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Liam Green is a sixteen-year-old boy who has just moved to Fairmont with his family. On his first day in his new high school, he falls for Alex, a handsome jock on the swim team.

Smashwords â€“ Swimmer Boy â€“ a book by Jay Argent

Most Improved Male Swimmer. Awarded for Most Improved Development Swimmer (Boy) 2013 Cameron Howard . 2014 ~ 2015 Connor Perrin . 2016 Joshua Day

Awarded for Most Improved Development Swimmer (Boy)

Basic Swimming Skills From your work toward Second Class rank, you know that a rescuer often does not need to enter the water to save someone from drowning.

Basic Swimming Skills - bsaswim.com

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Swimmer Boy By Jay Argent - piersonfordaberdeen.com

A Guide to Nutrition for Young Swimmers Written by Dr. Tricia Pingel, NMD Nutrition is incredibly important for endurance and performance at swim meets.

Nutrition for Swimmers[1] - Hubbard Swim School

500 yard freestyle; middle distance which can include anything in the 200 yard range, or a sprint which is swimming any stroke for 100 yards or less.

Nutritional Needs for requires proper nutrition. As a

They are ideal for Masters swimmers, triathletes, and fitness swimmers accustomed to swimming three times per week with weekly yardage ranging from 8,000â€•13,000 yards. The 16â€•week plan consists of three workouts per week.

16-Week Swim Training Plan preview

Swimming Merit Badge Workbook This workbook can help you but you still need to read the merit badge pamphlet. This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.

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