

Written by John Crumlish

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In the first of a week-long series featuring holiday plans of prominent gymnasts from around the world, 2006 world all-around bronze medalist **Fabian Hambüchen** of Germany talks about his upcoming Christmas at sea.

Hambüchen said he and a gymnastics friend will celebrate the holidays aboard the club ship Aida that sails between Jamaica and Mexico.



Fabian Hambüchen "Normally the family is all together," the 19-year-old Hambüchen told IG. "But this year, I guess there will be a party on board."

Hambüchen said this Christmas is a major departure from his traditional family gathering.

"Normally on Christmas Eve we first go to church for Christmas Mass," said Hambüchen, who is coached by his father, Wolfgang. "Then we gather around our Christmas tree to exchange presents. After this we have the fondue and it's lot of fun with my parents, grandparents and brother."

During his seven-day voyage, Hambüchen intends to do a daily power workout on Aida's fitness deck to stay in shape.

At the 2006 World Championships, held in Denmark in October, Hambüchen finished third all-around and third on vault. He placed 23rd all-around and seventh on high bar at the 2004 Athens Olympic Games; first on high bar at the 2005 European Championships; and fourth on high bar at the 2005 World Championships.

Hambüchen has already set his goals for 2007.

"My resolution for the new year is first to make my high school examinations with good results, then to train harder to realize my gymnastics goals," he said. "They are qualifying for the

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Olympics, and better results on high bar in competition."

**Fabian Hambüchen is featured in the following issues of International Gymnast magazine:**

December 2006: 2006 World Championships special issue

August/September 2005: 2005 European Championships coverage

March 2005: "Biding His Time" (short Hambüchen profile)

May 2003: "German Giants" (Hambüchen/Wolfgang Eichorn profile)

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