



PSA – Ingolstadt



Sports Guide

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Welcome to PSA Ingolstadt's guide to sports activities in ING! We know how important it is to stay active and healthy while studying abroad, and that's why we've compiled a list of the best sports activities our city has to offer. We understand that being in a new place can be overwhelming, but getting involved in sports is a great way to meet new people and feel more at home. Our city offers a wide variety of sports activities that cater to all skill levels and interests. Whether you're looking to join a team, try a new activity, or just stay in shape, we've got you covered. In this blog, we will explore several sports activities for you in Ingolstadt and provide you with all the information you need to get started. So, grab your sports shoes, and let's get moving!

The activities can be categorized into two, available to the common public and offered by universities for students specifically.

Starting with public activities, let's talk about the sport that comes to mind whenever you hear "Pakistan". You guessed it right, Cricket!

Ingolstadt is home to INCC, [Ingolstadt Cricket Club](#), where you have the opportunity to register yourself as a member and allow yourself to enjoy cricket and improve yourself in a welcoming environment with the help of trained coaches. They are also involved in the making of Ingolstadt's first-ever [cricket pitch](#) ([opening soon!](#))

However, if you just want to play casually with friends to relax, you can always bring your equipment and enjoy cricket at two of the most common spots, [Klenzepark](#) or [AOK ground](#).

Unlike Cricket, Football is followed passionately throughout Germany. You can find several hobby clubs to join and improve your game. Memberships can be as low as 12 euro PER YEAR!! One example can be [Inter-Mailing](#).

Once again, if you are looking to play just for fun or on a weekend with friends, you can explore public places such as a [Futsal Court](#) (next to Saturn Arena, Bar Flex Park), where we Pakistanis play almost every Sunday. You could request us to add you to our WhatsApp group for Football. If you wish to play on a larger field, Klenzepark or a football ground next to ZOB parking could be considered.

TIP: Did not bring your sports shoes and kits from Pakistan? No worries, just visit Decathlon where you can find almost all types of sports equipment and kits.

In most parks you can also find table tennis tables, all you need to do is bring your rackets and balls. The above-mentioned futsal court also has a table tennis area next to it. However, two of the most common spots can be found in TH Ingolstadt where you can get the equipment from the university, and the other is at [Paradeplatz](#) in Innenstadt. If you are interested in Tennis instead, then you can look into DJK Ingolstadt, Rot-Weiss Ingolstadt, or Tennis Club Ingolstadt.

University sports are offered exclusively for students and one can register in a variety of sports programs offered by TH Ingolstadt and KU Ingolstadt.

The details of TH Ingolstadt are as follows:

Monday:

- Football on the outdoor facilities of TSV Nord Ost from 7 p.m. to 9 p.m. / registration at lspringwald@web.de / spontaneous participation possible
- Flag football in the gymnasium of the elementary and middle school on Pestalozzistrasse from 6:00 p.m. to 7:30 p.m. / registration at tos7293@thi.de / spontaneous participation possible
- Calisthenics training in the BARZFLEX Calisthenics Park Ingolstadt from 5:30 p.m. to 7:00 p.m./registration via [WhatsApp group invitation](#)
- Women's Ultimate Frisbee training on the Fohlenweide's side playing field from 6:00 p.m. to 8:00 p.m. / registration at katharina.priebe@posteo.de / spontaneous participation possible
- Dance circle for standard and Latin at 5:00 p.m. - 6:30 p.m. in the THI rooms/registration at maa9887@thi.de / registration via [WhatsApp group invitation](#) / only after registration, due to changing rooms at the THI

Tuesday:

- Community running meeting: meeting point at 7 p.m. in front of the [main entrance to building A](#); Start 7.05 p.m. / Registration not necessary, inquiries at Paul.Spannaus@thi.de; [Instagram](#) / spontaneous participation possible / Route: THI along the Danube to the quarry lake and back (8km)

- Ultimate Frisbee in the TSV Nord Ost gymnasium at 7 p.m. - 9 p.m. / registration at frisbee@tsv-nord.de / spontaneous participation possible
- Handball at 7:00 p.m. - 8:30 p.m. in the gym, Münchener Straße / registration at pam3439@thi.de / spontaneous participation possible
- Spikeball 8:00 p.m. - 10:00 p.m. in the Fohlenweide side playing field/registration at info@roundnet-ingolstadt.de / spontaneous participation possible
- Sports for employees (football) in the Katharinen Gymnasium gymnasium from 5:00 p.m. to 7:00 p.m. / spontaneous participation possible

Wednesday:

- Belly-legs-butt at 7:00 p.m. - 8:30 p.m. in the Johann Nepomuk gymnasium/registration at Glaeser.Carina@gmx.de / spontaneous participation possible
- Floorball on Wednesday from 6:30 p.m. - 8:00 p.m. in the gym, Münchener Straße / registration at lspringwald@web.de / spontaneous participation possible
- Calisthenics training in the BARZFLEX Calisthenics Park Ingolstadt 5:30 p.m. - 7:00 p.m./ Register via [WhatsApp group invitation](#)
- Volleyball at 5:00 p.m. - 7:00 p.m. in the Johann-Nepomuk-Halle / registration at thg8016@thi.de / spontaneous participation possible
- Dance workout from 6:30 p.m. - 8:00 p.m. in the THI rooms/registration at doe8744@thi.de / only after registration, due to changing rooms at the THI

Thursday:

- Ambitious running club: meeting point at 7 p.m. in front of the [main entrance to building A](#); Start at 7:05 p.m. / registration is not necessary. Inquiries at Paul.Spannaus@thi.de [Instagram](#) / spontaneous participation possible / Route: Same as Tuesday, with quarry lake circumnavigation (13km); Routes illuminated in winter.
- Bachata Sensual dance course from 8.30 p.m. in the dance workshop (Mangasse) / Registration at email@sensual-dance.de / From April 2024
- Salsa dance class from 7:00 p.m. to 9:00 p.m. / in the Havanna Bar (Kupferstraße 24) / Register via [WhatsApp group invitation](#)

Friday:

- Calisthenics training in the BARZFLEX Calisthenics Park Ingolstadt from 5:30 p.m. to 7:00 p.m./registration via [WhatsApp group invitation](#)

TH Ingolstadt is offering the following courses in the summer semester of 2024 at the Neuburg campus :

Tuesday:

- Self-defense course in the Paul Winter School Neuburg - sports hall from 5:30 p.m. to 7:00 p.m. **(start: April 16, 2024)** / Continuous participation required as units build on each other / Registration will open soon

Wednesday:

- Yoga in the Paul Winter School Neuburg - sports hall from 5:30 p.m. to 7:00 p.m. **(start: April 10, 2024)** / spontaneous participation possible

Thursday:

- Football & basketball in the Descartes Gymnasium Neuburg – Sports Hall 2 from 7:00 p.m. to 8:30 p.m. **(Start: March 21, 2024)** / Spontaneous participation possible

Participation is always free of charge and you must register with the instructor at the given email address with your university email. For up-to-date details, you can directly visit the website of [THI Sports](#). (Tip: Use the German website and translate it with the Chrome extension, the English version is missing a lot of information.)

KU Ingolstadt also offers a lot more sports programs and fitness studio facilities which can be found on their website under [Hochschul Sports](#).

(THI students can also register for KUI sports programs for free.)

You can always find way more options and other clubs to explore which would be difficult to cover in this blog. However, if you wish to update/correct the information provided here, feel free to contact the PSA Student Board.