



Swiss Tennis Newsletter – January 2021

Dear Swiss Tennis Member

«Our current development on the tennis court is still very limited. That's why we have to be creative: In this newsletter, we show you how you can still stay on the ball with Street Racket!

You can also find out how your club can benefit from the fact that Swiss Tennis will be celebrating its 125th anniversary in 2021. We hope there will be plenty of reasons for you to celebrate this year too. »

Sporting greetings

Your Swiss Tennis Team





8th Tennis Forum Switzerland

Dress warmly and play Street Racket

Tennis clubs and tennis centres have to remain closed (for the time being), many tennis players are currently unable to pursue their hobby as usual. Today we show you how you can prepare for the (hopefully possible) tennis summer with Street Racket. Because Street Racket is racket sport for everyone, anytime and anywhere - without infrastructure. We like to explain how it works.

Street Racket is an innovative racket game from Switzerland for everyone, always and everywhere. « One of the basic principles of Street Racket is to minimise possible obstacles to play. The concept is correspondingly simple, » explains Marcel Straub, inventor and founder of Street Racket.

The courts can be marked in no time on the ground with street chalk (outdoor) or adhesive tape or court lines (indoor) in the desired size. The field consists of three squares lined up next to each other - the two outer ones are the playing fields, while the middle one serves as a kind of « net substitute ». For groups or more intensive games, the cross field (consisting of two single courts) is the actual heart of the concept. The game is played with two rackets and a soft softball. The playing material was specially designed to achieve the best possible effects. Street Racket can be played outdoors or indoors and at all ages and levels. The movement game works directly in front of the house, on the playground, in a club or - as is the case now in Corona time - within your own four walls with the family. It can be used in short sequences, for longer sessions or even complete tournaments.

Many possible uses in Kids Tennis

« Even the first attempts can result in long, motivating rallies, » says Lucien Schenk, Kids Tennis Officer at Swiss Tennis. « Especially in kids tennis, it's a wonderful way to work on the basics with racket and ball. Street Racket is like a simplified form of tennis, you don't have to play over a net yet, the rackets are lighter and you have lots of opportunities to keep the kids busy and moving with different stations during training thanks to the numerous forms of play. »

But Street Racket also brings variety and a lot of fun for experienced tennis players. Street Racket can be used to practise ball feeling and especially hand-eye coordination, and it also integrates cognitive aspects. « The players can learn motor basics through the ball contacts, such as anticipation, reaction or the ability to differentiate - that means, for example, that a fast ball can be distinguished from a slow one, which then naturally requires a different rebound. In addition, exciting thinking processes and perception games can be integrated into our activities, » says Marcel Straub.

Fun games played with distance

Especially now - with a lot of screen time and a lack of training and compensation opportunities - Street Racket can provide positive impulses. Studies show that the rhythmic rallies can help curb myopia. « Playing street racket outside in the fresh air every day strengthens the immune system and helps reduce frustration, aggression and depression », Marcel Straub is convinced. So, dress warmly and play Street Racket...

Experience diversity with Street Racket at the 8th Tennis Forum Switzerland

At the [8th Tennis Forum Switzerland](#) on Saturday, 27 March 2021, Lucien Schenk and Marcel Straub will show how Street Racket can be integrated into tennis training. The course will take place virtually (via Zoom) and, if permitted, also with presence in Biel. Registrations for the forum are still possible until 9 March 2021.

- [Factsheet on the course](#)
- [Registration](#)

Would you like to try out Street Racket?

Please visit us on our [Shop](#). Some additional information :

- **Street Racket Set « [classic collection](#) »** : Sustainable production in Switzerland. [Startrampe Wetzikon](#) for professional integration and [Stiftung Stöckenweid](#) for people with disabilities in Meilen produce the Street Racket rackets of the «classic collection».
- The **Team Racket** - the innovative racket for promoting team spirit and cooperation - is also handmade in Switzerland.
- **Street Racket Set «[black collection](#)»**
- If you have any question about the products, please send an e-mail to info@streetracket.com.
- Here you will find the **«[stay at home](#)» and «[do it yourself](#)» section** of Street Racket: This allows you to make and/or design your own Street Racket racket. This turns home tennis into a design-creative family project before the action starts at home.

Ordered your Street Racket set? Then you'll find everything you need to know here, such as **rules, game forms and video tutorials**, so you can get started right away:

- [Official website: www.streeracket.net](http://www.streeracket.net)
- [Rules](#)
- [Street Racket teaching aids and game collections](#)
- [BASPO watch list: Street Racket games forms](#)
- [BASPO Theme booklet: Cool Ball Games](#)
- [smash 9/19: Learning by playing – anyone, anytime, anywhere](#)
- [YouTube-channel with many video tutorials](#)
- Thanks to the free [Street Racket App](#) with numerous exercises, you can find your way into the world of Street Racket immediately and playfully anywhere!
[Street Racket Android Store App with Ronnie Racket](#)
[Street Racket Apple Store App with Ronnie Racket](#)
- The Street Racket team offers introductory courses, workshops, webinars and consultations (info@streeracket.com)



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