

Swimming Drills For Every Stroke By Ruben Guzman

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Once they are swimming fly and have the arm stroke telling them to The Swimming Drill Book Ruben Guzman Coaching and Teaching Swimming

Swimming Drills for Every Stroke by Ruben J.

Swimming Drills for Every Stroke gives swimmers the edge. Author Ruben Guzman presents 91 essential drills for I got this to get some ideas for teaching swim

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