



FT. LAUDERDALE  
diving team

## WORKOUT GROUP TRANSFER

Participant Name *(please print)*: \_\_\_\_\_

### AGE GROUP

Existing Workout Group: \_\_\_\_\_

New Workout Group: \_\_\_\_\_ Start Date: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

*Today's Date*

**\*Parent & Athlete have been previously notified by coach of change in workout group.\***

### MASTERS

Existing Workout Group: \_\_\_\_\_

New Workout Group: \_\_\_\_\_ Start Date: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

*Today's Date*

**Completed forms can be submitted via:**

- *In person to FLAC clerical staff Cheryl Dodson & Janelle Brown on duty during their shifts at Riverland & Carter pools*

**OR**

**Scanned and Emailed to: [jstafford@fortlauderdale.gov](mailto:jstafford@fortlauderdale.gov) & [dthompson@fortlauderdale.gov](mailto:dthompson@fortlauderdale.gov)**