

## TuS Hermannsburg

### Presentation of our sports association

Sport in Germany is organised in non-profit registered associations. **TuS** is an abbreviation and means **exercise (gymnastics) and sports association**. Today we have 700 female and 850 male members.

You are more than welcome to try one, some or all of our 14 different sections.

1. Firstly we have the **Badminton**-players group. They meet on Thursday evenings from 7 to 10 pm and on Fridays from 8 to 10 pm in the local high-school sports hall I. (In Germany high-schools are called Gymnasium that's a little bit tricky.)
2. The adult **Basketball**-players meet in the sports-park Hall of our neighbourhood town Bergen. If some of you are interested in playing Basketball we would try to organise transportation for you. Training is on Thursday evening from 7 to 9 pm.
3. **Fist-ball** is not a well known kind of sport. Two teams of five players attempt to hit the ball over the line. It has similarities to Volleyball, but the field is much larger and the ball is allowed to touch the ground before the player plays the ball. They play on Thursdays too but from 8 – 10 pm in the Örtzetal-Hall.
4. Our **football** or **soccer**-players meet on Fridays from 7:30 to 9 pm at the playing fields. Sorry for the ladies, we only have a team of teenage female player, no adults.
5. The beginners **Judo** group train on Tuesdays from 8 to 9:30 pm in the high-school sports-hall II. For the more advanced Judo people there are other groups and training times.
6. Male **handball**-players meet on Fridays from 8:30 to 10 pm, female from 8 to 9:30 pm in the Örtzetal-Hall.
7. Our **canoe**-group is a handful of senior men they do not meet during the winter months but if anybody is interested please contact us. (Phone: 3872)
8. **The long distance runners** meet on Saturdays at 3 pm at our clubhouse. It's between the swimming-pool and training field, you will find it on the map. We also participate in 5000/10000Mtrs competitions.
9. The **swimming**-section is only for children.
10. The **competitive dancing** section practices dances for example the waltz and foxtrot. They meet on Thursday evenings in the primary school from 6:30 to 9:30. The dancers are using the school atrium.
11. During the winter our **tennis**-players train in the neighbouring town of Bergen. (Indoor Tennis) We have got a lot of children and teenage players and a group of 50 + women. In the young adult group we require new members. Nevertheless, if you would like to play, our office (phone 3872) will provide the contact to the leader of the section. But for this group I think that you will have to pay a trainers fee.
12. Maybe it's better to play **table tennis**. That's a small group of men meeting on Monday evening from 7:30 to 10 pm in primary school sports hall.
13. The **Gymnastic** section has 2 offers for women that could be interesting for you :
  - a. Zumba – that's dancing to south-American rhythms, it is very exhausting. On Wednesdays from 7:30 to 8:30 in the high school sports hall II.
  - b. "Training for a better health with modern music" 135 beats per minute and higher. On Wednesdays from 5:30 – 6:30 pm in the primary school sports hall school.

- c. For the men we have two groups: Older men over 40 meet on Mondays from 8 to 10 pm in the Örtzetal-hall. 20 minutes gymnastics, a little bit of football and 3 sets of volleyball with easy rules.
  - d. Younger men meet at the same time. They are using one third of the Örtzetal hall mostly to play football or basketball.
- 14.** Last but not least: The hobby group of **the volleyball-players** meet on Wednesdays from 8 – 10 pm in high school sports-hall I.

You are welcome to attend the training. Try different offers. Apart from the tennis trainer there will be no fees. It's a special offer for the students of the FIT.

If you decide to participate regularly due to accident insurance requirements a membership is mandatory. In this case we would then require your name, address and date of birth for our database to give you the usual insurance cover. (Accident insurance)