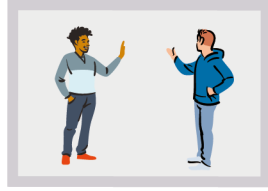


# Would you like to become a member of a sports club?

## 1 ASK FOR HELP

There are many sports you can play. Go to a sports coach or the information desk for more information.

They are there to help you.



## 2 GET INFORMED

The sports coach can tell you more about the sports clubs. What are these? What does a sports membership cost? And how to behave at a sports club? (see do's)



## 3 LEARN THE RULES

All sports have their own rules. Learn them by heart, so it's easier to play along.



## 4 CLOTHING

Sometimes you can borrow sportswear from the club. You can also buy sportswear second-hand. Ask where to find a second-hand store.



## 5 TRIAL TRAINING

Cycle to a club together with the sports coach. Participate in a trial training.



## 6 ASK YOURSELF

Please read the do's at a sports club. Do you think you can follow them?

Sports club membership costs money. Can you afford the sports club membership fee?



## 7 BECOME A MEMBER

Have you found a sports club you would like to join?

The sports coach will help you to become a member.



## 8 GETTING STARTED

The sports coach will help you to:

- ✓ Register at the sports club.
- ✓ Help you paying the sports club membership fee.
- ✓ Arrange your insurance.
- ✓ Get you in touch with a contact person at the sports club.

## ! DO'S AT A SPORTS CLUB

Go to every training and match.

Arrive on time.

If you are unable to attend, please notify the trainer or coach at the sports club on time.

Would you like to stop being a sports club member? Or do you need to relocate? Leave the borrowed sportswear behind. Inform the trainer, team, and sports coach.



Work hard, even if you don't feel like it.

Show respect to others.

Do voluntary work at the sports club. It will be appreciated!

Don't hesitate and ask for help when needed.