

KuBus 60 - Training for Sporting Triumph

00'00" Music and Original sound, Radio commentator

"Hans Zach raises both fists high in the air of the Frankfurt Ice Stadium. Everyone rushes to the goal keeper. Cologne wins away, and collects three points."

00'11" Music and Original sound, Radio commentator

"Hanna, Hanna collect your gold! Get the crowd bubbling over. That's your gold medal – gold for Hanna Stockbauer!"

00'22"

Many talented youngsters have a dream:

They want to be top athletes either as a professional in the German Ice Hockey league or as a champion swimmer. Desire and reality, though, lie far apart. Only a few of the rising sporting generation will make Olympic standards.

00'41"

Florian and Patrica have got a bit closer to their goals – for two months they have been in residence with 15 other athletes in the Cologne Sport Academy.

00'53"

"My dream is to become a professional ice hockey player."

00'59"

Patrica, who is also 15 years old, dreams of medals in swimming.

01'04" Original sound, Patricia Plev, Young swimmer

"My aim is to get within the first three in the German Championships and get into the Olympic team."

01'09"

In Sports Academies talent is carefully fostered. Their integrated concept is to bridge the difficult gap between schooling and building a sporting career. In the Cologne Sport Academy only the best

get the free places. The Federal States select their own talented German athletes. The Academy itself is financed by local teams. But parents

still have to find 500 Euro every month to pay towards their children's career.

01'42" Original sound, Frauke Wulf, Director, Cologne Sport Academy

"Generally it is difficult for young people who have decided to make a career as athletes to deal well with school and sport at the same time. We try to help them to master this by centralising things for them."

01'55"

Whoever goes in for competitive sport has to take on a lot.

On the swimmer's training programme there's no breakfast and no time for sleeping in. At 5 o'clock in the morning Patricia is already on her way to the swimming pool.

02'13"

Even from when it is still very young, new talent has to come to terms with enormous physical and emotional stress.

02'21" Original sound, Patricia Plev, young swimmer

"I feel pretty well done in and everything aches. It is just this 5 o'clock in the morning. And if I am a bit late going to bed it is fairly hard."

02'30" Original sound, Prof. Dr. W. Tokarski, Sport sociologist

"In today's society, which is strong on recreational sport and fun, there are many young people who are not necessarily interested in torturing themselves just for the sake of a sporting career, because that means a lot more work and training and a reduction of their free time."

02'50" Original sound, Patricia Plev, young swimmer

"I still have to go to school until 2 o'clock. And after that it is training once again until 5 o'clock and that's a bit hard today."

03'00" Original sound, Prof. Dr. W. Tokarski, Sport sociologist

"We know, and you can ask any psychologist, that we are not in the same form or mood everyday. But we still have to perform to the same high standards. That's what you could call performance through torture."

03'17" Original sound, Patricia Plev, young swimmer

"Oh I like sport just as much but when you have to get up so early every morning you sometimes have second thoughts, but even so I really like it."

03'28"

Top athletes train a lot and don't learn much. That is the predominant view of the general public. The real situation has a different appearance: at the same time they are both athletes and students, often problem children for their teachers. Their trainers need discipline and a talent for teaching as well as enthusiasm for sport so that the youngsters do not go off the tracks.

04'07" Original sound, Patricia Plev, young swimmer

"Mainly, I am always the first. The footballers are usually second. Three times a week I am the first in the mornings at breakfast. But that is not so bad. But it would be a lot nicer if one of my team mates was sometimes there. Once for breakfast and once to share the misery of early morning training."

04'28"

Now the day begins for the rest of the residents.

04'35"

Patricia has little time to dress, pack her things and get off to school.

04'43"

Eight hours later. At 2 o'clock Patricia leaves her school to go back to the Academy.

04'52" Original sound, Patricia Plev, young swimmer

"This is our attendance table. We must always check in whenever we come and go so that Frau Wulf knows whether we are here or not."

05'00"

She is more than 100 kms away from home, but for Patricia this is no problem.

05'07" Original sound, Patricia Plev, young swimmer

"If I was still living in Engelskirchen I would have less free time and I think that the two or three hours I have here afternoons or evenings I can put to better use. We can chat among ourselves, use the computer, watch television. I think that's enough. I don't know what else I would do if I didn't have swimming. Then I would finish up with too much free time."

05'27"

The 13 year old gymnast, Leoni, and Patricia share the same room. In an ordinary school, time off for sport and specially arranged classes seriously upsets the relationships with other students.

05'40" Original sound, Patricia Plev, young swimmer

"Earlier, in my old school, there was quite a problem with envy but that doesn't happen so much at this school – sure there are some people who say, So you've got time off again for sport!, sort of thing. But I don't think anyone could really envy me. I just don't believe that."

05'59"

In the Academy the young athletes get coaching for their school studies. Because they are frequently freed from their timetable for training and competition they miss some of their school work. They have to catch up on what they have missed, no matter how they feel about it.

06'19" Original sound, Patricia Plev, young swimmer

"I have often seen that with Florian and Thomas as well. They both live a long way off. And I have often seen Florian as well, sitting there. And I think that he has got a lot to get on with, living so far from home and his folks. As I said, it's easier for me. An hour by train and I'm home. And I'm always seeing my parents, I can see them everyday, something that Florian can't do."

06'44" Original sound, Frauke Wulf, Director, Cologne Sport Academy

"Some of them really miss home. That shows itself as a form of homesickness but one or the other of them won't admit it publicly. But you have to consider that most of these young people are between 15 and 16. That is an age that finds them in the middle of puberty and it is also a time when they feel like rebelling and getting away from home

and finding their independence. On the one side they are pleased that they are away from their parents and they don't want to find themselves with a substitute mother in the Academy."

07'16"

Afternoons find Patricia back in the water. She is training for the upcoming short distance championships and wants to be first.

07'27" Original sound, Doris Koschig, Swimming trainer

"I've known Patricia for about 4 years. She began with me when she was quite small. In principle we have progressed from there and if she works consistently and there is no other eventuality, like illness or with her school work, then she has all the makings for being successful. But if she does get to the top then there are so many reasons that can go either way so that it is hard to make a definite prediction. That sort of a prediction is always difficult. Naturally we always hope for the best and the highest accomplishments."

07'58"

The young athletes look as if they have been working very hard. After a 16 hour day they are fairly weary when they meet up again at the Academy. For each one of them this has been a normal day. Ten o'clock is Lights Out.

08'13" Original sound, Prof. Dr. W. Tokarski, Sport sociologist

"I think that when young people find themselves in such an Academy, they know just what to expect. Whether they cope with it or not depends upon the sort of person they are; problems can often arise when physical development and physical strain are out of step with psychic development and conversely if they can't deal with it, if they don't see too much success, either in training, in their school work or in competition you can't rule out that their performance will drop in all areas and that they will finish up leaving the Academy."

08'57"

Next morning – 8 o'clock.

Florian's day begins with an English class. This talented Ice Hockey player got to Cologne by winning the State of Saxony selection. For the sake of his career he has had to leave home. A difficult move for the 15 year old: he sees family and friends only infrequently – they remain 500 kms away in Erfurt. Florian feels the loss but he has adjusted very well to the change of school. He has already found new friends here.

09'38"

Florian has exactly an hour in between school, lunch and training. Minutes that he has to apportion carefully.

09'47" Original sound, Florian Rodriguez

"I use the time mostly for doing homework as quickly as possible and for checking my school work because when I get back in the evening, about 9 or 10 o'clock I prefer to go straight to bed – otherwise it is too hard."

10'00"

In sport, just as in other areas of our performance related society the demands are for the highest achievement. The Ice Hockey Team – the Cologne Sharks – takes up early signs of talent, hoping to profit from it later. If Florian wants to make his mark in this competitive field of promising talent he has to work hard for it, and that means he has to be prepared to give up a lot as well. He has the chance of becoming a professional player – all he has to do now is make use of it.

10'45" Original sound, Rodion Pauels, 'Young Sharks' trainer

"The chances are there. We see that every year here in Cologne. One or two make it. But naturally on the other hand there are a lot of 15 and 16 year olds who are already playing in the top league, an elite league, the German promising talent league we call it, and not every one is going to make that."

11'05"

The Young Sharks train five times a week. Added to that there is a league game at the weekend.

11'13" Original sound, Florian Rodriguez

"The 1988 age group, I'm now just 15, is the youngest, and I'm finding it hard. But I think I can battle through. It's hard of course. I haven't yet got a position and I have to get myself on the team. In this area everything is hard and nothing is simple."

11'29"

Week for week Florian gives his all. In league games he plays hard wearing the number 27, trying to get the trainer's attention.

11'52" Original sound, Reporter

"Florian: Was it all what you wanted it to be??"

11'57" Original sound, Florian Rodriguez

"A game with a lot of goals, not very attractive, but we won!"

12'01"

A few kilometers away Patricia is swimming for victory.

100 meters of cold water lies waiting for her. Her mother cheers her on.

12'20" Original sound, Patricia Plev, young swimmer

"I was bad, very bad."

12'27" Original sound, Patricia Plev, young swimmer

"It was not so great. Not at all what I wanted it to be. It could have worked out better but, then, it's just the beginning of the season."

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