

Turnen

DEUTSCHLAND

Senioren



Holger Stern * 14 Dec. 1960



My way in gymnastics

I was already quite good at different kinds of sports in my childhood and teenage years.

I started to do gymnastics on a regular basis at the end of 2003, after a personal 'gymnastics history' of about 5 years. At first I trained only for fun, and my first competition was the Hamburg Championships in 2015. Since then my training has been more targeted, and in 2016, at the age of 55, I supported the Hamburg Seniors Team 30+ on the high bar at the German Cup for Seniors. I participated in the German Seniors Championships in 2017, 2018 and 2019, and again in 2023 after an injury-induced break.

More about me

First competition: 2015

I am learning increasingly more difficult elements over time.



Achievements

2019: German Seniors Championship – 4th place

2023: German Seniors Championship – 4th place (despite a 1.5 year COVID break and following surgery on three shoulder tendons in Dec. 2021)

Performing at the World Cup (individual ranking)

