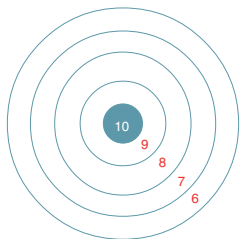


Mes entraînements



Date :/...../.....

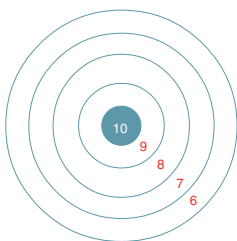
Heure:

- entraînement
- au club

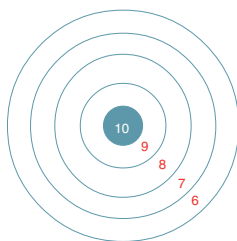
- match
- à l'extérieur

Position avec moniteur sans moniteur

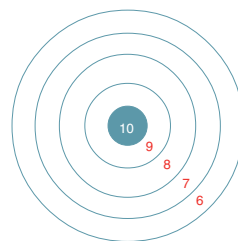
- Mes objectifs :
- Modifications apportées à l'arme :
- Réglage de l'arme :
- Position du dioptre :
- Mes sensations :
- Ma concentration :
- Mes commentaires :



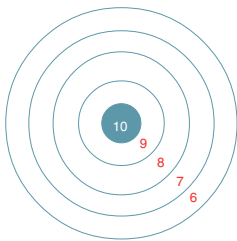
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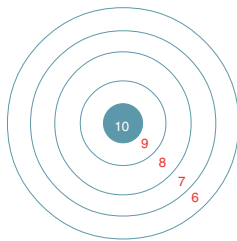
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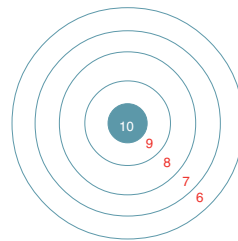
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