



SPORTS GUIDE

SIEGEN-WITTGENSTEIN

Information, tips & contacts



 **Kommunales
Integrationszentrum**
Kreis Siegen-Wittgenstein

LANDESPORTBUND
NORDRHEIN-WESTFALEN



WO ICH HERKOMME? VOM SPORT!

Jamilon ist Düsseldorfer mit Migrationshintergrund und Bundestrainer der Frauen-Hockeynationalmannschaft. Vor allem aber ist er einer von 40 Millionen begeisterten Sportlerinnen und Sportlern, die Sportdeutschland zu dem machen, was es ist – einem der größten Förderer von Integration.

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DHB
Deutscher
Hockey-Bund e.V.

WIR SIND
SPORTDEUTSCHLAND

DOSB



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1. Auflage

1. SPORT SPEAKS EVERY LANGUAGE

Movement is important for everybody every day. In a way we do sports every day without really being aware of it. We move all the time: We take the garbage to the dustbin, we go shopping and go to see our friends. Movement is an essential part of our lives.

What are the reasons - why do we make even more movements than what is necessary - by doing a lot of sports?

People do not only do sports for performance and tournaments. Surveys say that people do sports to keep fit and healthy, to lose weight, to socialize and meet friends, to relax, to feel happy and to have fun.

Maybe sport with its various opportunities is a chance for you, too. Just

give it a try!

There are many different sport clubs near your home. So there is a chance for everybody to find a sport club which suits him or her.

The first step often is the hardest. And that's the reason why we present some basic information about sports and sport clubs in this „directory“. We also give you some contact details of sport groups in your neighbourhood.

Most important to us is to reach people whose mother tongue is not German. In order to overcome the language barrier the contents in this brochure are written in different languages. Have fun, and just think of it: Sport speaks every language!





2. ORGANIZED SPORTS IN GERMANY

Every country has its own way of organizing sports and there are things that are special and different in every country. In many countries the sports system is directly linked to the school system. This system has become well known from America.

In contrast to this in Germany sports are organized by sport clubs. These clubs are members of sport associations and sport federations, which are mentioned in the graphic as shown above.

„SPORTVEREINE“ (SPORT CLUBS)

Sport clubs offer a big variety of different sports. The club is the base of the German sport system. Here is the point of Contact for the people who would like to do sport (see below point 3).

„SPORTBÜNDE“ SPORT ASSOCIATIONS

These are the umbrella organizations of all the local sport clubs no matter what kinds of sport they offer. These organizations have different tasks depending on their locations and possibilities. Their main task is to support and to assist the sport clubs.

SPORTFACHVERBÄNDE (SPECIALIZE IN INDIVIDUELL KINDS OF SPORTS)

These organizations are responsible for all the different well-known kinds of sports. They specialize in the individual kinds of sports. They assist the sport clubs in organizing and performing sports and tournaments. Sport clubs can be members of many of the „Sportfachverbände“.



LANDESPORTBUND
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Due to the fact that sport clubs offer different kinds of sport they may be a member of different „Sportfachverbände“. There are also sport clubs (with a sports and games program) that don't belong to a „Sportfachverband“.

„LANDESPORTBUND“ (COUNTRY SPORTS FEDERATION)

The „Landessportbund“ ist the federation of „Sportbünde“ and „Sportfachverbände“ (see above). It organizes and coordinates countrywide everything regarding sports, politically and technically, in close cooperation with

the local clubs an associations. They are responsible for the training of the coaches.

GERMAN OLYMPIC SPORTS ASSOCIATION (DOSB)

The German Olympic Sports Association ist the umbrella organization which coordinates the work which is done by the 16 „Landessportbünde“ and the 82 „Sportfachverbände“. Its main focus is to develop ideas and policies to organize new projects and to cooperate with the country ministries.

3. THE SPORT CLUB

People, young and old, have very different sporting interests and abilities. Thus they look for opportunities to realize their ideas. Very often, people need information, help and advice to make the first step. They get information and support not only in the sport clubs but also in the sport commerce and trade.

But what makes sport clubs so special?

Most sport clubs are led and organised by volunteers. That means: almost everybody who works as a coach, instructor, in the management, or in other ways in the sport club, does it by choice, and without earning money. But this raises the question:

Why do so many people work voluntarily in sport clubs?

A simple and easy answer to this question is not easy to find, because every person has his or her own reason why he does this job voluntarily. But most of the people have similar reasons: Mainly people do it because:

1. They began as an active athlete in a sport club and participated in tournaments. They started to feel part of the organization.
2. Their children begin to do sport in a sport club, too, and as their mothers or fathers they often watch them training and playing matches at the weekends. So a bond develops between them and their club, and they begin to

support it actively. But this is only possible because the sport club takes over responsibilities. The sport club has become an important part of their lives which has an effect on other areas of life, too.

3.1 SPORT IN THE SPORTS CLUB

To do sports with pleasure and successfully is the central element in sport clubs. No matter which sport or which sport club you choose, you are bound to feel good in the clubs. - No matter if you are a child, a young adult or a seni-



or. Being a member in a sport club you can also participate in courses.

Matches and Competitive Sports: The complete preparation for the leagues and competitions takes place in the club. The coach plans and runs the training. Most of the sports you can only take part in if you are a club member. Thus the sport club forms the basis of the competitive sports.

Leisure sports: Not everyone is motivated to participate in tournaments, or to play in a league. A lot of people just want to keep fit, they want to try a new kind of sport, or just want to have fun in movement with others. All these options can be offered in the sport club.

Sport for keeping fit and healthy: The positive effects of sport on our health are well-known. Movement can pre-



vent diseases or symptoms of diseases can be reduced without taking medicine. There are more and more offers of special courses, e.g. courses for the spine, aqua jogging, muscle and circulation trainings and sports for overweight people. The different offers are very often divided into prevention and rehabilitation courses. These courses are often financed (or partly financed) by your health insurance.

3.2 LIFE IN A SPORT CLUB

There are many reasons that make the membership in a sport club attractive:

Social reasons: The social advantages make a membership in a sport club very attractive. You can meet new friends very easily and in an uncomplicated way. The collective interests in sports enable you to get in touch with other people and form a good basis for friendships, which last outside of the sport club. More than in other social areas they are independent from your own social status and origin.

Education and Further Education: The structure of sport clubs means that often new trainers are looked for. To meet the demand of trainers and coaches there are specific trainings and further training opportunities for individual sports and sports in general. These ways of qualification offer good and inexpensive options to create job-related prospects. They offer better chances in job applications. These trainings and further trainings are often paid for if you work as a trai-



ner in a sports club for a certain time after your qualification.

Opportunities of earning money: Work in a sport club often is an attractive option to earn extra money with an activity which is fun, too. Especially for young people it is an interesting chance apart from school, vocational training or studying. Several people have found a well-paid job this way.

3.3 „BUT“

„BuT“ stands for „Bildung und Teilhabe“. In English it means: education and participation. It says that young people below the age of eighteen have the chance to be financially supported (according to the SGB II or the BKKG). The local contacts at the „Job Centers“ advise you on how to get the annual cost for your sport club completely or partly rebated. This makes it easier for many young people to join a sport club.

LOCAL CONTACTS

You are interested in joining a sport club? Hier you find information and contacts that make the way to the club easier.

» **Kreissportbund Siegen-Wittgenstein e.V.**

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» **Regional Sport Associations in Siegen-Wittgenstein**

SSV Bad Berleburg
Tel. 02751/959080
[jensundnadine\(at\)gmx.net](mailto:jensundnadine(at)gmx.net)

GSV Burbach
Tel. 0160/2813397
[sebhuettemann\(at\)web.de](mailto:sebhuettemann(at)web.de)

SSV Erndtebrück
Tel. 02753/4179
[benmax1\(at\)gmx.de](mailto:benmax1(at)gmx.de)

SSV Freudenberg
Tel. 02734/4789120
[info\(at\)ssv-freudenberg.de](mailto:info(at)ssv-freudenberg.de)

SSV Hilchenbach
Tel. 02733/2495
[helmut.treude\(at\)skiverein-luetzel.de](mailto:helmut.treude(at)skiverein-luetzel.de)

SSV Kreuztal
Tel. 02732/762695
[michaelnothacker\(at\)tv-littfeld.de](mailto:michaelnothacker(at)tv-littfeld.de)

SSV Bad Laasphe
Tel. 0152/55626907
[rolfdavidis\(at\)yahoo.de](mailto:rolfdavidis(at)yahoo.de)

SSV Netphen
Tel. 02738/4533
[hjwerthenbach\(at\)aol.com](mailto:hjwerthenbach(at)aol.com)

SSV Neunkirchen
Tel. 02735/781334
[prinz-n\(at\)t-online.de](mailto:prinz-n(at)t-online.de)

SSV Siegen
Tel. 0271/3177401
[info\(at\)stadtsportverband-siegen.de](mailto:info(at)stadtsportverband-siegen.de)

GSV Wilnsdorf
Tel. 0271/399663
[gsv-wilnsdorf\(at\)web.de](mailto:gsv-wilnsdorf(at)web.de)



„INTEGRATION DURCH SPORT“

Sport ist der Motor der Integration, denn wo sonst treffen Menschen unterschiedlicher Herkunft zu gemeinsamen Aktivitäten aufeinander? Allerdings: Menschen mit Migrationshintergrund sind im organisierten Sport deutlich unterrepräsentiert. Die Gründe dafür sind vielfältig. Meist verfügen Sportvereine nicht über die Angebote, die für Menschen aus Zuwandererfamilien attraktiv sind. Oft fehlen Räumlichkeiten, Personal oder Geld, um Migranten in die Vereinsgemeinschaft zu integrieren.

Wir unterstützen die Sportvereine im Kreis Siegen-Wittgenstein bei ihren Bemühungen, Projekten und Ideen und fördern z.B.

- Sportgeräte, Übungsleiter, Hallenmieten
- Aktionen wie Kurse und Freizeiten
- Aus- und Fortbildung von Übungsleitern

Um das vorhandene Engagement zu würdigen, finanziell zu fördern und im Rahmen des Bundesprogramms „Integration durch Sport“ öffentlich zu bewerben, können sich Sportvereine als Stützpunktvereine „Integration durch Sport“ zertifizieren lassen. Sie engagieren sich kontinuierlich und nachhaltig in Sachen Integration, bieten bedarfsorientiert und passgenau Möglichkeiten und Angebote für ihren Verein.

Stützpunktvereine erhalten eine Förderung zwischen 500,- und 5000,- Euro jährlich, die Förderung ist begrenzt auf maximal fünf Jahre.

Interessierte Vereine, die Stützpunktverein im Bereich „Integration durch Sport“ werden möchten, sollten sich mit der Geschäftsstelle des Kreissportbundes Siegen-Wittgenstein in Verbindung setzen.



Gesundheit *vorbessern*. Auch die Abwehrkräfte.

Wir sind da, damit Sie „vorbessern“ können: vorsorgen und verbessern – z.B. mit der individuellen Ernährungsberatung für ein schlagkräftiges Immunsystem.

**AOK NORDWEST –
Gesundheit in besten Händen**

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Jetzt wechseln und **#vorbessern**