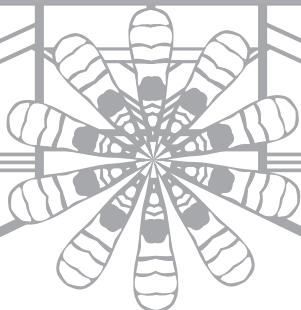


TIME TO PRACTICE

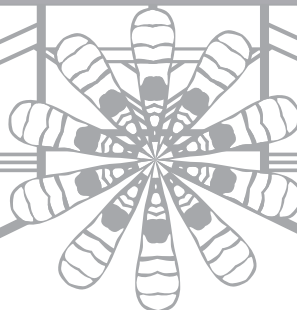
IN EACH BOX LIST A COUPLE OF DRILLS OR IDEAS FOR FURTHERING YOUR PRACTICE TO GIVE YOU A BOOST WHEN YOUR SCHEDULE GETS CRAZY.

EVENT/GOAL:

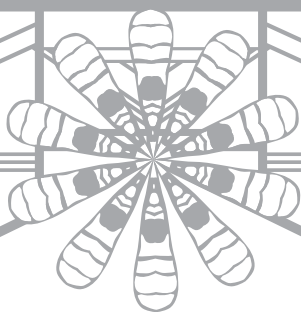
5
MIN



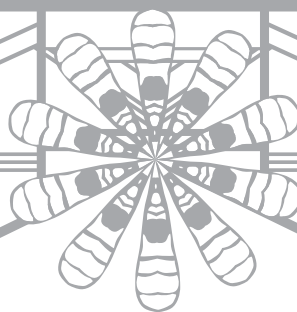
10
MIN



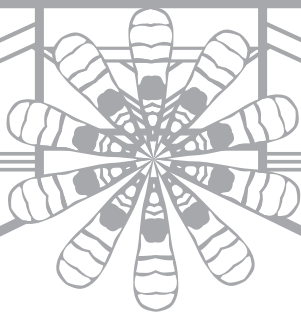
15
MIN



30
MIN



45
MIN



1
HOUR

