

FALL 2021

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FALL 2021

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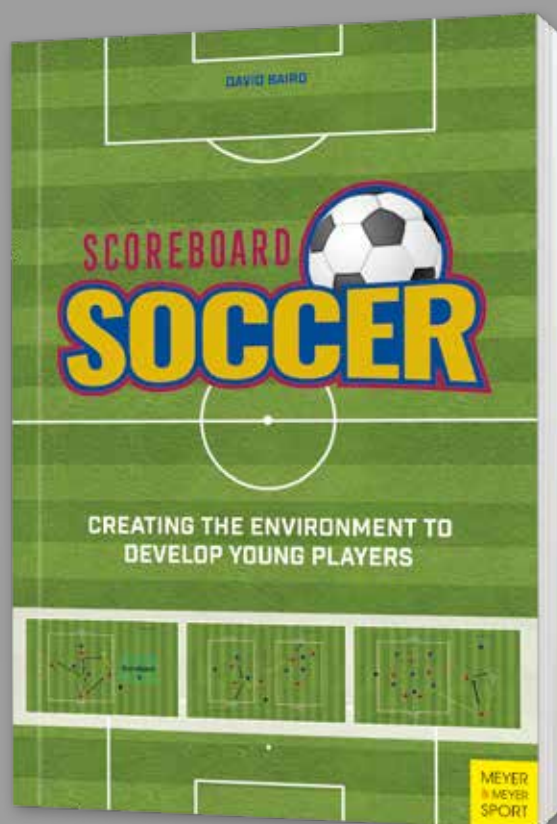
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SCOREBOARD SOCCER

CREATING THE ENVIRONMENT TO DEVELOP YOUNG PLAYERS

FEBRUARY 2022



Scoreboard Soccer develops players through play and praise. The Scoreboard Soccer concept derives from the belief that the environment created for players will influence the behaviors they will practice and refine over time. This book presents the fun, inclusive, and nurturing environments which can be used to develop young players' skills.

When participating in a Scoreboard Soccer game, players will work in an environment that creates realistic game situations, practicing opposition, change of direction, and transition. In these situations, the players will work on those skills coaches wish to develop in young players: passing, dribbling, shooting, and tackling.

What sets the Scoreboard Soccer concept apart from traditional training methods is the added incentive for players to demonstrate these positive behaviors: the scoreboard. Using the scoreboard gives each practice a fun challenge in addition to learning the tactics and techniques and can encourage and reward player effort and involvement. In addition to the Scoreboard Soccer concept, coaching, and content is a complete Scoreboard Soccer curriculum which can be used as a longer-term development plan.

DAVID BAIRD holds a UEFA A License and a UEFA Elite Youth A License. He has coached youth soccer for more than 15 years. Currently, David works as a Coach Educator and Football Development Officer for the Scottish Football Association. Prior to this, he spent time coaching in the United States, the United Arab Emirates, and most recently, with the Heart of Midlothian Football Club academy in Scotland. He currently resides in Scotland.



296 p., in color

144 photos & illus.

Paperback, 6.5" x 9.5"

ISBN: 9781782552321

**\$ 22.95 US/
£ 19.95 UK/€ 22.95 EUR**



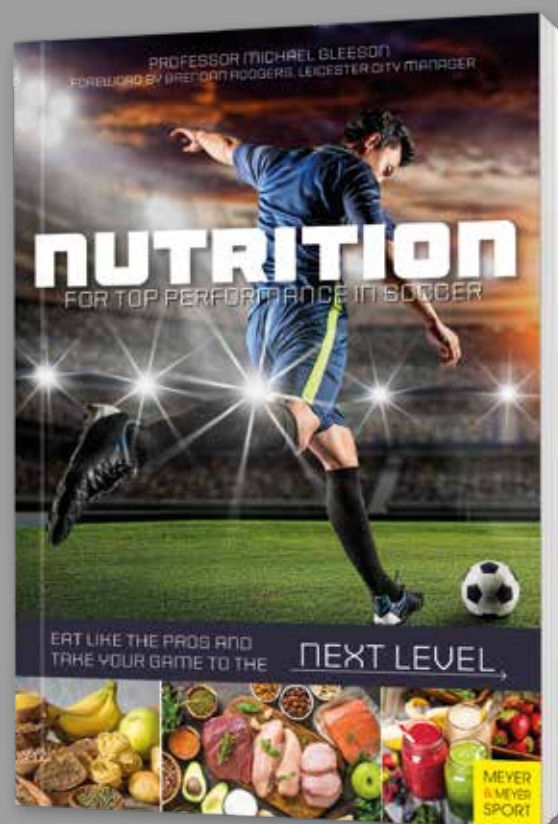
NUTRITION FOR TOP PERFORMANCE IN SOCCER

EAT LIKE THE PROS AND TAKE YOUR GAME TO THE NEXT LEVEL

JANUARY 2022

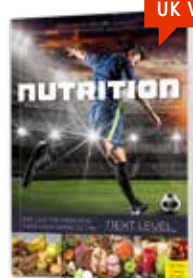
Nutrition plays a crucial role in the match performance and recovery of the athlete. This book provides nutrition basics as well as insight into the physiological demands of the game itself by looking into what elite players eat and drink. Appropriate food choices and timing are also important for a player to perform hard, avoid illness, and recuperate from injury. This book uses the UEFA 2020 Expert Group Consensus Review on Nutrition in Elite Football to give evidence-based guidelines for optimizing soccer performance through appropriate nutrition and the latest comprehensive information on nutrition guidelines for professional players—also relevant to the amateur player. Included are the specific needs of female players and match officials and relevant issues such as eating during travel and food hygiene. Finally, the book provides some sample meal plans for training, match, and recovery days, including recipes by two top performance chefs.

The science behind sports nutrition is evolving fast. Knowing what the top professional players are eating and drinking can help amateur players improve their own performance, recovery, and health.



MICHAEL GLEESON is Emeritus Professor of Exercise Biochemistry in the School of Sport, Exercise and Health Sciences at Loughborough University (UK). He is a world authority on exercise biochemistry, immunology, and nutrition. Recently he was a co-author of the UEFA Expert Group Consensus Statement on Nutrition in Elite Football,

published in the *British Journal of Sports Medicine*. Michael has advised on minimizing risks of infection and performance nutritional strategies for numerous professional sports clubs and organizations, including the English Institute of Sport and several English Premier League football clubs. He is a nutrition consultant to Leicester City FC and has worked with other top clubs including Chelsea, Manchester United, and Manchester City. Michael lives in Leicestershire.


UK VERSION


304 p., in color

120 photos & illus.

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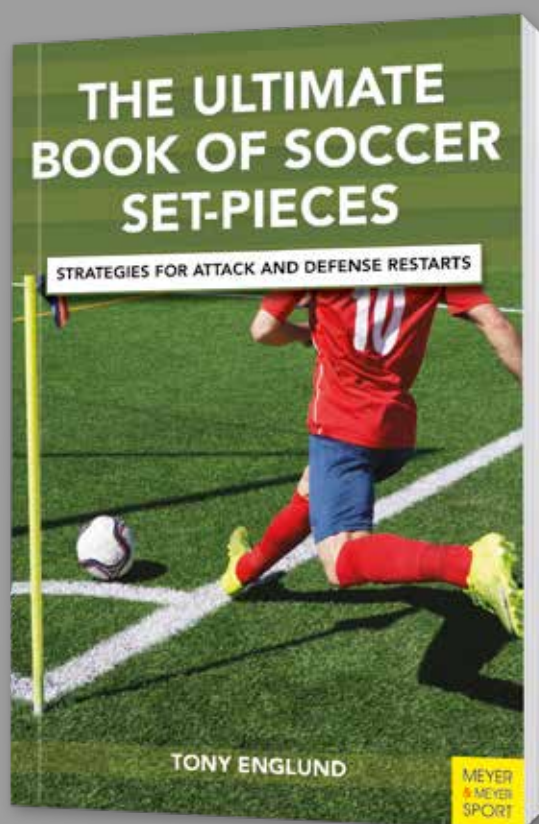
9781782552345 (UK)

\$ 24.95 US/
£ 22.50 UK/€ 24.95 EUR


THE ULTIMATE BOOK OF SOCCER SET-PIECES

STRATEGIES FOR ATTACK AND DEFENSE RESTARTS

JANUARY 2022



The World Cup 2018 saw a record 66 goals scored from set-piece situations (42% of the 155 total goals scored), a remarkable and emphatic statement regarding the influence of set-pieces on the modern game. Yet very little, if any, attention is paid to the influence of set-pieces in coaching literature, coaching courses, or symposiums.

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. From simple organizational considerations to complex plays featuring many variations, this book is the tool coaches at every level need to prepare their teams to win the set-piece battle.



TONY ENGLUND is a United Soccer Coaches Master Coach and the Inaugural Jeff Tipping Award winner. He is the author of 14 coaching books on soccer, including *Soccer Transition Training* (2019, with John Pascarella) and the best-seller *Style and Domination: A Tactical Analysis of FC Barcelona* (2012). Tony's teams have earned more than 600 wins and numerous state and regional championships. He is the ECNL Technical Director and Director of Coaching Development at St. Croix Soccer Club in Minnesota.



208 p., b/w

152 photos & illus.

Paperback, 6" x 9"

ISBN: 9781782552291

\$ 18.95 US/**£ 16.95 UK/€ 18.95 EUR**

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THIS IS OUR CITY

THE ST. LOUIS CITY SC AND THE REVIVAL OF AMERICA'S FIRST SOCCER CAPITAL

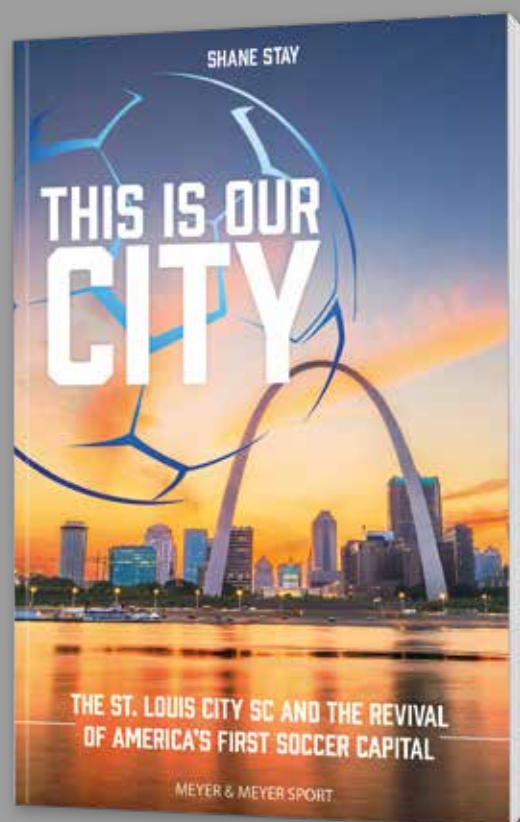
OCTOBER 2021

St. Louis has been the heartbeat of American soccer for years, dominating in club, high school, and college soccer. To this day, St. Louis University has the most NCAA Division I men's soccer national championship titles. Yet, in 1996, when Major League Soccer kicked off its inaugural season, there was no team to represent the Gateway to the West. How did this happen?

Author Shane Stay will guide the reader through St. Louis soccer's journey, from its past to the present, including the launch of St. Louis CITY SC. The story will start 100 years in the past and follow the major achievements—and setbacks—of St. Louis soccer.

The author will cover not only the history of soccer at the club, high school, college, and professional levels, but he will also outline local attractions for soccer fans and will even predict the future successes of St. Louis CITY SC.

This is one book soccer fans will want to have on their shelves!



SHANE STAY is a bestselling author; he has written *The Euro 2020 Book*, *European Soccer Leagues 2019*, *Major League Soccer 2019*, *The Women's World Cup 2019 Book*, *The World Cup 2018 Book*, *Why American Soccer Isn't There Yet*, and *The Cairo Project*. In 2008, he played professional soccer with St. Louis Illusion. During his career as a soccer player, he earned a Missouri club state championship with Busch Soccer Club and a Holland Cup championship with a Metro East team. In 1999, he founded the first online Current Events Game (CE Game). He has appeared on TV and has featured on numerous radio broadcasts including ESPN and NPR.



312 pages, in color
15 photos
Paperback, 5.5" x 8.5"
ISBN: 9781782552277

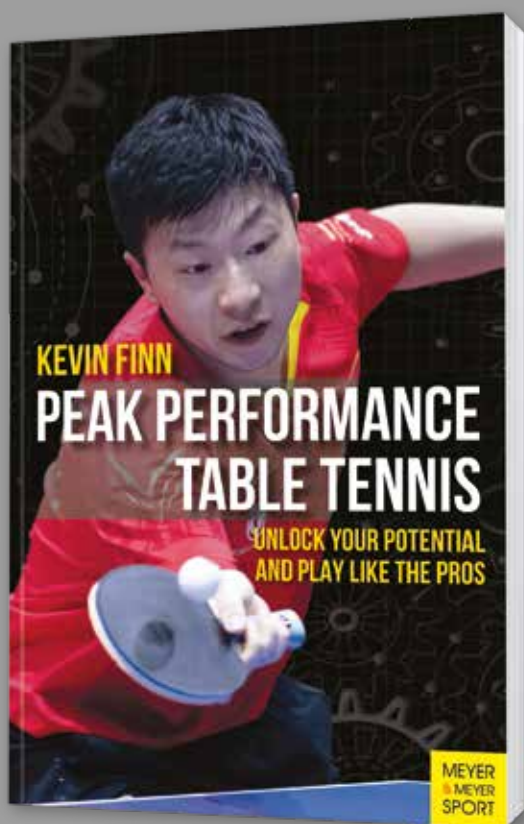
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PEAK PERFORMANCE TABLE TENNIS

OCTOBER 2021

UNLOCK YOUR POTENTIAL AND PLAY LIKE THE PROS



Peak Performance Table Tennis comprehensively covers game aspects needed for peak performance and provides action steps for athletes to ensure they perform at their peak when it matters most. This book contains cutting-edge sports science, curated specifically for table tennis athletes. It dives deep into sports nutrition, supplementation, training methodologies, advanced recovery tactics, injury prevention, psychological and emotional skills training, motor learning, and more.

In the book, the reader will find

- science-based methods to prevent choking during critical matches;
- information on fueling performance using advanced sports nutrition;
- the author's secret "looper" formula which enhances cognitive functioning and bottles that "in the zone" feeling;
- how-to on hacking sleep patterns and using biorhythmic optimization to improve performance, enhance body composition, and more;
- the counterintuitive secret to increasing speed, power, and agility in table tennis;
- a scientific approach to achieving the "flow state;"
- a secret from the Chinese National Team on how to control the flow of play and find that winning momentum;
- and much, much more ...



KEVIN FINN is a strength and conditioning specialist, a certified speed and agility coach (CSAC), and the owner and creator of Peak Performance Table Tennis. As a strength training and nutritional consultant with a master's degree in education, he specializes in breaking down complex information and arming people with the knowledge and tools necessary to transform their

physiques and take their performances to the next level. As a table tennis player, he specializes in playing defensively, losing frequently, and spending inordinate amounts of time researching and tweaking his setup. He can be found frequenting the online table tennis forums under the moniker, Joo Se Kev.



240 p., b/w

100 photos & illus.

Paperback, 5.5" x 8.5"

ISBN: 9781782552284

\$ 18.95 US/

£ 16.95 UK/€ 18.95 EUR



3X3 BASKETBALL

EVERYTHING YOU NEED TO KNOW

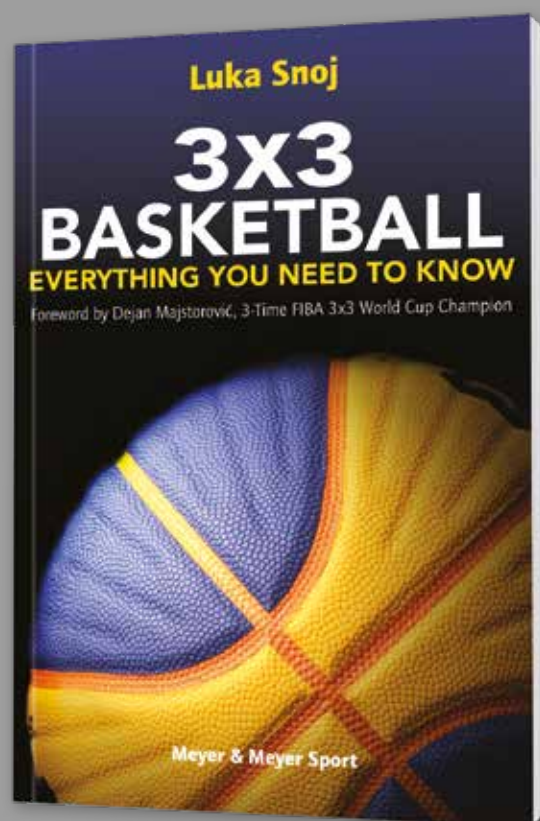
JULY 2021

Since its formation in 2007, 3x3 basketball's popularity has skyrocketed, from being played casually as a pick-up game to debuting at the 2020 Summer Games.

3x3 Basketball is the first-ever book to cover multiple aspects of this sport. In this book, author Luka Snoj comprehensively presents the differences between traditional basketball and 3x3 basketball and outlines the fundamental tactics and game structure, theory, terminology, as well as principles for successful play.

The author also details the history of 3x3 basketball—why and how it was formed as well as how the sport has evolved over the years. He describes the competition system, including how the rules have changed, and what teams have been successful over the past decade. In this section, Snoj weaves in contemporary interviews with top players like Dusan Bulut—3x3 basketball's GOAT (four-time world champion)—to round out the narrative on a sport whose popularity will only continue to grow. Finally, Snoj provides both statistical and analytical analyses of the sport.

With all its insights, tips, and knowledge, this book is a must-have for 3x3 basketball players, coaches, and fans all over the world!



LUKA SNOJ is the first European player to have played in the first-ever professional 3x3 basketball league. During his professional career, he was continually ranked among the top 3x3 players in the world, and he has played in more than 500 3x3 basketball games. He has coached 3x3 basketball in Japan and was also an assistant coach for the Slovenian national 3x3 basketball team. He is also a 3x3 basketball TV analyst. Snoj manages and coaches his own 3x3 basketball club in his hometown of Ljubljana, Slovenia.



224 p., in color

40 photos

Paperback, 5.5" x 8.5"

ISBN: 9781782552260

\$ 22.95 US/**£ 19.95 UK/€ 22.95 EUR**

RAGING LOVE

FEBRUARY 2022

AN ATHLETE'S JOURNEY TO SELF-VALIDATION AND PURPOSE



Raging Love is about athlete Jimmie D. King's rise to fame as an angry, chronically injured powerlifting champion to a happy, healthy cyclist and bodybuilder. The reader will witness a man who learns to be at ease with himself through mentoring and coaching others to become a better version of themselves.

It gives us a glimpse at the life and athletic career of Powerlifting National Champion Jimmie D. King. With stunning candor, King shares his intimate and deeply personal perspective—including his challenges and struggles with bullies, physical limitations, childhood abuse, disappointments, oppression, and racism—and how he evolved and adapted over seven decades all while learning to serve and develop the talents of others. Far more than a sports memoir, *Raging Love* is a gripping tale of perseverance and purpose and a reminder that finding one's path is, above all, an evolution from psychological discipline and mental toughness to forgiveness, spiritual peace, self-knowledge, and self-love.

This is a must-read that will inspire sports fans of all ages. The reader will cheer for King as he wrestles his rage, learns to forgive, and turns his focus to love and service of others.



JIM D. KING was a certified personal trainer for 21 years and a group fitness instructor for 5 years. He is a certified sports nutritionist. He was a photojournalist for *Female Bodybuilding Magazine* and a manager/engineer for Pfizer Pharmaceutical, Avon Cosmetics, and Mobil Oil. Jim is also a successful athlete and has set the US national deadlift record (635 lb.) and has spent years as a player and coach for various sports. He was a 2017 IsaBody Challenge Finalist and Runner-Up.



LORI ANN KING is the author of *Come Back Strong*, *Balanced Wellness After Surgical Menopause*, and a two-time contributor to the *Chicken Soup For the Soul* series. She is the creator of the online bite-size course *Balanced Wellness During Menopause*.



312 p., b/w

20 photos

Paperback, 5.5" x 8.5"

ISBN: 9781782552314

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

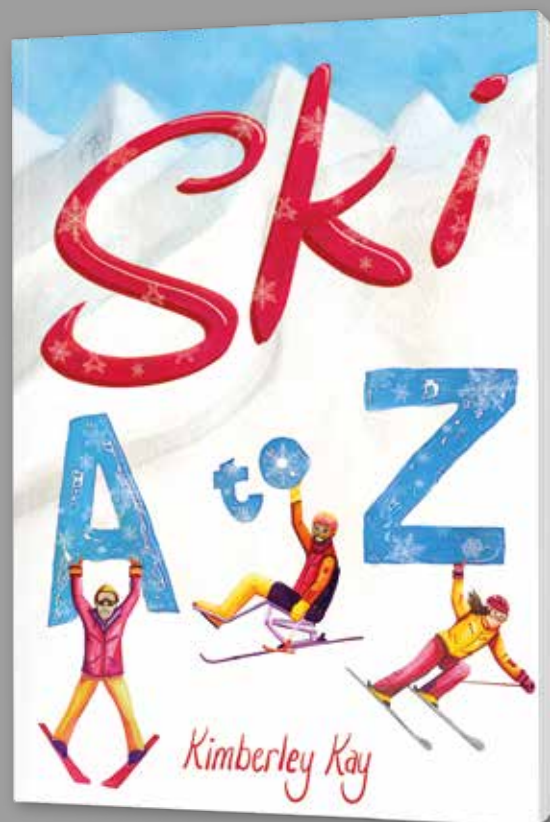
SKI A-Z

AN ILLUSTRATED GUIDE TO SKIING

DECEMBER 2021

Ski A-Z is a fun, illustrated introduction to skiing. It demystifies the world of skiing, making it more accessible. This book explains what it can take years to discover, and many things that no one mentions to beginner skiers. *Ski A-Z* has valuable information and advice that can empower the reader to be able to enjoy the experience of skiing. This book will help anyone prepare for mountain experiences as it's packed with useful tips and insights.

Written and illustrated in the classic style of A-Z books, this fun and informative introduction to skiing makes for an ideal gift for anyone – at any age – who is interested in skiing.



KIMBERLEY KAY learned to ski when she was five years old. She now has more than 40 years of ski experience, including racing, teaching, ski holiday promotion, and heli-skiing. She also has 20-year career in travel public relations. Kimberley received a Foundation Diploma in Art and Design from UAL London and took illustration courses with top art agent, Lilla Rogers. She

has illustrated *30 Years in a White Haze* by Dan Egan and Eric Wilbur. Kimberley currently lives in Yorkshire.



112 p., in color

90 illus.

Hardcover, 6.5" x 9.5"

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We look forward to hearing from you!



Fall 2021



Spring 2021



Fall 2020

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TONY ENGLUND

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KEVIN FINN

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CARL WILD

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THE PHILOSOPHY OF THE GAME

Badminton is one of the fastest sports in the world, and a smash by a Chinese player has been measured at 206 miles per hour, faster even than a golf ball. Just as badminton has grown in popularity around the world in the past 20 years, and has now been recognized as an Olympic Sport, the sport itself has also changed a great deal.



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.

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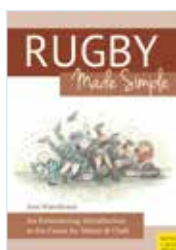


Luka Snoj 3X3 BASKETBALL Everything You Need to Know

NEW

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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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.

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

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

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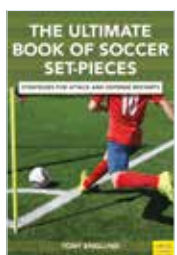


David Baird
SCOREBOARD SOCCER
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NEW

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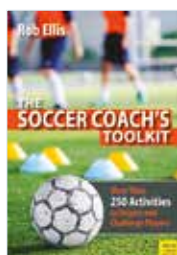


Tony Englund
THE ULTIMATE BOOK OF SOCCER SET-PIECES
Strategies for Attack and Defense Restarts

NEW

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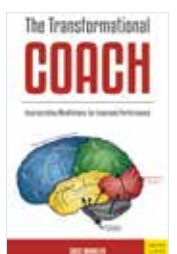
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Englund/Pascarella
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Michael Gleeson
NUTRITION FOR TOP PERFORMANCE IN SOCCER
Eat Like the Pros and Take Your Game to the Next Level

NEW

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.

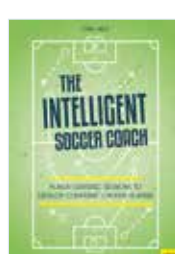
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Paul Robinson
THE SOCCER SESSIONS BOOK
86 Prepared Practice Sessions for Coaching Youth Players

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.

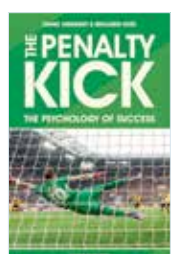
184 p., in color, 261 illus., Paperback, 8.5" x 11"
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Carl Wild
THE INTELLIGENT SOCCER COACH
Player-Centered Sessions to Develop Confident, Creative Players

The Intelligent Soccer Coach gives any aspiring or experienced coach everything that they need to create the ideal environment to develop youth soccer players.

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Memmert/Noël
THE PENALTY KICK
The Psychology of Success

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The 150 training forms teach the basic tactical and technical skills of modern soccer. Furthermore, the book discusses running behavior, techniques, group tactics, variable games entries, as well as the improvement of action speed and game intelligence.

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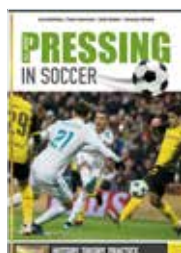
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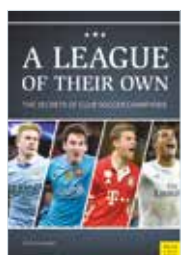
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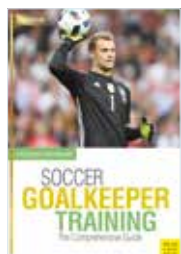
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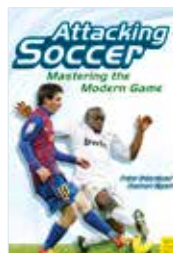
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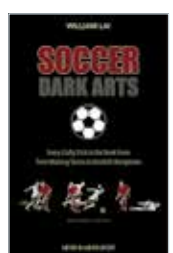
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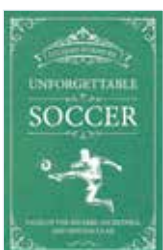
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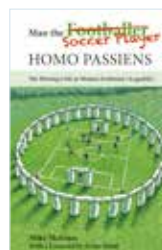
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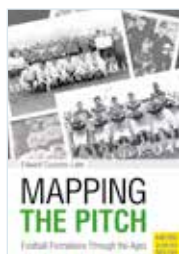
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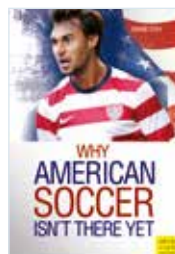
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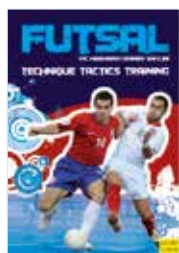
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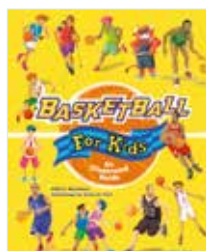
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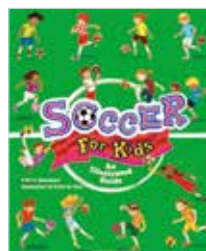
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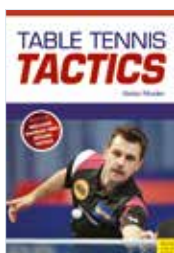


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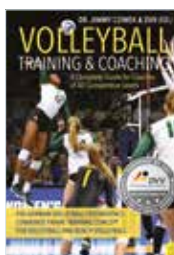
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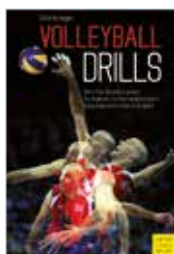
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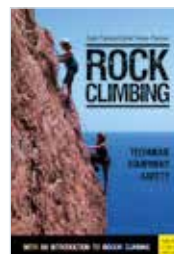
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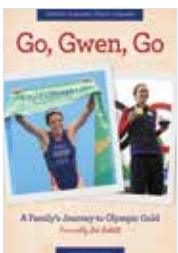
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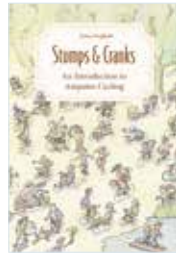
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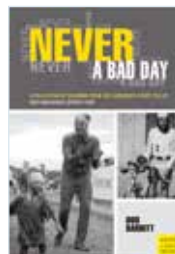
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Fiona Ford
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How I Recovered From a Life-Changing Accident
and Got Back on the Podium

This is the story of former pro triathlon athlete Fiona Ford's rehabilitation and recovery from a serious bike accident that ended her competitive career. Practical guidance with advice is also provided.

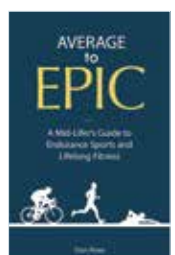
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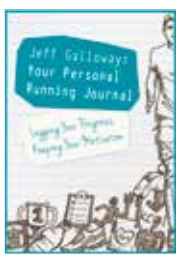
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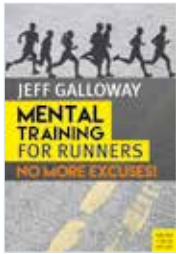
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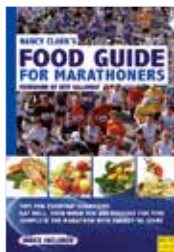
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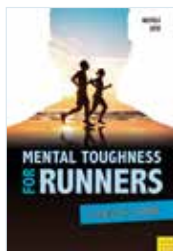
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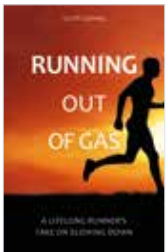




Holly Zimmermann
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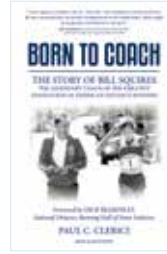
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Holly Zimmermann
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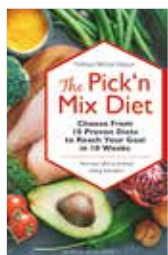
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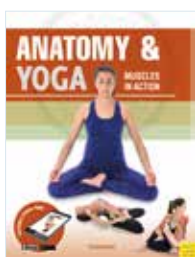
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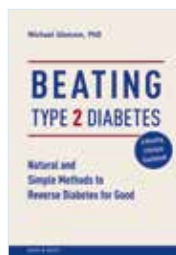
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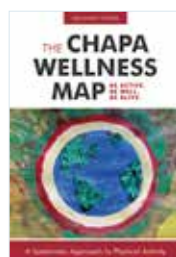
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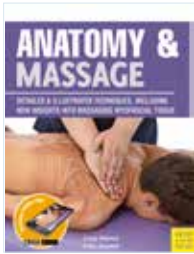
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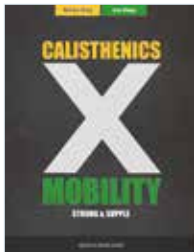
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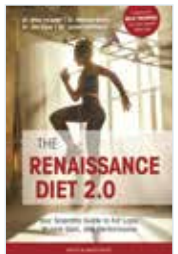
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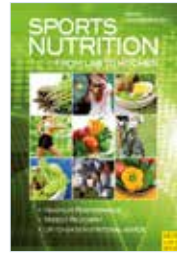
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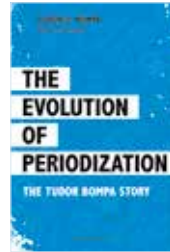
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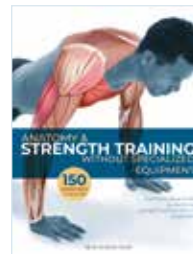
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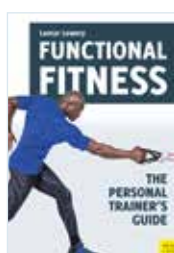


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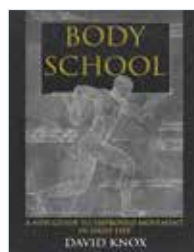
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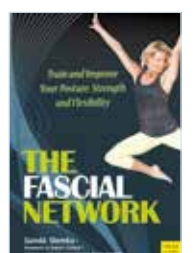
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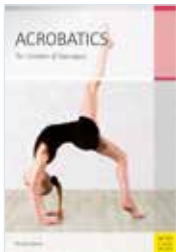
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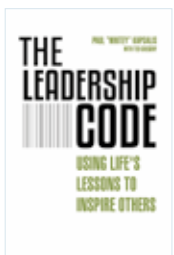
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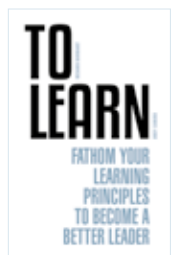
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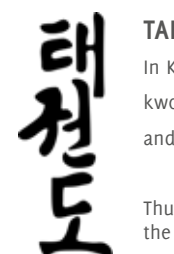
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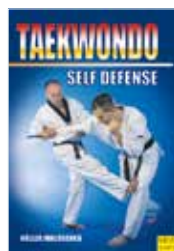
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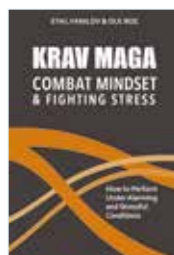
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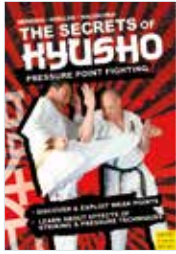
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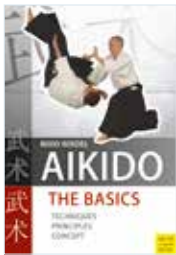
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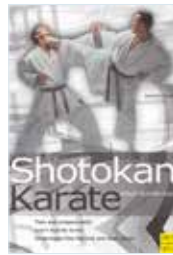
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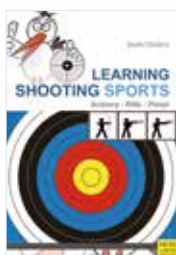
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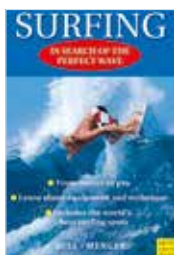
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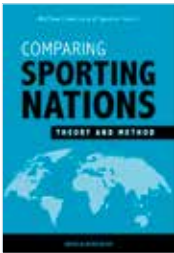
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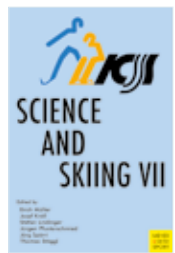
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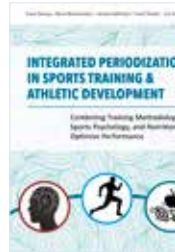
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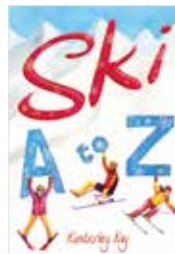
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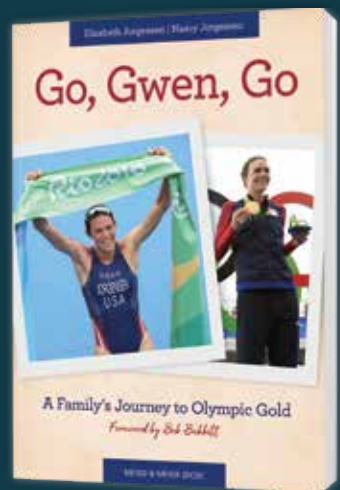


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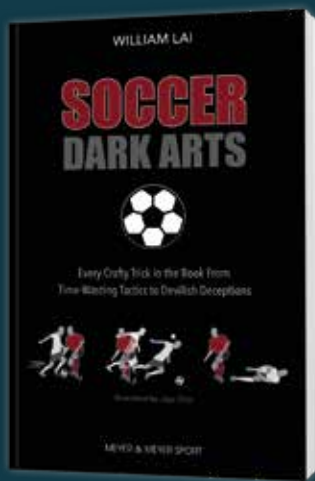
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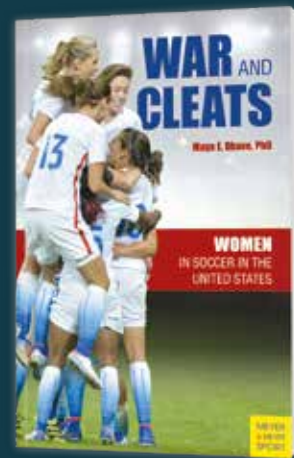


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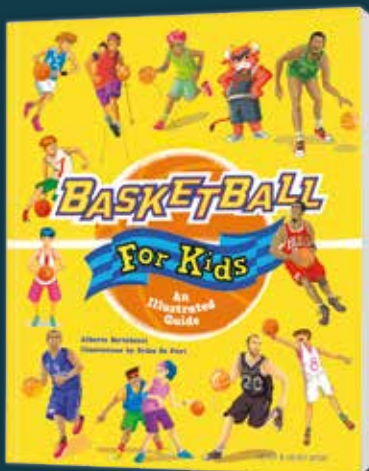
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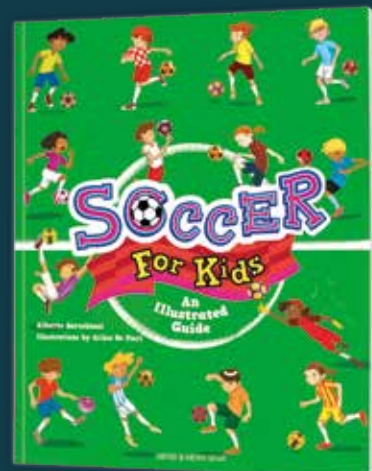
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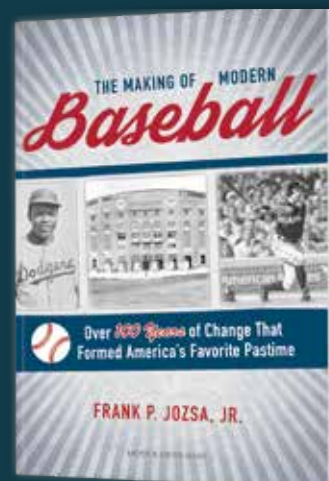
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