**Welcome to Eskilstuna Basket**

Here we have, in short, gathered the most important information for those of you who are new to the association.

**The association**

Eskilstuna Basket was founded in 1956 and has since then been the only basketball association in the city. We are established and have had several successes on both the women's and men's side. We have our office in Bollhuset where we have the largest activities on the youth side. Our senior activities are located in the Stiga Sports Arena (B-hallen). Today we have about 400 active players and are a growing association.

As an association, we work systematically to develop our club to become the association of tomorrow. We want to be an example for Swedish basketball and we are well on our way.

**Board of Directors**

The board is elected at our annual meeting in October each year and is non-profit. It is the board's responsibility to work strategically with the future development of the association, to manage and hire our staff and to ensure that we run a safe and progressive association. We strive for equality and to have members with a wide range of experiences and backgrounds. The most important thing is that you want to be part of creating the association of tomorrow and that you want to make a difference to our young members and the association. The annual meeting is held every year in the month of September or October and notice is given on Laget.se. We encourage all members to attend and make their voices heard.

**Office**

Eskilstuna Basket has its office in Bollhuset, in Årby, where we have the most activities for our young players. Bollhuset has two halls and has training sessions from 16.00 until 22.00 every evening, throughout the season. The season runs from August to June. You can find the opening hours of the office on our website Eskilstuna Basket (laget.se)

**Contact details**

kansliet@eskilstunabasket.se

016-12 41 00 (Daytime)

Prästängsgatan 8

633 46 Årby, Eskilstuna

**Membership fee**

Membership fees are sent out at the end of September for youth teams and at the end of October for all easybasket teams and are valid for one season and are based on age and series play.

The membership fee is 300 SEK + training fee.

The training fee that is added is based on age and possible match play in a series. More information about the fees can be found on laget.se.

The fees include rental of training halls, an insurance policy, and license fees for series play.

**Eskilstuna Basket Cup**

Every spring, since 1999, EB organizes our own basketball cup. We attract about 3000 people to Eskilstuna over a whole weekend. Approximately 1000 officials work during the cup weekend each year. During the weekend all parents and players must contribute. Tasks can be for example working in the kiosk, helping where we offer accommodation, grilling hamburgers or sitting in the secretariat.

It's usually an intense and very fun experience for everyone involved.

**Our leaders**

The coaches of our elite teams (men's and women's) are employees. Other coaches, assistant coaches and others who help around the teams work on a voluntary basis and do so because they are passionate about the sport and the development of the players. We strive to maintain a high quality of training and therefore we are working to implement the Swedish Basketball Federation's framework (Framework for player development (basket.se)

It is compulsory for all leaders to show police clearance before becoming a leader.

There are many tasks that must work for a team to play basketball. We aim to have at least four to five team-parents for each team. This is to make it easier so that one parent doesn't have to take on all the responsibility by themselves. This allows our leaders to focus on creating a safe environment and to provide the conditions for our young basketball players to thrive and develop in Eskilstuna Basketball.

**Expectations of players in Eskilstuna Basketball**

As a player it is important to respect our team rules, each team may have minor differences, but the basis is the same:

- Be on time for practice. Be there at least 15 minutes before the start. If you, against all odds, are late, you should always inform the coach.

- The water bottle must be filled before the training starts.

- When the coach is talking, hold the ball, listen and be quiet.

- You are kind to your teammates and coaches.

- You always do your best.

- The older children help to sit in the secretariat at matches.

- Older children help as youth coaches on our youngest teams.

**Expectations of parents**

Eskilstuna basketball is a non-profit association, which means that our coaches do this in their spare time, without being paid. Therefore, it is very important that we help each other to create the best possible conditions for the activities and to give the players a positive sports experience. This means that you as a parent will need to help with, for example:

- Sitting in the secretariat or standing in the kiosk during elite matches.

- Sitting in the secretariat or standing in the kiosk during your child's home games.

- Helping driving players to away matches.

- Making sure your child arrives on time for training sessions and gatherings.

- Wash the match kit.

- Help raise money for your team treasury.

- Set up and help out at the Eskilstuna Basket Cup which is held annually in May.

Thank you for taking the time! If you have any questions, you can always email us at: kansliet@eskilstunabasket.se

Or give us a call during the day at 016-12 41 00

With kind regards

Eskilstuna Basket