



FC ST. PAULI - BOXING
TRAINING CAMP 2023
FOR YOUNG COMPETITIVE ATHLETES

16.07.2022 - 22.07.2022
SPORTS SCHOOL HENNEF (NRW)
REGISTRATION LATEST UNTIL 31.05.2023
(EARLY REGISTRATIONS WILL BE
PREFERENTIALLY CONSIDERED)

**Dear coaches, dear athletes,
dear parents or guardians of the athletes!**

The boxing department of FC St. Pauli will once again hold a multi-day, competition-oriented training camp for young boxers in the summer of 2023 from 16.07. (arrival) to 22.07. (departure). As in previous years, the Hennef Sports School in North Rhine-Westphalia will be the venue for the training camp.

The aim is to bring together athletes for a few days who form a good training group in terms of age, weight and experience as well as sporting understanding and who will benefit from the intensive sporting exchange under new conditions and with new training partners for their boxing development.

The measure is primarily aimed at the junior boxers of FC St. Pauli, but will - as in previous years - be supplemented by suitable athletes from other clubs and state associations. Which athletes fit into the training camp in terms of age, weight and level of experience is described in more detail on page 6 of the announcement.

As a rule, there will be three daily training sessions (morning, afternoon and evening). The training camp therefore makes certain demands on boxing motivation and stamina and, despite all the fun, is not a holiday leisure.

On the following pages, you will find everything else you need to know about the training camp in a clear and concise manner. You will find details about the sports school, the framework plan, costs and other information.

After difficult Corona years, we are pleased that the situation has now eased considerably and sporting measures of this kind are possible again under almost normal conditions.

The boxing department of FC St. Pauli organises this training camp without any intention of profit. The participants will only be charged for the actual costs incurred (the final amount will only be rounded up to an even ten).

Inflation and rising energy costs have made prices at the sports school slightly more expensive than last year. However, by making savings elsewhere, we have been able to keep the prices for the training camp almost identical. It will be more expensive than last year mainly because of the one additional training day: instead of 4 full training days, 5 full days are now planned.



R. Elfering

Ralf Elfering,
2nd Head of Department,
Head coach

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1. Training content and objectives of the training camp

The aim of the training camp is to expand and consolidate the technical and tactical skills of the participating athletes. For this purpose, partner exercises as well as conditional, free and partly also competition-like sparring are planned.

In addition, theoretical content is also included. However, the practice of basic boxing techniques and the improvement of endurance and strength are not the focus of the training sessions.

The training group should be composed of about 14 to 16 athletes in such a way that several fields of participants are achieved that are as homogeneous as possible with regard to performance level, age and weight.

Bringing together such comparable athletes from different clubs and national associations under the special, concentrated conditions of a training camp enables training impulses that are difficult to achieve in the daily training routine of the respective home clubs.

If it is organisationally possible, athletes from other clubs should also be guests at one or perhaps two training sessions in order to provide the training measure with a new impulse.

In order for the athletes to adapt as much as possible to the changed circumstances of the training camp (new training location, new training partners and other coaches) and to form a training community, the participation of the respective home coaches is not planned. However, guest visits of a home coach to a training session are of course possible by arrangement.

The boxing hall of the sports school offers the best conditions for high-quality training with two high rings and two flat rings as well as mirror walls and equipment.



The training sessions will mainly focus on technical and tactical training content. Endurance and strength will not be the main focus. However, we assume that you have sufficient stamina.

2. Sporting requirements of the participants , field of participants

The training camp is aimed at male boxers between the ages of 14 and 25, who practice the sport in a performance or competition-oriented manner and already have a solid and resilient basic technical training, sparring experience and sufficient fitness.

The sporting success of the measure depends to a large extent on the fact that the training camp brings together athletes who are a sufficient match in terms of age, weight and level of experience, as well as sporting ability.

An understanding of the differences between the various types of sparring and the ability to train in a constructive, technical and tactical manner is therefore a prerequisite.

In detail, the following sporting requirements should be fulfilled for a meaningful participation:

- Health and athletic resilience for up to 3 training sessions per day
- Basic knowledge of German to be able to follow the instructions and explanations (however, translations can be provided in English, Dari or Persian).
- Manageability, concentration and fairness in training
- Hand feeling (feeling for the appropriateness of athletic hardness in partner exercises and sparring)
- Basic knowledge of the competition regulations of the olympic boxing
- Mastery of all basic techniques in partner exercises and sparring
- Mastery of the basic defence techniques in partner exercises and sparring
- Ability to pursue technical and tactical training objectives in conditional sparring
- Experience with and willingness for (competitive) sparring
- Consent of the legal guardians and the local club or federation to participate in the measure

It is becoming apparent that for certain training contents and / or training procedures, it makes sense to divide the participants into subgroups. The participants should therefore fit into one of these groups if possible:

	Age	Weight	Experience
Training group 1	U15 / U17	48 - 52 kg	0 - 5 bouts
Training group 2	U17 / U19	58 - 62 kg	5 - 15 bouts
Training group 3	U19	65 - 70 kg	10 - 20 bouts
Training group 4	U22	95 - 110 kg	10 - 20 bouts

3. Sports School Hennef

The Hennef Sports School is located in North Rhine-Westphalia very close to Bonn on the opposite, right-hand side of the Rhine (see marking on the map below). The spacious facility is located at the exit of the town of the same name on the edge of a forest.

The sports school offers the best training conditions for many different sports. The catering is of high quality. Seminar rooms are available for conferences and theory lessons.

For us boxers, the large boxing hall is interesting. It has two IBA high rings, two flat rings as well as sand-bags and a large floor area with mirror walls. This allows high-quality boxing training in four rings at the same time.

Because of these conditions, preparations for world championships and Olympics have already taken place here.



For the participants of the training camp, comfortable double rooms are booked in an annex building above the main building, which have their own toilet and shower. It is only a short walk to the boxing hall and the main building via the park-like grounds.



An aerial view of the Hennef Sports School: At the top right, at the edge of the forest, the boxing hall of the sports school. At the top left of the picture, the house with the accommodation.

athletes are accommodated in comfortable 2-bed rooms with private WC and shower



4. Timetable

Note: The schedule is a rough plan. It may still change in detail.

Sunday, 16.07.2023

Time	Location	
4.00 p.m.		Arrival Sports School
16.00 - 17.30	Boxing Hall	Unloading, setting up the boxing hall
17.30 - 18.00	Boxing Hall	Entrance meeting, room allocation
18.00 - 19.00	Bettenhaus	Move into the rooms
19.00 - 20.00	Mensa	Dinner
20.00 - 23.00		Leisure
23.00	Bettenhaus	Room peace

Please note: If necessary, athletes from other clubs travelling independently can be picked up at the Hennef train station by prior arrangement.

Monday, 17.07.2023

Time	Location	
07.30 - 08.00	Mensa	Breakfast
09.00 - 12.00	Sports hall	Athletic diagnostic test
13.00 - 14.00	Mensa	Lunch
15.00 - 17.00	Boxing Hall	Training session 1
18.00 - 18.30	Mensa	Dinner
20.00 - 22.00	Boxing Hall	Training session 2
23.00	Bettenhaus	Room peace

Tuesday, 18.07.2023

Time	Location	
08.00 - 09.00	Mensa	Breakfast
10.00 - 12.00	Boxing Hall	Training session 3
13.00 - 14.00	Mensa	Lunch
15.00 - 17.00	Boxing Hall	Training session 4
18.00 - 18.30	Mensa	Dinner
20.00 - 22.00	Boxing Hall	Training session 5
23.00	Bettenhaus	Room peace

Wednesday, 19.07.2023

Time	Location	
08.00 - 08.30	Mensa	Breakfast
09.00 - 14.00		Excursion to Bonn: House of the History of the FRG
15.00 - 17.00	Boxing Hall	Training session 6
18.00 - 18.30	Mensa	Dinner
20.00 - 22.00	Boxing Hall	Training session 7
23.00	Bettenhaus	Room peace

Thursday, 20.07.2023

Time	Location	
08.00 - 09.00	Mensa	Breakfast
10.00 - 12.00	Boxing Hall	Training session 8
13.00 - 14.00	Mensa	Lunch
15.00 - 17.00	Boxing Hall	Training session 9
18.00 - 18.30	Mensa	Dinner
20.00 - 22.00	Boxing Hall	Training session 10
23.00	Bettenhaus	Room peace

Friday, 21.07.2023

Time	Location	
08.00 - 09.00	Mensa	Breakfast
10.00 - 12.00	Boxing Hall	Training session 11
13.00 - 14.00	Mensa	Lunch
15.00 - 17.00	Boxing Hall	Training session 12
18.00 - 18.30	Mensa	Dinner
20.00 - 22.00	Boxing Hall	Training session 13
23.00	Bettenhaus	Room peace

Saturday, 22.07.2023

Time	Location	
08.00 - 09.00	Mensa	Breakfast
09.00 - 10.00	Bettenhaus	Clearing the rooms
10.00 - 11.00	Boxing Hall	Clearing out the boxing hall, loading the wagons
11.00		Departure

Note: If necessary, athletes from other clubs who are leaving independently can be brought to the train station of the city of Hennef by arrangement.

5. Organiser and contact person

The training camp is hosted by:

FC St. Pauli von 1910 e.V.
Boxabteilung
Harald-Stender-Platz 1
20359 Hamburg

For questions related to the training camp:

Ralf Elfering (organisation and management)
ralf.elfering@st-pauli-boxen.de
Phone: ++49 - (0)40 - 346 560
Mobile: ++49 - (0)0173 - 1076964

6. Coaches

The following coaches will lead, conduct or contribute to the training camp:

Trainers and speakers		
Management	Ralf Elfering	FC St. Pauli A-Licence Coach (German Boxing Association) Referee International (German Boxing Association)
Assistant	Reza Morvat	FC St. Pauli Co-coach

The team may be supplemented by speakers and other trainers on a selective basis.

7. Costs of the training camp

The costs of the training camp are 550,00 EUR per participant. This includes:

- 6 nights in a twin room (shower and WC in the room)
- On the evening of arrival the dinner
- Breakfast on the day of departure
- On the 5 full training days, catering with three meals a day including drinks (water and juice) with meals (exception: the excursion day, where no lunch is provided).
- The use of the boxing hall as part of the training schedule
- The use of the outdoor swimming pool on the grounds of the sports school in consultation with the coach and under the supervision of a coach.
- Athletes from other clubs must organise and pay for their own travel to the sports school. For athletes from the Hamburg area or athletes who live on the direct travel route of the FC St. Pauli teams, a ride / lift can possibly be offered after consultation, provided that there are still free places in the club vehicles.

Costs for members of the FC St. Pauli boxing department

Mitgliedsstatus	Own contribution of the athlete	Cost absorption by FC St. Pauli
Refugee project	0,00 EUR	550,00 EUR
Members with reduced contribution	50,00 EUR	500,00 EUR
Members with normal contribution	100.00 EUR	450,00 EUR

Costs for members of other clubs

Mitgliedsstatus	Own contribution of the athlete	Cost absorption by FC St. Pauli
Member of other association	550,00 EUR	0,00 EUR

Hardship scheme

In principle, participants from other clubs have to pay the full costs of the training camp themselves.

However, we would like to contribute to the fact that suitable and motivated athletes from other clubs can participate in this training camp even if they have limited financial possibilities.

In such cases, the athletes or clubs concerned can contact us for a subsidy. The amount of the grant depends on the financial circumstances of the participating athlete or his/her home club. However, it amounts to a maximum of 250.00 EUR per athlete.

The subsidy is a voluntarily granted support of the boxing department of FC St. Pauli. There is no entitlement to a grant.

8. Registration and payment

We have to inform the Sportschule Hennef six weeks before the start of the training camp how many athletes will participate. "Binding" means that from this point on, we as a club incur the full costs for the registered participants.

Therefore, we expect the binding registration of the participants and the full payment of the own contributions by 31.05.2023 at the latest.

Please note: If there are already enough registrations from suitable athletes before 31.05.2023, the possibility to register is also closed before the registration deadline (first come, first serve).

A registration is effective when the following four conditions are met:

1. The complete registration form must be received by the boxing department of FC St. Pauli by the end of 31.05.2023.
2. The form must be completed in full and signed by a parent or guardian in the case of underage athletes.
3. In the case of athletes belonging to other clubs, the responsible club coach has agreed to their participation.
4. The payment has been made in full on time by 31.05.2023 at the latest.

The registration is to be handed in at the gym on the training days or sent to the following address:

FC St. Pauli von 1910 e.V.
Boxabteilung
Harald-Stender-Platz 1
20359 Hamburg

Payment must be made to the following account by 31.05.2023 for the registration to become effective:

Bank details of FC St. Pauli	
Account Holder:	FC St. Pauli Boxing
IBAN:	DE12 2019 0003 0019 4668 11
BIC:	GENODEF1HH2
Bank:	Hamburger Volksbank eG
Intended use:	Training camp 2023 + name of the athlete

The possibilities of cash payments or instalment payments are an exception and we ask you to clarify this with us in advance.

9. Cancellations, withdrawals

Please note: Registration for the training camp is binding. There is no entitlement to a refund of the personal contribution paid if a registered athlete is unable to attend the training camp. This also applies expressly to cases for which the participant is not responsible (e.g. illness, corona infection, injury or force majeure).

In the event of cancellations or withdrawals, we will of course endeavour to limit damages. Should the Hennef Sports School accommodate us here, we will pass this on to the participant concerned if his participation was not subsidised by FC St. Pauli.

However, should FC St. Pauli have assumed costs for the participant in question (either because he is a member of FC St. Pauli or because he was able to benefit from the hardship scheme), the interests of the club come first.

In such cases, any discounts granted by the sports school will only be passed on to the athlete concerned if and to the extent that they exceed the amount of the costs covered by the club.

Please also refer to sections no. 10 (exclusion from participation) and 13 (corona measures).

10. Exclusion from participation

There shall be no entitlement to reimbursement of the own contributions paid if a participant

- is no longer able to participate in the training camp due to a corona infection or a test refused in a suspected case.
- can no longer or no longer fully participate in the training camp due to an illness or injury occurring during the measure.
- must be excluded from the measure for disciplinary reasons.

11. Useful tips

Meals (3 meals per day incl. table drinks) are included in the price. An exception is the day of the excursion, on which participants must eat their own lunch at their own expense. It is therefore advisable to bring a small amount of pocket money.

Participants will generally not be able to leave the grounds of the sports school at all. Shopping facilities are not easily accessible on foot.

Access to the WLAN must be booked and paid for separately at the sports school.

There is an outdoor swimming pool on the grounds that may only be used by guests of the sports school. Minors may only swim there under the supervision of a coach.

12. Checklist for participants

Please remember the following things in particular:

Bandages, boxing gloves (12 ounces or more), gumshield, own head protection if necessary, equipment gloves, skipping rope, sportswear in sufficient quantity for a change of clothes.

Swimming gear if necessary

Writing pad, pens

Any necessary medication

13. Corona measures

The Corona situation has eased considerably in recent months. Unlike in 2022, this year we will not set vaccinations and testing as a prerequisite for participation. However, we do recommend rapid testing for COVID-19 prior to travel.

However, in case of symptoms of respiratory diseases (e.g. cold, cough, sore throat) during the training camp, we reserve the right to conduct rapid tests for COVID-19. Rapid tests will be available for this purpose. In case of a positive rapid test result

- the person concerned is no longer able to continue the training camp.
- the person concerned can no longer stay in a double room. He/she must leave the training camp or (if possible on the part of the sports school) change to a single room.
- the return journey of the person concerned with the travel group can no longer be guaranteed.

The same as for a positive rapid test applies in case of refusal of a rapid test.

Any additional costs incurred as a result of these measures for different or longer accommodation, meals and return travel are to be borne by the participant. In this case, there is no entitlement to full or partial reimbursement of the costs for the training camp.

However, a positive rapid test result can be invalidated by a subsequent PCR test with a negative result. In this case, the training camp can be continued as usual. The costs for a PCR test have to be borne by the athlete himself/herself. In this case, there is no entitlement to proportional reimbursement of the costs for the training camp.

14. Privacy policy

We process personal data in connection with the training camp. These are treated confidentially by us and processed in accordance with the applicable laws - in particular the German Data Protection Regulation (DSGVO) and the German Federal Data Protection Act (BDSG-neu). With our data protection regulations, we want to inform you which personal data we collect from you, for what purposes and on what legal basis we use it and, if applicable, to whom we disclose it. Furthermore, we will explain to you which rights you are entitled to in order to protect and enforce your data protection.

§ 1 Explanation of terms

Our data protection regulations contain technical terms that are in the DSGVO and the BDSG-neu. For your better understanding, we would like to explain these terms in simple terms in advance:

- (1) "Personal data" means any information relating to an identified or identifiable person (Art. 4 No. 1 GDPR). Information of an identified person can be, for example, the name or the date of birth. However, personal data is also data where the identity is not immediately apparent, but can be determined by combining one's own information or that of others and thus finding out who it is. Relevant here is all information that in any way allows a conclusion to be drawn about a person.
- (2) Article 4 No. 2 of the GDPR defines "processing" as any operation related to personal data. This relates in particular to the collection, recording, organisation, arrangement, storage, adaptation or alteration, retrieval, consultation, use, disclosure, transmission, dissemination or otherwise making available, alignment or combination, restriction, erasure or destruction of personal data.

§ 2 Processing frame

As part of the preparation and implementation of the training camp, we process the following personal data from you:

- a) Mail address(es) and telephone number(s) of the participating athletes as well as of their coaches and / or legal guardians
- b) Name, club affiliation, association affiliation, date of birth, gender, weight and fight record (number of fights differentiated by wins, losses and draws) as well as titles won by the participating athletes.
- c) Information on the health of the participating athletes, if relevant for the implementation of the measure.
- d) digital photo and/or film recordings

We only process data from you that you provide to us as part of the registration process or that is generated by photographs and/or film footage taken as part of the measure. Your data will be processed exclusively by us. Data transfer to third countries does not take place and is not planned.

§ 3 Description of the processing

The data of the athletes will be

- a) The data is collected, stored and compared with each other in order to plan the training measures efficiently and safely.
- b) used for reporting by the organising association on the measure it has carried out.

§ 4 Purpose

The data is processed in order to be able to plan and conduct the training camp. The data is also processed in order to be able to report on this event and individual fights and their outcome.

§ 5 Legal basis

The processing is necessary to protect the overriding legitimate interests of the controller (Art. 6 para. 1 lit. f DSGVO). Our legitimate interest lies in the above-mentioned purpose of contributing to the development of the sport and the practising athletes by conducting competitions and sparring matches and reporting on them.

§ 6 Storage period

The data will be deleted as soon as they are no longer required to achieve the purpose for which they were collected and processed.

§ 7 Data subjects' rights

With regard to the data processing by our company described above, you are entitled to the following data subject rights:

- a) Information (Art. 15 GDPR): You have the right to request confirmation from us as to whether we are processing personal data relating to you. If this is the case, you have a right of access to this personal data and to the further information listed in Art. 15 DSGVO under the conditions specified in Art. 15 DSGVO.
- b) Correction (Art. 16 DSGVO): You have the right to demand that we correct any inaccurate personal data relating to you and, if necessary, complete any incomplete personal data without delay.
- c) Deletion (Art. 17 GDPR): You have the right to demand that we delete personal data relating to you without delay if one of the reasons listed in detail in Art. 17 of the GDPR applies, e.g. if your data is no longer required for the purposes we are pursuing.
- d) Restriction of data processing (Art. 18 GDPR): You have the right to request that we restrict processing if one of the conditions listed in Art. 18 DSGVO applies, e.g. if you dispute the accuracy of your personal data, data processing will be restricted for the period of time that allows us to verify the accuracy of your data.
- e) Data portability (Art. 20 GDPR): You have the right, under the conditions set out in Art. 20 of the GDPR, to request that the data concerning you be handed over in a structured, common and machine-readable format.
- f) Withdrawal of consent (Art. 7 (3) DSGVO): You have the right to revoke your consent at any time in the case of processing based on consent. The revocation applies from the time it is asserted. In other words, it is effective for the future. The processing therefore does not become unlawful retroactively as a result of the withdrawal of consent.
- g) Complaint (Art. 77 GDPR): If you consider that the processing of personal data concerning you infringes the GDPR, you have the right to lodge a complaint with a supervisory authority. You can exercise this right with a supervisory authority in the EU member state of your place of residence, place of work or the place of the alleged infringement.
- h) Prohibition of automated decisions/profiling (Art. 22 GDPR): Decisions which have legal effects concerning you or which significantly affect you must not be based solely on automated processing of personal data, including profiling. We inform you that we do not use automated decision-making including profiling with regard to your personal data.

§ 8 Right of objection according to Art. 21 DSGVO

If we process your personal data on the basis of Art. 6 (1) f DSGVO (to protect overriding legitimate interests), you have the right to object to this under the conditions listed in Art. 21 DSGVO. However, this only applies insofar as there are reasons arising from your particular situation. After an objection, we will no longer process your personal data unless we can demonstrate compelling legitimate grounds for processing that override your interests, rights and freedoms. We also do not have to stop processing if it serves the purpose of making, exercising or defending legal claims. In any case - also irrespective of a specific situation - you have the right to object to the processing of your personal data for direct marketing at any time.

§ 9 Responsible

Responsible for data processing is:

Fußball-Club FC St. Pauli von 1910 e.V.

Harald-Stender-Platz 1

20359 Hamburg

Tel.: 040 - 3178740

Represented by the Executive Board: Oke Göttlich (President), Christiane Hollander, Carsten Höltkemeyer, Joachim Pawlik, Jochen Winand (Vice Presidents)

§ 10 Data Protection Officer

We have appointed an external data protection officer for our association. You can reach him under:

Arne Platzbecker, HABEWI GmbH & Co KG, Palmaille 96, 22767 Hamburg

Tel.: 040 - 18189800, Fax: 040 - 18189099, Mail: datenschutz@habewi.de