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: