

Your Sports Guide at the Club I

support:

- Children
- Parents
- Families with a migration background I help with:
 - Club registration
- Questions about sports programs
 - Translation and explanation
 - Initial support Contact:
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☎ You can contact me anytime!

MTV "Fichte" Winsen



Sports for children, teenagers, and families MTV "Fichte" Winsen is a sports club for everyone. Children, teenagers, and parents are welcome here – no matter where they come from.

- ☞ Children can try out various sports
- ☞ All coaches are friendly and helpful

💙 Together for strong, healthy and happy children

Diese Maßnahme wird im Rahmen des Bundesprogramms „Integration durch Sport“ mit Mitteln des Bundesministeriums des Innern gefördert.



Why Sport Is So Important for Children Sport is very important for children's development.

Sport helps children:

- stay healthy 🧠
- make friends 🤝
- learn rules and respect
- reduce stress and problems

Trying Different Sports Every child is different. Some children like soccer, others dance or gymnastics.

👉 When children try different sports, they discover their talents.

👉 This is fun and motivating.

Movement instead of phones and TV Too much:

- Cell phone 📱
- Television 📺
- Video games 🎮

makes children:

- tired
- unfocused
- sedentary

👉 Sports get children moving

👉 Movement makes them happy 😊

Sports are a great hobby A hobby:

- gives children structure
- strengthens self-confidence
- keeps body and mind healthy

👉 Sports in a club are a great hobby for every child