

# **Cycling Support – Heinrich-Böll-Gesamtschule Köln**

Systematically young cycling athletes are supported from the school-workshop until the external competitive sport:

## **1. Cycling in the school – programme**

- Workshops
- Cycling as special offer until the Abitur
- School Championships in Cologne
- Supporting subject lessons at school

## **2. Cycling in the club “RSG”**

- Road
- Track
- Trainingscamp
- Race support

## **3. Timetables**

- Weekly Training schedule
- Students timetable (example)

## **4. Network + Partners**

## **1 . Cycling in the school – programme**

### **Workshops**

In our all-day school we are offering several sport workshops in the afternoon, as cycling, rowing, basketball, tennis and others to encourage the students sporting interests.

3 cycling workshops (Monday, Wednesday, Thursday) are hold two hours weekly with up to 12 interested students from the fifth class. Beginning with many games and exercises workshops are taking place first close to the school – later up to 15 km trips can be realised in the park and lake district near Köln-Fühligen.

The workshops are part of the school-timetable (compulsary).

20 roadracing bicycles in small sizes (48 – 54 cm) are available in the cycling section of our school.

### **Cycling as special offer until the Abitur**

In the 11<sup>th</sup> to 13<sup>th</sup> class cycling projects can be hold in the sport-lessons. As a special offer under the headline “rolling-driving(riding)-gliding” track – cycling courses are taking place in Köln-Müngersdorf, where 20 school-bikes (track) and helmets are available for students from the Heinrich-Böll-Gesamtschule and other interested schools. These courses are organized by the Sport-departement of the municipality as part of the comunal cyclingsport developement programmein cooperation with the H-B-G.

### **School Championships in Cologne**

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Every year at the end of school-year in June the school arranges the “Open school championships of Cologne”.

Between 60 – 80 talents are taking part to that event for students from any cycling interested school of the surrounding of Cologne in the age of 11 – 16 years.

All school is watching the races on a round course (1,6 km) around the school an all teachers are helping in the organization.

## **Supporting subject lessons at school**

Part of the state programme of NRW is the opportunity to support students on the high performance sport level in their school subject if there is any need.

Six privat lessons (45 min) weekly are available for our students in the subjects Mathematic, English, Deutsch.

Different individual teachers of the school are the responsible tutors for these lessons, taking place usually after lunch.

## **2. Cycling in the club “RSG”**

### **Road**

The name of our club is : “Radsportgemeinschaft Heinrich-Böll-Gesamtschule” and the club is open to everybody , students of our school and external students as well. Adults are welcome from everywhere. In the moment more than 80 members (40 adults / 40 youths) are registered and about 40 of them are holders of a UCI - cycling licence.

Two trainers are coaching mainly two groups: U 15 (girls + boys) – Ralf Kugel and U 17 / U 19 – Werner Schleicher.

For further informations please look at schedule, issue 3, “Weekly Training Schedule”.

In the cycling section of the school 25 road-racing bicycles for advanced cycling students (sizes: 54 cm – 60 cm) are available for any club member. (all together we have 45 road bikes in different sizes)

### **Track**

In the school cabine of the velodrome in Cologne, “Albert-Richter-Bahn / Radstadion Köln” 20 track bikes for advanced track-cycling students are available in addition to the 20 school-track-bikes für beginners.

Usually wednesday is the track-cycling day. Many young talents are coming weekly to that meeting point to train usually in two groups:

- 16.00 – 17.00 h - small beginners
- 17.00 – 19.00 h - high performance training
- 19.00 – 21.00 h - mixed – amateurs.

Mostly the training on the track is coached by the regional cycling association.

## **Trainingscamp / eastern**

Since 20 years the club is organizing a trainingscamp for about 10 cyclists in the South of Europe in the eastern – holidays. Only the best cyclists in the age of 14 – 18 years can take part at that training.

In the last years we mostly travelled to Spain near Taragona, but since two years we are preferring the South of France (Pyrènnés / Provence).

## **Race support**

In the time from April until the end of September nearly every sunday there are races in North-Rhine-Westfalia on road and track.

To the most important races (as the qualification to the German championship / road) the racers are accompanied by the coaches. Usually we are travelling in the privat van of the headcoach, sometimes in a rented big van and often with the parents in case of an individual participation (instead of a team-participation) to the race.

### 3. Timetables

- Weekly Training Schedule , RSG Heinrich-Böll-Gesamtschule 2008

Mo	Tu	We	Thu	Fr	Sa	Su
lessons	lessons	lessons 10.00-12.00 Track- 11-13 <sup>th</sup> class (agreements)	lessons	lessons	only winter: 12.00 – 16.00 U 17/19 Road Treffpunkt: Schule W. Schleicher	only winter: 10.00 – 14.30 U17/19 Road Treffpunkt: Bahn R. Kugel
Lunch	Lunch	Lunch	Lunch	Lunch		
14.30 – 16.00 AG - 5. class L. Kotte	15.00 – 18.00/19.00 U 15 U 17/19 Road MTB (winter) Road(summer) R.Kugel W. Schleicher	14.30 – 16.00 AG - 5. class B. Möller	14.30 – 16.00 AG - 5. class W. Schleicher	15.00 – 18.00 U15 - Road R. Kugel U17/19 Individual- Training	in summer: individual race preparation or <b>Competitions</b>	in summer: <b>Competitions</b> R. Kugel W.Schleicher
	19.00 – 21.00 Kadertraining (selection) Track- Büttgen (only winter)	17.00 – 20.00 all groups Track- Müngersdorf W. Schleicher	16.30 – 18.00/20.00 U17/19 Halle – School (winter) Road (summer -20.00) W. Schleicher			

AG = Workshop / Name = responsible teacher/coach

- Students timetable  
(example: Aurel Pauleit, external student, U 17 – school year: 2007/08 )

	daily routine	Aurel	Pauleit	Free	Waldorf	School	Cologne
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8h	HU	HU	HU	HU	HU		
	HU	HU	HU	HU	HU		
9h	HU	HU	HU	HU	HU		
	HU	HU	HU	HU	HU	Breakfast	Breakfast
10h	Wk   Ha   Gtz	Mu   Eu	Eu   Ru	E   -	Wk   -   Gtz		
	Wk   Ha   Gtz	Mu   Eu	Eu   Ru	E   -	Wk   -   Gtz		
11h	Wk   Ha   Gtz	E   -	M   Ru	E   Mu	Wk   -   Gtz		
	Wk   Ha   Gtz	E   -	M   Ru	E   Mu	Wk   -   Gtz		
12h	E   Mu	Wk   Ha   Gtz	E   M	Eu   Ru	D   Ru		
	E   Mu	Wk   Ha   Gtz	E   M	Eu   Ru	D   Ru		
13h	Religion	Wk   Ha   Gtz	-   Eu	Mu   Ru	-   D		
	Religion	Wk   Ha   Gtz	-   Eu	Mu   Ru	-   D		
14h	Lunch	Violin education	Orchestra	Sport	Lunch		
		Lunch	Orchestra	Sport		Lunch	
15h			Orchestra	Sport			
			Orchestra	Sport			
16h							
17h							
18h					I practice the violin		
19h	Dinner	Dinner		Dinner	Dinner	Dinner	Dinner
20h	I practice the violin		Dinner				
21h							
22h							
23h							
	I meet my friends School	Sleep	Training	I do my homework	Private lessons in English	Leisure	Race

## 4. Network + Partners

### **Heinrich-Böll-Gesamtschule**

[www.hbg-koeln.de](http://www.hbg-koeln.de)

### **Sportamt der Stadt Köln** (Municipality – Sportdepartment)

[www.stadt-koeln.de](http://www.stadt-koeln.de)

### **Schulverwaltungsamt der Stadt Köln** (Municipality – School administration)

[www.stadt-koeln.de](http://www.stadt-koeln.de)

### **LSB / Innenministerium** (Regional Government – Sportsdepartment)

[www.im.nrw.de/sspo/3.htm](http://www.im.nrw.de/sspo/3.htm)

### **RSG Heinrich-Böll-Gesamtschule** (Cycling sport club )

[www.rsg-hbg.de](http://www.rsg-hbg.de)

### **Radsportverband NRW** (Regional Cycling Association)

[www.radsportverband-nrw.de](http://www.radsportverband-nrw.de)

### **VCS Köln** (Partner cycling clubs)

[www.rundumkoeln.de](http://www.rundumkoeln.de)

### **RRC Günther Longerich** ( Partner cycling club )

[www.cologneclassic.de](http://www.cologneclassic.de)

### **Arbeitsgemeinschaft Bahnrennsport Köln** ( Track cycling Union Cologne )

[www.radstadion-koeln.de](http://www.radstadion-koeln.de)

### **Olympiastützpunkt Rheinland** (Regional Olympic Training Center)

[www.osp-rheinland.de](http://www.osp-rheinland.de)

### **Sponsoren** (Privat Sponsorship) – **Foto Gregor**

[www.foto-gregor.de](http://www.foto-gregor.de)

### **Deutsche Sporthochschule Köln** (German Sport University)

[www.dshs-koeln.de](http://www.dshs-koeln.de)