



Time Book

Time Book

| Ten Training Habits | Ten Training Habits |
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| 1. Support your Teammates | 1. Support your Teammates |
| 2. Positive Personal Attitude | 2. Positive Personal Attitude |
| 3. Effort | 3. Effort |
| 4. Listening | 4. Listening |
| 5. Be on time | 5. Be on time |
| 6. Be informed | 6. Be informed |
| 7. Streamlines | 7. Streamlines |
| 8. Turns | 8. Turns |
| 9. Finishes | 9. Finishes |
| 10. Wall to Wall | 10. Wall to Wall |
| We swim for good times!® | We swim for good times!® |
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| Record DATE, MEET, TIME, PLACE(optional). | Record DATE, MEET, TIME, PLACE(optional). |
| Record DATE, MEET, TIME, PLACE(optional). Oo yd Individual Medley | Record DATE, MEET, TIME, PLACE(optional). 100 yd Individual Medley |
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| 25 yd Freestyle | 25 yd Freestyle |
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| 25 yd Tadpole/Starfish | 25 yd Tadpole/Starfish |
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| 50 yd Breaststroke | 50 yd Breaststroke |
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