

Gymnastic Masters Team World Cup

German Men's Team

Dekade	Name
30-40	Alexander Fortmeier
	Marek Schmidt
40-50	Marcel Schwefel
	Thomas Hemmelskamp
50-60	Roland Hagner
	Wilfried Hofer
60-70	Friedhard Beck
	Gerhard Metz
70+	Karl-Heinz Hiller
WildCard	Jens Krueger (50)
	Holger Stern (60)
Individual	Horst Niessen (60)



Alexander Fortmeier* 17th Sep 1985



My way in gymnastics

When I was in 4th grade, my gym teacher insisted that my parents, who were not into sports, sign me up to the local gymnastics club. I was 11 years old then. From then on everything took its course and my career as a gymnast began. I had my greatest successes at TSV Grötzingen. After going through all levels in the youth competitions, we managed to get promoted to the Regional League and then to the second national league called "2nd Bundesliga". In 2013 I moved to Bühl and initially supported the team in the 3rd Bundesliga until we were promoted to the 2nd league.

Highlights

- Favorite apparatus : High Bar, Vault
- Favorite elements: Tsukahara

Successes

- Multiple regional Champions
- Multiple Baden-Württemberg Champions
- 1st place AA 2024 Iffezheim
- 2nd place AA Germany Cup (Einbeck)
- 3rd AA German Championship 2023
- Participation in the Romanian Championships. 2nd place in the team

Profession

- Quality Control Inspector



Performing at the World Cup (individual ranking)





Marek Schmidt * 09th Oct 1984



My way in gymnastics

My kindergarten teacher recognized that I had a good sense of movement during sports activities and recommended my parents to look for a suitable sport. Both my father and grandfather were already active in gymnastics, so they sent me to the gymnastics hall at the age of 6. I felt very much at home there. At the age of 8 I changed to competitive sports and trained from then on in the KTV Chemnitz club. In my 15-year competitive sports career, I have achieved various successes. In addition, I participated in numerous competitions in the 1st national league with the MTT Chemnitz/Halle for more than 10 years. The passion for the sport, but especially the community with my gymnastics colleagues, were reasons why I continued to do the sport as a hobby after my competitive career ended. I currently do gymnastics for HSG DHfK Leipzig and enjoy the achievements in the senior class.

Highlights

- Gymnast since 1990
- Club: HSG DHfK Leipzig
- Favorit apparatus : High Bar, Pommel Horse
- Favorit elements: Kovacs, Gienger

Successes

- 2x World Cup participation (Gent/Ostrava)
- 1st place Germany Cup - Juniors 2002
- 3rd place German Junior Championships 2002
- 1st place First National League with MTT Chemnitz/Halle 2004
- 4x 1st place German Senior Championships
- 1. Platz Bundespokal der Landesturnverbände 2016



Profession

- Research Associate in Sports Technology at the Institute for Applied Training Science Leipzig

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Marcel Schwefel * 26 July 1980

My way in gymnastics

I was born on 26.07.1980 in Nördlingen in the beautiful Ries. When I was 5 years old, I accompanied my parents to the gym to pick up my sister from gymnastics. I was persuaded by the coach at the time, Hartmut Bäuml, who has unfortunately passed away, to join in and I was already there.

In my youth I did the M and AK exercises. At 15, I became a member of the national league team. Unfortunately, my interest in gymnastics was not as great during puberty and until the end of my apprenticeship. It wasn't until I was 20 and played in the 2nd national league team for the first time that I was involved again. At the age of 22 I started my studies in Munich, which shaped me a lot in terms of gymnastics. On the one hand the new training partners from the other league teams and on the other hand the different training possibilities. After finishing my studies and a longer trip, a new 2nd team was formed in the Ries, which managed to get promoted to the 3rd league in 2008. After 3 brilliant years, also with Wilfried Hofer in the team, the team was deregistered from the league due to personnel reasons. In 2016, Roland Hagner and I were again registered for the 1st team. After this season, it was the end for me in the Bundesliga team and since then I have been supporting the 2nd team of KTV-Ries, currently in the Bayerliga.



Highlights

- Most difficult element: Salto vw. Salto vw. gestr. 1/1 screw (floor)
- Favorite device: rings
- Favorite elements: Salto rw. 1/1 turn (rings), Tsukahara gestr. (jump)
- Special exercise : support turn rw. twice in a row (parallel bars); scissors over the whole horse with 1/1 turn (horse)

Profession

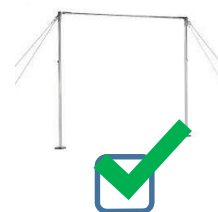
- Official
- Vocational school teacher in Lauingen an der Donau



Successes

- 2nd + 3rd Bundesliga and Bayernliga KTV-Ries (team) 2000-2023
- German university champion with WG.-Munich
- 2-time Bavarian senior champion
- Promotion with the 2nd team to the 3rd Bundesliga
- Promotion to the 2nd Bundesliga with the KTV-Ries
- Captain of the 2nd team of KTV-Ries

Performing at the World Cup (individual ranking)



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

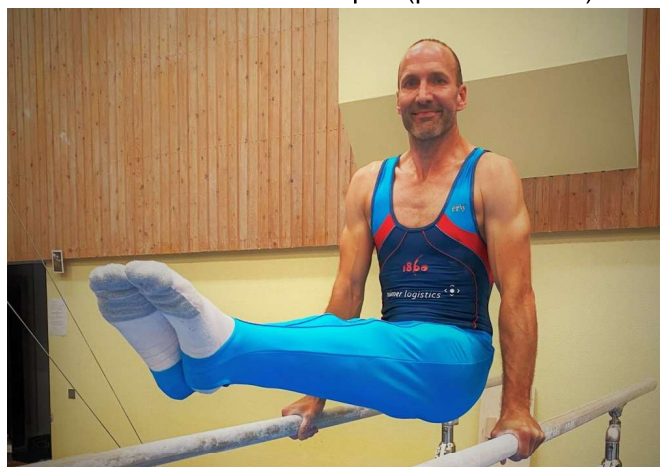
- Twin brother(Christian)
- 1,85m height
- Favorite event: High bar, pommel horse
- Favorite exercises:
Back uprise and rear vault (high bar),
double scissor with transport (pommel horse)

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)



Turnen

DEUTSCHLAND

Senioren



Wilfried Hofer * 7th June 1967

My way in gymnastics

At the age of nine I started gymnastics at SpVgg Deiningen. With the school team of the primary school in Deiningen, I achieved the national victory four times with "Youth trains for the Olympics" in Berlin.

When I landed in Munich after completing my training, like Jens, I was allowed to train with the gymnasts from FC Bayern, among others, at the state academy. From 1986 until 2018 I started with KTV Ries in the state, regional and 2nd or 3rd Bundesliga.

Since 2008 I have been taking part in the Bavarian and German senior championships. It is always a pleasure to meet gymnasts from earlier times and to meet new ones, including former national gymnasts.

With the Bavarian selection, I have brought the Germany Cup for seniors in the AK 45 to Bavaria every year since the first participation in 2014.

In 2018 I competed in my first international competition in Riga. Participants included national gymnasts from Norway and Russia. Luckily and thankfully, my wife Andrea always accompanies me to the competitions to coach us. Without this "service" I could not imagine this effort.



Highlights

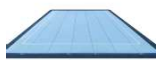
- Favorite apparatus: floor, high bar
- Favorite element:
High bar: Giant full twist into ell grip
Floor: Cartwheel turn flickflack followed by somersault with twist
- Most difficult part:
Gienger and Tsukahara dismount on high bar



Successes

- 12 years 2nd Bundesliga
- Multiple Champion of Bavarian Masters
- Multiple Champion of German Masters
- 7 times winner of German Masters Cup
- 2022 Silver Medal Japan Masters
- 2nd place Latvian Open Veteran Competition in Riga

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Roland Hagner * 12 June 1973

My way in gymnastics

I was born on June 12th, 1973. When I was 5 years old, in 1978, my mom picked me up from kindergarten and drove me to the gym. My gymnastics career suddenly began with this first training session. 17 years and hundreds of hours of training later, in 1995, the big moment in my team career came when I played for KTV Ries for the first time in the 2nd Bundesliga. I have remained loyal to the club to this day and in 2021 I was able to look back on the proud anniversary of 25 years in the 2nd and 3rd Bundesliga with this club – and it goes even further. I really enjoy doing gymnastics and enjoying the powerful elegance of this sport. I also wanted to pass on this joy and in 2006 I decided to become an active coach in my home club „SpVgg Deiningen“.

In addition to the usual gymnastics competitions, I also took part in mixed competitions with a partner. In 2015 we won the par gymnastics Turngau Oberdonau.

My gymnastics highlight was taking part in the Japanese Senior Championships and in the first country comparison competition of the senior national teams from Germany and Japan in 2022. An unforgettable experience. In 2023 I got 2nd place at the Latvian Veteran Open in Riga.



Highlights

- Favorite apparatus: Rings
- Favorite elements: Cross hang, head cross (rings),
- Hardest element: back uprise to swallow (rings)



Successes

- 1st place German Senior Champion 2021
- 1st place German cup winner of the seniors
- Multiple Bavarian Senior Champion
- 2 times 1st place „Youth trains for the Olympics“ in 1985 and 1986 with the primary school in elementary school in Deiningen
- 2022 Bronze Medal Japanese Senior Championships
- 2023 2nd place Latvian Open Veteran Competition in Riga

Profession

- Wholesale and foreign trade merchant at BayWa AG
- Consulting and sale of buildings material

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Friedhard Beck *19th Jan. 1957

My way in gymnastics

For my father, who still did gymnastics under the leadership of Ernst Tetzner, the Altenburg substitute for the German Olympic squad from 1936, it was clear - especially as he was a sports teacher at the time - that his children would actively pursue gymnastics from the start of school. For me, this led to the classic GDR competitive sports career with a sports school in Bad Blankenburg and Halle/Saale, where I ultimately took part in top-level gymnastics. Even if I didn't make my big breakthrough there (after all, I ended up competing against later Olympic champions and world champions such as Roland Brückner, Micha Nikolai or Ralf-Peter Hemmann), I was privileged to be able to present the enormous technical development of gymnastics in the 1970s "live," so to speak "to witness. Not only the first attempts at a "Jägersalto" (Bernd Jäger, who was 5 years older than me, trained with me in a gym in Bad Blankenburg) or the first "revolutionary" competitive air show on the horizontal bar by Stojan Deltschev, Alexander Tkatshev and Vladimir Markelov are in my scope of the Moscow News International Tournament in 1977 (where I, as a competitor, was practically right next to it). With all the admiration of the new on the international gymnastics stage, there was of course the incentive to "follow up", so to speak. As far as I know, I was the first person in the GDR to do the Tkatshev counter-straddle on the bar, and as a junior in 1974 I did the Tsukahara dismount on the bar, which was then known as the "moon somersault". As early as 1975, during a junior international match, I witnessed how the Russian Saifulin eclipsed that for the first time with a "double-double". After competitive sport, I remained true to gymnastics in the background, but only entered the competition stage as a senior in 2002. Here the oldest (over 80) are now the gymnasts I have the greatest respect for.

Highlights

- Active since 1963
- Club: Gothaer TV (Thüringen)
- considers gymnastics not only as a sport per se, but rather as a certain way of life



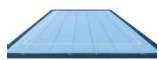
Successes

- GDR-Champion on Highbar 1976
- 4 times GDR-Juniors-Champion 1975
- 14 times Champion of German Masters

Profession

- Hotelier
- since 2023 retired

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Gerhard Metz * 12.05.1960



My Gymnastics Story

My first experience with gymnastics was at the age of 10 during children's gymnastics at my local club, TV Hatzenbühl. Two years later, I had the opportunity to participate in individual championships (regional level) for the first time. Since we trained no more than 2-3 times a week, my gymnastic skills were limited. Nevertheless, I enjoyed gymnastics, had my moments of success, and was infected with the gymnastics virus.

At the age of 13, I was able to attend the German Gymnastics Festival in Stuttgart. I thought this gymnastics festival was fantastic. Since then, I have participated in all National Gymnastics Festivals.

At the age of 18, I obtained my coaching certificate and have been coaching children and teenagers for 45 years alongside my own training. A few years later, I discovered the "Jahn-Neunkampf" (multi-sport competition that combines elements of gymnastics, swimming, and track and field). Here, I had the opportunity to qualify for the German Championships for the first time. Although I was never among the top ten, I was always proud of my performance. When I first competed in senior championships at the age of 42, I was rewarded with 9th place, and I thought, "This is my thing." In 2006, I made it to the podium for the first time (3rd place). In 2021 and 2023, a small dream came true - I became the German champion in the 60+ age group.

"Nothing great is ever achieved without much enduring." – St. Catherine of Siena

Special features

- 50 years of competitive gymnastics without interruption
- Favourite apparatus: Parallel bars and pommel horse
- Favourite moves: Press to handstand, endo roll to handstand
- Achieving the optimal result with the available resources.

Occupation

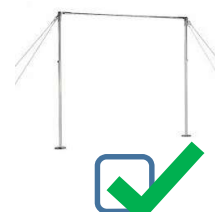
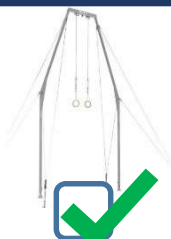
Physical education teacher at Lebenshilfe (organisation that provides support for people with disabilities)



Achievements

- Multiple state champion
- Participation in German Multi-Sport Championships (Gymnastics, Track and Field Swimming)
- 17-time participant in German Senior Championships (8 times on the podium)
- Founder of the performance and entertainment group "Chaosstaffel" (Chaos Squad in English)

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Karlheinz Hiller * 20 Nov 1952



Some remarks

- Genuine amateur gymnast
- Favorite device: each has its charm
- Several repairs to shoulders, Achilles tendon, intervertebral discs

Successes

- Winner of: Meissner Hallenturnfest, Freitaler Windberg-Turnen, Freyburger-Jahnturnfest, Cottbuser Turnermemorial, Eberswalder Turnertreff
- German Masters Champion AK70 2022, 2023

Profession

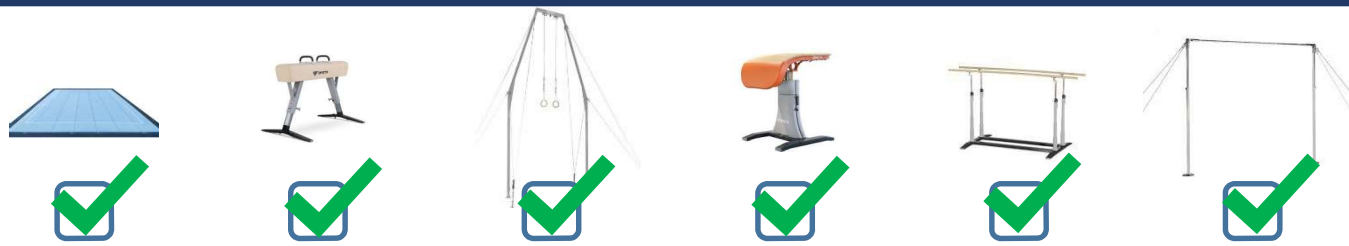
- Experimental elementary particle physics. Retired since 2019

My way in gymnastics

At the age of 9, my parents enrolled me in general gymnastics at school. After some time I switched to the gymnastics section of the BSG Fortschritt in my hometown Weinböhla. The first trainer was my father and the training on the gymnastics equipment was now more targeted. At the beginning of my studies I became a member of the gymnastics section of the TU Dresden. With the TU selection, which I belonged to after about 2 years, annual friendly competitions were held with the Prague and Budapest gymnasts. Professional life required a move to Zeuthen near Berlin. In order to continue my gymnastics activities, I switched to the gymnastics section of the Humboldt University in Berlin. The SSG Humboldt University Berlin and the association Nordost Berlin, where my wife trains, are my sporting home. My wife Hannelore is an active gymnast herself - we are like a team in the training hall



Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Team Captain - Jens Krueger * 11 Feb 1968



My way in gymnastics

At the age of 5: During a Sunday walk in 1973 I saw a gymnastics performance in my home village. My parents asked me if I want to do the same - that's how my gymnastics story began. In the village club I played more in the equipment room than exercising on the gymnastics apparatus, which was of course a lot of fun. But my coach kept getting me back on the apparatus. I remember that 4 people gave help to me on the horizontal bar – like that giants couldn't be avoided anymore. In that way I always felt respect to the apparatus but found my passion as well. As a student I was in Atlanta USA in 1991, where I did gymnastics every day and improving my skills to do an all-around 6 event competition.

In 1992 I took part in gymnastics for the first time at the German Cup (Hamburg Gymnastics Festival). In 1996 my time began in Munich, where I performed for "Exquisa Oberbayern" in the 3rd national league. The special thing about the time in Munich was exercising many years in the gym with the 1st national league gymnasts and their coach Siegfried Fülle. I listened carefully to the explanations and instructions and was able to learn a lot myself. At some point the time my master gymnastics career began. I was always in the top 10, something I never achieved during my "active time". The super gymnasts get older and give up, and those in the second tier keep going. In this context, the idea arose for the first time that international senior competitions could also be held. Then in 2013 I went to Japan and thought that this was the end of my gymnastics career. But here I met the Japanese gymnastics friends. In 2018 I asked Mitsuro Tsukahara whether we could start a masters world cup during the Olympic Games. In 2022, after Corona, the first JP-GER international match took place in Tokyo. This was followed by the World Cup in Einbeck, where I was able to lead the German team to the gold medal.

Highlights

- Most difficult element: Markelov (P-Bars)
- Favorite apparatus: Parallel Bars
- Favorite elements: Deltschew (Rings), Steinemann (High Bar), Scissor 1/1 twist with jump (Pommel), Yamashita ½ Dr. Somersault rw. (Vault)
- Special exercise on the High Bar: turning over, straddling, Steinemann swing with a jumped half turn. Three flight elements, but still no C-element ☺
- Creativity to bring value parts into routine.



Successes

- 3rd national league and regional league (team) 1996-2013 for Munich.
- Parallel bars final competition Bavarian Championship 2000
- Multiple top 10 at German senior championships (gymnastics/athletics)
- 2021 Bronze Medal Japanese Senior Championship
- Initiating Masters Team World Cup
- Captain of the German senior national team
- Masters Team World Cup Silver 2022 in Tokyo
- Gold 2023 in Einbeck

Profession

- Daimler Truck AG
- Mitsubishi Fuso Japan
- Project Management Governance

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Horst Nießen* 12 März 1963

My way in gymnastics

At the age of 8 I started gymnastics at my home club Hansa Gemeinschaft 1921 e.V. Simmerath and have remained true to it to this day. As a child and adolescent, my participation in competitions was limited to the Turngau level and participation in Rhenish and German gymnastics festivals, which I have attended continuously since 1978. With my club mates I was able to win the team championship of the Turngau Aachen 10 times. We also did gymnastics with our Team for a few years in the Rhenish league. When I was a senior I was able to win the Rhenish senior championships several times. Since 2006 I have been able to fight my way up from third to last place to third place at the German senior championships. In 2019 and 2023 I took part in the Latvians Veteran Open and this year I finished first in my age group and sixth overall. I can pass on my experiences as an athlete, trainer and judge across generations and show that gymnastics can be practiced across age and national borders.



Highlights

- Favorite devices: High Bar and pommel horse
- Favorite elements: That succeed exactly
- Most difficult element: Double Salto (Rings)



Successes

- Champion on pommel horse and high bar at Turngau
- Multiple Rhenish Senior Champion
- To be healthy

Profession

- Insurance clerk
- Reserve and asset protection expert



Performing at the World Cup substitute gymnast (individual ranking)



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)

