

# SOUTH AYRSHIRE

S w i m T e a m

# MEMBERSHIP PACK

[www.southayrshireswim.co.uk](http://www.southayrshireswim.co.uk)

SCOTTISH *swimming*  
everyone can swim!

*south*  
**AYRSHIRE**  
C O U N C I L

## Welcome to South Ayrshire Swim Team

Congratulations!!! If you are reading this membership pack then you have been selected to swim or trial with SAST (South Ayrshire Swim Team). Please read through the membership pack and return the membership form (last page) to

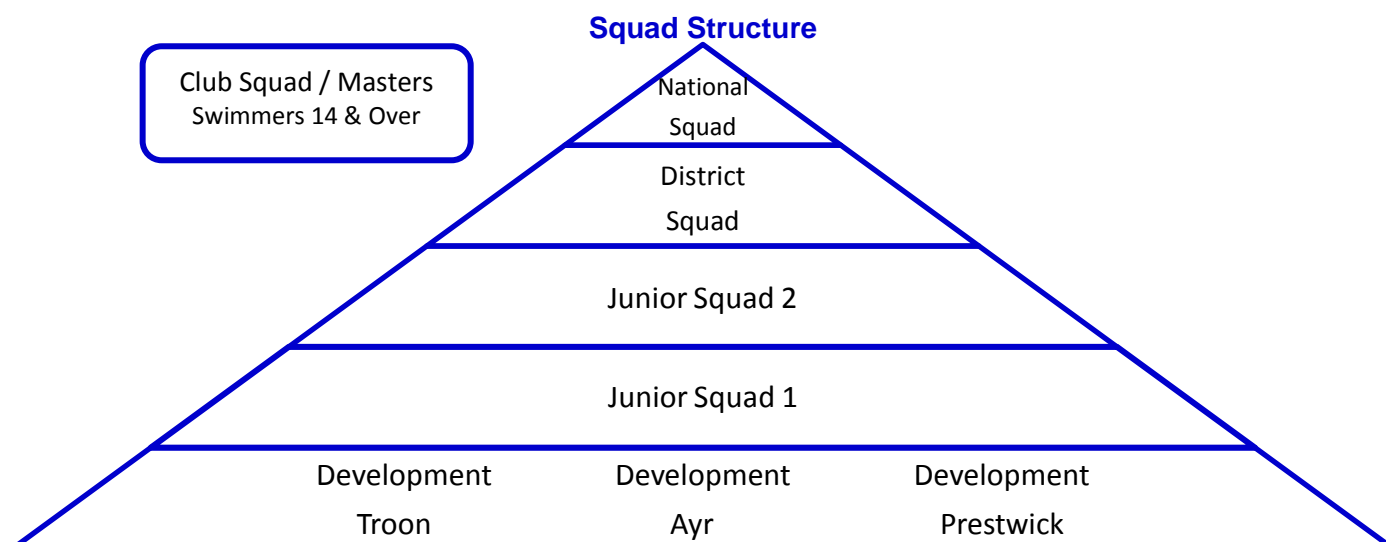
The Administration Manager,  
c/o Prestwick Swimming Pool ,  
St Ninian's Park,  
Prestwick  
KA9 1NW

SAST is a competitive swim team which aims to develop swimmers to District, National and International levels of competition. Members of the team will receive help, guidance and support from the professional coaching team and club committee who aim at providing the correct organisation and environment. South Ayrshire Swim Team is a performance club and is structured to follow the guidelines laid out by British Swimming in the Long Term Athlete Development Plan.

The principles of SAST are:

- To provide coaching and facilities beyond that which any other club in South Ayrshire can
- To provide a progressive programme enabling swimmers to achieve his/her potential within the sport of swimming
- To provide an environment from which swimmers can realise their potential at high levels
- To provide an environment where the best swimmers from South Ayrshire can train together to progress and motivate each other to higher levels
- To provide a smooth, healthy and progressive development programme and environment based up on the principles of the British Swimming LTAD (Long Term Athlete Development) plan.
- To provide positive encouragement and reward through awards and achievement within both practice and competition.
- To promote TEAM building and exercise to generate an atmosphere that encourages sportsmanship and swimmers to support one another.
- To set clear practice standards and guidelines that will promote a suitable practice environment in which swimmers can achieve National and International levels.
- To set clear and progressive squad qualifying standards which coincide with the competition levels of each squad and LTAD competitive development phases.
- To nurture and develop swimmers to National and International levels in meeting the criteria's of British and Scottish Swimming programmes.
- To become one of the leading performance swimming schemes in Scotland.

Brief information on the LTAD can be found later in this booklet. A more in depth guide can be found on the SAST website and the SAST notice boards at each of the pools.



## Development Squads

<b>Target Age Groups</b>	7-10 years
<b>LTAD Stages</b>	Fundaemtal & Swimskills
<b>Training Aims</b>	<p>Swimmers within the Development Squads will learn how to train and develop specific swimming skills. Swimmers are encouraged to participate in other sports to develop their energy systems and movement patterns.</p> <p>Swimmers will be taught</p> <ul style="list-style-type: none"><li>• Development of all 4 strokes and streamlining</li><li>• Basic stroke drills</li><li>• Basic stoke laws and gala procedures</li><li>• Start, turn and finishing techniques</li><li>• Warm up, Stretching and cool down</li><li>• Clock reading, lane discipline and squad training competencies</li></ul>
<b>Training Volume</b>	3000-4500 per week
<b>Equipment Required</b>	<p>Only to be purchased 1-2 months in to membership</p> <ul style="list-style-type: none"><li>• Swim Hat &amp; spare (if worn)</li><li>• Goggles &amp; Spare</li><li>• Fins</li><li>• Kick Board</li><li>• Poolside Kit Bag</li></ul>
<b>Growth Development</b>	During these ages a child's co-ordination skills are developing and therefore the training will focus on skill development and technique.
<b>Entry Criteria</b>	<ul style="list-style-type: none"><li>• Swimmers will normally be aged between 7-9 years of age</li><li>• Must be competent on 3 strokes and have a basic knowledge of all 4 strokes</li><li>• Be able to swim 400 meters continuously</li><li>• Must commit to of a minimum of 2 sessions a week</li></ul>
<b>Competition Targets</b>	<ul style="list-style-type: none"><li>• Graded Meets,</li><li>• Club Championships</li><li>• Leagues</li></ul>
<b>Attendance</b>	Swimmers will target 3 sessions per week
<b>Squad Info</b>	<p>There are 3 Development Squads based at the relevant pools as follows:</p> <ul style="list-style-type: none"><li>• Ayr Development (21 swimmers)</li><li>• Troon Development (28 swimmers)</li><li>• Prestwick Development (28 swimmers)</li></ul>

## Junior Squads

<b>Target Age Groups</b>	8-12 years
<b>LTAD Stages</b>	Swimskills
<b>Training Aims</b>	<p>Swimmers will continue to develop the training aims from Development Squad to a more advanced level. This will also include</p> <ul style="list-style-type: none"><li>• Improvement of all 4 strokes</li><li>• Sculling, “feel for the water”</li><li>• Introduction to more complex drill progressions</li><li>• Practice IM (Individual Medley) swimming</li><li>• Regular test sets to monitor progression</li><li>• Increased distances in training to develop endurance</li><li>• Learn to keep a basic logbook of training and competition results</li><li>• Basic nutritional needs</li></ul>
<b>Training Volume</b>	9'000m+ per week
<b>Equipment Required</b>	<ul style="list-style-type: none"><li>• Swim Hat &amp; spare (if worn)</li><li>• Goggles &amp; Spare</li><li>• Fins</li><li>• Kick Board</li><li>• Poolside Kit Bag</li><li>• Pull Buoy</li><li>• Drinks Bottle (750ml minimum)</li><li>• SAST Basic Log Book</li></ul>
<b>Growth Development</b>	During these ages a child’s co-ordination skills are still developing and therefore the training will continue to focus on skill development and technique.
<b>Entry Criteria</b>	<p>Swimmers will be judged through training, time trials and competitions demonstrating the following</p> <ul style="list-style-type: none"><li>• 200m freestyle with tumble turns and bilateral breathing</li><li>• 200m backstroke with tumble turns and a bent arm pulling action</li><li>• 200m breaststroke with correct underwater strokes off each turn</li><li>• 100m butterfly with fins</li><li>• 100m IM with turns</li><li>• Competition racing start</li><li>• Correct finishes</li><li>• Basic understanding of stroke and turn rules</li><li>• Swimmers must also demonstrate commitment levels by attending a minimum of 2 sessions per week in one of the Development Squads.</li></ul>
<b>Competition Targets</b>	<ul style="list-style-type: none"><li>• Level 2 Meets</li><li>• Graded Meets,</li><li>• Club Championships</li><li>• Leagues</li></ul>
<b>Attendance</b>	Swimmers will target 4-5 sessions per week 3 sessions is the minimum (including the midweek am session)
<b>Squad Info</b>	<p>There are 2 Junior Squads who train at various pools. Swimmers will join Junior Squad 1 first and progress to Junior Squad 2 at the coaches (team) discretion.</p> <ul style="list-style-type: none"><li>• Junior Squad 1 (28 swimmers)</li><li>• Junior Squad 2 (28 swimmers)</li></ul>

## District Squad

<b>Target Age Groups</b>	Boys 11-14 / Girls 10-13
<b>LTAD Stages</b>	Training To Train
<b>Training Aims</b>	<p>Training emphasis now changes at this important stage of growth and development. Aims include:</p> <ul style="list-style-type: none"><li>• Development of aerobic conditioning (distance covered increased)</li><li>• Development of speed (short distances)</li><li>• Improvement of all 4 strokes</li><li>• 200 IM development (main event)</li><li>• Advanced logbook of training, competition, growth and progressions</li><li>• Land Training (own body weight exercises)</li></ul>
<b>Training Volume</b>	24'000m-32'000m per week
<b>Equipment Required</b>	<ul style="list-style-type: none"><li>• Swim Hat &amp; spare (if worn)</li><li>• Goggles &amp; Spare</li><li>• Fins</li><li>• Kick Board</li><li>• Poolside Kit Bag</li><li>• Pull Buoy</li><li>• Drinks Bottle (750ml minimum)</li><li>• Finger Paddles</li><li>• Scuba Diving Slate (for poolside recording)</li><li>• SAST Advanced Log Book</li></ul>
<b>Growth Development</b>	<p>During these ages a child's Cardiovascular system develops as he/she grows in height. Therefore the main emphasis is aerobic endurance (high volume &amp; low intensity workloads). This requires an increased commitment to training time. If insufficient time is devoted to this stage or it is missed then the young swimmer will never reach their full potential.</p>
<b>Entry Criteria</b>	<ul style="list-style-type: none"><li>• Swimmers must attain a standard based upon 200m qualifying times (released annually every January) achieved through competition or SAST Time Trials (held every 6 wks).</li><li>• Swimmers must also demonstrate commitment levels and a suitable level of endurance by attending a minimum of 4 sessions per week in one of the Junior Squads.</li><li>• Swimmers must have an up to date Logbook.</li></ul>
<b>Competition Targets</b>	<ul style="list-style-type: none"><li>• Level 1 &amp; 2 Meets</li><li>• District Championships</li></ul>
<b>Attendance</b>	<p>Swimmers must target 6-7 sessions per week 5 sessions is the minimum (including 3 am sessions)</p> <p>Swimmers will be told to do less than the target when first joining the squad. Attendance will increase under the coaches' discretion.</p>
<b>Squad Info</b>	District Squad train at various pools and holds up to 24 swimmers

## National Squad

<b>Target Age Groups</b>	Boys 13+ / Girls 12+
<b>LTAD Stages</b>	Training To Train      Training to Compete      Training to Win
<b>Training Aims</b>	<p><b>Training To Train (lower ages)</b></p> <ul style="list-style-type: none"><li>Continued development of aerobic conditioning</li><li>Advanced land training (own body weight)</li></ul> <p><b>Training To Compete (Boys 15-18 years / Girls 14-16 years)</b></p> <ul style="list-style-type: none"><li>Increased intensity whilst maintaining volume</li><li>Developing individual strengths and weaknesses</li><li>Tactical race skills</li><li>Specialisation in a stroke or distance</li><li>Land Training (weights introduction and development)</li></ul> <p><b>Training To Win (Boys 18+ / Girls 17+)</b></p> <ul style="list-style-type: none"><li>All aspects of training individualise to specific events</li><li>Development of stamina, speed, strength, skill and suppleness for specific event/s</li></ul>
<b>Training Volume</b>	42'000m+ per week (Building up to this over 2-3 years)
<b>Equipment Required</b>	<ul style="list-style-type: none"><li>Swim Hat &amp; spare (if worn)</li><li>Goggles &amp; Spare</li><li>Fins</li><li>Kick Board</li><li>Poolside Kit Bag</li><li>Pull Buoy</li><li>Drinks Bottle (750ml minimum)</li><li>Finger Paddles</li><li>Scuba Diving Slate (for poolside recording)</li><li>Hand Paddles (15 years + only)</li><li>Heart Rate Monitor (for at home)</li><li>SAST Advanced Log Book</li></ul>
<b>Growth Development</b>	<p>As a swimmers growth in height begins to slow their strength will begin to develop and therefore land training and intensities will increase.</p> <p>Training To Win      (B 12-15yrs/G 11-14 yrs)      Aerobic Development Training To Compete      (B 16-18yrs/G 15-17yrs)      Strength Development Training To Win (B 18+ / G 17+)      Performance Development</p>
<b>Entry Criteria</b>	<ul style="list-style-type: none"><li>Swimmers must attain a standard based upon qualifying times through competition or SAST Time Trials (held every 6 weeks).</li><li>Swimmers must also demonstrate commitment levels and a suitable level of endurance by attending a minimum of 6 sessions per week in District Squad.</li><li>Swimmers must have an up to date Logbook.</li></ul>
<b>Competition Targets</b>	<ul style="list-style-type: none"><li>District Championships</li><li>National Championships</li><li>British Championships</li><li>International Meets</li></ul>
<b>Attendance</b>	<p>Swimmers must target 8-9 pool sessions per week / Land work as requested.</p> <p><b>TOTAL COMMITMENT AND EXCEPTIONAL DISCIPLINE IS REQUIRED IN THIS SQUAD</b></p> <p>Swimmers will be told to do less than the target when first joining the squad. Attendance will increase under the coaches' discretion.</p>
<b>Squad Info</b>	National Squad train at various pools and holds up to 16 swimmers

## Club Squad / Masters

The aim of the Squad is social competitive training and development and is primarily for swimmers from District and National Squad. The squad is for athletes who do not wish to meet the commitment levels or do not meet the competitive standards of the main squads. Attendance levels to training and competitions still apply but on lower a lower level of commitment.

<b>Target Age Groups</b>	14 & Over (inc Masters)
<b>Competition Aims</b>	4-8 competitions at various appropriate levels
<b>Attendance</b>	Target 3-4 sessions / week 2 sessions / week minimum.
<b>Maximum Numbers</b>	approximately 24 swimmers (dependent on current Masters membership)

masters Squad is for mature athletes 18 years +. All masters' swimmers must still compete and represent South Ayrshire Swim Team. The squad still has limited places which will be decided by the team of coaches taking into account current performances, training, commitment, attitude and attendance records past and present.

<b>Target Age Groups</b>	18 & Over
<b>Competition Aims</b>	Masters meets
<b>Attendance</b>	Target 2-3 sessions / week 1 sessions / week minimum.
<b>Maximum Numbers</b>	approximately 24 swimmers (dependent on current Club Squad membership)

## Movement Between Squads

Swimmers should be working towards meeting the entry criteria for each of the squads as stated previously in this pack. All movements between squads are reviewed by the SAST coaches at monthly coaches meetings taking into account a swimmers performances, training, commitment, attitude and attendance records The Head Coach, in consultation with the team of coaches may at their discretion, authorise movements that do not comply strictly with the entry criteria for a particular squad.

SAST Can only accommodate around 190 swimmers (age and ability depending)  
Please note that due to limited numbers, places within each squad will be taken by swimmers with the greatest potential based on current performances, training, commitment, attendance records and attitude.

As the club is a performance based competitive programme, there may be occasions when swimmers are asked to leave the club if minimum attendance and competitive standards are not achieved. In this situation, verbal and written communications will be issued before any action is taken.

## Competitions

Swimmers will be informed of competitions to which they can enter and advised on which events to compete in when they are of a sufficient standard. As we are a competitive club, swimmers are expected to compete and represent the club when selected to compete at a meet.

Swimmers are expected to attend 8-12 competitions (full weekend) a year. Age Group swimmers (girls under 14 and boys under 15) must compete in varied events to aid in their all round development. Coaches will direct swimmers and parents on which events / selection of events they must enter. Older swimmers will begin to specialise in events under the guidance of the head coach.

Age Group Swimmers should aim at entering BAGcats events whenever possible. This means entering at least one event from each of the different categories:

<b>Category</b>	<b>Description</b>
Hundred	Any 100m event
Form	200 Backstroke / 200 Breaststroke / 200 Freestyle
Distance	200 / 400 / 800 / 1500 Free
IM	200 IM / 400 IM

## Long Term Athlete Development

As a swimmer begins the swim program, the long term development of the child will be the main priority. SAST and each squad/coach will use the LTAD (Long Term Athlete Development) framework which is backed and promoted by British and Scottish Swimming.

The LTAD is a framework for programs which are based on the principles of human growth and development. It provides guidance to achieving optimal practice, competition and recovery in relation to the important growth and development years of young people. If a long term approach to practice is not adopted then neither are the opportunities for Long Term Success.

Swimmers not on a long term program are likely to experience a plateau in performance when growth and development slows significantly (approximately 15-17 years for girls and 16-18 years for boys). For some swimmers this can result in performances getting worse and rewards for practice being too little causing some swimmers to resent swimming or become negative to practice or competing.

To simplify, if we do not apply the correct practice at each development stage of a swimmers growth, then they will lessen their chances of National and International success. However if we do apply the correct practice at each of the sensitive periods of growth, then the swimmers chances of National and International success are increased greatly. The swimmers will be capable of reaching their true full potential.

To help monitor the key stages of growth and development swimmers within National and District Squads will be required to monitor their height, arm span & weight. Record results within their training logbooks.

## Squad Fees

There are two methods of payment

### *Standing Order Payments*

1. By **Standing Order** over 6 monthly Payments Oct-March.

### *Full Cheque / Cash Payment*

2. By paying a **Cheque or Cash** in full by start date you qualify for a discount (detailed below)

Your membership details will be forwarded to the treasurer who will invoice you accordingly with details on the payment options and how to pay.

Should you have any questions regarding the fees and method of payments please contact Colin Picken at [colin.picken@btinternet.com](mailto:colin.picken@btinternet.com) or 07595 716203 and leave a message.

Squads	Fees for the Year	Standing Order Over 6 Months	Up Front Discounts	Paid up front Fee
Development Squads	£201.00	£33.50	£10.00	£191.00
Junior Squads	£312.00	£52.00	£16.00	£296.00
District Squad	£411.00	£68.50	£22.00	£389.00
National Squad	£471.00	£78.50	£26.00	£445.00
Club Squad	£312.00	£52.00	£16.00	£296.00
Masters Squad	£186.00	£31.00	£10.00	£176.00

All fees incorporate a SASA (Scottish Amateur Swimming Association) membership fee which all members are required to pay.

## Code of Conduct

All swimmers and parents (swimmers under 18) are required to sign a South Ayrshire Swim Team Code of Conduct. A copy is attached to the last pages of this pack. Failure to comply with the Code of Conduct may result in the Swimmer or Parent:-

- (a) Receiving a verbal warning.
- (b) Receiving a written warning.
- (c) Receiving written notification of suspension from South Ayrshire Swim Team.
- (d) Receiving written notification of dismissal from South Ayrshire Swim Team.

A written warning or written notification of suspension/dismissal will be sent to the Member no later than 7 days from the date of any disciplinary meeting.

All coaches, club officials and committee members must abide to the Code of Conduct and are also required to sign a copy annually.

## Grievance Procedure

Any problems that occur within the club, should be discussed at the time and hopefully resolved informally with the squad coach and /or the Head Coach. However, should it be necessary to take the grievance further then a written and signed formal complaint should be made and addressed to the Club Admin Manager. Complaint forms and how to fill them in can be found on the clubs website [www.southayrshireswim.co.uk](http://www.southayrshireswim.co.uk) (within the Documents subheading). The South Ayrshire Swim Team Grievance & Complaints can also be found on the website.

## Duty of Care

Our duty of care for all swimmers, starts once they enter poolside at the start of the session, and finishes once they leave poolside at the end of the session. South Ayrshire Swim Team is not responsible for swimmers outside of these hours. Therefore arrangements must be made for all swimmers to be fully supervised until the arranged start of the session and picked up immediately at the end of training. It is also advisable to ensure that a coach is in attendance before parents leave the building.

All efforts will be made to ensure that prior notification will be given in the case of any cancellation.

## Access to Poolside

Access to poolside for parents is strictly prohibited during training times unless in an emergency. If parents have any questions or problems then please see the coach at the end of the session to talk or arrange a meeting/ more appropriate time to meet.

## Disciplinary Procedure

The purpose of the procedure is to ensure that a fair and constant procedure is applied to all swimmers. The disciplinary procedure will follow, depending on the severity of the incident:

- Removal from a session
- Verbal warning and guidance with notification to parent.
- Written warning with notification to parent including an improvement plan
- Excluded for one week (with an accompanying letter explaining the reasons for the exclusion)
- Excluded permanently (with an accompanying letter explaining the reasons for the exclusion)

## Website

[www.southayrshireswim.co.uk](http://www.southayrshireswim.co.uk)

The website contains plenty of information, resources and fun items including:

- The Club Constitution and Policies
- A Copy of The Membership Pack
- Swimmers Profiles
- Coach Profiles
- Officials Contact Details
- Training Time Tables and Venue Details
- SAST Newsletter
- Competition Results
- Competition Program
- Personal Best Times
- Club Events
- Training & Session Alterations

**South Ayrshire Swim Team  
Time Table**

<b>SQUAD</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Attendance Sessions / week</b>
<b>National Squad</b> 16 hrs-pool 2 ¾ hrs-land Gym work-tbc	5:45am-7:30am Citadel  5:00pm-6:45pm* Troon	5:45am-7:30am Citadel  4:30pm-6:00pm Land-Dan Park	   *5:45pm-8:00pm Maybole	6:00am-7:30pm Prestwick  4:30am-7:00pm* (3 lanes) Citadel	5:45am-7:30am Citadel  4:30pm-6:15pm* Maybole	7:00am-9:00am Maybole		Pool Sessions Girls Boys per wk 12/u 13/u 7 13yrs 14yrs 7-8** 14yrs+ 16yrs+ 8-9** All AM sessions are compulsory for ** ages
<b>District Squad</b> 10 ¼ hrs-pool 1 hour-land	6:00am-7:30am Prestwick or Troon	  5:00pm-6:45pm* Citadel	6:00am-7:30am Citadel	  4:30pm-6:45pm* Citadel	6:00am-7:30am Prestwick  5:00pm-6:15pm* Citadel	7:15am-8:45am* Citadel		Target 6-7 Sessions (5 minimum)  Three am sessions are compulsory
<b>Junior Squad 2</b> 5 ¾ -pool 15 mins-land	8:00pm-9:00pm Citadel		*7:45pm-9:00pm Troon	7:00pm-8:00pm Prestwick	6:00am-7:30am Troon	7:15am-8:45am* Citadel		Target 4-5 Sessions (3 minimum)
<b>Junior Squad 1</b> 5 ¾ -pool 15 mins-land	8:00pm-9:00pm Citadel		6:00am-7:30am Prestwick	8:00pm-9:00pm Prestwick		7:15am-8:45am* Citadel	5:00pm-6:15pm* Troon	One am session weekly is compulsory.
<b>Development Ayr</b>	7:00-8:00pm		5:00-6:00pm				*3:15-4:30pm	Swimmers must target 3 sessions per week.  2 sessions are the minimum attendance required
<b>Development Prestwick</b>	4:30-5:30pm		6:30-7:30pm				*4:45-6:00pm	
<b>Development Troon</b>	6:30-7:30pm		7:00-8:00pm				*5:45-7:00pm	
<b>Club Squad</b> 5 ½ hrs-pool	9:00-9:45pm Citadel	5:45-7:30am (2 lanes) Citadel	9:00-9:45pm Troon	9:00-9:45pm Prestwick	5:45-7:30am (2 lanes) Citadel			2 sessions minimum
<b>Masters</b> 2 ¼ hrs-pool	9:00-9:45pm Citadel		9:00-9:45pm Troon	9:00-9:45pm Prestwick				

\*=15-30 minutes land work on poolside

Competitions generally have sessions starting 7:00-9:00am and therefore being able to swim early in a morning is essential. Early morning training sessions will in lower squads be of a low intensity allowing swimmers to develop getting up to swim as a habit. This habit is best introduced at a young age and becomes more difficult to develop the older swimmers get. Without early morning sessions swimmers will not meet the criteria of the LTAD at later stages. The LTAD and is the framework for developing competitive swimmers and is supported by Scottish Swimming.

**SOUTH AYRSHIRE SWIM TEAM**

(in the case of under 16 year old to be completed by parent/guardian - giving child's details)  
I apply for membership and agree to abide by the rules of the SAST

<b>First Name(s)</b>	<b>Surname</b>
<b>House No:</b>	<b>Street</b>
<b>Town:</b>	<b>Post Code</b>
<b>Gender: Male / Female (delete as appropriate)</b>	<b>Date of Birth</b>
<b>Telephone No:</b>	<b>Mobile:</b>
<b>Emergency Contact Name</b> <b>(new members ignore this section)</b>	<b>Emergency Contact No.</b>
<b>SASA No</b>	<b>Squad</b>

**Medical Information** (To comply with Scottish Swimming FULL details must be provided)

a) Does your son/daughter suffer from any condition requiring medical treatment – please give full medication details

Please specify.....

b) Is your son/daughter allergic to any medication OR suffer from any other allergies?

If so please specify.....

c) Has your son/daughter received a tetanus injection in the past 5 years YES/NO

d) Please outline any special dietary requirements of your child.....

Declaration (Please read carefully and sign if agreeing to ALL sections – Delete any you are not agreeing to)

I agree to my son / daughter taking part in day events, and/or staying overnight, when selected to participate in any gala or swim team event over the course of the next year, under the care of the relevant coaching staff of South Ayrshire Swim Team.

I agree to my son/daughter being photographed for publicity and/or promotional purposes by an authorised person

I agree to my son/daughter being filmed for educational/development purposes by an authorised person. These images will be held in a safe and secure place.

I agree to my son / daughter receiving emergency medical treatment, anaesthetic, as considered necessary by the medical authorities present.

In emergency if not contactable on the above Telephone Nos or address disclosed please contact;

<b>Name</b>	<b>Contact No.</b>
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<b>Family Doctor Details</b> <b>Name</b>	<b>Telephone No:</b>
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<b>Address</b>
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I have read and understand the South Ayrshire Swim Team Membership pack

<b>Swimmer</b> <b>Signed:</b>	<b>Date:</b>
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<b>Parent</b> <b>Signed:</b>	<b>Date:</b>
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