

Dear ICWW members,

2020 was a special and challenging year. Nevertheless, we have collected many positive reviews that we would like to share with you besides a view of the Christmas season. From a very authentic report by a commissaire who has his first experience in an online competition to a successful training camp in Kolárovo, there are many interesting insights into the international world of indoor cycling sport.

The year is and was not an adventure trip, but we have not lost courage and have continued to work on our goals, which we have come closer to despite some detours. Every goal is achievable, whether slowly or quickly. Let's go cautiously into the year 2021 and take all the positive things with us. Don't forget: the negative things also matter, because they gave us new experiences, we learned and we made the best of it.

Our goal for 2021 is again to create even more space for our sport in the world, to discover talents, and to include enthusiasts in our history.

In the end, we would like to highlight one value and that is gratitude. We thank those who have made us so great and will make us even bigger, who enrich us with ideas, and who support us in every situation.

Thank you so much!
on behalf of Rolf Halter and the entire board

JOSEF POOSCHEN - We will miss him

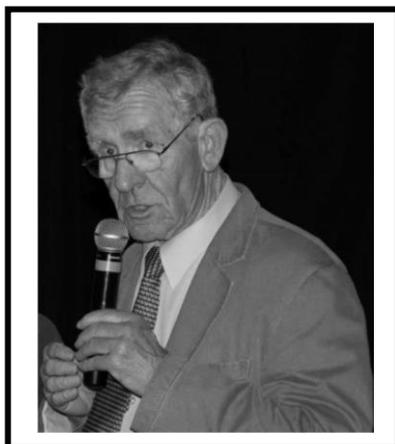
JOPO, so were countless e-mails and competition information signed. He never loved this signature as a form of a nickname. For him, Jupp was his preferred form of appellation for all indoor cyclists around the world. As a functionary, it was very important to him, volunteering and commit to the sport.

Even though he never appeared as a functionary at Indoor Cycling World Wide, he was always well-disposed towards our work and thus supported the ideals of indoor cycling without any restrictions.

Where would team sports be today without his support? In 1995, we asked him to include the ACT4 event in the official program as a demonstration at the European Junior Championships in Oelde. But that was not enough for Jupp. Right from the start, this became the first official international championship competition in this discipline in Oelde.

This is just one example of the countless ways in which he has supported indoor cycling. But that was not all that distinguished him. Also, the human side, his cheerful way of life, the balancing mentality with the thought to celebrate together, to find solutions together will remain unforgotten and will be missed forever.

But we also think of his wife and family, whom he has now left forever.



THE BIKE DONATIONS – ABOUT THE DAILY LIFE OF THE ICWW MECHANIC

In our last issue Newsletters, we introduced the ICWW mechanic Hermann Schön. After a few weeks, we received a call from the 1st chairman of the RV 03 Bürstadt, Hubert Eberle:

"We are going to organize our storage room, therefore we are discarding Bike parts. Do you want to see if there is anything useful? Hermann Schön arrived with his minibus and charged a complete truckload to Gau-Algesheim. There he pre-sorted it and delivered broken frames directly to his scrap dealer. Since then, he has been assembling usable parts into drivable, functioning artistic cycling bikes.

Here, a suitable handlebar, there, well-preserved rims, ...It's like a game of patience, which Hermann Schön practices in his workshop. He uses them to put together the ICWW bikes stock and let us ready us for the time after Corona.

We would like to take this opportunity to give our thanks for the tires and wheel donations to:

- RV 03 Bürstadt
- RV Diamant Lind
- RSV Krofdorf Kleiberg

THANK YOU SO MUCH!

„FINALLY.“ – HONGKONG

This was also the feeling of the indoor cyclists in Hong Kong when they could finally resume training after a 10-month compulsory break.

Strike closure of all sports facilities made training on the bike impossible. Unlike in Germany, where federal squad athletes were allowed to resume training from mid-May, the corona stop in Hong Kong was to be followed by everyone without exception.

The athletes tried to keep fit with strength and fitness training. But this can only be maintained over this long time with exceptional discipline.

So the athletes and coaches were very happy to be able to resume their training. Also, the base training is again possible without exception.

Now we hope that all athletes will also return to the international stage and that they will be able to make up the training deficit quickly.

Rolf Halter –
ICWW project partner of Asia

"TOO BAD" – ICWW ONLINE CUP

Our online competitions were accepted with great interest. Also, the international participation was very satisfying for us as organizers.

When deciding on this series of competitions, the board of directors could not have imagined how great the time and technical effort would be. Therefore we would like to take this opportunity to thank Mike Lauterbach, Martin Schön, and all the judges involved.

However, the result of our appeal for donations for Rwanda has caused a lot of displeasure. ICWW has made every effort to help all indoor cyclists to benefit from these competitions and to provide motivation for normal training during the non-competitive period. However, the solidarity for our work was only one-sided and is not reflected in interest and help.

We are glad about all the support, in this way we can keep alive our projects and also start new ones. Thank you so much.

Board of ICWW



Support Rwanda with your donation and look for artistic cycling enthusiasts who would like to actively or passively support us as a new club member.

Contact us on
support@indoorcyclingworldwide.com.

Be part of ICWW
www.indoorcyclingworldwide.com/join_now/

Or support our special project in Ruanda
with a donation:

IBAN: DE24 5509 1200 0029 1838 05
BIC: GENODE61AZY Volksbank Alzey-Worms

COVID AND THE SWISS COMPETITIONS



Scheizermeister Trikot Übergabe zu
Corona Zeiten 🙄



Medaillen Übergabe in Corona-Zeiten 🙄

This 2020 was and still is a special time... In January and, February the regional pupils and juniors competitions started. The shock was really big when, in mid-March 2020 all sports competitions were banned throughout Switzerland because of a new, strange virus "Covid-19". All other competitions such as the Swiss Cup, cantonal championships, and Swiss championships for pupils and juniors befell victim to the lockdown. Also, international competitions, like the Junior European Championships in Altdorf, were canceled.

What's Next?

In the second half of the year, there was a ray of hope for the athletes. Training and competition operations could be resumed under certain conditions. Here the organizers of competitions were challenged to creatively protect the athletes and spectators with a good hygiene concept and to attract them back into the halls. With three rounds of SwissAustria Masters, the competitions for the elite athletes were resumed. Unfortunately, the Austrian athletes did not start due to restrictions in Austria, but some athletes from Germany participated.

For the highlight of the season, the Swiss Championships were on shaky ground for the implementation. The Covid case numbers bounced up again and the organizer VMC Liestal had to wait for the green light from the canton of Basel-Land. Due to a perfectly thought-out hygiene concept, the cycle ball and artistic cycling championships could be held. In addition to the required wearing of masks for the whole day, the protection concept included among other things:

- the spectators were divided into different sectors according to their club.
- the athletes didn't have contact with the spectators
- Athletes and officials had a separate entrance to the hall
- Athletes, officials and, spectators had to check-in and out via a special app
etc...

Yes, it was a special championship. At the award ceremony, the athletes had to hand over the medals, prizes, champions jerseys and medals to themselves. I am thinking about the future. We need organizers who will hold competitions in the interest of our sport. Organizers that develop sophisticated hygiene concepts to protect the athlete and the spectators.

Associations such as Uzwil or the VMC Liestal, as well as the VfH Worms, have proven that holding competitions under these circumstances is possible. The ICWW's online competition also helps athletes to present themselves.

This is the only way we can keep the athletes, especially the pupils and juniors, on the "bike" and that they keep practicing indoor cycling.

Unfortunately, the last Swiss competitions in December, Christmas Meeting and Niklaus Cup had to be cancelled due to the "Light Lock Down".

Hopefully, this evil spook will soon be over and we will "celebrate" indoor cycling competitions all over the world again.

Take care of yourself and stay healthy.

Günter Altwegg – Commissaire and member of the ICWW board

NEW DATE 2021 -

INTERNATIONAL COACH EDUCATION ARTISTIC CYCLING

Date: From **21.07.2021 to 23.07.2021** in Frankfurt am Main (GER)

The education is for the disciplines single and pair artistic cycling and can be extended for artistic cycling team 4.

The focus is on the education with the following topics: Organisation of the training business, methodical structure of the training, correct assistance for the athletes, practical tips for a successful training, rules lesson for coaches, training units for athletes and coaches.

More information and registration:

www.indoorcyclingworldwide.com/de/education/



**INTERNATIONAL
COACH EDUCATION**
with training camp

21.07.2021 to 23.07.2021

Sports center, Otto-Fleck-Schneise 4, 60528 Frankfurt am Main (GER)

INDOOR
CYCLING
WORLD
WIDE

Picture: Hubert and Louis Dandl

MACAU –THE CURRENT SITUATION

We asked some questions to June, trainer of Macau, about the current situation and personal goals for the future.

Here are the answers.

Thanks a lot June for your feedback!



What's your current situation?

The best news I can give you now is, none of the athletes or their families were ever infected. The biggest problem we are facing at the moment is that we are running out of options for training courts, like the one we were used to train is now shut for facilities renewal, and we will not be able to return even the job is done (because there were a few complaints about producing damage to the floor during the training. Yeah, we've been kicked out) and not many others courts would like to rent their place to us. So we ended up relocating to a new place and we are still not sure how long we can stay there- probably we'll get kick out soon.

Additionally, the new court is somewhere that in general, is further away from where the majority of the athletes live, compared to the old place, they spend now a minimum of 1.5 extra hours in traveling to the hall. It happens different to the European countries, in Macau the students get more homework or any other related works to follow, more exams/tests that students have to spend time on, therefore, I can tell that they are getting tired of handling both education and training and I feel sorry for them.

For how long did you have your break and how long have you been training? How difficult was it for the athletes to get into regular training?

We started the lockdown at the beginning of the year and it lasted for about 5 months, our athletes stayed at home to focus mainly on mental training and doing some self workout to maintain their body strength. The mental training ended up quite well that when we were back into training, none of the athletes showed any passivity or such things, but ambition.

How many tournaments have you run since then, and what measurements have you taken concerning Corona?

We took some measurements against Corona to protect the athletes, they were all requested to put on a mask in all necessary moments (of course except during the training), we always do a tempt check before the training and all the athletes were requested to stay at home if possible. We have been permitted to run tournaments as soon as the epidemic was in control, and we have run so far, 5 tournaments and they were all successful. And of course, we were running these in the base of following all the anti-epidemic policies that the governments stated, such as, making sure all audiences watching the tournaments clean their hands with alcohol disinfectant, do tempt checks, put masks on and keep a social distance of about 1 meter. Fortunately, all of them show respect and follow the policies well.

What are your personal goals for 2021?

The only goal for all of us is as soon as the epidemic is over, to go out of this city and join different tournaments. For me, I hope the Macau team has more athletes to join the world cup and world championship in the coming years. Not only single man and woman, including pair man and women and team 4.

Here some athletes' goals for 2021

Coco Ho:

“ I hope I could do more spinning well in competition next year. This would make me achieve a good results.”

Thomas Chan:

“ I hope I could keep progressing. Having more time to practice artistic cycling, without injuries, be more self-discipline to manage the time of studying and training.”.

EVALUATE ONLINE COMPETITIONS...? FROM THE POINT OF VIEW OF A COMMISSAIRE

"If I could participate as a commissaire in the ICWW online competition and evaluate?"

Clear answer, of course!"



In the last newsletter, we reported about the development of the competition. What Martin Schön and Mike Lauterbach had set up is terrific.

From the comments of the athletes, it was clear that they enjoyed being able to return to a little normality in this Corona time and to present themselves with their programs.

The day of the online competition arrived. Comfortably at home, turn on the computer, have ready mineral water, explaining to my wife that she should only enter on quiet soles to bring the catering and wait for the things.

Half an hour before the start of the competition I opened the link to the competition. The chief commissaire and I tested the "voice channel" via Skype so that discussions can take place in case of corrections of the evaluation. My writing commissaire and I opened and tested another Skype channel so that we can see and hear each other for the announcement of the scoring. With the welcome to the online competition by Rolf Halter my pulse rate rose a little. To keep it safe, I had my Mac Book just in case. Ok, the mobile with Skype open was still within reach. So a real control center was prepared and I felt almost a little bit the feeling what the VAR (Video Assistant Referee) must have at the soccer games.

On the PC the livestream was ready to start with the evaluation. The tablet with the Skype connection to the clerk and the laptop to communicate with the chief to talk, ready.

The anxious consideration, is my network strong enough?

I was ready, my internet did the job as expected, it did not break down and kept on being stable. As an experienced commentator, Stefan Born called the first starter and we were ready to go. My writer commented: the athlete enters the area sitting on the bike, first figure: raiser.

No athlete was seen on my screen (?). Then he arrived and I was able to see him. First technical problem? There was a delay of about 10 seconds between the livestream of my writer Heike Lauterbach and mine. What is next now? With a tip from Mike Lauterbach to stop the livestream for a short time and then let it continue, we managed to keep the livestream running synchronously.

As commissaires, we also had to fight with the different lighting conditions in the sports halls. Sometimes the markings on the competition surface was not easy to see. The livestream was jerky and sometimes, in case of bad netting in the sports hall, about half-round was missing. One could only guess what mistakes the athlete made in that half-round. There were also halls where not the whole area was visible and one or another athlete disappeared from the picture during ACT4. If he came back on his bike it was more or less ok, if he came back on foot, there was of course a circle 😊.



Amazing, what happened when switching from one hall to another. With Google Earth we zoomed to the next hall and you could get an idea where for example the hall in Belgium is located. Also the advertising block "with sponsors search for Rwanda" was great. It felt like the private television stations.

So the time flew by. Next athlete, now and then contact to the chief and talked to Heike about baking a cake (of course only if there was no athlete on the competition surface or the control center switched to a new location). Top background info from speaker Stefan Born. It was great! An announcer in Basel, Switzerland; control center, writer, commentator and chief somewhere in Germany; gyms in Belgium, Germany and Switzerland and it worked.

A big compliment to the Lauterbach Clan for the technology.

It is clear that online competitions don't replace official ones. Too big were the problems of different surfaces, different transmission qualities, etc. But in these strange virus times a successful attempt to give the athletes a platform to show themselves.

Hopefully, the times will come back soon, with the competition in one sportshall, doing the evaluation on site, and watching the performances of the athletes live. It was fun for me.
Anytime again.

Stay healthy.

Günter Altwegg – Commissaire and member of the ICWW board

TRAINING CAMP JULY 2020 IN KOLÁROVO SLOVAKIA

Positive impulses to the international family of artistic cycling: Eastern European Athletes meet again for 1 week in Kolárovo despite Covid-19

Silke Rissé and I were very happy when we were told that our Eastern Europe Training Camp 2020 would take place despite the current very turbulent times. Shortly before the camp, we had the Travel plans as flexible as possible. Then it started: from 20.07.-25.07.2020 the 6th Eastern European training camp was ready to take place in Kolárovo, Slovakia, where this year traditionally about 30 athletes from Hungary and Slovakia have participated and trained. Unfortunately, our friends from Ukraine would not participate, due to the Covid-19 restrictions.

It was outstandingly organized by the local artistic cycling, Andrea Hajdu; the 1st chairman of the cycling club from Kolárovo, Julius Szeder; and with a lot of support of the Hungarian top athlete Martin Schön. All athletes have benefited greatly from the training sessions. I would like to thank Andrea, Julius, Martin, and the whole team for their great commitment, confidence in the execution at times of Corona, and the great organization of the training camp. In July, important impulses were already sent to all international artistic cyclists that such an event can be held safely with the generally valid guidelines.

The training on a constantly high level and with good conditions of the hall ran as follows: The morning always started at 7.30 a.m. with 'Futam' (early morning sport), where Martin brought us daily in the early morning hours with a lot of fun, joy and different variations into the day. At 9 o'clock the first training started; everyone got ongoing diligently. The day was generally reserved for training from 9-13 and from 15-19.30 from Monday to Friday.

Within these times predefined groups of athletes could do their training lessons about 1,5h in the morning and in the afternoon to refine and strengthen new exercises. Since the training was only possible shortly before the camp after the halls had been closed for a long time, the first thing on the program was to get used to the bike and to repeat the familiar figures. During the week we were able to focus on raiser figures including spinnings, stands, and passages. After the intensive week of training, the traditional East-European Cup was successfully held on July 25, 2020, on one competition surface. The jury, consisting of UCI Chief Commissaire Andreas Maier, Silke Rissé, Nico Budavári and me, chose the best of the day.

Besides Andrea, Julius and Martin, I would like to express my sincere thanks especially to my college and coach Silke and all Hungarian and Slovakian athletes for the very good training sessions during the week as well as the mutual trust, that during the learning of technically demanding figures is extremely important. Despite individual language barriers, it has been possible to train figures that require assistance. The most beautiful and priceless moments of a coach as well as an athlete are of course always when the diligence pays off and individual exercises can be done independently.

For me it is certain: Next year I would like to be there again. If you have any questions about the training week and the competition, I will be happy to answer them.

Best regards,

Enrico –

ICWW project partner
of the East European Summer Camp
and Slovakia



WORMSER CUP AGAINST THE STREAM

The Wormser Kunstradsport Cup is one of the few artistic cycling competitions that took place this fall. Our editorial team asked the 2nd ICWW chairman and 1st chairman of the VfH Worms, Stefan Born, for a field report:

During the shutdown in spring, the double event Wormser Cup / Turnier der Jugend had been moved to October 10th + 11th, 2020, one week before the Elite DM; so we were already in schedule of the UCI and the BDR for indoor competitions. In summer, the VfH Worms' board decided that only the Wormser Cup in autumn was going to take place. In this unusual constellation, we did not want to ask our team of organizers to take part in two competitions in one weekend.

Our event concept was a complete success. The most important news in this context is that none of the participants in the Wormser Cup were infected with Covid19 during this competition. We were able to put our contact list aside unused. In the run-up to the event, all participants had to submit their contact data using an Excel list. The coaches of each club confirmed in writing that they had received the completed DOSB questionnaires of their athletes and coaches and that they had arrived at the competition without symptoms. Upon arrival, wristbands were issued at the central VfH office for the previously registered participants. The wristbands were color-coded according to commissioner/employee and athlete/coach. Without wristbands no access to the hall. In this way, the VfH took control of the entry admission at two entrances. At the time of the Wormser Cup, according to the valid Corona state regulation in Rhineland-Palatinate, up to 250 participants were allowed to enter an event in halls. We decided to work voluntarily with a maximum of 150 people. We were concerned with sufficient distances and the practical test that it is possible to manage competition with only a few participants. We could have further reduced this number if we had asked the participants of Block 1 to leave the hall after the first event block. We had this variant with the different colored wristbands in the calculation. In the end, the participants from both event blocks were allowed to attend the complete Wormser Cup. Because of delays and early departure, it was easy to keep an eye that our contact list never exceeds the 150 guests limit at any time.

My special thanks go to all the participants who, without exception, took part. There was no misbehavior regarding the use of the mask. "It was unusual to move around the hall with a mask on all the time, but we were glad to be able to drive a competition again," a VfH athlete said accordingly.

The "workplace" for the courts at the Wormser Cup was also unusual. The chief commissioners sat at a reasonable distance from the announcing and writing commissaries. Writers and announcers were separated by Plexiglas panels and could therefore evaluate without masks. Separate "boxes" were set up in the bikes storage to accommodate the bikes separately according to each club. Spectators were not allowed in the hall to keep the maximum number of people. Instead, we offered a live stream from all three riding areas, which was a little jerky here and there. The usual Wormser Cup program booklet was not available in paper form this time but as a digital document. The award ceremony took place without personal congratulations. The cups were placed on the podium in advance. Places three to one were called up one after the other, took their respective cup, had the opportunity to take a souvenir photo on the podium, and then positioned themselves next to each podium to maintain the necessary distance. All participants received their evaluation sheets and digital certificates by e-mail after the competition.

For the weekend 17th + 18th April 2021 we are preparing for Wormser Kunstradsport plus Turnier der Jugend. We assume that even then a Corona according concept is needed. We want to optimize the digitalization of the competitions until then. With the Wormser Cup 2020, we have proven that under Corona conditions artistic cycling competitions are possible indoors. At no time during the event did we have more than 150 participants in the hall. If we had separated the participants according to event blocks, the concept would have worked with less than 100 participants. In my opinion, this sets the course for 2021, even in smaller halls than the Worms BIZ.

Stefan Born

The concept of the Wormser artistic cycling cup 2020 in pictures



GENERAL MEETING 2021

Unfortunately, our planned general meeting in Stuttgart has to be canceled. According to our constitutions, we have to hold a general meeting every two years. Therefore, we had to find an alternative date.

We have set a new date and found a new place for our general meeting, to which we invite you:

**On Saturday, January 16, 2021, at 2 p.m.
in the cycling center Ludwigshafen
Weiherstrasse 18 in 67063 Ludwigshafen**

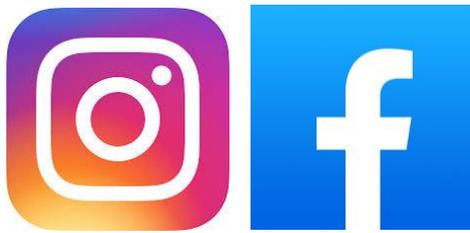
Due to the current Corona regulations, we have to keep a registration list of the participating members. For that reason, a previous registration is needed. We look forward to your participation.

Please send your registration to the board by **January 9, 2021**.

Rolf Halter
Trollingerstrasse 21
74235 Erlenbach

or via email to
support@indoorcyclingworldwide.de

Rolf Halter
Chairman of ICWW



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