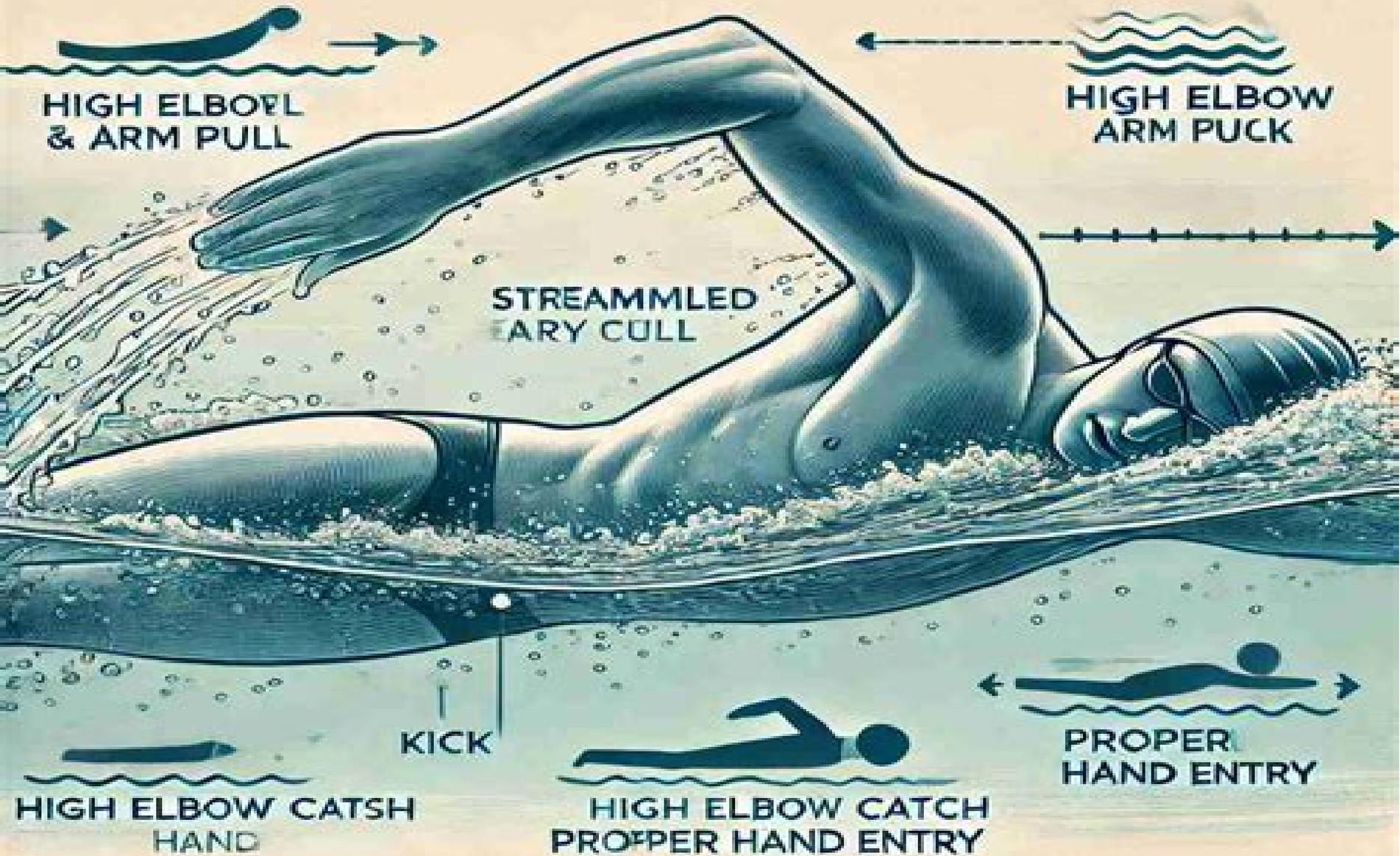


STROKE EFFECIENCY



HIGH ELBOW & ARM PULL

HIGH ELBOW ARM PULL

STREAMMED EARLY CULL

KICK

HIGH ELBOW CATCH HAND

HIGH ELBOW CATCH PROPER HAND ENTRY

PROPER HAND ENTRY

Efficiency Swimming

L Cohen



Efficiency Swimming:

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