

**How to become a member:**

Children (6-12 years old): contact us at [barnefotball@askoyfotball.no](mailto:barnefotball@askoyfotball.no)

Youth (13 years and up): contact us at [su@askoyfotball.no](mailto:su@askoyfotball.no)

We will direct you to the head coach of the team to get information about when and where the team is practicing. Each team also has a teamleader that can help with administration.

**How to sign up**

Sign up on the website: <https://askoyfotball.no/> under "Bli medlem"

The form is in Norwegian. A coach or teamleader can help you fill it out if necessary.

In the form we will need you to fill out the name, age and address of the player.

We will also need the contact information for the parent/guardian that will be the main contact person. You will need to add an e-mail address or phone number to confirm the membership in the Norwegian athletics association (NIF). This is also important to get information from the club.

**Membership fee**

All members have to pay a membership fee ("kontingent") to join the club. The regular deadline for existing members is February 21<sup>st</sup>. New members pay when they start.

**Financial support**

You can apply for support from NAV to have the membership fee covered. Contact NAV, who can provide assistance in filling in the form "Søknad om økonomisk sosialhjelp".

If you are not eligible for support from NAV you can apply at Askøy Fotball's inkluderingsfond to cover all or part of the fee.

Even with support you will still have to pay 200 NOK to sign up.

If you have questions or need assistance you can contact [dagligleder@askoyfotball.no](mailto:dagligleder@askoyfotball.no).

**Spond**

All our members are registered in spond, where you will get all the information you need from the club, as well as from the coaches and team leaders. All activities (practice, matches, social events) will be added to the spond calendar, so it is important to check this often. You can access this both in a phone app and from a computer.

**Players**

All players will need football shoes and shin guards to play, as well as clothes needed for the practice. *We can help provide this if needed.*

The players will be given the team uniform to use during matches.

**Parents/guardians**

As a part of the club you will be a part of a community to which we all have to contribute. All children's teams have voluntary coaches. We encourage parents and guardians to take an active role around the team and support the coaches and players around practice and matches. Help the kids show up prepared and in time. To raise money for the team we have voluntary work such as contributing in the kiosk during matches and bigger events, as well as selling socks and