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# Table Tennis Coaching Manual

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Routledge Handbook of Strength and Conditioning  
National Coaching Manual  
Great Gift for an Amazing Table Tennis Coach and Table Tennis Coaching Equipment Table Tennis Journal  
The Ultimate Table Tennis Challenge  
Live, Work, and Play Like a Champion  
Table Tennis Player Journal- Grab Your Balls, It Is Time for Ping Pong  
Table Tennis  
Your Path to Success  
Technical Coaching Manual  
Level 2 : Technical  
Winning Table Tennis  
Table Tennis  
Table Tennis Coaching Manual V1.0  
Expert Table Tennis Serves  
Table Tennis Coaching Playbook  
Table Tennis Player Journal - Keep Calm and Play Ping Pong  
Professional Table Tennis Coaches Handbook  
Journal for Table Tennis Players, Coaches and Table Tennis Lovers.  
The Classic Guide to the Mental Side of Peak Performance  
Steps to Success  
For Teachers, Coaches and Parents  
Journal for Table Tennis Players, Coaches and Table Tennis Lovers.  
Table Tennis Tactics  
Advanced Coaching Manual  
Occupational Outlook Handbook  
Greatness Isn't Born. It's Grown. Here's How.  
Expert in a Year  
Table Tennis Coaching Manual  
Table Tennis  
Table Tennis Coaching Manual  
Procedure Manual for National Coaching Certification Program  
The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration  
International Book of Tennis Drills  
Triphasic Training  
Mental Warfare in Tennis--Lessons from a Master  
The Talent Code  
Women in Sports Coaching  
Win Forever

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## PAMELA JORDAN

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Routledge Handbook of Strength and Conditioning Penguin  
Women in many Westernized countries encounter a wider variety of career opportunities than afforded in previous decades, and the percentage of women leaders in nearly every sector is on the rise. Sport coaching, however, remains a domain where gender equity has declined or stalled, despite increasing female sport participation. The percentage of women who coach women are in the minority in most sports, and there is a near absence of women coaching men. This important new book examines why. Drawing on original multi-disciplinary research from across the globe, including first-hand accounts from practicing coaches, the book illuminates and examines the status of women in coaching, explores the complex issues they face in pursuing their careers, and suggests solutions for eliminating the barriers that impede women in coaching. Developing an innovative model of intersectionality and power constructs through which to guide research, the book covers issues including sexual identity, race, motherhood, cross-gender coaching and media coverage to give voice to women coaches from around the world. As such, Women in Sports Coaching is essential reading for serious students and scholars of sports coaching, sport sociology or anyone with an interest in gender and sport.

*National Coaching Manual* Human Kinetics

114 Tennis Strategies, Mental Tactics, and Drills: Improve Your Game in 10 Days By Joseph Correa "Learn how to uncover mental and physical skills you never thought you had." The best strategies in the game and the best drills to develop your game to the next level. Simply start reading and putting into practice what you learn. What all the best tennis pros in the world know but don't share. Now you can have this privileged information in your hands. Copyright 2013 114 Tennis Strategies, Mental Tactics, and Drills By Joseph Correa

*Great Gift for an Amazing Table Tennis Coach and Table Tennis Coaching Equipment Table Tennis Journal* Independently

Published

Drawing on the latest scientific research, this handbook introduces the essentials of sport-specific strength and conditioning programme design for over 30 different sports. Enhanced by extensive illustrations and contributions from more than 70 world-leading experts, its chapters present evidence-based best practice for sports including football, rugby, tennis, hockey, basketball, rowing, boxing, golf, swimming, cycling and weightlifting, as well as a variety of wheelchair sports. Every chapter introduces the fundamental requirements of a particular sport – such as the physiological and biomechanical demands on the athlete – and describes a sport-specific fitness testing battery and exercise programme. Additional chapters cover the adaptation of programme design for special populations, including female athletes, young athletes and athletes with a disability. Drawing on the experiences of Olympic and Paralympic coaches and trainers, it offers original insights and practical advice from practitioners working at the highest level. Innovative, comprehensive and truly international in scope, the Routledge Handbook of Strength and Conditioning is vital reading for all strength and conditioning students and an invaluable reference for strength and conditioning coaches and trainers.

*The Ultimate Table Tennis Challenge* Human Kinetics

Table Tennis Coaching Manual V1.0aDezinr

**Live, Work, and Play Like a Champion** Createspace  
Independent Pub

Is Table Tennis Your Passion? Then grab this Blank Line Journal! This Table Tennis Journal or Sports Notebook will help you to Record, Reflect and Evaluate your Game Plans, Coaching Tips, Strategies, Key Improvement Areas, Practice Notes, Reviews, Goal Setting and Growth Curves? Go Grab this Journal Now to record them all, re-boost your Positive Mindset and Start your Journey to Success! Book Specifics: This Awesome Table Tennis Journal and Sports Notebook is: 110-pages Blank Lined Writing Journal for Table Tennis Lovers. 6 inches x 9 inches Glossy Cover \*\*\* It Makes an Excellent Gift for Men, Women, Students, Coaches and Kids who are Interested in Table Tennis.\*\*\* About this Table Tennis Journal: This practice journal helps you in organizing yourself to

take notes before and after the matches and practice sessions. It is handy and fits into your it easily. You can even review your game and also list - Things to remember before you future sessions. No more testing your memory. This journal provides them all right there. It makes it helpful in focusing on one's strengths and eliminating the weaknesses. You can track every match and gather valuable insights from your performances. Since this is a blank lines journal, With this notebook/ log book / Journal you can also: Note down the most inspiring Table Tennis quotes Personalize it with stickers and tapes Organize your game plan Plan and Reflect on Matches for Rapid Improvement Use it as an organizer, goal tracker or habit tracker Include hours of mindfulness and meditation notes List of goals and things to be done Interesting Table Tennis tips to improve your game List of Table Tennis books to read List of success and accomplishments It is a great gift if you are looking out for cool and handy journal. This blank lined journal is a memorable gift for the ones who love the game. It helps you in being inspired and motivated all the time. The impressive cover will always remind you to keep your focus and love for the game. You can use this Table Tennis Journal and Sports Notebook as a Table Tennis Player Gift, Table Tennis Coach Journal, Table Tennis Book for Boys and Girls, Table Tennis Practice Notebook for Coaching Tips and Goal Setting, Functional Table Tennis match journal, Table Tennis match sheet for players, Pre and Post match game plans and evaluations, Table Tennis practice journal, Table Tennis journals for kids, Performance Evaluation Sports journal, Table Tennis Gifts for Birthdays. Advantages of Writing Journals: Studies have shown that writing journals can boost your creativity and enhance your memory and do your intelligence a world of good. It lets your creative juices flowing and you can brainstorm innumerable ideas in no time not only improve your discipline but can also improve your productivity. Many successful players journal daily. Next time you fall short of this journal will help you reminding them at the tip of your fingers. You can use this journal as: Gratitude journal Collection journal Bucket list journal Quote book journal Scrapbook and memory journal Logbook diary and many more Other Uses of Writing Journals: Other uses of this cute notebook

come journal can be simply writing down positive thoughts and affirmations, or your listing down in the night before going to bed, the things to be done the next day. You can then read out these instructions after getting up and your day is all set to goal driven mode. Hit the BUY NOW Button and start your Magical Journey today! All the Best! \*\*\* Please Check out other Journals by clicking the Author

[Table Tennis Player Journal- Grab Your Balls, It Is Time for Ping Pong](#) McGraw Hill Professional

"I know that I'll be evaluated in Seattle with wins and losses, as that is the nature of my profession for the last thirty-five years. But our record will not be what motivates me. Years ago I was asked, 'Pete, which is better: winning or competing?' My response was instantaneous: 'Competing. . . because it lasts longer.'" Pete Carroll is one of the most successful coaches in football today. As the head coach at USC, he brought the Trojans back to national prominence, amassing a 97-19 record over nine seasons. Now he shares the championship-winning philosophy that led USC to seven straight Pac-10 titles. This same mind-set and culture will shape his program as he returns to the NFL to coach the Seattle Seahawks. Carroll developed his unique coaching style by trial and error over his career. He learned that you get better results by teaching instead of screaming, and by helping players grow as people, not just on the field. He learned that an upbeat, energetic atmosphere in the locker room can coexist with an unstoppable competitive drive. He learned why you should stop worrying about your opponents, why you should always act as if the whole world is watching, and many other contrarian insights. Carroll shows us how the Win Forever philosophy really works, both in NCAA Division I competition and in the NFL. He reveals how his recruiting strategies, training routines, and game-day rituals preserve a team's culture year after year, during championship seasons and disappointing seasons alike. Win Forever is about more than winning football games; it's about maximizing your potential in every aspect of your life. Carroll has taught business leaders facing tough challenges. He has helped troubled kids on the streets of Los Angeles through his foundation A Better LA. His words are true in any situation: "If you want to win forever, always compete."

*Table Tennis* aDezinr

Is Table Tennis Your Passion? Then grab this Blank Line

Journal! This Table Tennis Journal or Sports Notebook will help you to Record, Reflect and Evaluate your Game Plans, Coaching Tips, Strategies, Key Improvement Areas, Practice Notes, Reviews, Goal Setting and Growth Curves? Go Grab this Journal Now to record them all, re-boost your Positive Mindset and Start your Journey to Success! Book Specifics: This Awesome Table Tennis Journal and Sports Notebook is: 110-pages Blank Lined Writing Journal for Table Tennis Lovers. 6 inches x 9 inches Glossy Cover \*\*\* It Makes an Excellent Gift for Men, Women, Students, Coaches and Kids who are Interested in Table Tennis.\*\*\* About this Table Tennis Journal: This practice journal helps you in organizing yourself to take notes before and after the matches and practice sessions. It is handy and fits into your it easily. You can even review your game and also list - Things to remember before you future sessions. No more testing your memory. This journal provides them all right there. It makes it helpful in focusing on one's strengths and eliminating the weaknesses. You can track every match and gather valuable insights from your performances. Since this is a blank lines journal, With this notebook/ log book / Journal you can also: Note down the most inspiring Table Tennis quotes Personalize it with stickers and tapes Organize your game plan Plan and Reflect on Matches for Rapid Improvement Use it as an organizer, goal tracker or habit tracker Include hours of mindfulness and meditation notes List of goals and things to be done Interesting Table Tennis tips to improve your game List of Table Tennis books to read List of success and accomplishments It is a great gift if you are looking out for cool and handy journal. This blank lined journal is a memorable gift for the ones who love the game. It helps you in being inspired and motivated all the time. The impressive cover will always remind you to keep your focus and love for the game. You can use this Table Tennis Journal and Sports Notebook as a Table Tennis Player Gift, Table Tennis Coach Journal, Table Tennis Book for Boys and Girls, Table Tennis Practice Notebook for Coaching Tips and Goal Setting, Functional Table Tennis match journal, Table Tennis match sheet for players, Pre and Post match game plans and evaluations, Table Tennis practice journal, Table Tennis journals for kids, Performance Evaluation Sports journal, Table Tennis Gifts for Birthdays. Advantages of Writing Journals: Studies have shown that writing journals can boost your creativity and enhance your memory and and do your intelligence a world of good. It lets your

creative juices flowing and you can brainstorm innumerable ideas in no time not only improve your discipline but can also improve your productivity. Many successful players journal daily. Next time you fall short of this journal will help you reminding them at the tip of your fingers. You can use this journal as: Gratitude journal Collection journal Bucket list journal Quote book journal Scrapbook and memory journal Logbook diary and many more Other Uses of Writing Journals: Other uses of this cute notebook come journal can be simply writing down positive thoughts and affirmations, or your listing down in the night before going to bed, the things to be done the next day. You can then read out these instructions after getting up and your day is all set to goal driven mode. Hit the BUY NOW Button and start your Magical Journey today! All the Best! \*\*\* Please Check out other Journals by clicking the Author

**Your Path to Success** Routledge

High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas:

- Optimise the effectiveness of cross-training.
- Translate strength into speed.
- Increase aerobic capacity and generate anaerobic power.
- Maintain peak conditioning throughout the season.
- Minimise the interference effect.
- Design energy-specific performance programmes.

Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

[Technical Coaching Manual](#) Lulu Press, Inc

The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn

from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents. A former Olympic medalist and now one of ESPN's most respected analysts, Brad Gilbert shares his timeless tricks and tips, including "some real gems" (Tennis magazine) to help both recreational and professional players improve their game. In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis. Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction books for countless players worldwide.

*Level 2 : Technical* Bantam

Try to recall the best coach you've ever had. Consider what differentiated them from other coaches; what made them so effective? Was it their knowledge and programming, or did it come down to the way they communicated with you and the way they made you feel? While the former are critical, it is a coach's words that set them apart from the rest. The Language of Coaching focuses on the impact that communication has on an individual's ability to learn and perform a movement. Written by performance coach Nick Winkelman, the book examines how instruction, feedback, and cueing can significantly affect training outcomes. Grounded in motor learning and the science of attentional focus, Winkelman takes you on a journey, guiding you through practical coaching frameworks that will help you adapt your language to the learning needs of those you support. Packed with stunning visuals, the book provides over 25 movement sequences that outline different types of coaching cues, including a visual depiction of unique analogies, such as a sprinter taking off like a jet or an athlete loading into a jump like a spring. The book is filled with a comprehensive collection of cueing frameworks that guide you through the process of creating your own cues for any movement you want to teach. You will also learn how to engage in more productive conversation with your athletes through sample dialogue that uses the book's cueing philosophy. Whether you are new to coaching or a seasoned veteran, The Language of Coaching will help you grow as a communicator and learn how to coach the person with the same precision as you do the program. CE exam available! For certified

professionals, a companion continuing education exam can be completed after reading this book. The Language of Coaching Online CE Exam may be purchased separately or as part of The Language of Coaching With CE Exam package, which includes both the book and the exam.

**Winning Table Tennis** Simon and Schuster

What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the "why" and the "what". The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week

training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

**Table Tennis** Independently Published

This work combines the knowledge and experience of master instructor Richard McAfee with essential table tennis techniques and strategies for today's player.

*Table Tennis Coaching Manual V1.0* Triumph Books

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of "relaxed concentration" that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed.

"Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program."—from the Foreword by Pete Carroll

*Expert Table Tennis Serves* Independently Published

This is a very good book about table tennis technique. There are chapters on grip, stance, movement, basic strokes, advanced strokes, service, returning serves and more. It also includes training drill ideas and photo sequences so you can see strokes from start for better practice sessions.

**Table Tennis Coaching Playbook** Routledge

Introduces the basic skills and strategy of table tennis, and demonstrates grip, spin, stance, serves, footwork, loops, flips, chops, and lobs

**Table Tennis Player Journal - Keep Calm and Play Ping Pong** Human Kinetics

If you're a Table Tennis Coach - in school, college, your local community, for a work team or just with a bunch of friends, then this coaching playbook is just for you. The book every coach needs: Make notes of your best plays and easily show them to the rest of the team. If the team knows what the coach wants ... the team has the best chance of winning! Use this coaching notebook to help explain your ideas quickly in training and during the game. Instead of paper sheets with scribbled drawings, own a book that has YOUR plays all in one place. Buy your Table Tennis playbook today! Product Description: Page Size: 8.5" x 11". Large sized pages for easy reading and sharing. 100 Pages with 100 blank templates for your best plays. Paperback edition makes it easy to fit into a sports bag. Index for all 100 plays helps you find the plays quickly and easily. Ideas for this playbook: Table tennis coach gift ideas Back to school gift Coach thank you gift

*Professional Table Tennis Coaches Handbook* Human Kinetics Publishers

Long-time professional table tennis coach and USA Table Tennis Hall of Famer Larry Hodges shows how you can become a professional table tennis coach. This is not a manual on how to coach; it's a manual on how to make a living as a coach - how to maximize income, getting a facility and equipment, recruiting and retaining students, teaching classes, how to set up and run a junior program, private coaching, a drills library, sample flyers to promote your coaching, and more.

*Journal for Table Tennis Players, Coaches and Table Tennis Lovers.* Human Kinetics

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-

step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

**The Classic Guide to the Mental Side of Peak Performance**

Table Tennis Coaching Manual V1.0

" USA Table Tennis Hall of Famer and national coach Larry Hodges takes you on a journey not just of speed and spin, but of mind. You'll develop the habit of tactical thinking, learn what tactics to use against various styles and how to strategically develop your game so you'll have the tactical tools needed to win"--P. [4] of cover.

Steps to Success Human Kinetics

Is Table Tennis Your Passion? Then grab this Blank Line Journal! This Table Tennis Journal or Sports Notebook will help you to Record, Reflect and Evaluate your Game Plans, Coaching Tips, Strategies, Key Improvement Areas, Practice Notes, Reviews, Goal Setting and Growth Curves? Go Grab this Journal Now to record them all, re-boost your Positive Mindset and Start your Journey to Success! Book Specifics: This Awesome Table Tennis Journal and Sports Notebook is: 110-pages Blank Lined Writing Journal for Table Tennis Lovers. 6 inches x 9 inches Glossy Cover \*\*\* It Makes an Excellent Gift for Men, Women, Students, Coaches and Kids who are Interested in Table Tennis.\*\*\* About this Table Tennis Journal: This practice journal helps you in organizing yourself to take notes before and after the matches and practice sessions. It is handy and fits into your it easily. You can even review your game and also list - Things to remember before you future sessions. No more testing your memory. This journal provides them all right there. It makes it helpful in focusing on one's

strengths and eliminating the weaknesses. You can track every match and gather valuable insights from your performances. Since this is a blank lined journal, With this notebook/ log book / Journal you can also: Note down the most inspiring Table Tennis quotes Personalize it with stickers and tapes Organize your game plan Plan and Reflect on Matches for Rapid Improvement Use it as an organizer, goal tracker or habit tracker Include hours of mindfulness and meditation notes List of goals and things to be done Interesting Table Tennis tips to improve your game List of Table Tennis books to read List of success and accomplishments It is a great gift if you are looking out for cool and handy journal. This blank lined journal is a memorable gift for the ones who love the game. It helps you in being inspired and motivated all the time. The impressive cover will always remind you to keep your focus and love for the game. You can use this Table Tennis Journal and Sports Notebook as a Table Tennis Player Gift, Table Tennis Coach Journal, Table Tennis Book for Boys and Girls, Table Tennis Practice Notebook for Coaching Tips and Goal Setting, Functional Table Tennis match journal, Table Tennis match sheet for players, Pre and Post match game plans and evaluations, Table Tennis practice journal, Table Tennis journals for kids, Performance Evaluation Sports journal, Table Tennis Gifts for Birthdays. Advantages of Writing Journals: Studies have shown that writing journals can boost your creativity and enhance your memory and do your intelligence a world of good. It lets your creative juices flow and you can brainstorm innumerable ideas in no time not only improve your discipline but can also improve your productivity. Many successful players journal daily. Next time you fall short of this journal will help you reminding them at the tip of your fingers .You can use this journal as: Gratitude journal Collection journal Bucket list journal Quote book journal Scrapbook and memory journal Logbook diary and many more Other Uses of Writing Journals: Other uses of this cute notebook come journal can be simply writing down positive thoughts and affirmations, or your listing down in the night before going to bed, the things to be done the next day. You can then read out these instructions after getting up and your day is all set to goal driven mode. Hit the BUY NOW Button and start your Magical Journey today! All the Best! \*\*\* Please Check out other Journals by clicking the Author

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