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SPORT



SPRING 2023

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THE SPORTS
PUBLISHER





SPRING 2023

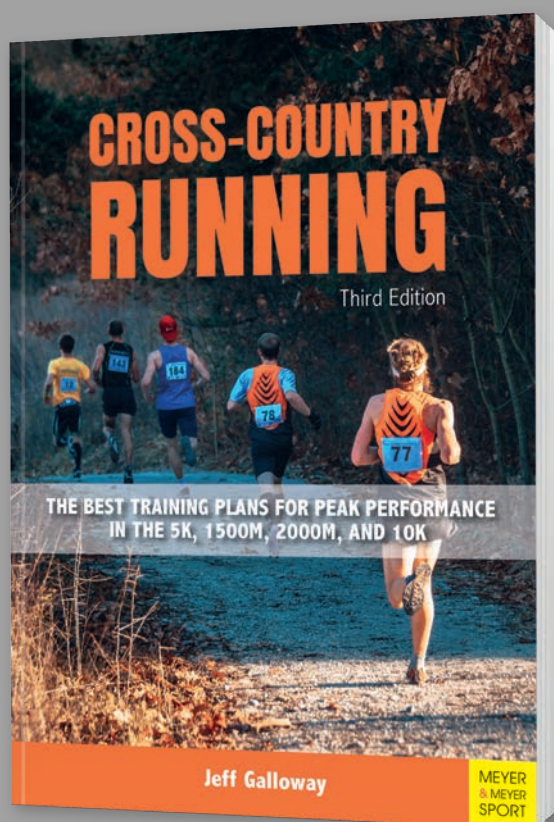
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CROSS-COUNTRY RUNNING

THE BEST TRAINING PLANS FOR PEAK PERFORMANCE
IN THE 5K, 1500M, 2000M, AND 10K

MARCH 2023



In this new edition, Olympian and running coach Jeff Galloway brings his proven Run Walk Run® method to cross-country running. Using his run-walk-run method and following the training plans provided, every cross-country runner will improve performance, recover faster, and reduce the risk of injury. Jeff Galloway explains how to build endurance, train and race on hills, run on varied terrain, implement speed training and race strategies, all while maximizing performance. He gives the reader action plans for teamwork training and developing race methods. Galloway also covers injury prevention and treatment that will get the runner back racing in no time. The training programs incorporate Galloway's Magic Mile—the best way to check and monitor training progress. Runners are given the tools to set realistic pacing goals for long runs and races. Every cross-country runner needs this book!

JEFF GALLOWAY was an average teenage runner who kept learning and working harder until he became an Olympian. He is the author of the bestselling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for more than 20 years, as well as an international speaker for more than 200 running and fitness sessions each year. He has worked with over 400,000 average people training for specific goals. Jeff is the designer of the walk-run, low-mileage marathon training program, Galloway Run Walk Run®, that has an over 98% success rate.

3rd Edition

208 p., in color

40 photos & illus.

Paperback, 6.5" x 9.5"

ISBN: 9781782552598



**\$ 19.95 US/
£ 16.95 UK/€ 19.95 EUR**



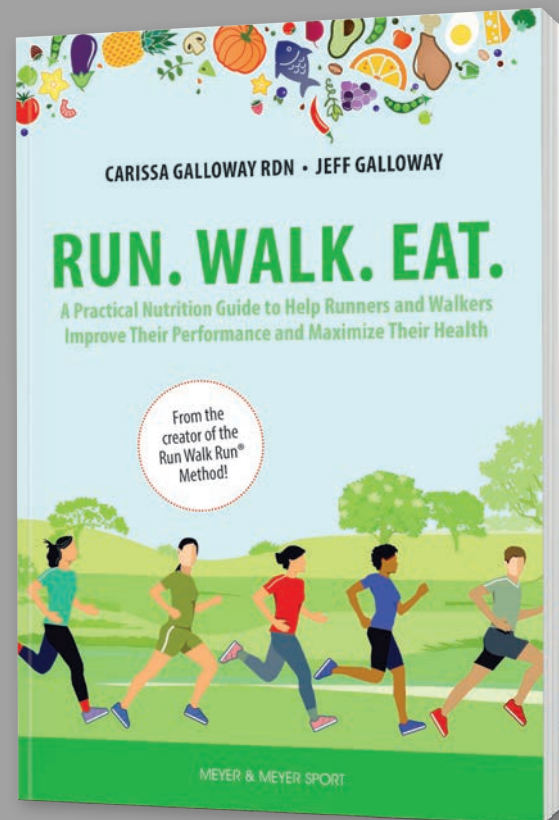
RUN. WALK. EAT.

A PRACTICAL NUTRITION GUIDE TO HELP RUNNERS AND WALKERS IMPROVE THEIR PERFORMANCE AND MAXIMIZE THEIR HEALTH

SEPTEMBER 2023

Good nutrition is crucial for a runner's health and performance. Whether a person is running a 5-minute mile or a 15-minute mile, their body needs the right fuel for performance, recovery, and overall health. In *Run. Walk. Eat.*, runners will have the best nutritional guidelines to eat for training and performance.

Olympian and running coach Jeff Galloway and registered dietitian nutritionist Carissa Galloway break down nutrition to provide readers with simple changes that not only improve performance, but also lead to lifelong eating habits. They provide a nutrition education that puts the runner in charge of their food choices to train harder, perform better, and recover faster. For those runners with additional weight-loss goals, the authors provide weight-loss strategies. Also included are meal plans, shopping lists, and 21 recipes. This nutrition guide is meant to accompany Jeff Galloway's proven Run Walk Run® method and can be incorporated into any run-walk training program.



CARISSA GALLOWAY is a registered dietitian nutritionist (RDN) and certified personal trainer with a diverse background in nutrition, fitness, and television hosting. She is an internationally recognized nutrition and fitness expert and has appeared nationally on E! TV, The Daily Buzz, CBS College Sports, and ESPN's Wide World of Sports. She regularly appears in nutrition segments across the US. Carissa is also a six-time marathoner and race announcer for RunDisney. She resides in Florida.

JEFF GALLOWAY is an Olympian, running coach, and bestselling author. He has worked with over 400,000 average people training for specific goals. Jeff is the designer of the walk-run, low-mileage marathon training program, Galloway Run Walk Run®, that has an over 98% success rate.



288 p., in color

50 photos & illus.

Paperback, 6.5" x 9.5"

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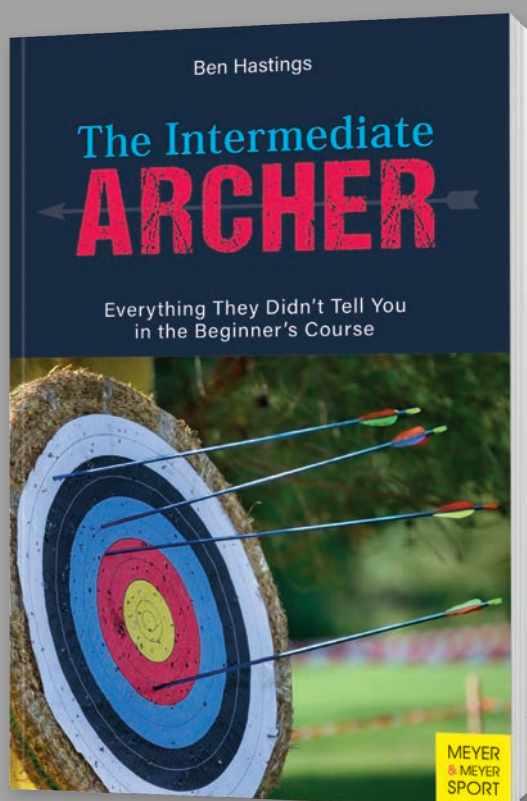
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THE INTERMEDIATE ARCHER

EVERYTHING THEY DIDN'T TELL YOU IN THE BEGINNER'S COURSE

JUNE 2023



The Intermediate Archer is intended for those archers who have taken their first steps by completing a beginner's course and are wondering where to go next. It is the answer to all of the intermediate archer's questions, such as how do they improve their technique, what sort of equipment should they buy, and what type of archery is right for them?

Author Ben Hastings provides the information every intermediate archer needs. He covers archery types, bow types, other equipment and equipment maintenance, the anatomy of the bow, technique, competition, the mental side of archery, and more—all in this one concise yet complete guide.

With this book, the intermediate archer can feel confident as they further improve and enhance their skills.

BEN HASTINGS is an Archery GB Level 2-licensed coach and has been coaching for several years. He is also a member and senior coach of Farnham Archers, one of the oldest archery clubs in England. Ben also started an after-school archery club at a local secondary school. He coaches beginner's courses and provides further coaching to all ages and abilities. His students range from beginner to Grand Master Bowman standard and have competed at almost all levels. He currently resides on the Surrey/Hampshire borders in the southwest of England.



256 p., in color
79 photos & illus.
Paperback, 5.5" x 8.5"

ISBN: 9781782552574

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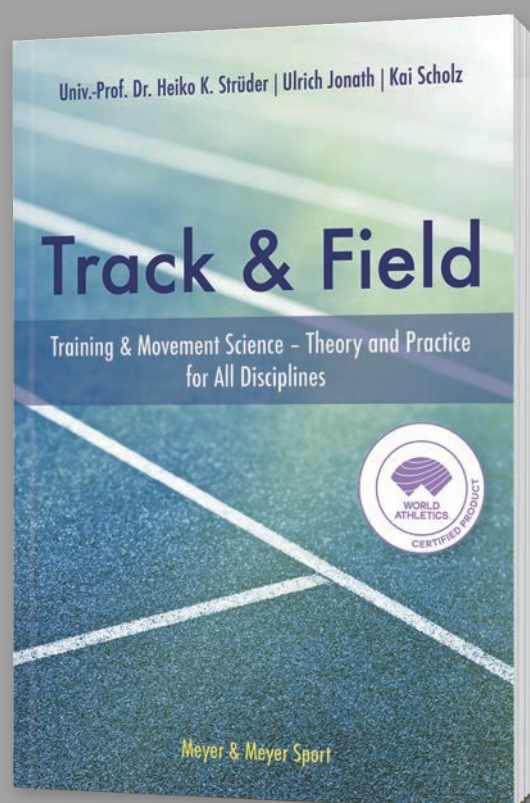
TRACK & FIELD

TRAINING & MOVEMENT SCIENCE – THEORY AND PRACTICE FOR ALL DISCIPLINES

FEBRUARY 2023

This is the official World Athletics (WA) Track & Field book and the most comprehensive guide on track & field currently available.

The book outlines the cross-disciplinary aspects of training in detail and presents the information as small training theory which can enhance understanding of the special training and movement theory of the various disciplines. The reader will be introduced to the basics of training theory, such as main motor stress forms; adaptation and performance; training control; training methods; and general training concepts. The comprehensive training content also includes 96 games and exercises for coordination, flexibility, and strength development. The book goes even further than training method by presenting comparisons of different disciplines, history of training, competition rules, phase structure, and technique, all backed by sports science. It is a textbook for all athletes, coaches, trainers, and sports students and teachers from youth athletics to high-performance training and includes a foreword by WA President Sebastian Coe.



UNIV.-PROF. DR. HEIKO K. STRÜDER is the head of the Institute for Movement and Neuroscience at the German Sport University Cologne and chair of the Training and Movement Theory of Individual Sports (Track and Field, Swimming, and Gymnastics).

For many years, **ULRICH JONATH** was head of athletics at the German Sport University in Cologne as well as a lecturer at its Trainer Academy. He is the trainer instructor for the WA and national trainer for the DLV; worldwide trainer and lecturer; and author of numerous textbooks and educational films.

KAI SCHOLZ has a diploma in sport sciences; A-level coach for the German Track and Field Association (DLV); and is on the board of education and teacher of athletics at the German Sport University Cologne.



1,089 pages, in color

900 photos & illus.

Hardcover, 6.5" x 9.5"

ISBN: 9781782552222

\$ 69.95 US/

£ 65.00 UK/€ 69.95 EUR



SWIM FAST

100 WORKOUTS TO IMPROVE YOUR SWIM TECHNIQUE

JUNE 2023



In this book are 100 workouts that focus on improving general swimming efficiency. The workouts are specific to each of the competitive swimming strokes: freestyle, backstroke, breaststroke, and butterfly. Together, the 100 workouts blend swimming drills and conditioning sets that total up to 2,000 yards. Each workout is accompanied by a Focus Point, allowing swimmers to zero in on stroke improvements by eliminating drag, improving feel for the water, and swimming in a core-centered manner.

Swimmers at any level will improve their swimming efficiency and performance with *Swim Fast*!

BLYTHE LUCERO coached swimming for more than 25 years. She oversaw two teams, Berkeley Aquatic Masters and Berkeley Barracudas, where she brought her passion for swimming to the development and training of swimmers of all ages and abilities, from novice to world class. Blythe grew up in Berkeley, California, in a large athletic family. She swam competitively in her youth, achieving All-American status in college. In addition to coaching swimming, she trained Water Safety Instructors for the Red Cross. She has published several books on swimming.

Second Edition

160 p., b/w

149 photos & illus.

Paperback, 6" x 9"

ISBN: 9781782552604



**\$ 16.95 US/
£ 14.95 UK/€ 16.95 EUR**

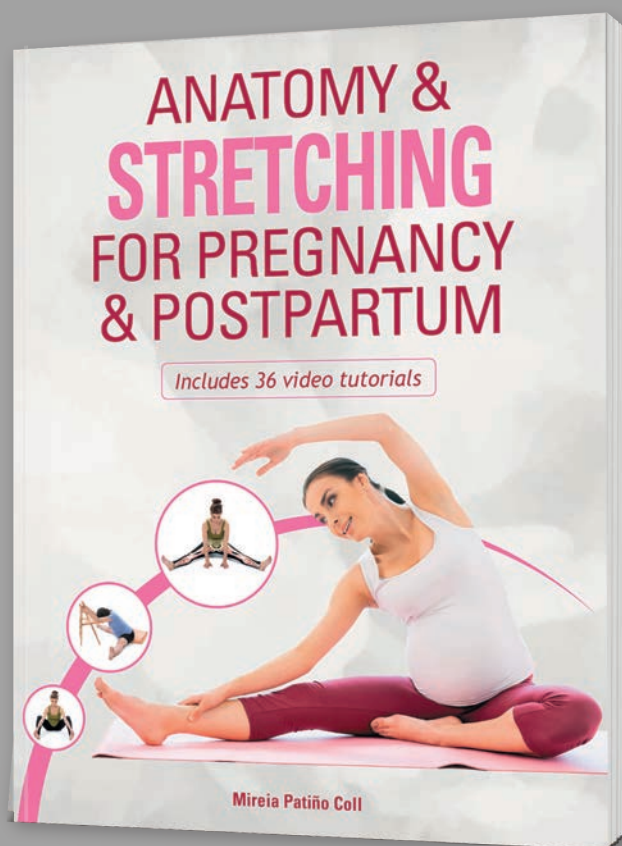


ANATOMY & STRETCHING FOR PREGNANCY & POSTPARTUM

MARCH 2023

This book provides gentle stretching exercises for both pregnancy and the postpartum period. During pregnancy, the stretches keep the woman limber and better prepare her for childbirth. During the postpartum period, the stretches help her recover more easily as well as strengthen those areas of the body loosened by childbirth.

The more than 35 stretches are grouped by pregnancy trimester or postpartum period and work the abdominals, activate the pelvic floor, and aid recovery. Each stretch includes general information, technique, benefits, contraindications, and variations to make the stretch either easier or more challenging. The anatomical illustrations depict the correct positions and highlight the muscles being stretched. All stretches are accompanied by tutorial videos, accessed through a QR code, that demonstrate the correct movement. Prepare for and recover from childbirth safely and effectively with *Anatomy & Stretching for Pregnancy & Postpartum*.



MIREIA PATIÑO COLL has been teaching yoga professionally for more than 20 years. She has worked in several yoga schools dedicated to children and adults. Furthermore, Mireia has specialized in postural reeducation for people recovering from injury. She has a master's in Religious and Cultural Dialogue; a PhD in Bhakti Yoga from Ramón Llull University; a full membership certificate as a full teaching member for International Yoga; membership with the Teachers Association (I.Y.T.A.); and she earned a yoga instructor's diploma in 2005. She is also the author of *Anatomy & Yoga*.



144 p., in color
206 photos & illus.
36 tutorial videos
Paperback, 8.5" x 11"
ISBN: 9781782552550

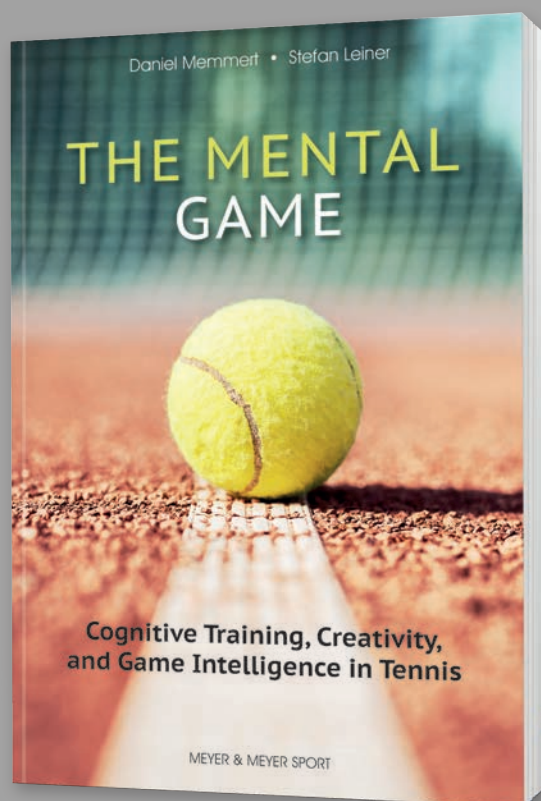
**\$ 26.95 US/
£ 24.95 UK/€ 26.95 EUR**



THE MENTAL GAME

COGNITIVE TRAINING, CREATIVITY, AND
GAME INTELLIGENCE IN TENNIS

JULY 2023



Elite tennis players like Rodger Federer or Rafael Nadal not only perceive everything that is happening around them, but they also foresee the next game situations. This “mental speed” lays the foundation to build master performances in extremely complex situations. This book offers a theoretical framework in which anticipation, perception, attention, and memory processes play a big role in a tennis player’s ability to win on the court. The diagnostic tools and useful examples aid the training of cognitive abilities. With more than 50 on-court practice drills to build game intelligence, every tennis player will strengthen their mental game and win their matches.

PROF. DR. DANIEL MEMMERT is executive head of the Institute of Exercise Training and Sport Informatics at the German Sports University in Cologne. His main research areas are movement science, sport psychology, and sport informatics. He has trainer licenses in soccer, tennis, snowboarding, and alpine skiing and is the author of books on modern soccer training. In addition, Daniel cooperates with national and international professional clubs, the German national team, and DAX companies, and he organized the first international master’s degree in Game Analysis.

Former tennis player **STEFAN LEINER** was sports director for the Tyrolean Tennis Association. In his more than 20 years of coaching, he supervised players on the ATP Tour and WTA Tour. Since 2014, he has been managing director of the player agency Topseed.



184 p., in color

79 photos & illus.

Paperback, 6.5" x 9.5"

ISBN: 9781782552581

**\$ 19.95 US/
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VOLLEYBALL TRAINING & COACHING

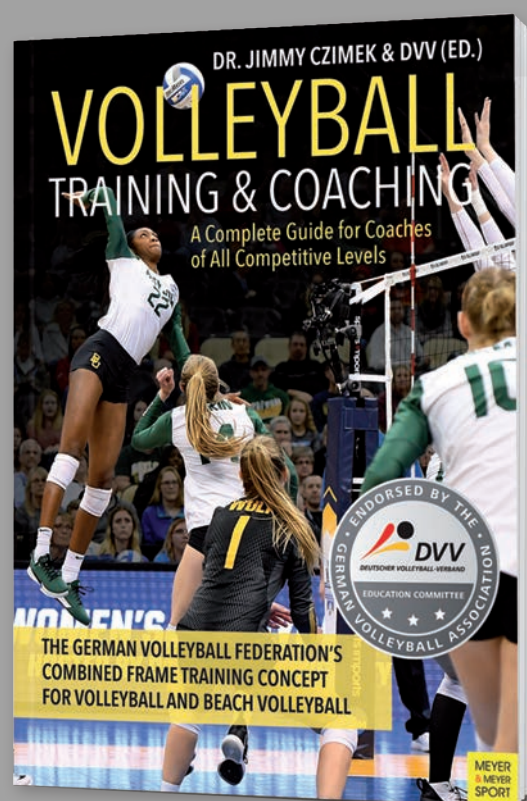
A COMPLETE GUIDE FOR COACHES OF ALL COMPETITIVE LEVELS

JUNE 2023

Working in close cooperation with numerous top German volleyball coaches and other experts, lead author and editor Dr. Jimmy Czimek has developed a guideline that forms the training basis for all youth and junior volleyball and beach volleyball divisions from U12 to U23.

This book is comprehensive, covering not only technique, tactics, and athletic training, but also training plans, coaching, match observation, psychological training, and nutrition. In terms of combined training, it blends the simultaneous development of the athlete in both volleyball and beach volleyball. It is also the first handbook of its kind as it presents all game systems in the small-sided games 2v2 (U12), 3v3 (U13), 4v4 (U14), and finally, 6v6 (U16 to adult).

Volleyball Training & Coaching is the complete training book for all volleyball coaches!



DR. JIMMY CZIMEK is a certified PE teacher and certified coach and a university lecturer for volleyball and beach volleyball at the DSHS Cologne. He is also head of and main instructor for the German Volleyball Association's (DVV) training for the A-license for volleyball; coordinator and main instructor for volleyball at the Trainer Academy Cologne for the DVV; and longtime trainer of the DSHS SnowTrex Cologne team in the 2nd Bundesliga division. He is the former co-coach of the German women's national team; former head coach of the 1st Bundesliga women's team; as well as a former elementary school teacher.



640 p., in color

1020 photos & illus.

Paperback, 8.5" x 11"

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\$ 49.95 US/**£ 45.00 UK/€ 49.95 EUR**

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We look forward to hearing from you!



Spring 2023



Fall 2022



Spring 2022

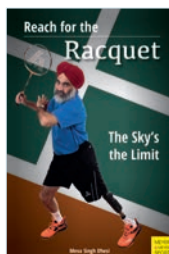
INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION



This magazine is a unique publication as it contains analyses and assessments of sports science literature that encompasses the entire field of physical education theory, including scientific research and results. With this magazine, the reader can stay informed of new scientific literature and information.

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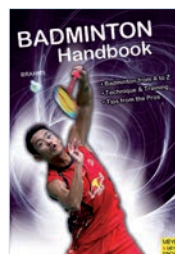
BADMINTON



Meva Singh Dhesi
REACH FOR THE RACQUET
The Sky's the Limit

This book is the story of a young Sikh man who overcomes adversity following a horrific car accident and ultimately achieves his dreams of becoming a competitive badminton and Para badminton player. It is an excellent resource for those seeking guidance on how to get ahead in a sport—especially those who have acquired a disability.

304 p., b/w, 15 photos & 25 illus., paperback, 6.5" x 9.5"
ISBN: 9781782552420
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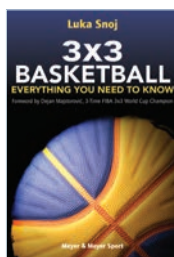


Bernd-Volker Brahm
BADMINTON HANDBOOK
Training – Tactics – Competition

This compact, groundbreaking training manual gives the reader an overall insight into the world of badminton. Training theory and background information about the sport and its stars relate the excitement of this sport.

2nd edition, 192 p., in color, 187 photos, 25 illus., paperback, 6 1/2" x 9 1/4"
ISBN: 9781782550426
\$ 18.95 US/£ 14.95 UK/€ 18.95 EUR

BASKETBALL



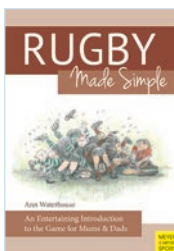
Luka Snoj
3X3 BASKETBALL
Everything You Need to Know

3x3 Basketball is the first-ever book to cover multiple aspects of this sport. Included are the differences between traditional basketball and 3x3 basketball and the fundamental tactics and game structure, theory, terminology, as well as principles for successful play.

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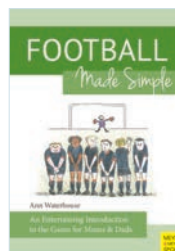
MADE SIMPLE



Ann Waterhouse
RUGBY MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you will be cheering on a rugby touch line this winter, but are still mystified by the antics on the pitch, this is the book for you.

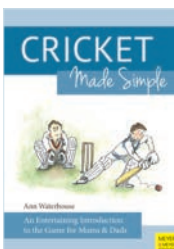
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Ann Waterhouse
FOOTBALL MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you have a footballer in your life, but don't understand the game at all, then this is the book for you.

136 p., in color, 49 illus., paperback, 5 3/4" x 8 1/4"
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Ann Waterhouse
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An Entertaining Introduction to the Game
for Mums & Dads

If you will be sitting by a cricket pitch this summer, but are still mystified by the antics on the field, this is the book for you.

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RUGBY



Enrique TOPO Rodríguez
RUGBY: THE ART OF SCRUMMAGING
A History, a Manual and a Law Dissertation
on the Rugby Scrum

The Art of Scrummaging is an authoritative work on scrummaging, covering every conceivable aspect from history, technique, safety and physical conditioning to scrum law.

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Bompa/Claro
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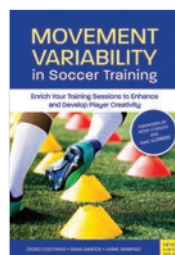
SOCCER



Dr. Adam Owen
SOCCER SCIENCE & PERFORMANCE COACHING
Develop an Elite Coaching Methodology
With Applied Coaching Science

Leaders in the fields of applied sport science, sport and exercise science, sport psychology, sport nutrition, and strength and conditioning outline the best soccer coaching and training methods for preparing, performing, and recovering.

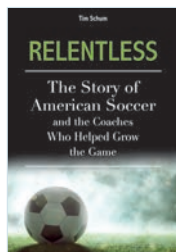
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Coutinho, Santos & Sampaio
MOVEMENT VARIABILITY IN SOCCER TRAINING
Enrich Your Training Sessions to Enhance
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By presenting movement variability training, this books guides coaches in creating training sessions that develop players, helping them learn to improvise, adapt, and take risks during play. Also presents 100 training drills.

328 p., in color, 106 photos & illus., Paperback, 6.5" x 9.5"
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Tim Schum
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Relentless tells the stories of 100 years of contributions from the US soccer coaching community, bringing to life the labor of love behind the expansion of the beautiful game, establishing it as a major force in US culture.

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 ISBN: 9781782552246
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Lee Waddington
REDEFINE COACHING & ATHLETE DEVELOPMENT IN SPORTS
The Framework to Freedom Method That Develops Strong Athletes and Outstanding Individuals

This is the first book to combine academic research, professional experience, and applied practice to redefine the way in which sports coaching is delivered and how athletes are developed.

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Michael Gleeson
NUTRITION FOR TOP PERFORMANCE IN SOCCER
Eat Like the Pros and Take Your Game to the Next Level

To apply the principles of sports nutrition in soccer, this book provides the basic understanding of nutrition as well as insight into the physiological demands of the game itself. It looks into what elite soccer players eat and drink, using all current recommendations made by nutrition experts.

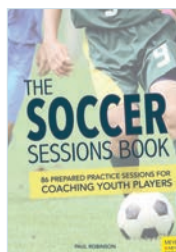
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 ISBN: 9781782552307 (US)/9781782552345 (UK)
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Michael Curless
COACHING POSITIONAL SOCCER
Perfecting Tactics and Skills

This book uses a positional approach to provide tactical philosophy, neuromuscular technical skill training, and season-long periodized practice plans to develop players. The methods are suitable for the beginner and advanced coach.

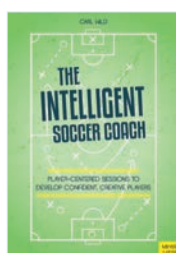
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Paul Robinson
THE SOCCER SESSIONS BOOK
86 Prepared Practice Sessions for Coaching Youth Players

With 86 progressive session plans for players of any age and playing ability, this book removes all the stress from coaching soccer. Using structured training sessions in their own practices, coaches will develop winning players.

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Carl Wild
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Carl Wild
ESSENTIAL PRACTICES FOR PLAYER DEVELOPMENT
The Ultimate Program for an Entire Season of Training

With 10 core practices, each with 9 adaptations, coaches will have 100 practices to create a training curriculum for a full season. Also instructs on long-term player development, supporting players' needs, and creating an effective learning environment.

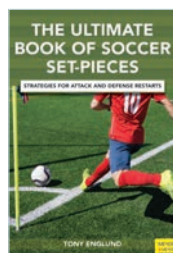
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David Baird
SCOREBOARD SOCCER
Creating the Environment to Develop Young Players

This book presents the fun, inclusive, and nurturing environments of the Scoreboard Soccer concept which can be used to develop young players' skills. Also provided is a complete Scoreboard Soccer curriculum which can be used as a longer-term development plan.

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Tony Englund
THE ULTIMATE BOOK OF SOCCER SET-PIECES
Strategies for Attack and Defense Restarts

The Ultimate Book of Soccer Set-Pieces is the most comprehensive examination of set-piece planning on both the attacking and defending sides of the ball. It carefully and thoroughly examines the potential of all manner of restarts in soccer, from throw-ins to corner kicks and free kicks.

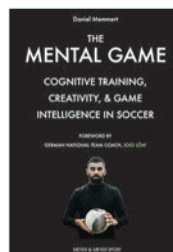
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Rob Ellis
THE SOCCER COACH'S TOOLKIT
More Than 250 Activities to Inspire and Challenge Players

Gives soccer coaches more than 250 high-quality activities for all age ranges and playing abilities that can either be used as one-off sessions for player development or as part of a competitive training program and are proven to develop players.

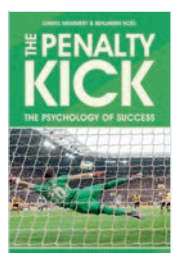
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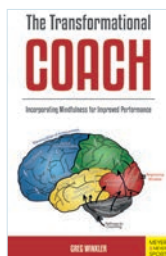
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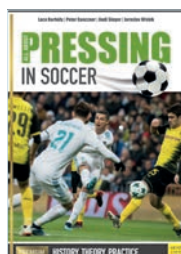
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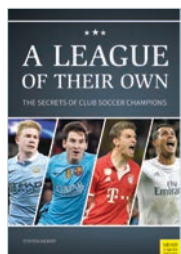
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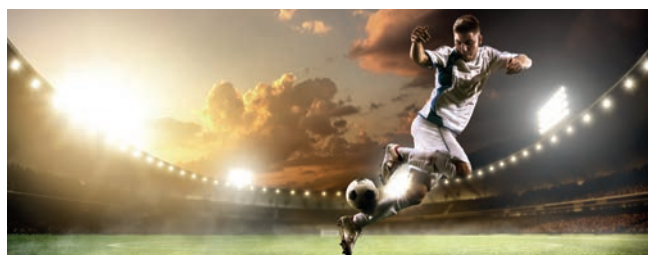
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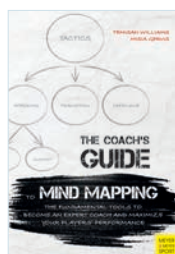
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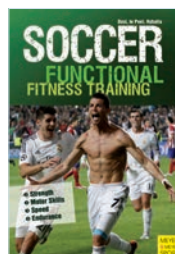
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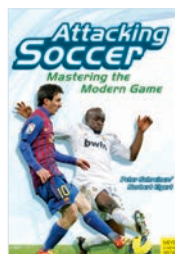
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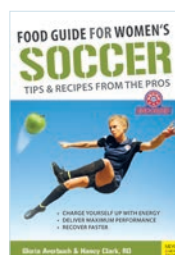
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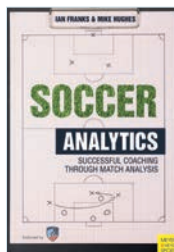
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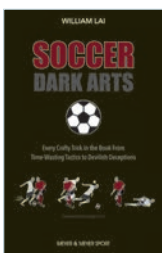
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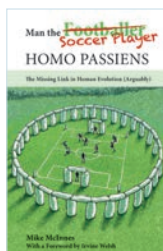
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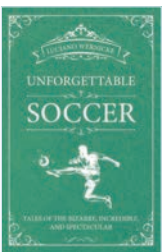
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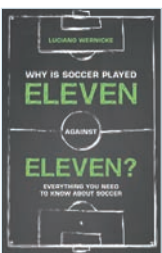
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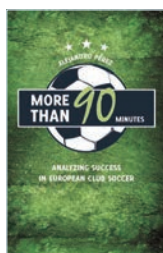
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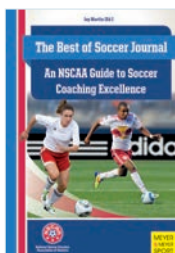
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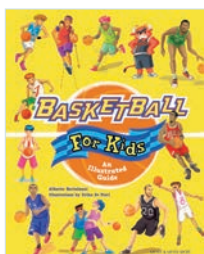
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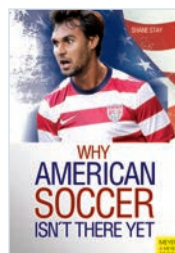
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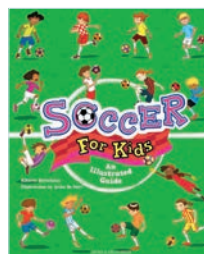


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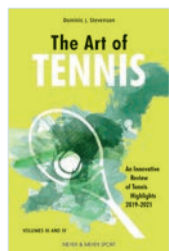
TENNIS



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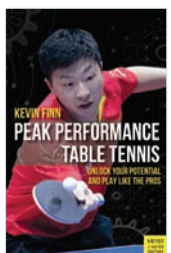


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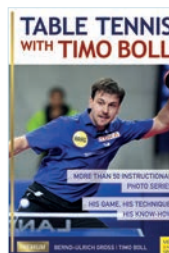
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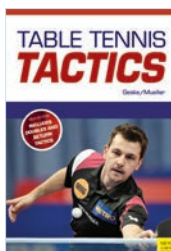
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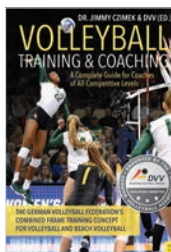


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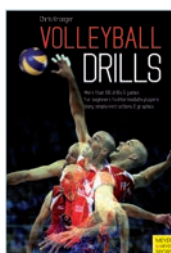
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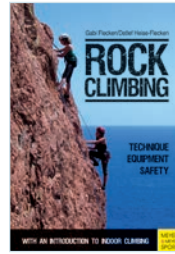
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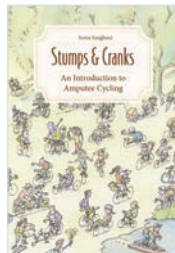
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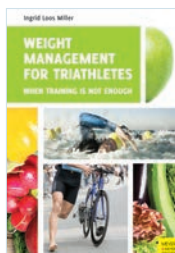
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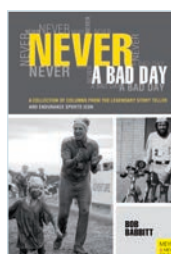
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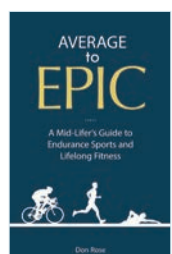
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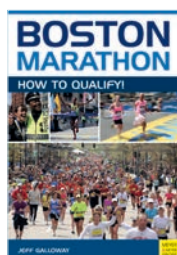
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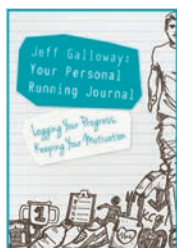
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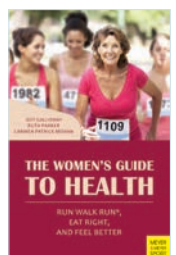
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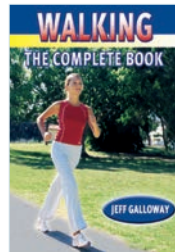
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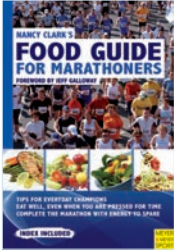
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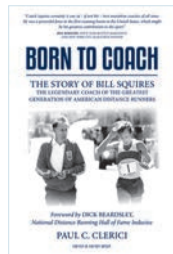
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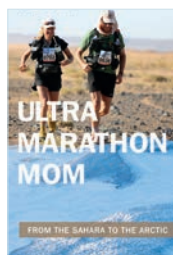
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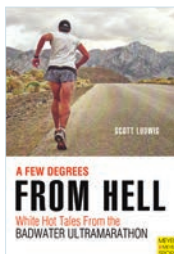
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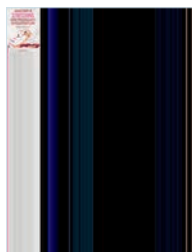


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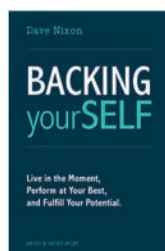


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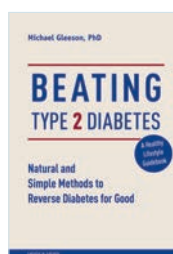
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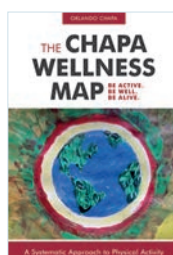
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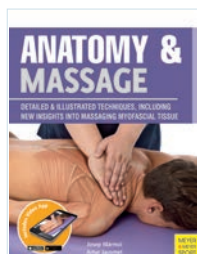
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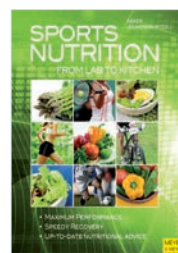
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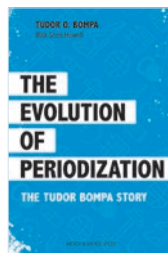
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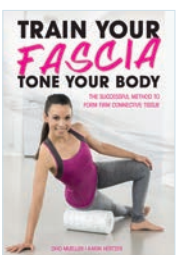
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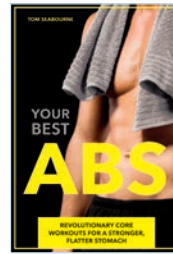
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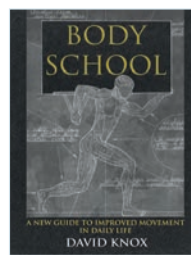
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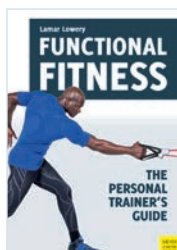


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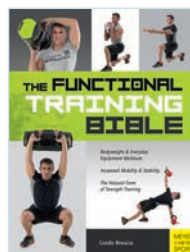
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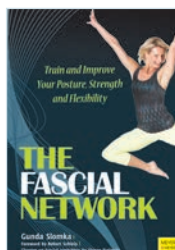
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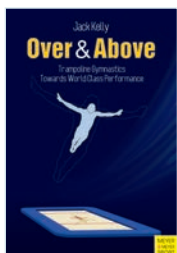
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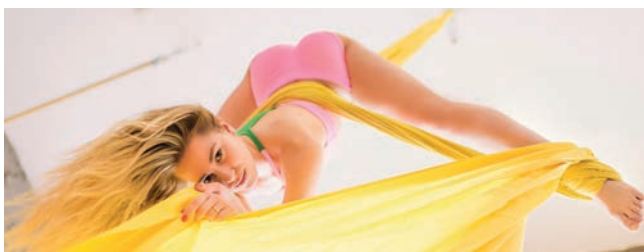
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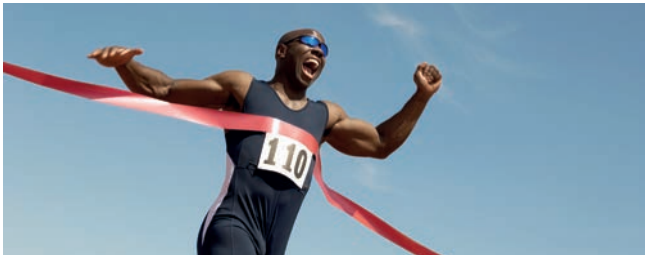
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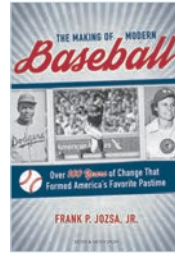
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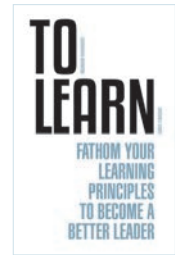
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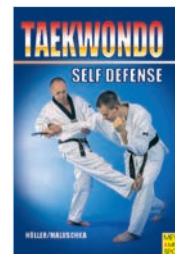
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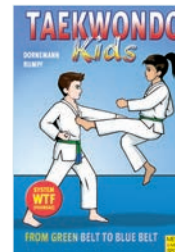
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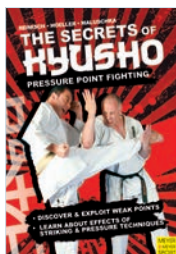


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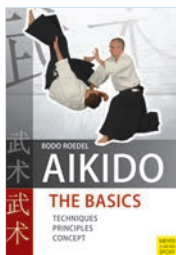
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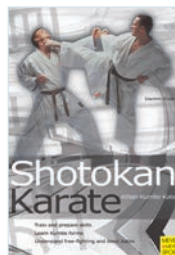
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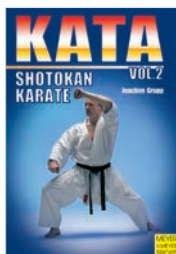
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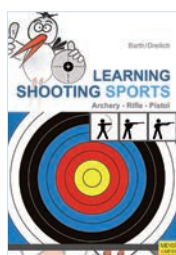


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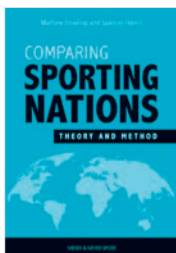
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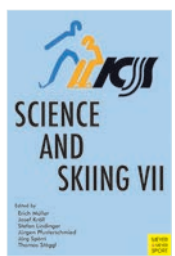
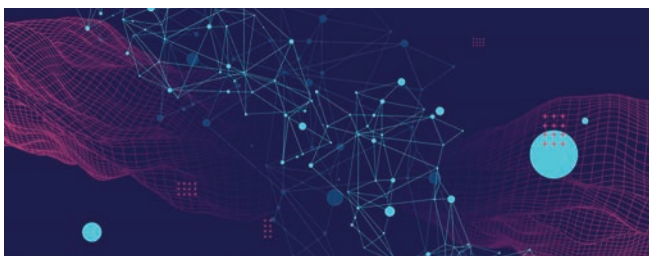
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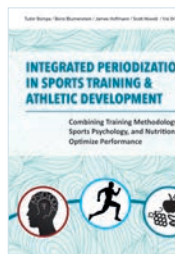
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