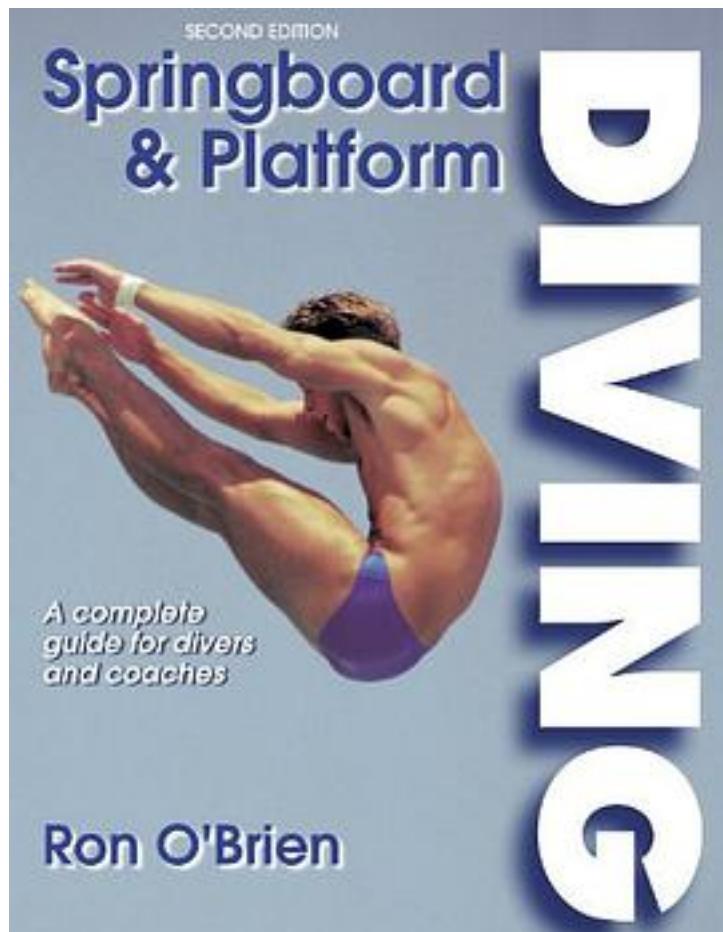


Springboard and Platform Diving



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著者:O'Brien, Ronald F.

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Written by the unquestioned master coach of the sport over the past 30 years, Ron O'Brien's Springboard and Platform Diving provides an instructional blueprint to diving success. Springboard and Platform Diving includes physical and mental preparation

keys to maximise competitive performance and presents the fundamentals and the fine-tuned movements that add aesthetic appeal for judges in competition.

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