

Coaching Volleyball For Dummies

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Coaching Volleyball

Thinking Volleyball goes beyond the Xs and Os and skill instruction by offering in-match strategy and insights from legendary coach Mike Hebert. It encourages coaches to challenge conventional wisdom to arrive at creative solutions and innovative methods for getting the most out of their teams.

Dream Like a Champion

"Compiled from firsthand experience and years of interviews with the top minds in volleyball and beyond, the CYBO Crew has created an amazing resource for anyone looking to improve their coaching. This helpful guide covers a variety of topics. The book discusses coaching both indoor and beach volleyball, but its lessons on learning are universal and can be applied to any sport and level. These insights have been pivotal to our development as coaches and players. We hope you enjoy the lessons within and use these tools to Coach Your Brains Out this season!" -- back cover

Aggressive Volleyball

Whether you're new to coaching or new to volleyball, there's something in this book for you! Contrary to what you might think, preparation for the season begins long before tryouts. In this book, you identify your coaching philosophy, learn how to plan a great practice, are taught how to use stats to improve your team's performance, and so much more. Does this book have drills? No. There are tons of free drills online to get you through your first season. But you learn how to manage your team, which can make or break a season.

Volleyball Coaches Planner

Provides instructions and skills for developing essential basketball skills, covering

ball handling, shooting, passing, defense, and rebounding.

The Volleyball Coaching Bible

Coaching High School Volleyball is a useful guide to the nuts and bolts of training freshman, JV and varsity teams. Author Tod Mattox, a veteran high school coach, provides guidelines for establishing a good practice culture, building a foundation for continued success and training skills. He shares his go-to drills and puts them into context, explaining when they should be used, what they will accomplish, how they can be varied for different age groups and why they are his favorites. This book will help to provide your players with a season full of fast, fun and productive practices.

Coaching Football For Dummies

Written in conjunction with renowned collegiate volleyball coach Cecile Reynaud, Coaching Volleyball Technical and Tactical Skills helps coaches teach players essential volleyball skills and transfer the knowledge and ability they gain in practice to matches. Supplemented by more than 115 photos, this book provides in-depth discussions and coaching cues on the basic and intermediate technical skills of volleyball, both offensive and defensive, and shows how to detect and correct errors in players' performance. The book goes a step further than other texts by incorporating the tactical skills of the game, the situational in-game decisions that often affect the outcomes of matches. Some of these tactical skills include aggressive serving, hitting off the block, determining blocking strategies, and defending against quick attacks. To cultivate tactical skills, you will learn how to employ the tactical triangle, an approach that teaches players how to read a situation, acquire the knowledge they need to make a tactical decision, and apply decision-making skills to the problem. By incorporating game-like situations into your daily practices, you will help players transfer the technical skills they've honed in practice to tactical situations during matches. Well before the first match is played, Coaching Volleyball Technical and Tactical Skills shows you how to establish practice and match routines and address such issues as communicating with players and parents, scouting opponents, and motivating players. To assist with this preparation, the book covers planning at several levels and includes a sample season plan and eight sample practice plans that incorporate small-sided games to help keep you organized. Through Coaching Volleyball Technical and Tactical Skills, infused with Coach Reynaud's 26-plus years of collegiate coaching experience, you will improve your performance as a teacher and tactician of the game of volleyball.

My Profession - The Game

This illustrated book presents a straightforward, fun and understandable approach to learning the correct execution of the basic volleyball techniques.

Coach Your Brains Out

You're a coach. You're busy. You have a million things to plan for, and you're trying

your best to keep track of it all. We get it. That's why we've created the Volleyball Coaches Planner, a pocket-sized organizer for practices, matches, and everything in between. ð 6 month calendar ð Note pages with court diagrams ð 50 ðgo-toð drills ð Starting line-up and 6 court charts ð Play charts ð Serve receive formation variations ð Scouting and stat pages

Coaching Volleyball

An advanced level publication geared to teaching the more advanced elements of the game of volleyball, from defense and attack to blocking, serving, and serve reception.

The Best of Coaching Volleyball: The advanced elements of the game

Shows how to introduce the basic skills of volleyball, discusses rules and strategy, and suggests drills

Short Setter's Handbook

Eight master volleyball coaches with experience covering all levels, both genders, all over the world, indoors and on the sand. Their experience, insights, and expertise all in one place, just waiting for you to make them part of your own coaching! Carl McGown: Renown for his 40+ years of work with the USA Men's National Team, the BYU men's college team, and being a promoter of the idea of specificity in volleyball training. Giovanni Guidetti: 2016 Olympic coach for the Dutch Women's National Team and for Turkish professional club Vakifbank. Winner of two CEV Champions Leagues and an FIVB World Club Championship. Ruth Nelson: AVCA Hall of Fame inductee with over 500 NCAA Division I victories alongside coaching at the national team level and in professional volleyball. Now dedicates her time to players under 10. Jefferson Williams: Winner of nearly 60 league and cup titles in the UK. Coached at the national team level for both England and Team GB. Teri Clemens: Won 7 NCAA Division III national championships in 14 years, including 6 in a row. Also won three straight state championships as a high school coach before moving to college volleyball. Garth Pischke: The winningest men's collegiate volleyball coach in North American with nearly 1300 victories in Canada, including 9 national titles and 9 runner-up finishes. Tom Turco: Winner of 17 state high school championships, including a 110 match winning streak. Twice selected National Coach of the Year. Craig Marshall: Australian National Team beach coach for three Olympics. Nearly 20 years coaching on the international professional beach tour. You may know a few of these coaches, at least by reputation. Chances are there are some you've never heard of at all, though. The thing they share is lots of of success in their particular volleyball arena, or in some cases across multiple arenas. They each have things they can share with you about how they got to where they are, including mistakes they've made along the way. What is Volleyball Coaching Wizards? The Volleyball Coaching Wizards project is about identifying great coaches from all categories of volleyball and making their experience, insights, and expertise available to people all over the world. We interview coaches from across the globe, all age groups,

both genders, all competitive levels, indoor and beach. They share with us their philosophies, their thought processes, and their methodologies. We then share that with you. This is not about drills and games. There are other great places to get that type of material. Instead, Volleyball Coaching Wizards is about the thinking that surrounds the technical and tactical side of things. It's about letting you see what great volleyball coaches have in common, and where they differ despite all having great success over their career. There are two main goals of the Wizards project. One is to provide information and inspiration to volleyball coaches everywhere. The other is to help develop a real volleyball coaching literature, one which matches what can be found in other sports. About the Authors John Forman is the author of the well-respected coachingvb.com blog. His coaching experience includes Juniors and high school, college and university in the US and U.K., professional coaching in Sweden, and work as a visiting coach in Germany. Mark Lebedew currently coaches professionally in Poland and authors the At Home on the Court blog. He previously coached in Germany where his teams won three straight league championships and a CEV Champions League bronze medal. He has additional professional experience in Belgium and Italy, plus national team experience with Australia and Germany.>

Coaching Youth Volleyball

The ideal graduation gift for anyone about to enter the workforce, a witty, practical guide to 200 difficult professional conversations—featuring all-new advice from the creator of the popular website Ask a Manager and New York's work-advice columnist. There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Advance praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Clear and concise in its advice and expansive in its scope, Ask a Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)."—Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck

Coaching Volleyball Champions

In "Short Setter's Handbook," Lindsey Berg splits her time between telling her story

of perseverance and offering valuable instruction on how non-prototypical setters can thrive. Reading the pass, sizing up the block, bettering the ball, jump setting, footwork, hand technique, communicating with your teammates and coaches, blocking big when you're not big, delivering the right ball to the right hitter - it's all here and more. And it's relatable to players at every level. Yes, Berg reached the pinnacle. But along the way, she was overlooked and underappreciated, so she knows exactly how to advise young setters who weren't born with the preferred body type.

Ask a Manager

Angela Rock reveals the heart of advanced beach volleyball tactics. As both an amateur and professional player with decades of experience, she distills her hard-won knowledge of the game. Although this is a book for anyone who wants to play beach volleyball, it is a goldmine for aspiring elite players.

Coaching Volleyball Successfully

As a volleyball coach, you may have wondered how your players could perform so well in practice, only to lose focus in the big match. Written in conjunction with renowned collegiate volleyball coach and long-time USA Volleyball clinician Cecile Reynaud, *Coaching Volleyball Technical and Tactical Skills* is the source coaches can turn to for teaching players ages 14 and older the essential skills of volleyball and translating that knowledge and effort into a winning performance on match day. Supplemented by more than 115 photos, this book provides you with in-depth discussions and coaching cues on the basic and intermediate technical skills of volleyball, both offensive and defensive, and shows you how to detect and correct errors in player performance. The book goes a step further than other texts by incorporating the tactical skills of the game, the situational decisions that often affect the outcomes of matches. Also included are tips for communicating with players and parents, scouting opponents, and motivating players. To keep you organized, a sample season plan and eight sample practice plans incorporating small-sided games are featured that you can use as is or modify to suit your needs. With *Coaching Volleyball Technical and Tactical Skills*, infused with Coach Reynaud's 26-plus years of collegiate coaching experience, you will improve your performance as a teacher and tactician of the game of volleyball and see results not only in practice but also in matches.

InSideOut Coaching

Since becoming the Nebraska women's volleyball coach in 2000, John Cook has led the team to three national championships, seven NCAA semifinal appearances, and the nation's top winning percentage in women's volleyball. In *Dream Like a Champion* Cook shares the coaching and leadership philosophy that has enabled him to become one of the game's winningest coaches. Growing up in San Diego, Cook acquired his coaching philosophy from his experiences first as a football coach, then as a student of the sport of volleyball on the beaches of Southern California. After a stint as an assistant volleyball coach at Nebraska, he returned to Nebraska as head coach in 2000 and won the national championship in his first

season. Even with a bar set so high, Cook saw at Nebraska's tradition-rich program the potential for even greater growth and success. He decided to focus on higher expectations, training, motivation, goal setting, and other ways to build the strongest teams possible. In *Dream Like a Champion* Cook shares the philosophy behind Nebraska's culture of success and reveals how he's had to learn, evolve, and be coached himself, even in his fifth decade as a coach. With openness and candor he delivers insights about his methods and passes along lessons that can be used by leaders in any field. Cook also shares behind-the-scenes anecdotes about Nebraska volleyball moments and players—and how he coaches and teaches his players about life beyond the court.

Volleyball Fundamentals

Few experiences are more rewarding than coaching a youth football team. Your journey through the season will be packed with moments that make you smile and that you and your players will remember for the rest of your lives. But what if you've never coached before? No worries! *Coaching Football For Dummies* is the fun and easy way to tackle the basics of coaching youth football. This friendly guide shows you how to teach your players effectively, regardless of their age or skill level, and lead your team to victory—even if you're a first-time coach. You'll discover how to: Develop a coaching philosophy Teach football fundamentals Encourage good sportsmanship Improve your team's skills Ensure safety on the field Communicate effectively with parents Packed with valuable information on preparing your game plan before you even step on the field, this hands-on resource gives you expert guidance in building your coaching skills, from evaluating your players and running enjoyable, productive practices to working with all types of kids—uncoordinated, shy, highly talented—at once. You'll find a variety of fun-filled drills for teaching everything from tackling and blocking to running and catching, as well as advanced drills to take your players' skills up a notch. You'll also see how to: Conduct a preseason parents' meeting—an often overlooked aspect of coaching Gather the necessary gear and fit the equipment to your players Raise the level of play on offense, defense, and special teams Take steps to avoid injuries Deal with discipline issues and problem parents Make critical half-time adjustments Transition to coaching an All-Star Team Complete with tips for working with parents, keeping your players healthy, and leading your team effectively on game days, *Coaching Football For Dummies* is all you need—besides a whistle and a clipboard—to navigate your players through a safe, fun, rewarding season!

Volleyball Systems and Strategies

Challenge every point, dictate the pace of the game, and walk off the court a winner. This is *Aggressive Volleyball*, your guide to fast-paced, high-intensity championship play. In *Aggressive Volleyball*, renowned coach Pete Waite will help you identify the most effective tactics based on the strengths of your team and the talent of the players on the floor. You will learn to recognize your opponents' tendencies and make in-game adjustments to shut down the opponents and take over the game. From offense and defensive to out-of-system and transition play, you will learn to develop the skills, tactics, and competitive mind-set necessary for aggressive play. And with the game's best situational drills, you'll improve each

player's individual skills, team execution, and on-the-court decision making. Step onto the court with confidence knowing your team is in control. Play smart and play aggressive with Aggressive Volleyball. Contents Chapter 1. Understanding Aggressive Volleyball Chapter 2. Player and Team Assessment Chapter 3. Offensive Techniques and Strategies Chapter 4. Defensive Techniques and Strategies Chapter 5. Out-of-System and Transition Play Chapter 6. Cultivating Player Competitiveness Chapter 7. Communicating Effectively Chapter 8. Coaching Matches Aggressively

Angela Rock's Advanced Beach Volleyball Tactics

Your hands-on guide to coaching youth volleyball Have you been asked to coach a youth volleyball team? This friendly, practical guide helps you grasp the basics and take charge on the court. You get expert advice on teaching key skills to different age groups, running safe and effective practices, helping struggling players, encouraging good sportsmanship, and leading your team with confidence during a match. Lay the groundwork for a great season — develop your coaching philosophy, run an effective preseason meeting, and get up to speed on the rules and terminology of the sport Build your team — size up the players, find roles for everyone to succeed in, and coach all different types of kids Teach the basics of volleyball — from serving and passing to setting, attacking, and blocking, instruct your players successfully in all the key elements Raise the level of play — teach more advanced offensive and defensive skills and keep your kids' interest in volleyball going strong Make the moms and dads happy — work with parents to ensure a successful and fun season Score extra points — keep your players healthy and injury free, resolve conflicts, and coach a volleyball club team Open the book and find: Clear explanations of the game's fundamentals An assortment of the sport's best drills The equipment your team needs Player positions and their responsibilities Tips for running fun-filled practices Refinements for your coaching strategies How to meet players' special needs Ten ways to make the season memorable

Coaching Baseball For Dummies

If you are a baseball fan, then coaching youth baseball is one the most enjoyable and rewarding activities you'll experience. But what if you've never coached before? Or you haven't played the game in a while and have forgot some key points to the sport? No worries! Coaching Baseball for Dummies guides you through the rules of the game, explaining all the essential skills and the best ways to teach them to your players. Covering different age groups and great practice routines, this guide is all you need to have a fun-filled season. You'll discover how to: Fulfill the role of being a coach and parent Develop a coaching philosophy Understand how your league works Evaluate your team Teach your players fundamentals Understand all kinds of children Create your practice plan Prepare for game day Overcome challenges and problems This plain-English guide also shows you how to run all kinds of drills, from hitting and pitching to fielding and base running. And when your team is tense or low on morale, it shows you how to relax your players and keep them focused on the game. There are also suggestions for making your season, and theirs, a memorable one. Coaching Baseball for Dummies shows you how much fun it can be to train kids to be athletes, have good

sportsmanship, and work together as a team.

Coaching Volleyball For Dummies

Using this book, coaches at every level of experience can learn how to apply winning tactics and teaching methods to help their own high school and college players perform better and enjoy the sport more.

Teaching and coaching volleyball for the disabled

During his lifetime, Vyatcheslav Platonov wrote several books, mostly of the autobiographical / memoir type. His last book, however, was intended to be a handbook for aspiring coaches and as such it contains much of the collected, practical coaching wisdom he accumulated during his many years at the highest level of international volleyball. He specifically discusses developing your own style, building a team, the qualities of a successful coach, training and preparation, and coaching the game. For the first time ever, this book is now available in English. It is available in uPub format here, and also as a hardcover book. This book is a unique resource for any coach and a vital addition to the professional library of every serious coach.

Coaching Volleyball Technical and Tactical Skills

The Youth Volleyball Drill Book, Collection 1 includes 120 volleyball drills for coaches and players at the youth level. The drills can be used to develop and improve skill technique and team performance in a variety of game situations. Most drills include an easy-to-read diagram and step-by-step instructions on how to run the drill. This drill book includes drills to train important youth skills like serving and passing, fun games to get your players excited to learn, and more!

Complete Conditioning for Volleyball

Now, for the first time in the sport of volleyball, you can learn from the most successful U.S. coaches and apply their approaches to your own program. In The Volleyball Coaching Bible, 24 of the top U.S. men's and women's volleyball coaches share their principles, insights, strategies, methods, and experiences to help you learn new and better ways to coach the game and develop your players.

Volleyball Drills: Collection 2

This book provides the blueprint to develop champion setters in volleyball. From identifying the traits which great setters possess, to technical, tactical and mental requirements for success.

Science of Coaching Volleyball

A practical guide to volleyball that offers insight into the best coaching and performance techniques to help players improve their skills and teamwork.

Coaching Volleyball Technical and Tactical Skills

'Coaching Volleyball Successfully' provides everything a volleyball coach needs to build and coach a successful team - from underlying philosophy to game-specific preparation and tactics.

Youth Volleyball Drills

Contains ninety-six drills and exercises designed to help volleyball players train for the sport.

Coaching Volleyball Successfully

The most complete and indispensable collection of volleyball writings available. Coaching Volleyball, a unique reference tool for coaches of one of the world's fastest growing sports, touches on every aspect of the game. Never before has so much information by so many renowned volleyball authorities been collected in one volume. Includes articles from Terry Liskevych, PhD, former head coach, U.S. women's national team; Marilyn Nolen, head coach, Saint Louis University and former U.S. women's national team member; Doug Beal, PhD, head coach, 1984 U.S. men's Olympic gold medal team and current head coach of the U.S. men's national team; and Geri Polvino, PhD, head coach, Eastern Kentucky, University and certified FIVB instructor.

Bball Basics for Kids

The Volleyball Drill Book, Collection 2 includes over 180 volleyball drills (all different from the original drill book) for coaches and players of all levels. The drills can be used to develop and improve skill technique and team performance in a variety of game situations. Most drills include an easy-to-read diagram and step-by-step instructions on how to run the drill. This drill book includes: Drills to train the six volleyball skills; Ball control and warm-up drills; Team defense and defense drills; Wash drills and other team drills; And more!

The Volleyball Handbook

Many coaches already know how to perform the skills required for volleyball. But to be successful, coaches need to know how to teach volleyball skills to young or inexperienced players. This book explains how to demonstrate and direct the practise of fundamental skills and strategies of volleyball. It will also help coaches tailor their instruction to meet the basic needs of developing players.

The Best Tennis Of Your Life

Coaching Volleyball

Cover the court with confidence by mastering the essentials of the game. Volleyball: Steps to Success offers a comprehensive, progressive approach with a

proven system for learning, expert instruction, crisp illustrations, and 60 drills to improve play on both sides of the net. *Volleyball: Steps to Success* establishes a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. Recent changes in the game, such as the addition of the libero position and rally scoring, are highlighted in the team-oriented steps covering offense, defense, transitioning, and out-of-system play. The carefully selected drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way. Aces, kills, blocks, digs, and assists are at your fingertips. With *Volleyball: Steps to Success*, part of the popular *Steps to Success* sports series (more than 1.5 million copies sold), you can become a complete player in any formation.

How to Develop a Champion Setter

This comprehensive book/DVD package features the most common and effective strategies, tactics, schemes, and combinations for offense, defense, and serving in volleyball. The DVD complements the detailed descriptions and diagrams in the book with on-court explanations and strategies in action.

Thinking Volleyball

Coaching High School Volleyball

Volume 4 of the *Best of Coaching Volleyball* series covers some of the finer points and intangibles that are so important to winning programs. Sections include *The Art of Communication*, *Coaching Philosophy and Ethics*, and *Statistics and Strategies*. This outstanding volume of articles includes 24 contributions from volleyball coaches, strength and conditioning specialists, and other sports professionals.

Volleyball Coaching Wizards

One of the most complete books on coaching volleyball ever printed — includes advice, tips, and cues that take the experienced coach years to accumulate. This comprehensive book covers every aspect of coaching volleyball — from the beginning basic skills to information on aiding the talented college-bound athlete. It guides the coach through the decision-making processes of tryouts, practice schedules, setting up the team's offense and defense, coaching a game, and dealing with parents and administrators. Here are the keys to creating a winning volleyball class or entire volleyball program from the elementary to collegiate level, based on the solid knowledge that comes with years of experience. *Volleyball* coaches and physical education teachers.

Volleyball

Play with Freedom And Win More! *The Best Tennis of Your Life* is an inspirational and practical guide that will help players of all levels finally master the mental

game. Author Jeff Greenwald draws from his unique background as a world-class player, sports psychology consultant, psychotherapist, and former coach to provides 50 specific tools you can immediately apply in any match situation. This comprehensive guide will show you how to: Embrace nerves and play even better under pressure Maintain confidence to win more consistently Develop a pin-point focus Access an ideal level of intensity Play with a renewed sense of passion and freedom Why wait any longer to play the best tennis of your life? Get the mental edge with this invaluable resource and watch your game soar.

Coaching Volleyball

In this inspirational yet practical book, the man Parade called “the most important coach in America,” subject of the national bestseller *Season of Life*, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can impact young people as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping to develop healthy men and women. *InSideOut Coaching* explains how to become a transformational coach. Coaches first have to “go inside” and articulate their reasons for coaching. Only those who have taken the *InSideOut* journey can become transformational. Joe Ehrmann provides examples of coaches in his life who took this journey and taught him how to find something bigger than himself in sports. He describes his own *InSideOut* experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann’s message and learn how to make sports a life-changing experience.

Coaching Better Every Season

Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. *Coaching Better Every Season: A Year-Round Process for Athlete Development and Program Success* presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches. *Coaching Better Every*

Season applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

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