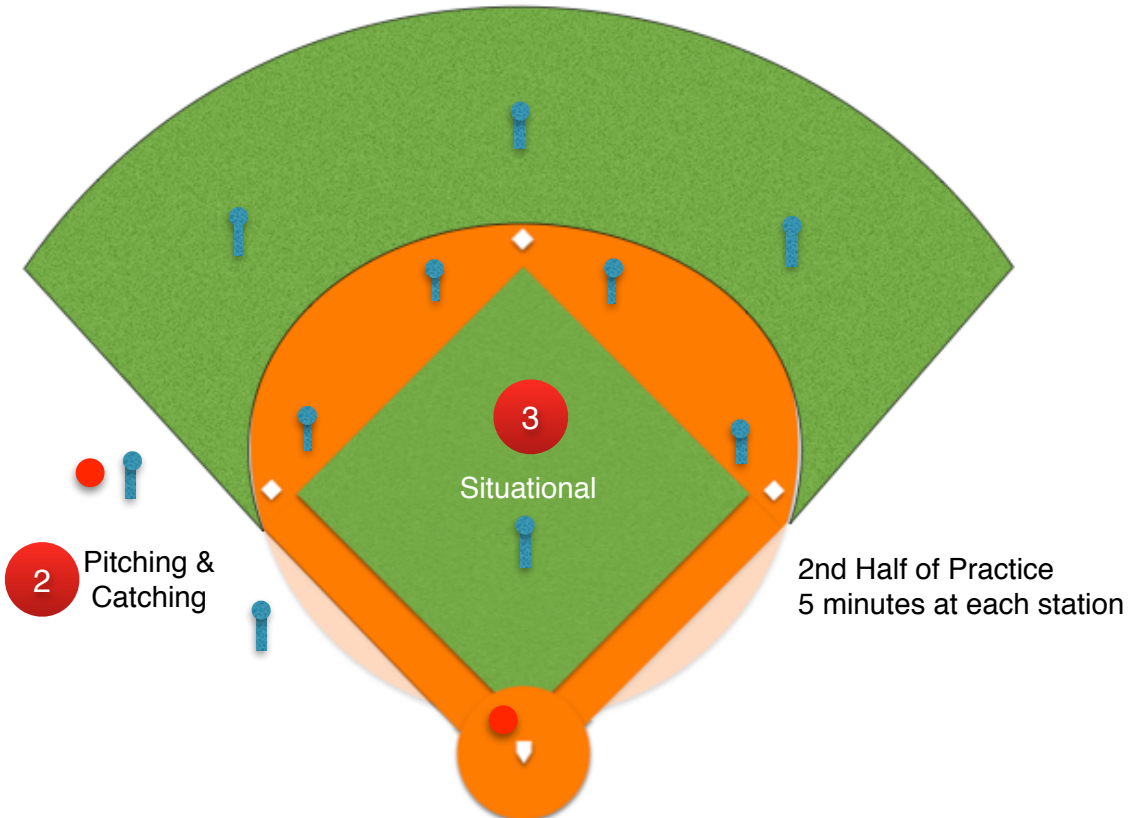


1st Half of Practice
5 minutes at each station



2nd Half of Practice
5 minutes at each station