

JOIN

and play football with Vestbyen IL Fotball



We welcome all children, young people and their families to Vestbyen Fotball, a football club centred at Hammersborg, straight up from Ila.

Our club is open to everyone, no matter their language, culture, age or gender. We offer top quality activities, where the aim is to have a healthy, enjoyable, positive and drug-free environment where football is in focus. You do not need to be a skilled footballer to participate. There is room for everyone no matter your skill level. We want all of our members to experience mastering and the joy of sports!

Working out is good for your health!

Being physically active is important. From experience we know that it is easier to be physically active together with others than trying to go it alone. Moreover it's fun to be with other children and to take part in all sorts of activities. All children have much to learn from participating. Healthy eating and physical activity give children more energy throughout the day. More energy can lead to better concentration and more effort in school. Participating in sports as a child increases your chances of continuing to take part in sports later in life.

Have fun together with others!

Children play sports because they think it's fun to do so. Together with their friends they gain experiences and knowledge for life. Children learn to take responsibility for each other and care for each other. Having something to do after school is meaningful. As a member of a sports club you will find it easier to meet others, you will make more friends and you will be part of a large social network. It's also important for the children that their parents are involved in the sports club.

Getting started and becoming a member

Before you decide to join you may try whether this is a sport for you. It will cost you nothing to come to four practice sessions before you decide. After this trial period you will have to be a paying member of the club, among other reasons so you can be insured. If you want to join, talk to the coaches and they will help you to become a member of the club.

Equipment

When you become a member of the club, you will be given a match uniform: jersey, shorts and socks. You will also need football shoes, shin guards and workout clothes, such as a T-shirt and jogging pants. It's fine to train in jogging pants and to wear a hat to keep your head warm. As a club member you will get a discount to shop for sports clothing at Nor-Contact. Vestbyen also has a reuse policy, arranging trading days at Vestbyhuset on set dates where you can buy/trade training clothes and equipment.

What does it cost?

All sports clubs in Norway require that participants pay for their sports activities. There are two parts to this payment:

1. Membership fee – those who want to take part in organised sports must be a member of sports club.
2. Training fee – everybody who takes part in one of the sports must share in paying the costs for using the field, equipment and playing in a league.

We in Vestbyen have a clear wish that as many children as possible can take part in our activities, regardless of family income. If you have difficulty in paying, we can help you to find benefit schemes, and we will make it possible to pay in instalments if necessary. The club has an integration manager who will help you with this.

Football and voluntary work (“dugnad”)

Like most sports clubs in Norway Vestbyen Fotball is run by volunteers. Parents, siblings and others will join in and help to do the necessary work without pay. This also applies to coaches and others who work for the club. The volunteers make it possible for Vestbyen Fotball to offer many sports activities in a good environment benefitting everyone in the local community. In addition to coaching, there are many other chores and duties in a football club, including:

- Making food and cakes to be sold during matches to give the club income
- Working in the kiosk
- Preparing the pitch for home matches
- And much more
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The Norwegian term for working on a voluntary basis for others, such as for a sports club, is “dugnad”. If you take part in a *dugnad* you will have many positive experiences and a sense of contributing to the community. Vestbyen is completely reliant on adults contributing throughout the year. This is how we ensure that our children and young people have a good sports programme.

Your efforts, big or small, will be greatly appreciated!

Safe and good!

All sports clubs are obliged to offer children and young people safe and good activities. Sport clubs have clear responsibilities and actively work to prevent bullying, harassment, racism and violence. If you want to be a coach or leader for children and young people, you must have a police certificate of good conduct. This applies to all the people in a sports club who are performing duties for the club as they have a position of trust and are responsible for the well-being of minors and/or disabled persons. Parents can also have positions in a sports club, or they may serve as a coach, leader and/or referee.

Vestbyen Fotball is a member of NFF [Norges Fotball Forbund/The Norwegian Football Association] and NIF [Norges Idrettsforbund/The Norwegian Sports Association].

We want all our members to experience that they master and enjoy sports, and we want to make it possible for everyone who wants to be a member of our football club to join us.

Med Vestbyen i livet – for livet!
With Vestbyen in life – for life!

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