

The Mirror Test



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*All that matters is that you can look in your mirror and **HONESTLY** tell the person you see there .. you've done your best*

www.nwaswimaths.com



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Freestyle
Fingers ►
Wrist ►
Elbow ►
Shoulder
No splash entry
Long Strokes
"High"
Elbow throughout



There are **many** situations to which the tag can be applied.
For example .. Make a personal tag to encourage / re-assure your young athlete



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Potential applications are only limited by imagination