



Lysekil General Sports Club  
Office 0523-139 00  
[www.fotboll.lysekilsaik.se](http://www.fotboll.lysekilsaik.se)

## Welcome to LAIK!

You've tried football training with us – that's great!

At training we get together, play football, and have fun together.  
Here is some information for you and your parents.

We hope you choose to continue to play with us! If you do continue, you will need:

- Shin pads. When we play matches it is compulsory to wear shin pads.
- Water bottle.
- Training shoes. When we train outdoors it is good to have shoes with studs. It is easy to slip otherwise.

If you have any questions, about training equipment or other things, please contact one of your football coaches:

Name of your coach \_\_\_\_\_ contact information \_\_\_\_\_

Name of your coach \_\_\_\_\_ contact information \_\_\_\_\_

You can join in on our football training a couple of times for free and then you need to pay a fee. When you have paid the fee, you are insured and can get help if you injure yourself. Therefore, it is important to pay the fee:

	0-4 Years	5-6 Years	7-14 Years
Membership fee	100 kr	200kr	200 kr
Training Fee	100 kr	100 kr	500 kr
<b>Total</b>	<b>200 kr</b>	<b>300 kr</b>	<b>700 KR</b>

Pay on BG 374-3648 or Swish 123 024 44 91 and enter the name and social security number (personnummer).

**Fill in and give this to your football coaches:**



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Your first and family name: \_\_\_\_\_

Your social security number (personnummer): \_\_\_\_\_

Your parents'/guardians' contact information

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_