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| **FAIK host möte training** | | | |
| Date: 17 october 2023 | Time: 17:30 CEST | | |
| Location: kantin | | | |
| **Attendees invited** | | | |
| Ella Blomstedt, Wilma Blomstedt, Freddy Leijon, Patrik Zetterfeldt, Robert Skoog, Anders Oskarsson, Emma Östberg, Daphne Wezenberg | | | |
| **Agenda:** | **time** | **led by** | **related documents** |
| 1. Trainings times | 10 min | Daphne | Overview of trainings times |
| 1. Extra training blå group norrköping | 10 min | Daphne/Freddy |  |
| 1. Trainingsclothes (update) | 10 min | Robert |  |
| 1. New equipment requirements | 10 min | Daphne |  |
| 1. Ansvarsområden | 5 min | Erik | Ansvarsområden 23-24\_draft version |
| 1. Laget.se | 10 min | Daphne |  |
| 1. FAIK Info/PM; send out email | 10 min | Daphne | FAIK INFO/PM 2023-2024 |
| 1. Other |  |  |  |
| **Upcoming date:** | | | |
| * Julgransplundering; 10 Januari 2024 | | | |
| * Varmöte: 27th of March at 17:30 (No training that Wednesday) | | | |
| * Vår arbetsdag: 21th April 10:00. | | | |
| * Sommerlov: gul/grön week 25 | | | |
| **To do:** | | | |
| Action items are in the notes below. | | | |

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| 1. **Trainings times**: updated version of the schedule is found at the end of this document.   Do: each one of us is responsible for adding the times to laget.se to ensure visibilities of the activities we organize (also for new members). |
| 1. **Extra training blå group**.  * There is a request to have more than 1 training (and for those that cannot on Wednesday to have an alternative date). * We can provide: every other week on de Friday at Aluceum. Organized by Freddy or Daphne. Occasionally, this will be replaced by a training at Stadium Norrköping. * People have to register to train, min 5 athletes are required. * DO: Schedule will be sent to Anders (so he can cancel hall rent) |
| 1. **Trainingsclothes (update)**  * No final decision is made. Singlets during competition are available for free. Contact Robert cause he has them at home. Idea is that they are returned when the person is not active anymore.   We still have Trimex clothes that will be sold.   * We will provide alternative via promotionhuset. These will be cheaper and used as training clothes. * Trainers will be provided with clothes marked with: ‘Tränare’. |
| 1. **New equipment requirements**   Requests for new material will be sent to Daphne Wezenberg. Including a link to the webshop, and price (in and excl moms) and the reason why we need it. |
| 1. **Ansvarsområden**   A document will be uploaded at laget.se by Erik within the next couple of days which displays the ansvarsområden. |
| 1. **Laget.se**   All feel comfortable using laget.se. |
| 1. **FAIK Info/PM;**   Once a year we will send out the FAIK information letter with links. This will be done after the årsmöte. |
| 1. **Tävlingar**:  * An overview of all the competitions for the indoor season is found at laget.se  <https://www.laget.se/FinspangsAIKFriidrott/Document/Download/2154771/10769874> * We aim to choose one competition that we as a large group will join (combined with a overnight stay?) * Grosvadkampen: all agree to organize this year. Aim end of May start of June. If not beginning of September.  1. **Bergska**: Freddy, Anders and Patrik have a key.   22/10 at 9:00 Freddy and Anders will meet to organize the Bergska förråd.   1. **Träningsanmälan**  * An update version is made that clearly differentiate between Aktiv and Varnadshävare. * Freddy will check after which it will be uploaded to laget.se * GDPR – for those that indicate DO NOT want to have images uploaded; please make sure all the trainers are aware of who should not be included. |

HÖSTEN 2023

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| Gul och grön | Bergska | onsdag | 17:15- 18:15 | Inomhus börja 8 november |
| Blå | Bergska | Onsdag | 17:15-18:15 | Inomhus börja 8 november |
|  | Aluceum. | Fredags | 18:00-19:30 | Varandra veckan (Freddy /Daphne) |
|  | Nörrköping 1. | Lordags | 11:30 – 13:00 | Om lördags träning finns där ingen fredagsträning. Avfart 11:00. |
| Röd | Nyhem | Måndag | 17:00-19:00 |  |
|  | Norrköping | Måndag Stav | ?? |  |
|  | Bergska | Onsdag | 17:00- 18:30 | Behöva 10 meter |
|  | Norrköping | Torsdag (stav) | 17:30 | 16:45 avfart Finspång |
|  | Norrköping | Lördags | 10:45 - | 10:00 avfart Finspång |
|  | Nyhem | Söndag | ? | Alternativ for Lördags |
| Vuxen | Samling Grosvad | Måndag | 17:00-19:00 | Stannar utomhus |
|  | Grosvad/ Norrköping | Torsdag | 17:00-19:00 / 18:30-20:00 | Från v46 inomhus; avfart 18:30 |
|  | Samling informationsbord | Lordags | 9:00-11:00 |  |

1. Note: travel to and from Norrköping is organized by the athletes. And athletes that want to join need to reply on the invitation in laget.se so we know how many are going to Norrköping. Minimal 5 need to be there.