Regarding your old coach:

* I have discussed the move with my existing coach first: [ ]
* I did this face-to-face or by phone: [ ]
* I paid all outstanding debts: [ ]
* I returned all borrowed property: [ ]
* I thanked the coach I am leaving: [ ]

Regarding your new coach:

* I have interviewed the coach: [ ]
	+ And, I know the expectations: [ ]
* I have shown the coach my current SAISA or Aussie Skate member card/receipt: [ ]
* I have provided the coach my details: [ ]
	+ I provided my POA number (if required): [ ]
* I provided my correct Test levels: [ ]
* I will not criticize my old coach to my new coach: [ ]