

Turnen

DEUTSCHLAND

Senioren



Thomas Hemmelskamp * 08.12.1974



My way in gymnastics

Gymnastics accompanied and formed me my whole life. At the age of 6 years I followed my sister together with my twin brother into the club TSV Achim (near Bremen). Afterwards, I learned at the gymnastics community of Verden (TGKV) nearly everything from what I am still profiting today. Special thanks to Klaus Zuschneid and Peter Scholz for this! After many years of competitions in Lower Saxony, at the age of 30, we were promoted to the 3rd National League, where I had a lot of fun for 8 years with the gymnastics team of Lower Saxony (NTT). Later, this team became national champion multiple times as TuS Vinnhorst. Today, I compete for Bremen 1860 in the leagues of Lower Saxony and with Hamburg, I am a frequent participant to German Masters Championships and German Masters Cup.

Highlights

- Twin brother (Christian)
- 1,85m height
- Favorite event: High bar, pommel horse
- Favorite exercises:
 - Back uprise and rear vault (high bar),
 - double scissor with transport (pommel horse)

Successes

- 1996 Finals in Bremen Beachvolleyball Championships
- 8 years 3rd National League with NTT
- Gold medal in Hamburg and Lower Saxony (senior) Championships
- 5th place "Deutscher Achtkampf"
- 2009 & 2023 Bronze medal in German Senior Championships

Profession

- Senior Manager in aircraft development



Performing at the World Cup (individual ranking)

