Welcome to Fjellhamar Football Club

Here you will find practical information for new members. For more details, visit www.fjellhamarfotball.no. Your team will also send you specific information about training times, contacts and more.

About the club
Fjellhamar FK aims to be a football club for everyone. Enjoyment and well-being are important, and we encourage members and parents to support this. Founded in 1976, the club offers football for boys and girls aged 5–19, men's and women's senior teams in the 4th division, an old boys' team, a futsal team and an adapted football team. Team details and contacts:

https://www.fjellhamarfotball.no/lagene

What you need to play football
All active players need football boots and shin guards, which they must buy themselves.

All new members (once registered and paid up) receive a match shirt, distributed on an ongoing basis. It is for matches and tournaments, not training. Matching shorts, socks and other club-branded training clothes are sold at Comet Sport Lillestrøm. Members receive a 20% discount.

Spond
All members are added to Spond, available as a phone app. It shows training sessions, matches and other team activities. Parents also have access. Parents do not need club membership; they register as guardians on the player's Spond profile.

Leaving the club
To cancel your membership, email dagligleder@fjellhamarfotball.no. Any outstanding fees will be adjusted according to the withdrawal date.

Fees
There are four charges to be aware of:

1. Membership fee
2. Training fee, part 1
3. Training fee, part 2
4. Activity fee (please read how this works):

https://www.fjellhamarfotball.no/aktivitetsplikt

How much does football at Fjellhamar FK cost?
Fees depend largely on age. FFK also has a support fund for families who need financial assistance. Details and current prices:

https://www.fjellhamarfotball.no/priser

Parent or guardian?
What is expected of parents and guardians? Read more here:

https://www.fjellhamarfotball.no/foresatte All teams also hold two parent meetings each year.

Any questions?
For training, matches and attendance, contact your team coach or manager. Contact details:

https://www.fjellhamarfotball.no/lagene

For questions about the club, payments, the support fund or anything else, contact the general manager:

dagligleder@fjellhamarfotball.no