



**CONFIDENTIAL - SYNCHRO**

**CITATION FORM – 2019 SCOTTISH SWIMMING AWARDS  
SYNCHRO SWIMMER OF THE TROPHY**

<b>Individual Nominated:</b>	
<b>Club:</b>	
<b>District:</b>	
<b>Discipline:</b>	
<b>2018/19 Achievements:</b> (use separate sheet if required)	

For the purpose of the Awards Presentation, please provide a short synopsis to summarise the nomination (3 sentences):


<b>Citation provide by:</b>		<b>Signature:</b>	
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Please email this form, enclosing supporting information marked confidential to Phyllis McLean, National Chair @ [scottishsynchro@virginmedia.com](mailto:scottishsynchro@virginmedia.com)  
cc:- Melanie Orr @ [m.orr@scottishswimming.com](mailto:m.orr@scottishswimming.com) by 31<sup>st</sup> July 2019



**CONFIDENTIAL - SYNCHRO**

**CITATION FORM - ACHIEVEMENT AND COMMENDATION AWARDS**

<b>Individual Nominated:</b>	
<b>Club:</b>	
<b>District:</b>	
<b>Discipline:</b>	
<b>Achievements:</b> (use separate sheet if required)	
<b>For the purpose of the Awards Presentation, please provide a short synopsis to summarise the nomination: (3 sentences.)</b>	

<b>Citation provide by:</b>		<b>Signature:</b>	
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Please email this form, enclosing supporting information marked confidential to:-  
Melanie Orr @ [m.orr@scottishswimming.com](mailto:m.orr@scottishswimming.com) by 31<sup>st</sup> July 2019