



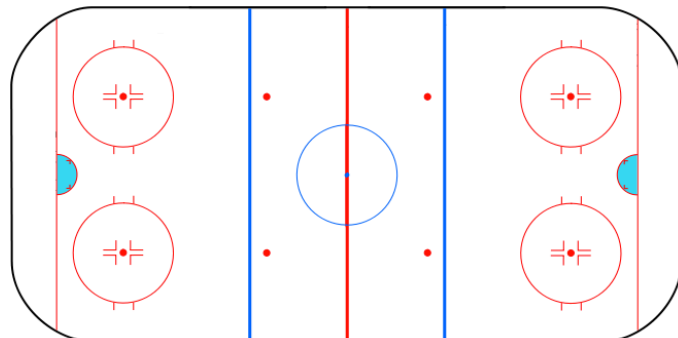
Séance d'entraînement sur glace



Date: _____ Durée: _____ Endroit: _____

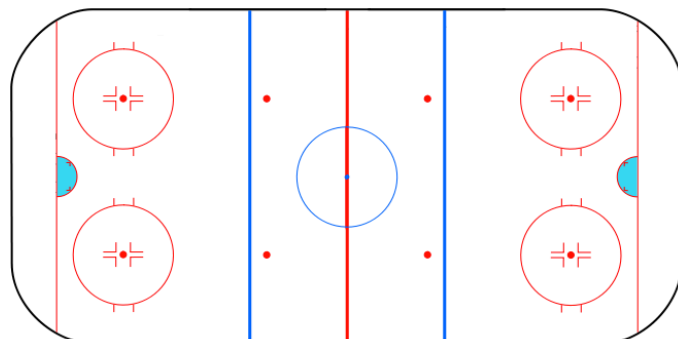
Exercice #: _____ Durée: _____ Composante: _____

Description: _____



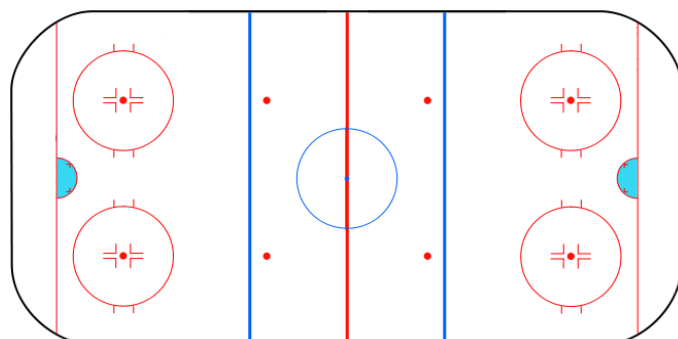
Exercice #: _____ Durée: _____ Composante: _____

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