



Lysekil General Sports Club
Office 0523-139 00

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:

| | 0-6 år | 7-14 år | Fr 15 år |
|----------------|---------------|---------------|----------------|
| Medlemsavgift | 200 kr | 200 kr | 200 kr |
| Träningsavgift | - | 400 kr | 1000 kr |
| Totalt | 200 kr | 600 kr | 1200 kr |

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:



Your first and family name: _____

Your social security number (personnummer): _____

Your parents'/guardians' contact information

Name: _____

Phone number: _____