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Warm Up. 50s FC and BC with emphasis on smooth

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Ruben guzman (author of the swimming drill book)

Ruben Guzman is the author of The Swimming Drill Book (4.20 avg rating, 20 ratings, 2 reviews, published 2006), The Fountain in Forsyth Park (5.00 avg ra

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Ruben Guzman has been a certified coach with United States Swimming for more than 25 years at the recreational, high school, collegiate and competitive year-round

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