

# Integration through sport

Information on sport in Mülheim an der Ruhr



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# Contents

- 1 Foreword
- 2 Organised sport in Germany
- 3 *Mülheimer Sportbund e.V.* (Mülheim sports federation)
- 4 Mülheim's sports clubs
- 5 Local contacts



## Dear reader,

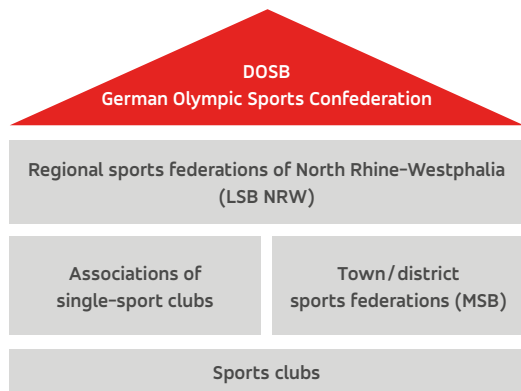
Sport and exercise are good for us and keep us physically and mentally fit.

If you are interested, why not give it a try! On the following pages you will find an explanation of different sports institutions and some contacts in Mülheim an der Ruhr. For further information, visit the homepage of the Mülheim sports federation ([www.muelheimer-sportbund.de](http://www.muelheimer-sportbund.de)) or get in touch with one of the contacts given on page 10.

Happy sporting!

**Prof. Dr. Werner Giesen**  
1. Chairman  
of the Mülheim sports federation

## 2 Organised sport in Germany



### German Olympic Sports Confederation

The German Olympic Sports Confederation (DOSB) is the umbrella organisation for German sport. More than 27 million members and almost 90,000 sports clubs are members of the DOSB. Member organisations are regional sports federations, national (sport-governing) federations and sports associations.



### Regional sports federations

(e.g. LSB NRW)

The regional sports federation of North Rhine-Westphalia (LSB NRW) is the umbrella organisation of organised and community-spirited sport in North Rhine-Westphalia (NRW). It is based in Duisburg and its member organisations include 67 associations of single-sport clubs and 54 town and district sports federations. The LSB NRW is one of 16 regional sports federations in Germany to be a member of the German Olympic Sports Confederation (DOSB).



### Associations of single-sport clubs

The various associations of single-sport clubs are your port of call when looking to practise a specific kind of sport. They support clubs when organising and holding competitions for example.

### Town / district sports federations

The sports federations are the umbrella organisation of all sports clubs for any kind of sport in a town/district. They have the job of supporting and promoting the clubs.

### Sports clubs

Sports clubs are formed of people wishing to engage in sport together. A club is a community organised on a voluntary basis. Sports clubs offer a variety of different sports. Sports are actively played in these and they are the port of call for those interested in playing sport. The aim is to make sport areas or sports and gymnastics halls available to interested persons.



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### ③ *Mülheimer Sportbund e.V.* (Mülheim sports federation)

Sporting activity is a major topic in Mülheim an der Ruhr: Around 45,000 of Mülheim's citizens are members at one of the approximately 150 sports clubs in Mülheim an der Ruhr. As the independent community of sports clubs, the Mülheim sports federation *Mülheimer Sportbund e.V. (MSB)* represents both sport itself and the interests of its member clubs. The MSB gives its members and all citizens of Mülheim the means to practise sport in a modern way, experience social events and find various possibilities of voluntary work.

[www.muelheimer-sportbund.de](http://www.muelheimer-sportbund.de)



## 4 Mülheim's sports clubs

Around 150 sports clubs in Mülheim an der Ruhr provide a wide range of exciting, interesting and appealing sports for all citizens!

- You will find a list of all sports clubs on the internet at <http://www.muelheimer-sportbund.de/vereine/vereinsliste/>
- If you are looking for a particular kind of sport or a sports club in a particular part of Mülheim, you will find what you require here: <https://geo.muelheim-ruhr.de/vereine/angebote/sport>

Everyone, whether young or old, male or female, has different sporting interests. The Mülheim sports clubs cater for this wide range of interests and are organised and run by volunteers. As such, club life goes beyond mere training sessions. Contacts can be made, language skills improved and social skills promoted. From competitive and recreational sport to fitness – anything can be tried out in Mülheim.

You can not only get involved in a club as a player of sport, but also as an exercise or sports instructor. Instructor training is provided for this purpose and there are also fee-based ways of earning some money.



## 5 Local contacts

We will help you to find the right sports club for you and will answer your questions regarding sport – just get in touch!

Mülheimer Sportbund e.V.  
(Mülheim sports federation)  
Südstraße 25  
45470 Mülheim an der Ruhr  
Tel.: 0208 / 308 50 30  
Fax: 0208 / 308 50 50

### School sports coordinator:

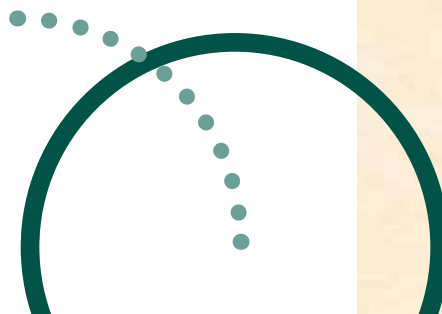
Annette Michels  
E-mail: [annette.michels@msb-mh.de](mailto:annette.michels@msb-mh.de)

### Child and youth sport coordinator & specialist for integration through sport:

Jana Hartwich  
E-mail: [jana.hartwich@msb-mh.de](mailto:jana.hartwich@msb-mh.de)

### Trend sports coordinator:

Jonas Höhmann  
E-mail: [jonas.hoehmann@muelheim-ruhr.de](mailto:jonas.hoehmann@muelheim-ruhr.de)





Mülheim macht Sport

## Site notice



### **Mülheimer Sportbund e.V. (Mülheim sports federation)**

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