

SFN Team · Jun 17, 2024

The 1st Squash Club Dresden and its Successful Youth Work



Since its founding in late 1999, the 1st Squash Club Dresden has been dedicated to promoting the sport of squash, with a particular focus on sustainable and committed youth work. The club's home facility has always been the XXL more than sports in Dresden.

A significant milestone in the club's history will be reached in August 2024 with the construction of five new squash courts at the Heinz Steyer Stadium in Dresden. As the main tenant of these courts, the 1st Squash Club Dresden will finally have its own dedicated home. The club's potential for further development has been greatly enhanced by the founder Günter Frietsch and the president of the club Thomas Muschter. They were the hiring a young full-time squash coach, Juan Groh from Argentina. The team from the club place a strong emphasis on youth work, supported by various initiatives.

Squash Camp in the Summer Holidays

The week-long squash camp, organized as a tent camp, offered a wide range of activities for the youth. The days started early with jogging, followed by breakfast prepared by the duty team. The intensive training program was divided into three groups, with each group training both in the morning and afternoon. Between training sessions, there was lunch and ample free time for board games and other activities. In the evenings, various sports like frisbee, football, and volleyball were played. A special highlight was a full day of swimming, which was enjoyed by all participants. The final day featured a closing tournament that provided a lot of excitement and fun. Overall, the camp was a great success, and participants are already looking forward to next year.

Outdoor Squash at the City Festival



Another example of the 1st Squash Club Dresden's youth work was participating in the Dresden Canaletto City Festival. The club set up a small outdoor plexiglass squash court at Königsufer, with the stunning backdrop of Dresden's old town. Guided by the club's trainers and youth members, visitors of all ages had the opportunity to try out squash. The event was a huge success and helped spark interest in the sport. The club hopes to see many new faces in the children's and youth training sessions, as well as among adults, following this exciting weekend and the extensive flyer distribution.

Squash Club Presentation in Schools

In collaboration with the Dresden International School, the 1st Squash Club Dresden offered introductory squash courses for students. These courses were aimed at children aged 9 to 10 and teenagers between 15 and 17. The students were introduced to the basic rules of squash and given an overview of the playing techniques. Once the students developed a basic understanding and feel for the ball and the court, they were handed rackets and encouraged to start playing without extensive explanations. The courses generated a lot of interest, with about 10% of the participants joining the 1st Squash Club Dresden.

Through these diverse activities, the 1st Squash Club Dresden demonstrates how successful youth work in sports can be achieved. With the new coach and improved training facilities at the Heinz Steyer Stadium, the club is poised for a promising future.

Links to short videos to showcase Squash in the city of Dresden:

[Squash in Dresden - BallsportARENA](#)

[Squash in Dresden - Where cultures meet together](#)

[Highlight-Video - 43rd German Youth Championship 2021 in Dresden](#)

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