



COME JOIN US!

HANDBOOK FOR PARENTS

Designer and Author: Kristín Ómarsdóttir

Ungmennafélagið Katla

The preparation of the handbook for parents was a collaborative project between the Youth and leisure representative of Mýrdalshreppur, Youth Association club Katla, and supported by Rannís the sport fund 2024.

Table of content

Introduction	4
Social Media	5
Board of Katla Youth Association	6
Coaches and Trainers	7
Parents Role	8
Advice for Parents	9
Registration of Participants	10
Training Fees	11
Tournaments and Competitions	12-14
Competition Venue Arrangements	12
Events held by UMF Katla	15-17
Contingency Planning	18
Questions and Answers	19

Introduction



In Iceland, sports and leisure activities for children and youth are respected and highly rated. Organized sports and youth activities are popular, Iceland has over 500 sports clubs nationwide. The number of sports varies, as they are determined by the sports clubs. There are more diverse opportunities in urban areas than in rural areas. Additionally, children's interests can be different and vary.

Organized sports and leisure activities have tremendous preventive value. Many studies have shown that organized sport increases the likelihood of better mental and physical health, and help with social development, and children who participate in sports are less likely to consume alcohol, tobacco, and other drugs. In organized sports, children learn self-discipline, consideration, teamwork, team building, and respect for their peers under the guidance of adults. Children should participate on their own terms to enjoy sports and have fun doing so. All children and youth have an equal right to participate in sports and not to be judged because of origin, social status, skin color, or gender.

The definition of organized sports activities is, that children and youth practicing sports under the guidance of a coach or a trainer. Sports and youth clubs emphasize offering quality work focusing on enjoyment and well-being.

The West Skaftafell Youth Association (USVS) is an umbrella organization for all the member associations in West Skaftafell County. Katla Youth Club, Ás Youth Club, Golf Club in Vík, and Horse Riding Clubs.

Katla Youth Association was founded on Monday, May 17th, 2008, when Drangur and Dyrhólaey Association merged. Initially, the two were merged for a three-year trial, but the merger was made permanent after successful collaboration.

Katla Youth Association is nothing without volunteers and people, who support and maintain the work! Would you like to help us improve sports activities for children and youth? Please contact us via email at umfkatla@gmail.com

Social media



Katla Youth Association has a Facebook page including groups for all sports. The purpose of the groups is to organize competitions, fundraisers, and other events. Information from contacts, group leaders, board members, or coaches also appears on Facebook and in groups.

Some sports have a group within Facebook, but you can also search for them by typing in:

UMF Katla körfubolti	(Basketball)
UMF Katla knattspyrna	(Football)
UMF Katla frjálsar	(Athletics)

Coaches use the Sportabler app to manage attendance and to communicate with participants and parents. On Sportabler you can find information on training schedules and attendance. You can also send a message to the coach. The app is free and is downloaded from the App Store and Google Play. It is simple to install and use.



Social media is widely used to provide information about practices, schedules and tournaments.
You can also email us at umfkatla@gmail.com

Board of Katla Youth Association.

The Youth Association's Board consists of 5 members and is elected at the Annual General Meeting, held no later than April 15th, yearly. Katla Youth Association aims to promote social and sporting activities, a good lifestyle for children and youth, and people who want to exercise healthy physical activity.

The main objectives of the Board is to:

- Protect the association's values.
- Develop the work and strategy.
- Hire coaches
- Use association resources efficiently
- Treat everyone on equal terms and to not discriminate against participants, coaches, or parents based on gender, race, sexual orientation, age, nationality, disability, religion, or beliefs.
- Respect rules and always show honesty in their behavior and work.
- Ensure that members are well informed.

At the Annual General Meeting, elections are held for committees such as Sport Committee, Entertainment Committee, Fundraising Committee, and Infrastructure Committee. Therefore, a good way of participating in promoting the association is to volunteer for one of these committees.

Coaches and Trainers

The main role of coaches at UMF Katla is to encourage and create a positive and good environment for the children. Promote their development and enhance their skills according to the age and abilities of participants in the sport they play. See the role and objectives of the coach in the coach guide on the UMF Katla website.

At UMF Katla, every sport has a coach. Good communication and collaboration between coaches and parents are key factors in attendance, well-being, and participation.



Parents Role

All parents should contribute in order for the active work of the youth association to be sustained. It is encouraging for children to see their parents actively participating in their sports and leisure activities.

Ask your child if the game or exercise was fun or exciting.

Social support from parents is one of the most important aspects of physical activity and sport among children and youth.

Parents should always respect the work of coaches, tournament organizers, and referees.

Referees should ensure the safety of children, judge games fairly to the best of their ability and promote enjoyable play for the children.

- All decisions made by the referee are not ours to criticize!
- Parents are role models for their children and we should display respect for each other.
- Parents can get involved in the work with assistance for fundraising and work organized by the association.
- Parents should always speak highly of the association Katla, as it helps to develop Kata even more.



Advice for Parents



Parents are role models for their children and should display sportsmanlike behavior.



Be encouraging and remember that this is only a game, to grow you have to make mistakes and it is all right.



Your child is playing sports for their pleasure, not to make you happy.



Encourage your child to participate in sports and leisure, but don't force them.



Be positive instead of setting demands!



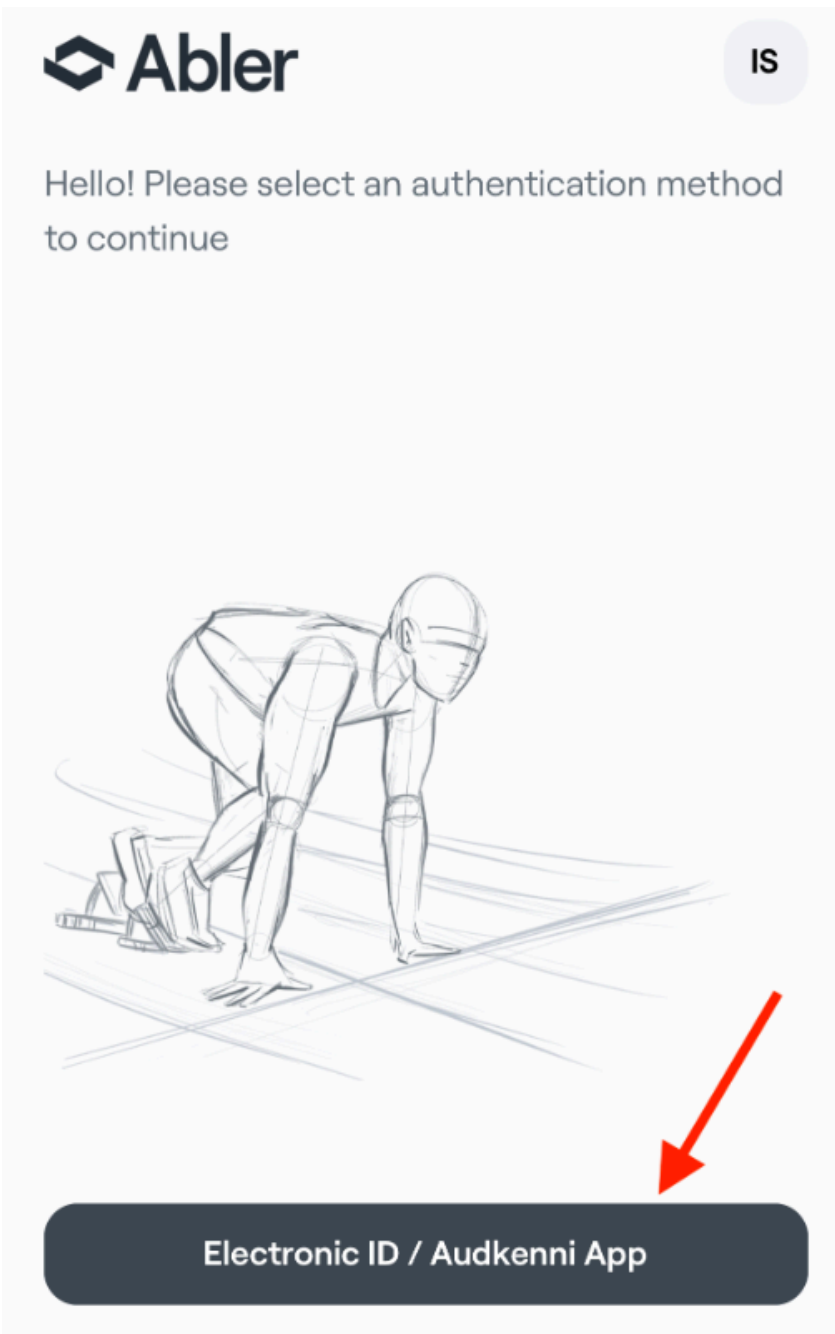
Parents are welcome to talk to the coach about the training, but please do not interrupt training sessions by talking to your child.

Registration of Participants



Registration occurs in September, January, and May. Registration information can be found on the Youth Association’s Facebook page. Please note that a participant must be registered for each season even if he or she participated in the previous season.

To register with Abler, go to <https://www.abler.io/> or log into the app using electronic ID/ID app.



Following the registration, a training table is posted which also appears on the Katla Facebook page.

All exercises are logged into Sportabler, meaning parents must download the app. The training schedule may change or exercises may be shifted with short notice. Notices always appear in Sportabler.

Training Fees



Training fees are charged three times a year, for each season through Sportabler. September, January, and May.
Children and youth are available to try sports free of charge. For more information contact the club/coach.

Training

Training is held at the Mýrdalshreppur Sports Center in the winter and summer if the weather permits to be on the sports field. Training takes place all year round. There are short holidays taken, following the Víkurskóli, primary school. (Winter break, Christmas break, and Easter holidays.

It's important to be on time for training!

If a participant does not attend training, absences must be reported on Sportabler.

Training clothes



Winter

- Practice gear
- Competition clothing
- Indoor shoes
- Football shin guards



Summer

- Football shoes
- Shin gaurds
- Practice gear
- Competition clothing
- Light jacket/wind jacket
- Finger mittens
- Headband/cap

Tournaments and Competitions

Practical information for tournaments and tours. Parents /guardians talk to coaches about organizing tournaments and competitions.

Parents/ guardians can carpool driving responsibilities to and from tournaments. It is not required to attend tournaments unless the coach explicitly states that all parents be present. In some cases, parents/guardians can take the initiative together about organizing tournaments or competitions in other communities.

If a participant does not yet own a competition uniform or is missing articles from it, contact the coach or the youth board members in time for a tournament so that they can arrange a loan uniform.

Competition Venue Arrangements

The coach or contact person posts information on Facebook and Sportabler about when a tournament or a competition is. It is a good idea to arrive on time about 20-30 minutes before the tournament is to start.

Role of team member/coach

- Responsible for keeping the team together.
- Monitoring the game layout and field position.
- Communicate with parents during the tournament.
- The coach must ensure that all participants registered for a tournament have a ride to the tournament.
- The team manager/coach is responsible for combining into cars if needed. Also, the need to be aware if parents intend to drop their children off.

Small Town Games - Smábæjarleikarnir

The Blöndós Small Town Games is a football tournament for smaller rural communities. Children born between 2012 and 2017 are eligible to compete and are divided into three competition categories according to age.

The tournament is usually held on June 17th weekend, the second or third weekend in June. Football is played on Saturday and Sunday, except for Group 8 which only plays on Saturday.

Katla Youth Association and Ás Youth Association merge under the banner USVS at the tournament.

Registration for the tournament is advertised tentatively with the Youth Associations and USVS. Parents/guardians must accompany their child to the tournament.

USVS pays the fee.



The Youth National Championship - Unglingalandsmót

The Youth National Championship is hosted annually on „verslunarmannahelgi“, the first weekend in August.

The tournament is a family festival where children and young people aged 11-18 can try numerous sports. There are also a variety of other activities, games, and entertainment so everyone in the family can find something of their liking.

Competitors are responsible for registering at umfi.is
The registration fee is paid by USVS.



Events held by UMF Katla



Easter Egg Hunt

The youth association Katla organizes an Easter Egg Hunt a week before Easter. The women's associations in Mýrdalshreppur and Krónan support the hunt. The goal is to encourage physical activity. Ten places around the municipality are chosen where you must find hand-painted stones in the shape of eggs. These stones and eggs must be found to be able to have a chance to win a chocolate Easter egg.



Annual General Meeting of Katla Youth Association

The Annual General Meeting of UMF Katla is held yearly between February 1st and April 15th. Awards are given to, for example, the athlete of the year, the brightest hope, and the most promising athlete. The Annual General Meeting is an ideal forum to discuss what has been done, what can be done better, or come up with ideas for improvements. We encourage people to participate on the board and committees to influence the work.



AVP and Katla Chess and Football School

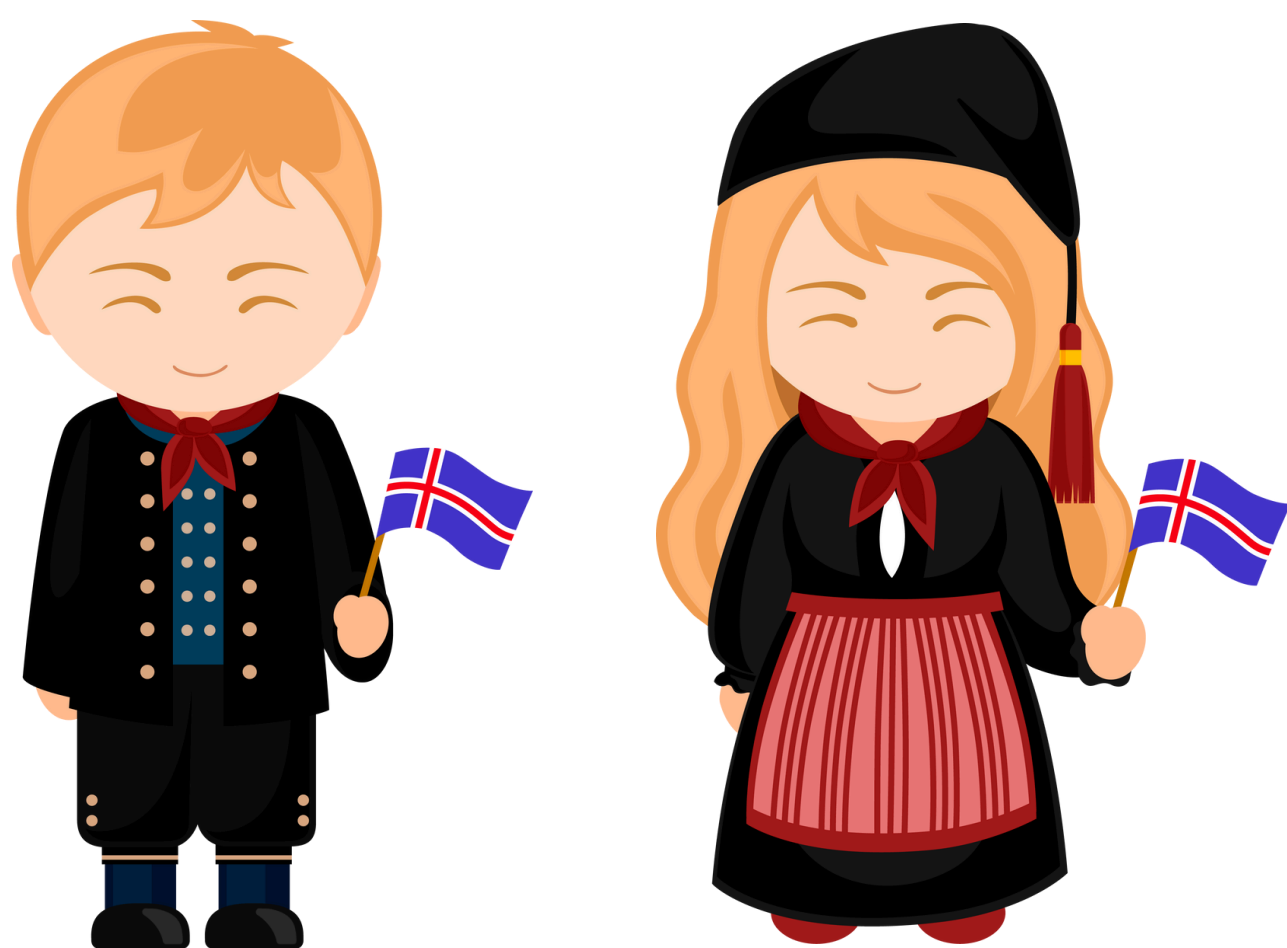
Every year, the transportation company Auðbert & Vigfús Páll organizes a chess and football school, for four days in June.

An experienced coach comes together with coaches from Katla and Ás to teach chess in the morning and football techniques in the afternoon. On the last day of the school, there is a barbeque and every participant receives a marked t-shirt.



Independence Day 17th of June

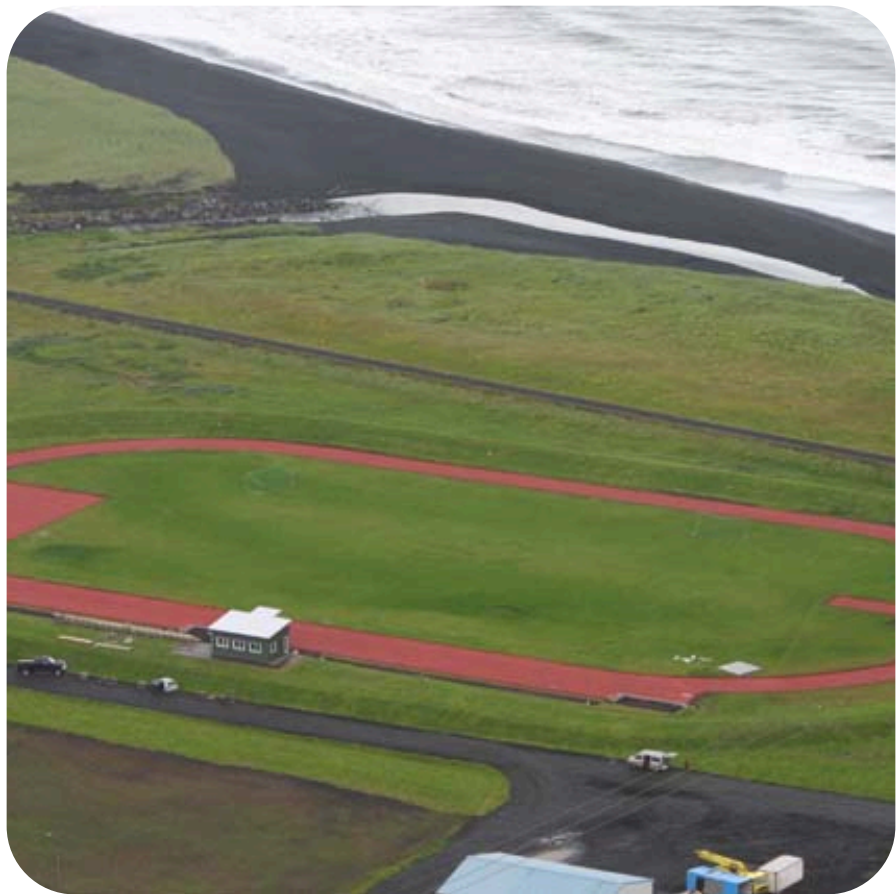
The Katla Youth Association is the main organizer of the June 17th Festival in Vík. We collaborate with social organizations and parties in the area who help to make the festival as fun as possible. If you want to participate in the preparations or have an idea to put on the agenda, please volunteer for Katla's entertainment committee at the Annual General Meeting.



USVS Athletics Festival in Vík

USVS organizes two athletics tournaments annually, one in Kirkjubæjarklaustur and one in Vík. The Youth Association Katla assists with the tournament held in August. There are usually competitions in running, long jump, triple jump, high jump etc. at the tournament. Younger children can also compete in running, long jump, and ball throwing.

You can register with USVS a few days before the tournament. After the tournament, it is customary to barbecue and have fun.



10-11 ára

60 m-600 m-
hástöKK-langstöKK-
spjótKast-Kúluvarp

12-13 ára

60 m-600 m-
hástöKK-langstöKK-
spjótKast-Kúluvarp

14-15 ára

100 m-hástöKK-
langstöKK- þrístöKK-
spjótKast-Kúluvarp

16 ára og eldri

100 m-hástöKK-
langstöKK- þrístöKK-
spjótKast-Kúluvarp

Íþróttahátíð USVS verður
haldin á
frjálsíþróttavellinum í Vík,
laugardaginn 26 ágúst.
Keppni byrjar klukkan 10.

Skráning keppenda fer fram með
tölvupósti á usvs@usvs.is, þar sem fram
kemur nafn, kennitala og keppnisgrein.
Skráningarfrestur er til klukkan
tölf á hádegi föstudaginn 25.
ágúst.



Contingency Plan

Response to harassment, bullying and violence.

Various incidents can occur in sports activities that need to be addressed. The Katla Youth Association sets its own Rules of Procedure, Rules of Ethics, and a Response Plan to ensure the right actions are taken. The Katla Youth Association collaborates with UMFI (Icelandic Youth Association) response plan.

The Response Plan covers disciplinary offenses, habit and drug use, bullying, and sexual offenses. Everyone who participates in sports and leisure activities should be able to attend in a safe environment and undisturbed regardless of age, gender, or status. Individuals should be able to seek their rights if an incident occurs, without fear of consequences.

If an incident occurs, the employee/coach shall always refer the matter to the Katala board, which will assess whether it can be solved within the club or whether it needs to be referred to further processing. Guardians and parents can also report violations to the main board. Violations by an employee/coach follow the same process.

The communication counselor for sports and youth activities covers organized activities and operates by the law. The goal of the operation is to ensure that sports and youth activities take place in a safe environment and that children, adolescents, and adults, regardless of gender or status, can participate in sports and youth activities and seek help or justice for incidents and misdeeds.

All who attend organized exercises or social activities in the country can seek the help of a communication counselor regarding bullying or violence that they believe they have experienced in their sports and/or youth activities.



Samskiptaráðgjafi
Íþróttar- og æskulýðsstarfs



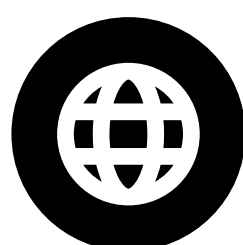
samskiptaradgjafi@samskiptaradgjafi.is



581-1009

839-9100

783-9100



www.samskiptaradgjafi.is

Questions and Answers

How do I register my child for sports?

Contact the coach or the board of the club. Information about the email address and phone number can be found on the Ungmennafélagið Katla Facebook page. You can also register through Sportabler app.

Should I as a parent be at training all the time?

It is not necessary but you are always welcome to talk to the coach.

What if my child does not speak Icelandic?

Children and youth do not need to know Icelandic to participate.

Where do I pay participation fees?

Through Sportabler.

What if my child can't make it to practice?

You can notify absences through Sportabler

Where does UMF Katla's practice/training take place?

During winter in the Mýrdalshreppur sport hall and usually in the summer on the sport field outside.

As a parent, how can I help with the work of the Youth Association?

It is possible to sign up for the committees at the annual meeting. You can always contact the board with ideas or if you want to help out at tournaments and events of the Association.

