

Come and join!

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We want more children, young people and their families to join our sports clubs. This brochure will tell you a little about what a sports club in Norway does, what kind of activities you can join and how to become a member.



سماجی وابستگی
Sağlık Uczciwość
صحة
استراک
idrettsglede
Daaadnimo
Honesty
دوررش خوند

Welcome to sports!

We wish all children, young people and their families welcome to the sports club! There are approximately 12 000 sports clubs in Norway. They are open to all, regardless of language, culture, age, gender or disability. You are heartily welcome to come and see what we can offer, and you can choose the activity you would like to take part in. We offer quality activities in a safe, welcoming and substance-free environment. You do not have to be good at a sport to participate. We have room for everyone regardless their skill level. Some sports clubs also offer activities for parents while their children are busy with their activities.

Read more about your sports club on the back of this brochure. To obtain more information, contact a sports club in your vicinity.



Cover photo: Håkon Jørgensen

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What is a sports club?

A sports club is an important meeting-place in the local community. Many children, young persons and adults spend a lot of their spare time in the club, and the members decide the activities. In Norway, parents or other adults normally operate the sport clubs as volunteers without pay.

Many sports clubs have both female and male coaches who will ensure that your child will experience mastering and the joy of sports.



Photo: Ingrid Maurstad, Oslo IK



Why should you join?

1

Have fun together with others!

Children take part in sports to have fun. Together with friends they experience things and learn for life. They learn to take responsibility and to be considerate of others. It is meaningful to have something to do after school. As a member of a sports club you will find it easier to get to know other people, you will have more friends and will become part of a large social network. It means a lot for children if their parents are also involved in the sports club.



2

Working out is healthy!

It is important to be physically active. From experience we know that it is easier to be physically active with others than on your own. It is also fun to be with other children in activities that are both enjoyable and challenging, and there is much to learn by participating. A healthy diet and physical activity give children more energy in their daily lives. More energy may in turn lead to better concentration and effort in school. If a child participates in sports, chances are greater that it will take part in sports as an adult.

3

Good and safe!

All sports clubs are obliged to offer children and young people safe and good activities. Sports clubs have clear objectives and are actively working to combat bullying, harassment, racism and violence. All coaches and managers for children and young people have to have a certificate of good conduct from the police. This applies to anyone in a sports club who is going to work with minors or disabled persons in a position of responsibility or trust.

Parents and guardians may serve on the board or in other positions in the club, or they may contribute as coaches, managers or referees.

Norway is the only country in the world to regulate sports for children through the documents Children's Rights in Sports and Provisions relating to Children's Sports, which describe how we want children's sports to be operated in sports clubs so that all children can experience mastering and the joy of sports.





4

Join and contribute, meet new people!

The sports club is generally operated by volunteers. Parents and guardians, siblings and others take part and do what is needed for free. The volunteers help to give the sports club a good range of activities and help it to become a good social environment for everyone in the local community. There are many areas where you can help, including laundering uniforms, cleaning the clubhouse, being a parking attendant during tournaments, transportation to and from games or events and baking cakes or selling refreshments. This voluntary work is called “dugnad” in Norwegian. Taking part in a “dugnad” may give you many good experiences and a sense of contributing to your community. Sports clubs are totally dependent on many adults contributing as volunteers in the course of the year. This helps the club to provide children and young people with a good sports programme. Your efforts will be greatly appreciated!

5

Good return on your investment

Every child has to pay for the sports club's activities. Think of this as an investment in your child's well-being. Two types of payment are most common:

1. Membership fees – anyone who wants to participate in organized sports must be a member of a sports club and pay membership fees.
2. Training fee – anyone taking part in a sport must pay their share of the expenses such as fees for renting football pitches or indoor halls, paying for team equipment, participation in leagues or competitions, and travel expenses.

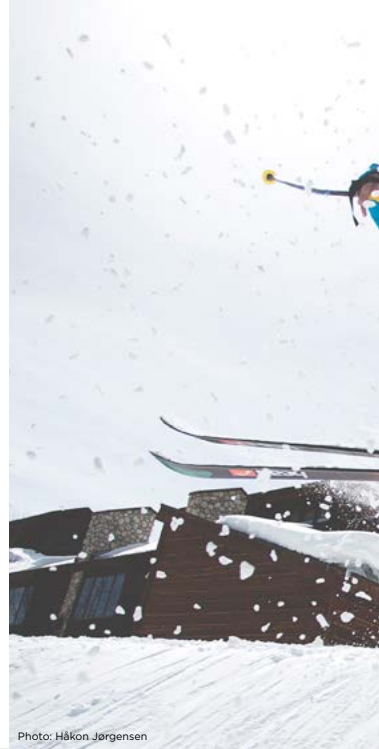


Photo: Håkon Jørgensen



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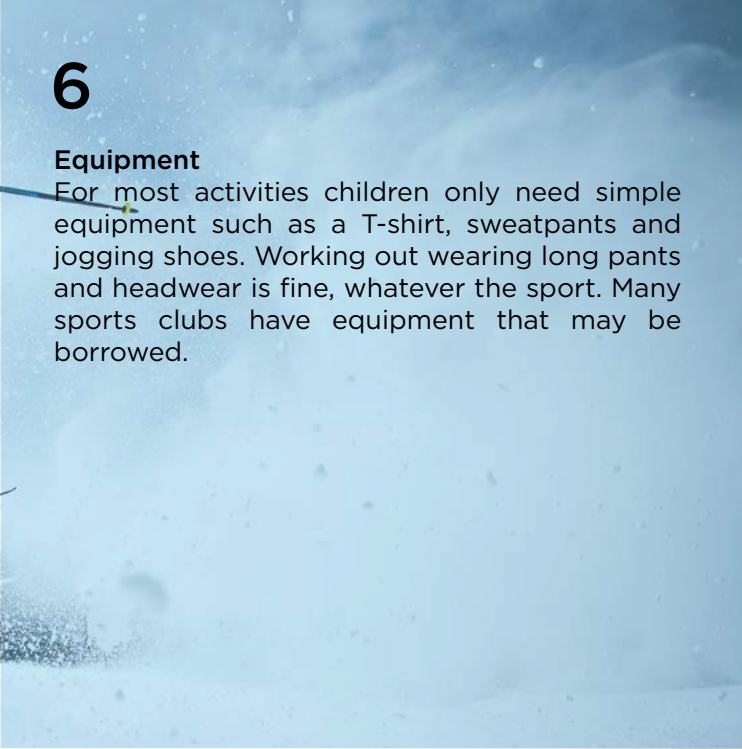


Photo: Jens Haugen

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Equipment

For most activities children only need simple equipment such as a T-shirt, sweatpants and jogging shoes. Working out wearing long pants and headwear is fine, whatever the sport. Many sports clubs have equipment that may be borrowed.



Our sports club is a member of the Norwegian Olympic and Paralympic Committee and Confederation of Sports (Norwegian acronym NIF). Sports is the largest popular movement in Norway, with approximately 2.2 million members.

NIF's vision is "joy of sport for all", and our goal is to make it possible for everyone to start with an activity or sport they would like to join. The sports are organized through 54 national federations, each with responsibility for their activity. All sports activities must be based on the basic values "enjoyment of sport, fellowship, health and honesty" and Norwegian sports should promote "the volunteer spirit, democracy, loyalty and equality".

Would you like to try a sport? Contact us!



Photo: Vidar Noreng



Photo: Stian Lysberg Solum/NTBscanpix