

WIRRAL  
METRO  
SWIMMING

MEMBERSHIP PACK



2 0 0 5 - 2 0 0 6



## Welcome to Wirral Metro

Please read through the membership pack carefully and return the membership form (last page) to the coach at your next practice session. Swimmers are selected for the Metro squad from local clubs after displaying talent or potential talent within swimming. The swim programme guides young swimmers through a Long Term Athlete Development Plan with a vision to competing at County, District, National and International levels.

The first step is to begin on the Training Programme and settle in with a free two-week trial. Swimmers will be required to make themselves full members by joining Wirral Metro Swimming Club when requested by the Head Coach. This will allow swimmers to then compete at higher levels of competition than with their local club, with help, guidance and support from the professional coaching team. Wirral Metro will not compete at the same competitions (excluding Northwest Speedo League) as the local clubs and swimmers will be expected to stay members with their club as part of their competitive development and to support club swimming. The swimmers will also be expected to attend a club session weekly as part of their training within the squads.

### The principals of the Wirral Metro squad are:

- ◇ To provide coaching and facilities beyond that which the feeder clubs can offer.
- ◇ To provide a progressive programme enabling talented 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 each of the feeder clubs can train together to progress and motivate each other to higher levels.
- ◇ To provide a smooth, safe and healthy progressive training environment/programme from squad to squad following the principles of British Swimmings LTAD (Long Term Athlete Development) plan.
- ◇ To provide positive encouragement and reward through awards and achievement within both training and competition
- ◇ To provide team building encouragement and exercises to generate an atmosphere which encourages sportsmanship and swimmers to support one another
- ◇ To set clear training standards and guidelines which will promote a suitable training environment in which swimmers can reach National and International levels
- ◇ To set clear and progressive squad qualifying times which coincide with the competition levels of each squad/LTAD competitive development phase
- ◇ To nurture and develop swimmers to National and International levels and to meet the criteria of British Swimming Programmes
- ◇ To become one of the leading performance swimming schemes in the North.

## OPPORTUNITIES

The diagram below shows stages of development in a simple format leading towards an international competition such as the European Junior Championships or Olympics. The arrows represent the paths, which swimmers within the Wirral Metro swimming programme have the opportunity to follow. Note that the arrows on the sides represent swimmers moving back down levels. Unfortunately not all within Metro will be able to meet the ever-developing performance and training criteria's. Those swimmers will be advised to continue at club levels and removed from the Squad.



Since the appointment of British Swimming performance Director Bill Sweetenham, British Swimming has progressed more in 4 years than it has done over the last 20-30 years.

As a swimmer begins the swim programme, the long term development of the child will be the main priority. Each Squad/coach will use the LTAD (Long Term Athlete Development) framework, which has been introduced to British Swimming by Bill Sweetenham as the main tool for developing swimmers.

The LTAD is a programme, which is based on the principles of human growth and development. It is about achieving optimal training, competition and recovery in relation to the important growth and development years of young people. If a long-term approach to training is not adopted then neither are the opportunities for Long Term Success. Swimmers not on a long-term programme are likely to experience a plateau in performance when growth and development slow significantly (approximately 15-17 years for girls and 16-18 years for boys). For some swimmers this may result in performances getting worse and rewards for training being too little causing some swimmers to resent swimming or become negative towards training and/or competing.

To simplify, if we do not apply the correct training at each development stage of a swimmers growth then they will lessen their chances of National & International success. However if we do apply the correct training at each of the sensitive periods of growth, then the swimmers opportunity of reaching their full potential is greatly increased. Each swimmer will be monitored by taking measurements (see below) on a monthly basis to identify periods of growth and development.

Measurement	Example of Growth & Development with considerations to be made
<b>Height</b>	Cardiovascular system. Increase training volume to maximise aerobic capabilities. (Approx 12-16 years)
<b>Arm Span</b>	Indicating growth period. Performance may reduce until height and arm span are similar. Longer arms= longer paddles and more strength and fitness to use them therefore a temporary reduction in coordination may be experienced. (Any age)
<b>Weight</b>	Indicates strength (muscle) development if no height & fat percentage is being gained. Therefore intensities should increase to maximise strength development. (Approx 16-18 years)
<b>Fat %</b>	Assist identification of above and helps to determine ideal race weights and dietary needs.

This information will be kept confidential of within the swimmers own Log Book that will be issued to swimmers within the Central and Fast track squads.

A consent box can be found on the membership form at the end of this pack if you do not wish your child to be measured.



### Framework for the Wirral Metro Training Programme

Metro Squad	Coach	LTAD Stage	Approximate Age Groups	Development Aims	Specific Development	Session Per Week	Pool Session Length (total)	Volume Per Week
<b>Skillbusters</b>	Tom Ward	Swim Skills (introduction)	Girls 8-11 Boys 9-11	Skill Development	All four strokes, Sculling & Feel, Starts & Turns	2-3+ 1 with Local Club weekly	1-1½ hours (6 total inc. 1 hour with local club)	8000km (1.4km/hour)
<b>East</b>	Tom Ward Assisted by Keith Arnold	Swim Skills	Girls 9-12 Boys 9-13	Skill Development	All 4 strokes, Sculling & Feel, Starts & Turns	4-5+ 1 with Local Club weekly	1-1½ hours (7 ½ total inc 1 hour with local club)	12-16km (2km/hour)
<b>West</b>	Nigel Crowe	Training To Train (Introduction)	Girls 11-14 Boys 12-15	Skill/Aerobic Development	Development of aerobic base, all 4 strokes/200IM	6-7+ 1 with Local Club monthly	1½-2 hours (12 ½ total)	24-34km (2.5km/hour)
<b>Central</b>	Martyn Robinson	Training To Train & Training To Compete	Girls 13+ Boys 14+	Aerobic, Competitive & Physical Dev	As District- into stroke/distance based events (not both)	7-10 No Club Sessions	2 hours (20 total)	38-60km (2.7km to 3km / hour depending cycle phase)

Swimmers will be moved on at the correct time to further their swimming at a university or regional/national performance centre if the development needs for the swimmer can not be provided within the Metro set up. (see table below)

University Regional & National Performance Centres	An other	Training To Win	Girls 16+ Boys 18+	Specialisation & Performance Development	Specialise in event(s)	10-15 sessions per week inc land work	2+ hours (20-24 total)	Depends on specialisation of events.
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### Framework for Wirral Metro Competition Programme & Squad Qualification

Squad	Competition Target Events	Number of Competitions	Local Club Competitions	Competitions For Wirral Metro	Competitive Standards for Squad Qualification
<b>Skillbusters</b>	BAGcat events	75% training 25% competition ratio	Club Championships Club Leagues Inter County	Speedo League (if required) County Championship (selected) Level 2/3 Open Meets	Based on a Metro time trial and assessment from the Metro Head Coach
<b>East</b>	BAGcat events	75% training 25% competition ratio	Club Championships Club Leagues Inter County	Speedo League (if required) County Championship Level 2/3 Open Meets	Based on ASA's County Qualifying Times
<b>West</b>	BAGcat events	Reducing to a maximum of 12 competitions/year as training volume increase	Club Leagues Inter County	Speedo League (if required) County, District & National Champs Level 1/2 Open Meets	Based on ASA's District Qualifying Times
<b>Central</b>	BAGcats moving towards specialising in a stroke/distance (but not both)	A maximum of 12 competitions a year	Inter County/1 league *National Championship swimmers/qualifies do not compete at club level.	Speedo League (if required) County, District & National Champs Level 1/2 Open Meets	Based on 75% of National Qualifying Times from ages 13+. % will increase annual with schemes development.

\*Some swimmers may compete at selected club level competitions if the Head Coach feels that the swimmer will benefit.

## EQUIPMENT

Swimmers are responsible for their own equipment before, during and after training sessions. If a swimmer does not have the correct equipment then they may be excluded from the exercise. Swimmers should be prepared for every session and will require the following on poolside.

### Junior & County Squads

- Swim hat + spare,
- Goggles + spare,
- Fins/Flippers,
- Kick Board,
- Pull Boy
- Drinks Bottle (750ml minimum)
- Poolside Kit Bag

### District & National Squads

- All equipment from Junior & County Squads
- Heart Rate Monitor
- Fist Gloves
- Hand Paddles
- Finger Paddles
- Zommers/short fins

**No Equipment = No Training**

## SQUAD QUALIFICATION & MOVEMENTS

### EAST, WEST & CENTRAL SQUADS

Swimmers must achieve a selection of qualifying times from a table which includes an Metro Standard time as an option.

Squad Qualifying Times (sheets) with the criteria's for progressing squads are available from the squad coaches or can be viewed on the notice board.

### CENTRAL SQUAD ENTRY CRITERIA

- Swimmers must achieve an ASA National qualifying time (12+ years) or 3 Metro National Squad qualifying times with at least 1 time from the distance freestyle/IM section (Black with white writing).
- Swimmers **not** meeting the criteria (qualifying times, age groups and sessions required) for National squad may be moved down (age permitting) or removed from the programme to continue at a more suitable club level of training and competition within their local club

### WEST & EAST SQUADS ENTRY CRITERIA

- Movements from squad to squad and places within a squad will ultimately be decided by the coaches who will take into consideration: Attendance, Attitude & Discipline
- Swimmers must achieve 3 qualifying times to progress squads with at least 1 time from the distance freestyle/IM section (Black with white writing).
- Swimmers **not** meeting the criteria (qualifying times, age groups and sessions required) for their squad may be moved down (age permitting) or removed from the programme to continue at a more suitable club level of training and competition within their local club

### Important

**The Head Coach reserves the right, at his discretion using his experience/expertise, to authorise movements that do not comply strictly with the entry criteria for a particular squad.**

## A Swimmers Personal Development

Wirral Metro aims, not only to develop the swimming skills of individual swimmers but also to develop the various personal attributes required for a swimmer to become a good competitor and hopefully, a future champion.

These attributes are: -

<ul style="list-style-type: none"> <li>➤ Physical ability</li> <li>➤ Motivation</li> <li>➤ Self discipline</li> <li>➤ Self Confidence</li> <li>➤ Mental strength &amp; endurance</li> <li>➤ Will to win</li> <li>➤ Commitment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Ability to handle a heavy workload for long periods</li> <li>➤ Emotional stability</li> <li>➤ Ability to organise his/her personal life</li> <li>➤ Maturity to accept and act on coaching advice and constructive criticism</li> <li>➤ Ability to work with other swimmers as a team member</li> </ul>
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**It must be recognised that external factors can influence the development of any of these qualities either positively or negatively. The support given and the commitment shown by a swimmer's parents will greatly influence a swimmer's development and his/her eventual success.**

### Training Disciplines

#### Nutrition

- Drink plenty of fluids during training to avoid dehydration
- After each session eat a small snack and drink more fluids to restore energy and avoid dehydration

Adopt a healthy eating lifestyle...**Low Fat...High Carbohydrate...No Alcohol**

How much a swimmer gains from his/her individual training sessions will, to a great extent, be dependent on their personal discipline, application and attitude to their swimming

#### Organisation

- Arrive early to ensure you are ready to start your session on time
- Attend as many sessions as your coach advises
- Bring all of your training equipment with you
- Keep a logbook to record how often you have trained, how far you have swam and to register your improvements in both training and competitions. Logbooks are available from squad coaches.

#### At the Pool

- Arrive in a positive frame of mind, ready to train at the level your coach requires
- A stretching routine before/after swimming reduces the risk of injury and increases mobility as well as providing efficiency in any sports
- Listen and respect your coach. He/she is there to advise you and to help you to become a better swimmer
- Do **all** that is asked of you.....Do less, and achieve less!!!
- Learn to use the pace clock to check your times during training. Train at the correct intensities which your coach requires
- Execute **ALL** Turns correctly and quickly
- Think about your technique at all times. Technique is a major key to success in swimming. **Perfect** practise makes **Perfect**
- Always swim down to remove lactic acid and other waste products within your muscles ensuring a better practice next time
- Leave the pool after each session having accomplished something positive

**Remember, each practice session provides a chance for you to improve so that you can beat your rivals. Never miss an opportunity to practice.**



## The Role of Parents

The support of parents is vital to a swimmer's development and success in swimming. However, parents, in their enthusiasm for their child's success, should guard against exerting undue pressure on their child. Parents can make a positive contribution in the following ways:

- All parents must sign and abide by the clubs code of conduct.
- Any dispute between another parent or swimmer will be dealt with through the Wirral Metro committee.
- The Wirral Metro executive committee will deal with any dispute against any of the coaching staff in the first instance.
- Help create an environment within which your child's personal ambitions within swimming can flourish.
- Be positive! Congratulate success and provide support and sympathy when required.
- Support all swimmers, practices and coaches positively. Discuss any issues privately.
- Make positive suggestions rather than negative criticism.

**Finally and most importantly: -**

**Always be positive. Adopt an optimistic attitude towards your child's competitive swimming and training achievements. Remember, swimmers don't fail on purpose, there is often a reason and there will always be a next time!**

## METRO CODE OF CONDUCT

In order to promote an environment in which all members of the Metro Training Programme can enjoy our vision of success. The Metro Club have developed the following codes that swimmers and parents must follow:

- Always follow the instructions of the coaches and sports centre staff.
- Always use your pass card for entry into the pools
- Obey the Zero Tolerance policy implemented within the centres and pools by Wirral borough council. (See notices within reception windows)
- Follow the guidelines within the Metro membership packs
- Be prepared with all the required equipment (stated early in this pack) at every session

Swimmers who fail to follow the above rules and guidelines maybe removed from sessions, squads or Metro altogether.

## Payments

### Method of Payment

The prices can be found below for each of the squads. Parents/swimmers will be charged for 10 payments monthly no later than the 11<sup>th</sup> of each month.

All payments must be made by Direct Debit, forms available at the reception in Europa Pools

Failure to complete a monthly payment will result in the swimmer not being allowed to participate in any future sessions until the debt is satisfied.

**Fees (Commencing 1<sup>st</sup> September 2005)**

Squad	Cost/Month
<b>Skillbusters</b>	<b>£19</b>
<b>East Squad</b>	<b>£33</b>
<b>West Squad</b>	<b>£36</b>
<b>Central Squad</b>	<b>£38</b>
<b>Fastrack</b>	<b>£38</b>

## Session Times

Parents must ensure that the session is running before leaving any swimmers. Coaches are only responsible for swimmers if/when the session is running. Unfortunately unforeseen circumstances can on rare occasions force the session to be cancelled. **All swimmers must use their membership card for entry into the pool, a ticket stub must be provided before each session.**

### Central Squad Coached by Martyn Robinson (Wirral Metro Chief Coach)

Swimmers must attend the sessions required by the Head Coach. Some Swimmers will be expected to train with their local club once every 4-6 weeks. This will exclude swimmers on British Swimming Programmes and swimmers competing at National levels.

Day	Venue	Time	Land Training Time/Where
Monday	Europa	6:00 – 7:30am 5:30 – 7:30pm	Available
Tuesday	Europa	6:00 – 7:30am/ 6:30 – 8:30pm	Each Day
Wednesday	Europa	6:00 – 7:30am/ 5:30 – 7:30pm	For Selected
Thursday	Europa	6:00 – 7:30am/ 5:30 – 7:30pm	Swimmers
Friday	Europa	6:00 – 7:30am 5:30 – 7:30pm	EUROPA
Saturday	Manchester (selected)	10:00 – 12:00am	
Sunday	REST DAY		

Selected swimmers will attend an additional gym session on Tuesday & Thursday 6:00am-7:15am.

### West Squad Coached by Nigel Crowe

Swimmers must attend 7 sessions a week with an additional local club session monthly.

Day	Venue	Time	Land Training Time/Where
Monday	Europa / West Kirby	6:00 – 7:30 am/ 7:00pm-8:30pm	
Tuesday	Leasowe	6:00 – 7:30am 7:00 – 8:30pm	
Wednesday	Europa	6:00 – 7:30am 7:30 – 9:00pm	
Thursday	Rest Day	Rest Day	
Friday	Europa	6:00 – 7:30am / 7:30 – 9:00pm	
Saturday	Europa	7:45 – 10:00am	
Sunday	Rest Day	Rest Day	

Selected swimmers will attend gym/land training sessions on Monday & Wednesday 6:00pm-7:00pm.

### East Squad Coached by Tom Ward (Age Group Development Coach)

Swimmers must attend 4 sessions a week with an additional local club session weekly.

Day	Venue	Time	Land Training Time/Where
Monday	The Oval	7:00pm – 8:30pm	
Tuesday	Woodchurch	7:00pm – 8:30pm	
Wednesday	Guinea Gap	6:45pm – 8:45pm	
Thursday	Europa	7:30pm – 8:30pm	
Friday	Rest Day	Rest Day	
Saturday	Europa	10:00 -12:00am	
Sunday	Rest Day	Rest Day	





## Wirral Metro swim Team Fastrack programme

Dear Swimmer,

The Fastrack programme will work in conjunction with British swimming long-term athlete development programme.

The Chief coach has designed a programme that will enable the swimmer to achieve a very high standard of performance. The Chief Coach has secured funding for this programme for 48 weeks.

**NAME OF SWIMMER:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_  
**PARENT/GUARDIAN (if swimmer is under 18)**

**DATE:** \_\_\_\_\_



## Wirral Metro swim Team Code of Conduct

**It is a condition of membership that all parents and swimmers abide by this code of conduct.**

Swimmers, Coaches, Team managers and parents travelling or attending daily training sessions with Wirral Metro are representing themselves, the swim team, the sport of swimming and the community of the Metropolitan Borough of Wirral when they travel to compete in an event.

Wirral Metro wishes to project an image that makes the sport, community and the whole of the borough proud of us as a team. Therefore, all individuals representing or travelling on behalf of Wirral Metro will abide by the following code of conduct before the swim team agrees that he/she shall become a member. Anyone signing the code agrees that, they will abide by it whilst representing Wirral Metro swim team.

Infractions of the code of conduct may result in the swimmer's family having to assume the full cost of the trip plus return fare if the swimmer is sent home, together with any cost incurred if an adult has to accompany the swimmer.

### The Code

I the undersigned athlete, participating in training and competitions with Wirral Metro both understand and agree to comply with the below – listed guidelines as set forth by Wirral Metro swim team. The committee may establish any additional guidelines as and when needed.

### Representing Wirral Metro

1. All swimmers must compete in Wirral Metro kit whilst training or representing Wirral Metro.
2. All swimmers must wear full Metro kit on the presentation podium.
3. Swimmers refusing to swim team races will burden the full cost of the event.

### General Behaviour

1. Wirral Metro swim team members will display proper respect and sportsmanship towards coaches, officials, administrators, competitors, teammates and the public to include both their person and property.
2. Illegal or inappropriate behaviour that will reflect negatively on Wirral Metro swim team or be detrimental to performance objectives will not be tolerated.
3. The transportation, possession or use of alcohol or illegal drugs by any Wirral Metro swim team member is prohibited.
4. All Parents will forward their grievances through the correct channels in writing, in the first instance this will be the Wirral Metro committee.
5. Any dispute between swimmers will be dealt with in the first instance by the coaching staff
6. The Wirral Metro committee will deal with any dispute between parents.
7. Any swimmer / parental dispute with any of the coaching staff will in the first instance be dealt with by the Wirral Metro executive committee.

### Travel Behaviour

1. Curfews established by the staff will be adhered to each day.
2. Unless otherwise excused or instructed by a coach, each member participating in a team trip (home or overseas) will attend all team functions (on time), to include meetings, practices and any other team-sanctioned event.
3. Any additional guidelines will come from the staff as and when needed.

### Spectating

All parents are reminded that viewing the training sessions is at the invitation of the Chief coach and the centre manager.



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**Implementation**

**Failure to comply with these guidelines will subject the swimmer or parent to suspension and or dismissal from Wirral Metro.**

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**NAME OF SWIMMER:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_  
**PARENT/GUARDIAN (if swimmer is under 18)**

**DATE:** \_\_\_\_\_



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## Lactate testing Programme – Consent Form

Dear Swimmer,

As part of your training programme, you are required to undergo lactate testing, which involves providing blood samples from the earlobe or thumb. Please complete the consent form below giving your permission to participate in this testing procedure.

I understand that the benefits of participation in the Lactate testing programme will be feedback on the training prescription (i.e. training speeds) for successive training cycles.

I have been informed that there will be no risk involved in participation in blood testing, and that the health and safety procedures will be followed throughout the test.

I have read the above and accompanying documentation and give my consent to taking part in the lactate-testing programme. I understand that permission can be withdrawn at any time.

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**NAME OF SWIMMER :** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_  
**PARENT/GUARDIAN (if swimmer is under 18)**

**DATE:** \_\_\_\_\_

## Photograph and Video – Consent Form

Dear Swimmer/Parent,

As part of your Involvement in Wirral Metro coaching programme, from time to time the swim team will require photographs, video recordings and audio be supplied to support the programme. (all images will be in good taste and relevant to the coaching programme)

Please complete the consent form below to give us permission to use your child's image for use in Wirral literature and media (including Metro's Website). This will include the use of photographs, video and audio.

I have read the above information, and give my consent to my child's image being used for the purpose of Wirral Metro, Wirral Borough Council, newspapers and media, I also understand that my permission can be withdrawn at any time.

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**NAME OF SWIMMER :** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_  
**PARENT/GUARDIAN (if swimmer is under 18)**

**DATE:** \_\_\_\_\_



# Wirral Metro Swimming Club

## Membership Form

Name:																
Address:	Tel nos:															
Postcode:	E mail:															
Date of Birth:                      Male / Female	A.S.A. Competitor No:															
Other clubs & date joined:	Category of membership:  Competitive Non competitive															
Contact in case of emergency: Name: Address:  Tel no  Relationship:	For competitors with a disability: Please indicate classification if known  <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr> <td style="width: 30px; text-align: center;">S</td> <td style="width: 30px; text-align: center;">SM</td> <td style="width: 30px; text-align: center;">SB</td> </tr> </table> If classification unknown, please tick nature of disability <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Physical disability (ambulant)</td> <td style="width: 10%;"></td> <td style="width: 50%;">Physical disability (wheelchair user)</td> <td style="width: 10%;"></td> </tr> <tr> <td>Learning disability</td> <td></td> <td>Hearing impaired</td> <td></td> </tr> <tr> <td>Visually impaired</td> <td></td> <td></td> <td></td> </tr> </table>	S	SM	SB	Physical disability (ambulant)		Physical disability (wheelchair user)		Learning disability		Hearing impaired		Visually impaired			
S	SM	SB														
Physical disability (ambulant)		Physical disability (wheelchair user)														
Learning disability		Hearing impaired														
Visually impaired																
Any other relevant information																
By signing this form you agree that you have read and will comply with Wirral Metro Swimming Club's Code of Conduct Please see attached consent clause re data protection.																
Signed:	Date															
Signature of parent / carer (if under 18 years):  Would you be prepared to become a volunteer helper?      Yes / No	Date															

Please return with membership fee of £10 for competitors (£5 if 2<sup>nd</sup> or subsequent swimming member in family) or £3.00 for non-competitors (cheques only please, made payable to Wirral Metro SC)

To: **Jan Howard**  
54 Victoria Road  
Birkenhead  
CH42 0JY



## Medical Information Form

Name	
Address	
Date of Birth	Telephone Number

Please tick Yes or No and complete further details as necessary

Does your child have any specific medical conditions requiring medical treatment and/or medication?	Yes	If yes give details
	No	
Does your child have any allergies	Yes	If yes give details
	No	
Does your child take any medication for asthma	Yes	If yes give details
	No	
Any other relevant information		

It may be essential at some time for the Chief Coach or Team Manager accompanying your son/daughter to have the necessary authority to obtain any urgent treatment which may be required whilst, on the training camp. Would you therefore complete the details on this form and sign below to give your consent?

I, ..... being parent/guardian of the above named child hereby give permission for the Coach or Team Manager to give immediate necessary authority on my behalf for any medical or surgical treatment recommended by competent medical authorities, where it would be contrary to my son/daughter's interest, in the doctor's medical opinion, for any delay to be incurred by seeking my personal consent.

Signature ..... (Consent by parent/guardian)

Print Full Name.....

Date.....