

Råsunda IS F/P2017

Information & rules 2025-2026

Economy

As a participant in Råsunda IS for children born in 2017, there will be two different fees to pay. Member's fee that is handled by Råsunda (the office) and any cup fees that are handled by the team manager.

Registration for the cups will be sent out via email with information about the date of the cup and approximate cost per child as well as a deadline for registration.

Insurance

All players are insured with Folksam, provided that the membership fee has been paid. In case of injury, the guardian must contact Folksam Råd och Vård himself on phone 020-444 111.

Organisation

The team's organization is based on the children's parents helping with what they can. There are several vacancies that need to be filled by more parents to make it as good as possible for the children. Contact the trainer if you are interested in playing a role or for other questions.

Roll	Namn	Telefon	Mail
Trainer	Andreas Sjöholm	073 033 65 00	andy.sjoholm@gmail.com
Trainer	Pernilla Sjöqvist	073 642 38 65	pillans2@hotmail.com
Trainer	Samir Bhur	076 107 84 85	samirbhur@yahoo.com
Trainer	Mathias Kick	076 702 14 96	mathias.kick@gmail.com
Trainer	Niklas Nordstrand	076 583 95 79	nNordstrand86@outlook.com
Trainer	Vacancy		
Trainer	Vacancy		
Team lead	Malin Malmberg	070 334 02 78	malin@djem.se
Team lead	Jonas Malmberg	076 635 06 88	jonas@djem.se
Cashier	Irina BunoIU		irina20aprilie@yahoo.com
Cashier	Maria Glaas	070 275 88 27	maria.glaas@gmail.com

Clothes

The club will give us match shirts. Shorts and socks must be purchased by the parent and can be found here: <https://www.stadium.se/foreningar/1862022>

Football shoes for artificial grass and shin guards is also mandatory.

Contact - Laget.se

We send out invitations to each practice via laget.se.

There you SHOULD answer if you will come to the training or not. It is important to answer so that coaches can prepare and build a training that suits everyone.

Rules of procedure

Things to think about when training. Help your child by:

- Make the child arrive on time for training.
- Make sure the child brings the right equipment (shin guards, football socks and football shoes for artificial grass is mandatory)
- Have the child refrain from training and matches in the event of illness or injury. Otherwise, it can have serious consequences for the child's health.
- ALWAYS respond to invitations sent out before each practice.
- No jewelry watches etc. may be worn during training due to the risk of injury.

Each training starts with a collection, then the trainer goes through the day's training plan and explains the exercises of the session.

We expect that the children who come to practice are there because they want to challenge themselves and practice football.

Respect for the coach, teammates and the material is an important part of development and we want all children to have the same opportunity to develop in a good way.

In case of reckless or disrespectful behavior, the child will be allowed to rest for a while with parents.

For questions or if you are interested in helping, contact the trainer.

We look forward to a fun outdoor season filled with football joy.

Regards,

Leaders