

Membership in Sangam sports team – Badminton



You will be given a tour of the training room and the necessary information about the club, activities in the club and conditions for membership, and the opportunity to try your hand at a game if you have indoor shoes and training clothes with you.

After the "trial session", you must have decided whether you want to become a member of the club.

If you want to become a member,

- you must first register with NIF ([Innmeldingsside \(nif.no\)](https://nif.no))
- when the registration is in place, the club will send you an invoice for payment of the training fee.
- the training fee must be paid before you attend regular training. Pay attention to the payment deadline on the invoice. If you are impatient to wait, you must pay the invoice quickly so that you can start training quickly.
- after paying the training fee, you must download the Spond app and register with a full profile.

For training,

- you must bring your own racket.
- bring indoor shoes with you.
- bring training clothes (clean and odor-free)
- respond to invitations.
- follow information shared in Spond

In training,

- must you be inclusive and play with everyone regardless of gender, age, level etc
- have breaks in between so that others also can play.
- take part in setting up/down the nets and other equipment.
- clean up after yourself (and others when necessary)
- leave the hall quickly after training.