



“These activities will promote ties of friendship, instill values and result in networking among the children, young people, adults and families.”

You may also visit our website: : [www.handball.no](http://www.handball.no)

## Information

You will find information about your local club on their website, in a club magazine or on posters displayed in various places.

If uncertain about where to inquire, you may contact the Regional Handball Office where you live.

### Does handball sound exciting to you?

**If so, contact us for more information and help:**

#### NHF Head Office:

Tel: 21 02 90 00  
nhf@handball.no

#### NHF Northern Region:

Tel: 77 61 00 66  
nhf.rnn@handball.no

#### NHF Central Region:

Tel: 72 47 20 40  
nhf.rmn@handball.no

#### NHF Western Region:

Tel: 55 59 58 30  
nhf.rvn@handball.no

#### NHF South-West Region:

Tel: 51 73 78 70  
nhf.rsvn@handball.no

#### NHF Southern Region:

Tel: 32 01 61 22  
nhf@rsn.handball.no

#### NHF Eastern Region:

Tel: 66 94 16 53  
nhf.ron@handball.no

#### NHF Inland Region:

Tel: 480 95 500  
nhf.innlandet@handball.no



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# Welcome to your local HANDBALL CLUB



Handball for everyone



## WELCOME TO YOUR LOCAL HANDBALL CLUB

The Norwegian Handball Federation is a voluntary organization with more than 700 local clubs around the country. You will most likely find that there is a local handball club offering activities in your vicinity.

The clubs are generally run on a voluntary basis by enthusiasts, parents and family members.

In this leaflet you will find information about what the clubs can offer you and what is required of you as a participant and member.

## WHAT THE CLUBS OFFER

The handball clubs offer activities in a safe, pleasant and social environment. These activities will promote ties of friendship and result in networking among the children, young people, adults and families.

### Activities

The clubs provide activities for all, for those who are keen to train and those who prefer to be less active. Most of the members are aged from 6 to 18. Many clubs also offer activities with special teams for the disabled. In addition to league matches, the teams often participate in tournaments, all of which is important for strengthening the team spirit and developing a good social environment.

### Skills and training

The clubs train the coaches, players and referees. The coach is responsible for training the teams and arranging the matches. Each team has a support group consisting of parents and members of the family who will help out with the practical tasks.

### Health

Handball clubs focus on healthy values and offer comprehensive and varied activities. The clubs also focus on preventing injuries and making sure that their activities promote general good health, energy and an exciting leisure time. Children and young people who participate in sports often find that their school work also improves. As team players, handball improves their ability to work together in groups and achieve common goals.

### Events

The clubs organize a number of events in which the whole family is encouraged to participate. Children and young people enjoy seeing their parents cheering them on in the stands. The club leaders encourage all the parents to attend the meetings and other events.



## FRIENDSHIP

Children and young people often get to know about handball at school, from friends and family or because of parental involvement. Handball is a team game which involves cooperation and interaction. This often leads to close bonds between the players, and long-lasting friendships...

## WHAT DOES THE CLUB EXPECT FROM YOU?

**Handball is a family activity where the parents of the players and other family members often participate in various voluntary activities for the club. It is not necessary to know a lot about handball before participating.**

**There are many tasks to be done, and much is based on voluntary work and so-called "dugnad" or task force groups.**

### Voluntary work

Voluntary work entails work being organized and carried out free of charge by parents and members of the family, leaders and other officials of the club. Clubs depend on voluntary work to carry out their activities and develop a good social environment.

### "Dugnad" or communal work

Tasks which need to be done in connection with activities are often carried out by "dugnad", groups consisting of voluntary helpers, players and family members. These tasks are often important in order to carry out the activities, and for creating an income for the club. This income is vital to ensure good activities for all who participate, and to keep training expenses at a minimum.

Working together on "dugnad" days tends to develop a good fellowship between the participants, leaders and club officials.

### Transportation

The families are responsible for ensuring that their children get to and from training and matches. A transportation plan is often worked out between the parents and teams in order to share the driving.

### Membership fee

The clubs receive little support for their activities from the public sector and must therefore obtain revenues from membership fees, training fees, "dugnads" and sponsors. Membership fees and training fees are paid for by the individual members. The seasonal membership fee will vary from one club to another, and according to the age group. For the youngest players the fees are very low.

### Equipment

The players must themselves acquire the necessary equipment, such as training clothes, balls and shoes. The most important thing for handball players, if they are to avoid injuries, are good shoes, as much of the training will be on hard indoor surfaces. Player uniforms are provided by the club.