

## LANGUAGE: English - Föräldramaterial

Welcome to your association. This information is intended for you as parents and for your children to easily get into the sport community; a sports club is open to all. Often you will need to provide a personal identification number; this is needed for insurance or competition licenses and is not used outside the sport. An association is democratic and has an annual meeting where members, i.e. those who paid the membership fee, together discuss current issues. The board is democratically elected and ensures that statutes are followed.

### Parental Requirements

1. You pay the membership and training fees on time.
2. You make sure that the kids have the right equipment - do not overdo it.
3. You are, as a parent, obliged to notify the coach and leaders if your child has a chronic illness (e.g. asthma) that may affect your child's physical ability. It is also important to inform of any medication.

### Parental Recommendations

1. Show interest in the children's activities.
2. Go and watch the matches.
3. Encourage all players during the match, not just your daughter or son.
4. Encourage both in good and bad times. Do not criticise.
5. Respect the leaders' match of the team. Do not try to influence them during the match.
6. See the judge as a guide; do not criticise his/her judgment.
7. Help your child to manage both victory and defeat.
8. Stimulate and encourage your child to participate; do not push.
9. Ask if the game was fun and exciting, not only about the result.
10. Remember that it is your child who is playing, not you.
11. Remember the the most important of thing is that your child is happy and has fun together with friends.
12. Help out in the kiosk at your own matches, senior matches and the Christmas cup.

The leaders are committed to make sure that trainings and matches will work. The leaders receive no compensation but devote their own time for your child's sporting education.

We would like to get with you as a parent in our activities. We want you parents to be interested and involved in the club; this gives good vibes to the young people.

The association as a whole needs your help. Many small helping hands, for instance in our section work and other events, will keep costs down and advance the association forward.

Important for the association and its development is also the dialogue between us and you parents. Ideas, opinions and thoughts are heard for instance at parent meetings, directly to the leader of your team or the club's annual meeting. Please also use the association email address.

LANGUAGE: English - Fotbollsregler

*As a player in the youth team (), you will experience many pleasant and memorable moments during your career. You are an important part of the activities, no matter what position you have in the team. Below are different points you are obliged to follow. This is in order to create a positive atmosphere within the club.*

You should:

- Always have a good behaviour before, after, and during a match and training (fair play)
- Show respect for teammates, referees, leaders and opponents
- Always give thanks after a match
- Use a refined language - no offending in speech or actions
- Renounce all forms of doping
- Renounce all forms of violence, bullying and racism
- Work for an environment within the club that is free of drugs, tobacco and alcohol
- Be on time for training and matches
- Notify your coach/leader if you cannot come to training or to a match
- Support other teams within the organisation ()
- Wear shin pads at training and matches (soccer)
- Use goggles (until the year you turn 16) at training and matches (floorball)
- Take joint responsibility together with leaders and other players for the things you use and for our facilities during training, matches or other activities
- Focus on your own actions; that they are correct and that you comply with these rules

If you do not follow these rules, there can be consequences, such as suspension from training/matches in your team, either temporarily or for a longer period of time.