



# ÍBV Sports Club

Parental manual

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# Welcome

The ÍBV sports club welcomes you and your child/children to the club.

ÍBV offers both handball and football trainings. Our practitioners have the possibility to participate in both sports, as they are both included in the clubs practice fees.

## To register a child into the club

Registration takes place at <https://ibv.felog.is/> and all further instructions can be found here

<http://ibvsport.is/skrar/skjol/leidbeiningar-fyrir-skraningar-a-vef-og-fragangi-greidslu-aevingargjalda-ibv.pdf>

You can also visit the club's offices in Týsheimili or call 481-2060, the office is open from 08:00-12:00 and 13:00-16:00.

## Practice fees

The practice fees are age dependant and the breakdown is based on travel expenses and number of trainings.

Age	Annual fee	Age cohort
3 – 6 years old	25.000 kr.	2013 - 2016
7 – 10 years old	70.500.- kr.	2009 - 2012
11 – 12 years old	73.900.- kr.	2007 and 2008
13 – 16 years old	77.300.- kr.	2003 - 2006

*\*Price list for 2019*

### Siblings discount

- 2 siblings - 15% discount for both children
- 3 siblings - 50% discount for the youngest child
- 4 siblings - 70% discount for the youngest child

*Sibling discounts don't apply to 3 - 6 year olds.*

It is possible to divide payments over a period of up to four months at <https://ibv.felog.is/>. In order to further divide payments please contact the club's offices.

**Included in the practice fees** for the 6 year olds and over are handball and football trainings, plus an ÍBV shirt every other year. ÍBV also pays travel expenses to all tournaments with Herjólfur for all ages. Additionally, practitioners at the club are granted access to all matches with the club's senior teams for free.

## Recreational subsidy

It is possible to apply for a recreational subsidy from Vestmannaeyjabær for a maximum of 25.000.- kr. In order to apply for it you must fill out a form found on Vestmannaeyjabær's website and submit it to the town offices together with the receipt for the practice fees.

[http://vestmannaeyjar.is/skrar/file/fristundastyrkur/umsokn\\_um\\_fristundastyrk.pdf](http://vestmannaeyjar.is/skrar/file/fristundastyrkur/umsokn_um_fristundastyrk.pdf)

## Practices

A new practice schedule will be available every autumn and spring, it can be accessed on the club's website <http://ibvsport.is/page/aefingatoflur>

**Handball** takes place in the Sport Centre.

**Football** takes place in the Eimskip stadium in the wintertime and on the Týr and Þór fields in the summertime.

### Coaches

The goal of ÍBV is to always provide the most qualified coaches possible and to encourage them to receive the education available in Iceland as well as to attend courses abroad.

The youth council makes the same demands for coach-educated football coaches as KSÍ does. The same requirements apply for the handball coaches and HSÍ.

## Games

It is vital that parents support their children and show interest in their activities. This can be done by attending some trainings and games and asking how things are going, in a positive manner. As a parent you can participate in making the children's sporting activities a memorable and positive experience.

### **Good habits for parents**

- Often try to attend both games and trainings
- Praise all players during a game
- Encourage the children when things are going well and when they are more difficult
- Be respectful of the coach's work
- Consider the referee as a mentor for the children rather than criticizing his decisions
- Have influence and encourage the children to participate but try not to force them
- Make moderate demands to the children's performance
- Be respectful of the club's work, be active at parental meetings and in discussions about trainings and goals
- Participate actively in parental collaborations as the more parents help the lesser the load on each one is
- Represent both the club and your child appropriately, you are the children's role model
- Inform in a timely manner if your child is unable to participate in tournament travels
- Respect the rights of each child; regardless of gender, race or religion - each child is unique and requires your respect
- Value the club's volunteers, as without them your child would not have the possibility to practice and compete with the club
- The same rules apply to all during club related travels

## **Clothing**

Every other year (each odd numbered year) the club provides each practitioner with their game shirt when the practice fee has been paid. Practitioners in all age groups should provide their own necessary equipment such as shorts, socks, shin guards and boots.

Both the coach and the parent council should make sure only clothing marked ÍBV (shirts and shorts) is used for competitions. The parent councils have often taken it upon themselves to buy the travel uniform for the whole age group in order to get better purchase terms.

## **Tournament travels**

At the beginning of the season the coach will call a meeting with the parents to present the schedule for the season, this involves which tournaments the team will participate in and when

they are held. Parents are expected to enlist themselves as a team guide for one trip in each sport, if the child plays both handball and football.

It is important to inform in time if your child intends to travel for tournaments or not. The coaches take care of organizing the trips i.e. booking the tickets for Herjólfur, bus and accommodation.

### **Expenses**

The principle regarding the club's younger age groups is that the club pays for a bus and Herjólfur for practitioners, coaches and team guides to all games in the Icelandic National Competition. If and when the team has to travel further than to the Greater Reykjavík area the club pays part of the travel expenses. The club pays for the accommodation for the coaches but not for the team guides or practitioners.

### **Team guides on behalf of ÍBV – tips**

1. Arrive at the departure point in good time
2. Each team guide supervises a certain group of children
3. Have a list of names and mark those who attend
4. It is a good lesson to teach them straightaway to form a row behind their team guide
5. Prepare to be put in various roles, e.g. the role of a nurse, babysitter and therapist
6. One team guide must at all times be the last to leave each place visited in order to collect any forgotten belongings and to make sure the place is left in an acceptable condition
7. It is not recommended that team guides take their own child out of the group from time to time e.g. to give them something that the others will not get
8. It is not recommended that team guides take siblings/other children on trips unless having consulted with the other team guides/coaches
9. Make sure the children leave locker-rooms, gyms and playing fields in good condition
10. Make sure the children are well-behaved in Herjólfur/airplanes, busses and at the accommodations
11. Make sure the children treat the ÍBV game clothing and other team equipment with respect
12. Leave accommodations in the same condition as it was upon arrival
13. Decide which team guide will take care of paying bills and it is necessary to bring receipts immediately to the treasurer upon arrival back home
14. Encourage the children to watch ÍBV games when there is time

### **Herjólfur**

1. The children will not go on board unless accompanied by a team guide

2. Ensure the children are considerate towards other passengers by walking quietly and are not playing catching games
3. It is recommended that children stay in a certain location on the ferry e.g. in the movie room with a team guide or in the main dining area
4. Ensure the children are not out on the deck while the ferry is sailing

### **Travel rules of ÍBV**

A group always has to be accompanied by a team guide on travels organized by the club. It is expected that all parents go on one trip.

**We need to urge practitioners that it is the team guide who is in charge and practitioners must comply with the instructions of the team guide.**

### **Mobile phones**

Mobile phones are forbidden on travels until practitioners have completed their studies in 7<sup>th</sup> grade. In the age groups where phones are allowed, a guardian of the group will take the practitioners' phones when they have arrived at the competition venue but they will receive them again when leaving the venue. Coaches will encourage practitioners to bring games and reading material on travels.

## Accidents

The principle is that practitioners are not insured on behalf of the club even though they are training and competing on its behalf. The club's practitioners may be entitled to compensation from the Icelandic Sports Casualty Fund (ÍSí), according to regulation of the union on the fund ([www.isi.is](http://www.isi.is)) or from the Social Insurance Administration (Tryggingastofnun ríkisins), according to regulation of Ministry of Health and social security since 2002 ([www.tr.is](http://www.tr.is)).

Practitioners or their guardians are themselves responsible for obtaining the required material. Required forms for notification can be located on ÍSí's website under the Sports Accident Fund. Assistance for completing the documents can be sought at ÍBV's club offices.

## Fundraising

Fundraisers are organized for all age groups in order to reduce the travel and clothing expenses for parents. If parents and practitioners are active in these fundraisers then they ought to cover all costs.

### Fundraisers for each age group

Considering that each grade changes every October.

#### 1<sup>st</sup> and 2<sup>nd</sup> grade

Boys	2 x dried fish.
Girls	Household pack and mandarin sales.
Together	Breakfast for the TM and Orkumót (tournaments). Eurovision candy.

#### 3<sup>rd</sup> and 4<sup>th</sup> grade

Boys	Cleaning at the Alþýðuhús, FÍV, Kiwanis and Hamarsskóli during Orkumót.
Girls	Shifts at Hamarsskóli during TM and Orkumót.
Together	4 x toilet-paper sales a year.

#### 5<sup>th</sup> and 6<sup>th</sup> grade

Boys	Shifts at Barnaskóli and FÍV + cleaning at Barnaskóli during TM and Orka tournaments.
Girls	Coffee sales at games. Cleaning at Hamarsskóli and Alþýðuhús + BBQ during TM tournament.
Together	Minding the shop during handball tournaments and selling ÍBV merchandise.

#### 7<sup>th</sup> and 8<sup>th</sup> grade

Boys	Hummel sock sale. Christmas wrapping paper. Collecting sponsors for the Tournament paper before 20 <sup>th</sup> April. Organizing in schools on Tuesday before the TM tournament, assisting with participation fees and BBQ during Orka tournament + the shop during both tournaments.
Girls	Collecting sponsors for the Tournament paper before 20 <sup>th</sup> April. The shop during TM and Orka tournaments + assisting with participation fees for TM tournament.
Together	The shop during TM and Orka tournament + assisting with participation fees. Selling the Þjóðhátíð paper. Sales of goods from Grímur Kokkur.

#### 9<sup>th</sup> and 10<sup>th</sup> grade

Boys	Calendar for planning.
Girls	Liquorice.
Together	Baking crullers. Meat sale SS.

#### Those who go abroad:

Obligatory	Organizing in Höllin. Cleaning at Höllin and Listaskóli during TM and Orka tournament.
Obligatory	Shifts and cleaning at schools + timetable shifts during Eyjablökk tournaments.

	Get the big companies to buy cleaning services from them in exchange for advertisements on the game outfit.
	Bingo. Easter egg sale. Fertilizer sale.
Obligatory	Fairy dance on Prettándinn.
Obligatory	Cleaning in the valley + cans at Þjóðhátíð.

### **Obligatory**

When each age group participates in tournaments in Westman Islands the practitioners need to assist in stacking chairs and tables at schools in anticipation of the tournaments

### **Other fundraisers:**

Reflectors, elf sale, coffee sale, tea candle sale, 1<sup>st</sup> May badge, cruller sale, fish sale from Fiskverkun VE.

### **Rules for fundraisers on behalf of ÍBV**

We urge parents to take an active part in the fundraisers on behalf of the club. Parents need to keep in mind, however, that if a practitioner quits their sports activities he/she cannot get their credit paid. It is possible to transfer the credit to their siblings but if there are no such relationships then the amount will be distributed to the grade. Keep in mind not to collect too much credit so that after the age of 16 there won't be an amount leftover that cannot be used. The club has put a limit on the possible credit amount, as after the age of 10 it is not suggested that the credit left in the practitioner's fund exceeds 300.000 kr. and after the age of 14 the cap goes down to no more than 150.000 kr. Parents ought to pay attention to making sure the credit is not too high as excess funds are distributed to the age group/team. There is a trip abroad for the practitioners at the age of 15 and 16. The biggest fundraiser for this trip is cleaning Herjólfsdalur during Þjóðhátíð. It is expected that the parents of the children involved participate in this fundraiser. In connection with this trip and fundraiser you need to keep in mind that if the practitioner quits his/her sporting activities, their credit will be distributed to the age group. In case of unforeseen circumstances the youth council will evaluate each case separately. The fundraisers have been divided between the age groups and parents are asked to respect the document. The club's fundraisers are combined for both sports, if a practitioner only pursues one of the sports then he/she will only participate in the fundraisers occurring during his/her season.



# Parental programs

ÍBV sports club is committed to having a good partnership with the parents and guardians of those children and young people who practice and compete on behalf of the department.

We encourage parents to show their children's sports positive interest, be encouraging regarding their practice, provide them with a clear framework in terms of practice attendance, support them in competitions and show up at practices. Such motivation means a great deal to the children and increases the likelihood of them continuing to play sports.

## **Information for the parents**

In order to keep parents informed, the coaches will create a Facebook page where they will upload information about practices and competitions. The club also has a website where training schedules can be accessed, [www.ibvsport.is](http://www.ibvsport.is).

## **ÍBV Sports Club contributes to:**

- Strengthening the partnership with parents
- The parents being more involved in social activities
- Parents being well informed about the goals of each department and age group
- To getting more parents to work in social affairs
- Information being communicated to parents about their role in social activities

## **The parent council**

In the beginning of the season the children's parents are invited to a parent meeting with the head coach and coaches where the winter schedule will be presented. At this meeting, 5 parent representatives are elected for a so called parent council, in each council there needs to be two cashiers; so there is one for each age group. The parent council is the link into the club and they prepare the trips for the bigger tournaments in cooperation with the coaches. The cashiers manage the money status for each individual in the group and will provide parents with information when they ask for so.

## **Parents' support**

Studies have shown that a crucial part of raising children is spending time with them and knowing who their friends' parents are too. It is at great importance within ÍBV Sports Club that practitioners are friends both on and off the field. The foundation to running a sports club is strong parental involvement. The age groups with strong parental support and involvement are in most cases successful. Both the coach and management get the required support and children practice more and are likelier to participate if their parents are interested about their sport activities.