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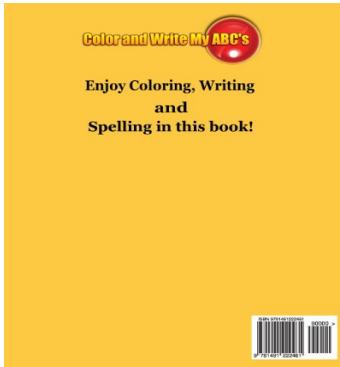
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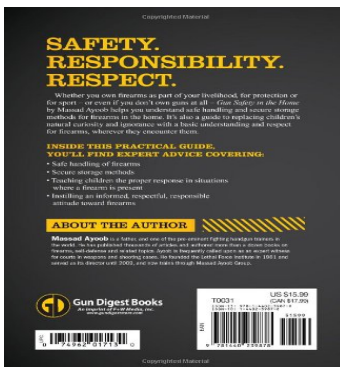
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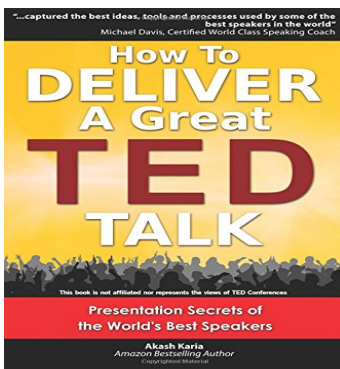
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Caldecott Honor winner David Shannon applies his wonderful off-beat humor to the story of a duck who decides to try riding a bike--and loves it!FORMAT: Paperback book & CDNARRATOR: Walter MayesOne day down on the farm, Duck got a wild idea. "I bet I could ride a bike," he t

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**diving manual 2014 - Fina**

FINA Diving Officials Manual. Introduction. Chapter 1. INTRODUCTION 2014-03- 05.

Fundamentals. Diving is an aquatic sport under the roof of FINA ( Federation Internationale de. Natation). Competition Diving is divided into the disciplines springboard and platform diving. The heights are: 1m and 3m springboard and 5 ...

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This book provides straight-forward instruction to assist the novice in the performance of basic fundamentals of springboard diving.

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