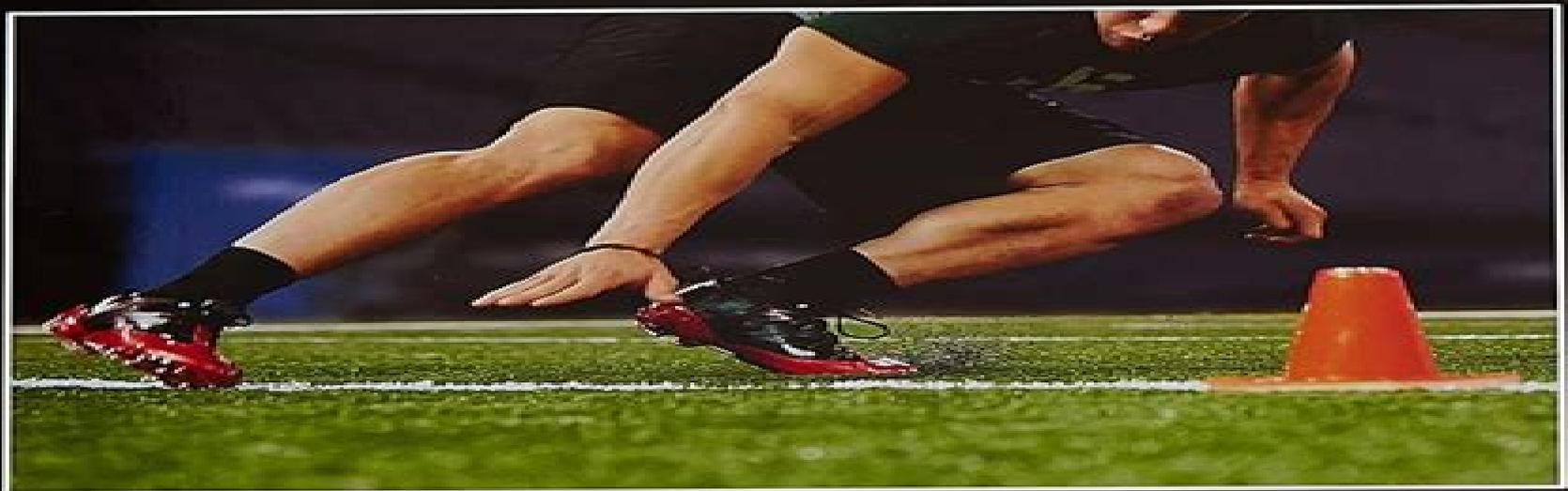


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**NSCA™**

**National Strength and Conditioning Association**

**Jay Dawes • Mark Roozen**  
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# Developing Agility And Quickness

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you are a strength and conditioning professional physical education teacher sport coach or administrator

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*Athletic Journal*, 1984 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting

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