Female:

Area (s) of Interest

Professional Member \$40.00 _____

Tournaments Refereeing

Associate member \$15.00 _____

Teaching the Game National team

Students \$10.00 _____

Training International Events

Retired member \$12.00 _____

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Thank you for applying.