

STREET RACKET



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anyone – anytime – anywhere

 The Swiss Movement Concept for ALL!

 Access to (racket) sports - anyone, anytime, anywhere!

 The innovative Swiss concept for promoting health, physical activity, inclusion, integration, education and life skills!



Hello! I'm Ronnie Racket and I want to show you my exciting world.
Let's rock the street!



LET'S ROCK THE STREET!

Kontakt
Street Racket by MS Sport Solutions
Rahel & Marcel Straub
Adetswilerstrasse 12
8344 Bäretswil / Schweiz
+41782171414
ms@streetracket.com
www.streetracket.com

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A short description of Street Racket – rock the street!

This new, innovative movement and activity concept from Switzerland is available anytime and anywhere to anyone. In a very short period of time, this multi-award-winning concept is played, enjoyed and promoted in more than 30 countries already. Within only two years of existence Street Racket had a big impact for active schools, communities and people in general around the world, mainly in central Europe (where Street Racket is based). Alone, in pairs or in groups, indoors and outdoors and at all playing levels. It is practically free of charge and requires no infrastructure, except a solid ground (even gravel, short grass and hardened sand/beach works just fine). And above all it's very versatile with over 300 games and variations - just draw your own court and play! New forms are invented by us or our partners or even the players themselves all the time, we want people to engage and also become creative. The basic rules (no volley, no downplay) should be followed by all and by new forms of playing as this is essential to the concept of successful sports and education development. And all the other positive aspects we include in the concept will be promoted much more effectively by sticking to the characteristic rules!

Also, the intensity and complexity of the chosen games can be easily adapted, so every player will find just the right challenge - thanks to the very simple but effective rules and the court setup at grassroots level. Street Racket is especially suited for the use in schools, to add healthy motorskill activity within and around the daily schedules and to enrich the school yards. There are many ways to benefit from Street Racket in schools - during physical education classes, during breaks, for events of all kinds or even in the classroom to increase the effects of learning through the combination with movement (mathematics, language skills, general knowledge – we have written a whole book of exercises about it!). Street Racket is the new entry point for all racket sports, developed along the lines of «simplify to the max», and it's a lot of fun! It promotes active classrooms and a very fun, social and motivating way of learning.

Racket sport is loved by many! BUT the traditional disciplines all have a common problem – they are hard to get into for various reasons (facilities may be far away so you need to actually go there with takes time and also money / it may be costly to play a racket sport and to buy the equipment / you need to get organized to actually play and have a training session or a playing partner etc / the sport is hard to learn and takes a long breath no to drop out or lose motivation through frustration of not making enough progress / the sport needs a lot of space / there is a risk of injury / you need to set up the sport with a net, boundaries etc. which also takes time and can be annoying especially in schools). Street Racket has none of all that and is therefore an ideal gateway to all these fantastic sports (squash, tennis, badminton, table tennis, pickleball, speedminton), once you are comfortable with ball and racket you can play Street Racket forever but you can also move on and register for a club, book a court, join a training group etc. We want people to get involved at their doorsteps and feel good about it!

All players will experience feelings of competence and success from the very start, which ensures motivation and therefore sustainable activity. Control is the key, it's not about power and speed (like most racket sport or sporting activities), but much more about hand-eye coordination, racketwork, motorskills, cleverness and fundamental skills in general. As a result, the many game forms work perfectly for girls and boys, beginners with top players or young and old - all mixed together. Gender equality, integration and inclusion are also part of our philosophy!

And the concept can be transferred immediately into the private sector. It's very easy to draw up your own sports ground and to get involved with friends and family and even create your own Street Racket games. Every organization who introduces Street Racket to their members / customers / network therefore acts as a sport facilitator and as a sports promoter. Once you learn about Street Racket and the simple setup (3 squares on the ground for a basic single court!) you can play and enjoy it every day. No maintenance of a court, no installments (e.g. net, boundaries), no storage, no time consuming extras - no trouble. There are no set measurements for a Street Racket court, it simply adapts to any available space! We recommend 2x2m squares, but if you make the courts bigger you will get extra intensity and bigger movements, if you make the courts smaller it's more about fine motorskills and precision. Both of these aspects are good so we urge players to change the size of the court on a regular basis which also helps promote differentiation skills. We also promote activities for elderly people, people with a handicap, prisons, community projects etc. But Street Racket is much more than that. By linking body and mind (in many games we add cognitive elements so the brain is actively involved) we can work on brain fitness and use more of our brain capacity. Learning becomes more deep and more sustainable that way and focus and motivation are on a higher level. Also, we promote the importance of psychosocial aspects when everybody can be a part of something and when you can interact in a fulfilling way. In the meantime, we have developed more than 300 different game forms, with plenty of additional teaching material (like books and online tutorials).



Street Racket in the lockdown situation

A word about the current crisis, home schooling & home office (especially now that everyone is at home - the world needs simple activities at home, everything is shut down so our home is also our gym, our playground, our school, our sports club)

Homeschooling on the computer, home office with digital instead of real meetings, pay tvs open up their channels for free so kids watch even more tv, chatting on the mobile devices with friends and isolated grandparents much more than before ... this is all a big threat to the pandemic of myopia! Street Racket makes a very positive difference here, too! Experts of various fields encourage people to play Street Racket.

«Street racket is the perfect balance to the one-sided use of our eyes, which almost only takes place at a very short distance. We need movement to come back into our lives, and thus into our eyes, Street Racket is ideal to ensure the necessary balance between near and far vision. As a result, Street Racket also has great potential for the prevention of myopia.»

Andreas Stocker, CEO Swiss Optological Center for Neuro-Optometric Rehabilitation



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THE SWISS MOVEMENT CONCEPT FOR ALL: INFORMATION & IMPRESSIONS

Follow the hyperlinks for basic information:

[Street Racket rules](#)

[The free official Street Racket App \(with dozens of games!\)](#)

[Official equipment \(local productions available!\)](#)

[Street Racket teaching aid / workbooks](#)



Video impressions & clips

Street Racket «AT HOME» - for homeschooling und home office: [Street Racket AT HOME!](#)

Street Racket «PARKING SPACE» - turn any parking space into your sports ground: [No Court? No Problem!](#)

Street Racket «VARIATIONS» - lots of Street Racket games in the mix: [Street Racket variations](#)

Street Racket «MOTIVATION» - a game for ALL: [Street Racket - ANYONE, ANYTIME, ANYWHERE](#)

Street Racket «IN THE HOOD» - make new friends around the corner through sports: [Street Racket at your door!](#)

Street Racket «GARAGE» - be creative at your home and train your motorskills: [Garage Racket by Street Racket](#)

Street Racket «TEAM» – the unique team racket for cooperation & communication: [Street Racket TEAM Racket](#)

Street Racket «KITCHEN» - be creative and use everyday objects for sports: [Street Racket kitchen stuff!](#)

Street Racket «INDOORS» - how to play safely indoors on any given space: [Street Racket indoors](#)

«In the homeschooling situation, you will quickly notice that the time span during which the child can concentrate properly is actually only a few minutes. All children have a natural urge to move. Quieting the child with pressure and ranting does nothing, at best it is counterproductive. It makes much more sense to introduce active breaks that are fun even after short learning sessions. This also protects the parent-child relationship, which is fundamentally important for sustainable and efficient learning at home. Street Racket has great potential to do justice to this urge to move and to improve the overall quality and atmosphere in learning. One can use Street Racket as short breaks in movement with a high fun factor, indoors and outdoors. And you can also use the concept while studying, while conjugating verbs, reciting the alphabet, reciting poetry rhythmically, counting in foreign languages, practicing rows of numbers, solving equations ... there are no limits to your imagination. Street Racket brings an ingenious, healthy and fun variety into everyday life for many new homeschoolers. It will help a great deal to take on that challenge!»

Anita Stürmer, homeschooling expert, Bern, Switzerland

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Contact

Street Racket by MS Sport Solutions

Rahel & Marcel Straub

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8344 Bäretswil / Schweiz

+41782171414

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Street Racket

**The Swiss movement concept
for active and healthy schools!**

Street Racket, the new, innovative and very versatile Swiss movement concept brings [healthy, social and fun activities to every school](#) – and far beyond. Street Racket transforms any surface into a sports- and playground where people come together!



Street Racket makes good use of the existing infrastructure, outdoors and indoors. The courts can easily be done by hand in a few seconds with some chalk, paint, spray or duct tape and they can vary in size to adapt to any given surface. Do you want more intensity or focus on accuracy? Would you rather play on the ground or against a wall? It's your choice. Just draw your court and play!

„Attention! Street Racket is a virus, it's very contagious and dangerous. After the amazing workshops lead by Street Racket founder Marcel Straub during our annual PE conference all the participants are infected. They are thrilled about the simplicity and variety of the Street Racket concept and they will certainly pass the virus on to their classes and students. This virus is unstoppable! I have rarely seen our teachers so amazed during and after a workshop – Street Racket was an absolute highlight of the 2018 PE conference in Germany. I recommend, I even urge all my colleagues to implement Street Racket in their schools, no matter where they teach and no matter how old the students are!”

Peter Pattke, President of Association of PE Teachers, Germany

Street Racket reaches out to all! We can move anyone, anytime and anywhere in a very safe and sustainable way. The many game forms can be enjoyed alone, in pairs or in groups at any age and any playing level. And it's very easy to create exciting variations of the game or come up with entirely new forms! Once you've experienced the many positive aspects of Street Racket you can infect your friends, family and neighbors with the virus – and play together wherever you like.



The simple but very effective rules are the key to long rallies and rhythmic sequences of play and action combined with ideal motorskill learning! Control and the mastery of some basic skills are the key (Street Racket is not made for hard hitters), which is also essential for any other kind of racket sport. That's why Street Racket is the perfect instrument to engage girls WITH boys, the young WITH the elderlies and top players WITH beginners. We promote equal opportunity and gender equality and put the focus on cooperation before competition. By now we have developed more than [200 ways of playing Street Racket](#) along the basic rules, and many more will follow.



While engaging in Street Racket, players will benefit in many ways. The improvement of health and motorskills as well as increasing overall movement competence and body perception. The experience of feelings of success, motivation and belonging. The positive emotions of creating your own game and then trying it out with others or turning your schoolyard or backyard into your own place of action all by yourself. Street Racket is so much more than “just” another racket and ball game....

Street Racket is very successfully fighting some of the biggest health and social issues of our time. INACTIVITY, OBESITY, DIABETES, MYOPIA, SOCIAL ISOLATION and ACCIDENTS (through the decrease of balance and coordination due to inactivity and lack of training options). By doing so Street Racket can also reduce the enormous expenses caused by these problems on a potentially very large scale



As a squad member of the department for education and sport for the city of Zurich, co-founder Marcel Straub was in charge of the centre for competence in physical education for 10 years, thereby promoting sustainable (school) sports. He was responsible for the physical education programs of all 115 schools and created quality instruments for active schools with his motivated team. Among other things, centre for competence in PE supported the approximately 1,400 sports teaching teachers in their day-to-day work and created professional teaching materials for practical implementation (such as the reknown “box for competence” in physical education).



In combination with his long career as a racket athlete (20 years in the Swiss Squash national team) and a [charitable mission to promote sports](#) in a developing country, Street Racket emerged. Since March 2017, the married couple Rahel (lawyer) and Marcel Straub are now fully dedicated to this concept for broad movement and health promotion free from entry barriers - and for all. They are supported by a highly motivated core team and many competent, specially trained instructors.

Many schools, clubs and other organizations have already implemented the concept and are thrilled with the effects. We would also like to highly recommend the use of Street Racket at your school or in your organization. [It helps schools become a more active](#), healthy and social place and increases the overall atmosphere and motivation for learning. And all of this comes at very low costs and effort – and Street Racket can really be enjoyed by everyone.

No structures to set up or to build, no special materials, no logistics, no maintenance. Just draw and play! The rules are simple, no special infrastructure is needed, and you only require a racket and a ball, as well as chalk (or paint, tape, sports markers) to make the courts. We are also happy to advise you on a sustainable, movement friendly room or open space design at your school, such as permanent courts (with street paint or special spray) or even for versatile, [interdisciplinary projects](#) around the topic of Street Racket with some exciting daily or weekly modules.



Street Racket can be used in physical education, in the free time, within the class or for the whole school, for any kind of school events, for active breaks, for sports days or for extra school sport and lessons after class. Street Racket is also effective and innovative for [learning through movement](#). Lessons in mathematics, language training and other subjects no longer take place sitting still, while motivation, focus and concentration decrease quickly, but in an active, social and healthy way. A child should not and does not want to be kept quiet for too long - with Street Racket those important short movement sequences are immediately possible.

"Very easy to organize, many variations, convincing material (rackets and balls). The Street Racket workshops at our institution have demonstrated the great potential of this concept.

The movement games adapt quickly and effectively to all levels. For the use in schools I would like to point out the rewarding implementation of Street Racket for learning in movement with a racket and a ball."

Roland Gautschi, Lecturer in Physical Education and Sport, University of Zurich



We would like to introduce you to the various interesting possibilities offered by Street Racket in order to achieve a great, positive effect on physical activity and health in your school - with a minimum of effort - for an active and positive school atmosphere. In general, the implementation of Street Racket begins with an active workshop for the school team. As a result, every participant can use Street Racket in his or her direct line of work with children and young adults.



Our concept is based on years of experience in sports and health promotion and racket sports. [The two teaching books "Street Racket: Games, Exercises, Tricks and Tips" and "Learning through movement with Street Racket"](#) help you to use Street Racket with all the positive and sustainable effects for a daily portion of fun & games, healthy activity and motor skill training. We invite you to get an overview on our website www.streeracket.net and we are always available for your questions. In addition, we are constantly increasing our team of motivated and skilled instructors around the world so we can assist you directly in your area.

The original equipment (we recommend using the official material for the best effects), teaching books and other support items (such as field markers or spare balls) are available in the [Street Racket Webshop](#) and at selected retailers / partners.

[Find out](#) why many experts hope that Street Racket will continue to move the world ...

On our [Blog](#) (German/English) you will find some of the Street Racket highlights and current developments (also sports for elderly people and people with a handicap and much more); our [Facebook page \(www.facebook.com/nolimitstoracketsports\)](http://www.facebook.com/nolimitstoracketsports) will provide you with the latest pictures and impressions.

Let's rock the street - „anyone, anytime, anywhere“!

Kind regards, Marcel & Rahel Straub
Your inventors and founders of Street Racket

M. & R. Straub



www.streeracket.com / info@streeracket.com / [+41792466841](tel:+41792466841)

What the experts say about Street Racket!

Zürich, March 2020

“Attention! Street Racket is a virus, it’s very contagious and dangerous. After the amazing workshops lead by Street Racket founder Marcel Straub during our annual PE conference all the participants are infected. They are thrilled about the simplicity and variety of the Street Racket concept and they will certainly pass the virus on to their classes and students. This virus is unstoppable! I have rarely seen our teachers so amazed during and after a workshop – Street Racket was an absolute highlight at the annual PE conference in Germany.

I recommend, I even urge all my colleagues, to implement Street Racket in their schools, no matter where they teach and no matter how old the students are!”

Peter Pattke, President, Association of PE Teachers, Germany

“Street Racket is a revelation and a revolution in sports. Sports are essential in developing coordination and confidence, but also open doors to creativity and intelligence. Most importantly, sports should be available to any and all regardless of circumstance—they are a basic human right. Street Racket is a visionary organization that understands this fundamental necessity and has figured out a brilliant and simple way to engage anyone in play, anywhere, and in any situation.”

Ivy Pochoda, writer (NY Times no1 bestseller EPOCA along with her friend Kobe Bryant) and former professional athlete

“Street Racket was, for the first time, introduced to Taiwanese PE teachers during the 2018 International Sport Teaching Symposium, and has received very positive feedback. It has a great potential to develop young pupils’ motor skills and coordination, because it is easy to get into but also has a variety of game forms that provide different levels of challenges. Street Racket is particularly helpful for schools that lack equipment and facilities or have limited spaces. There are a range of game forms created to help school administrators and instructors to overcome the above challenges. It is also helpful to help schools to increase pupils’ physical activity, as well as to provide the opportunity for pupils to develop social skills through cooperating with others and it will help with educational issues, too. Street Racket has demonstrated a new possibility to Taiwanese PE teachers, also in terms of active classrooms and learning in movement. And, I believe, it will have a very positive impact in Taiwan and worldwide.”

Hsin-heng Chen, Assistant professor, National Taiwan Normal University

“You have created an awesome game that needs to be discovered by schools around the world.”

Hala R. Mustafa al Hassan, PE teacher, Casablanca American School

“I support Street Racket and I hope it will be played everywhere. I play racket sports myself regularly and it's a fantastic motorskill training. Street Racket brings these values to all at grassroots level. It can even enhance football training by adding hand-eye coordination to any session, to make it complete.”

Marco van Basten, 3 times FIFA world player of the year, European Champion with Holland

“The general counsel of Cape Town and the embassy in Pretoria had excellent collaborations on many platforms with the founders of Street Racket, Rahel & Marcel Straub. We can highly recommend to engage in this concept for health and sports promotion. It's a very innovative initiative and I have personally played some of the many games in Cape Town. I have immediately recognized the enormous potential for the countries in southern Africa – where whole generations are suffering from diseases due to lack of physical activity. It takes very little to play Street Racket and to make a change. The variations of the game seem almost endless and I particularly like the fact that the concept can be used for educational issues as well. The learning in movement aspect of Street Racket is very suited for all schools and can therefore reach out to each and every child.”

Helene Budliger Artieda, Ambassador, Swiss Embassy for South Africa, Botswana, Lesotho, Mauritius, Namibia and Swaziland

“It was a great pleasure to welcome the Street Racket team at Hout Bay International School. Within a few minutes they had our students involved in a fantastic set of skill based games and activities. This is without a doubt a brilliant concept and product and our school will be exploring options of implementing this within our Physical Education curriculum. The benefits are endless and the games so enjoyable that students will want to play it during their breaks.”

Kobus Stofberg, Director of Student Affairs, Hout Bay International School, South Africa

“Feel free to change: Street Racket is simple and very intuitive. This enables everyone – no matter if young or old – to enjoy the many game forms and to be active. Just draw your court, take the racket and hit that ball”.

Marc Probst, CEO Swiss Academy for Development (SAD)

“The Street Racket workshops were outstanding and got great feedback from the P.E. teachers from different levels of education! The idea and foundation behind the concept is special and the game can be easily modified to different ages, groups and skill levels. I could see Street Racket played just because it is fun but also because it can be a great tool for teachers to help children learn different motor, social or cognitive skills – and having fun doing it! And what I also love about Street Racket is that it is easily played outdoors, you will find a good space just about anywhere. We were thankful to have Marcel inspiring our seminar participants from 20 different countries.”

Jaakko Lattu, Program Director, International Seminar for P.E. Teachers at Sport Institute of Finland

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„In the homeschooling situation, you will quickly notice that the time span during which the child can concentrate properly is actually only a few minutes. All children have a natural urge to move. Quieting the child with pressure and ranting does nothing, at best it is counterproductive. It makes much more sense to introduce active breaks that are fun even after short learning sessions. This also protects the parent-child relationship, which is fundamentally important for sustainable and efficient learning at home. Street Racket has great potential to do justice to this urge to move and to improve the overall quality and atmosphere in learning. One can use Street Racket as short breaks in movement with a high fun factor, indoors and outdoors. And you can also use the concept while studying, while conjugating verbs, reciting the alphabet, reciting poetry rhythmically, counting in foreign languages, practicing rows of numbers, solving equations ... There are no limits to your imagination. Street Racket brings an ingenious, healthy and fun variety into everyday life for many new homeschoolers. It will help a great deal to take on that challenge!”

Anita Stürmer, expert for homeschooling, Switzerland

“Thank you so much for an awesome presentation at the international physical education conference in Germany. I am not a huge fan of racket games (because I’m not naturally good at them!) but I truly enjoyed playing Street Racket at the conference and I see enormous potential. As you know I took a couple of sets back to Africa with me. The students here love the game and I will order more equipment when the school board is also infected with the Street Racket virus!”

Meghan Cannon, Khartoum International Community School, Sudan

“On behalf of the Damnok Toek organization I would like to thank you and your team for the great opportunity you provided to the staff and public school teachers to learn about Street Racket here in Cambodia. All the participants really appreciated the training that provided us with good feedback on the impact this activity could have on the children. After a week of practice, we can appreciate the good results and the Damnok Toek Team is really motivated to develop this activity, especially in the communities. In the future, we also would like to develop a partnership with the public schools.”

Nathalie Nguyen, Damnok Toek Cambodia (also known as “Goutte d’Eau”, winner of the “caritas award”) - to assist vulnerable children and their families

“I immediately identified with Street Racket because of my background as a PE teacher and a tennis coach. Children should never stand in line or sit at the side and Street Racket allows full participation in the class as it maximizes the available space enabling many to move more simultaneously. The aim of physical education is to facilitate physical, emotional, social and cognitive development – and Street Racket does it all!

Children must also be able to practice on their own as well, it is the repetitive contact with ball and racket that builds the skill the fastest, Street Racket works on the wall as well which helps in this perspective, too.

Street Racket’s emphasis is on control which keeps the ball in motion which avoids the gathering of balls, the coach must never hit more balls than the pupils, and that’s exactly what Street Racket can do. It follows my tennis coaching practice that control comes first, then direction, then tempo.

My love for ball sports and to transfer this enjoyment to as many people as possible is fulfilled by the Street Racket concept as it forms a foundation for all racket sports as well as other ball sports.

Thank you Marcel & Rahel for introducing this well researched concept to South Africa. It will bring learning and fun together in such an easy way!”

Jill van der Merwe, physical education teacher & tennis coach, Somerset West, South Africa

Thank you and congratulations, Street Racket comes at a time when movement with joy is not negotiable! It's accessible for all, it ensures experience of success in movement necessary for participation in sport for life as well as experience with increased levels of difficulty relevant to all sport codes. Concepts for making space, identifying space, planning and decision making are applicable. Values such as respect, honesty and discipline are easy to facilitate and there are many opportunities for integrated learning.

Ilse Anthonissen, Project Manager 4 Lines Coaching, M.Ed. Stellenbosch University, South Africa

"I think Street Racket is amazing because I hardly need any material or previous knowledge or even a standard court! The many games have a highly addictive character and is loved by everyone who has picked up a racket once. The techniques learned in the game are a great basis for further racket sports games. Street Racket is not just a game for beginners, it can be further developed and expanded through the diverse game ideas and almost endless possibilities."

Philip Bachmann, elementary school teacher, education and training officer at the GHRF study seminar in Kassel Germany

"The physical and mental health of our employees is very important to us. That's why we decided to expand our options in the area of corporate based exercise and active relaxation. Street Racket is an ideal instrument for the implementation of our strategy, because it is designed for everyone, is great fun, safe and versatile and promotes important motorskill aspects and teamwork. There are always reasons why there should be no time for such active breaks - but health is ultimately the most important thing and that's why we take this chance with Street Racket!"

Christian Landolt, Managing Director, Fritz Landolt AG Switzerland

"Active, interesting, innovative, fun, versatile. I rate the potential of Street Racket for people with learning disabilities, mental disabilities or physical disabilities as very high. What is so special for me is the simplicity and the almost barrier-free access to many forms of inclusive physical activity."

Reto Planzer, head sports coach of the clubs, Plusport Switzerland (national sports association for people with a handicap)

“Street racket is a very effective way to create active and healthy schools. Our team applies the many ideas on various levels and the design of the new schoolyard with many Street Racket courts was very well received. There is plenty of safe action every day now. Street Racket also demonstrates in a simple manner how individualization can be lived effectively and easily.”

Christian Heusser, headmaster primary school Oetwil

“Street Racket inspired me from the first second. Impressively simple rules provide easy access to the game. Not only can it be played on almost all surfaces, it also offers a lot of fun and a high potential for addiction thanks to the countless game forms, for total beginners to very advanced players. We have successfully worked with the dedicated and professional Street Racket team at various events and we look forward to many more activities”

René Nötzli, managing director of sportaktiv.ch

“Street Racket is arguably the most innovative racket sport in recent decades. It can be played anywhere, and even without a net! This opens up completely new dimensions for the school and for the design of active schools. This year, Street Racket was presented for the first time on the “Sports Education Day 2019”, with great success. The fully booked workshops with over 200 participants in just one day received top marks and the implementation in many schools started the very next day!”

Erich Frischenschlager, President Association of Sports and Movement Educators, Austria