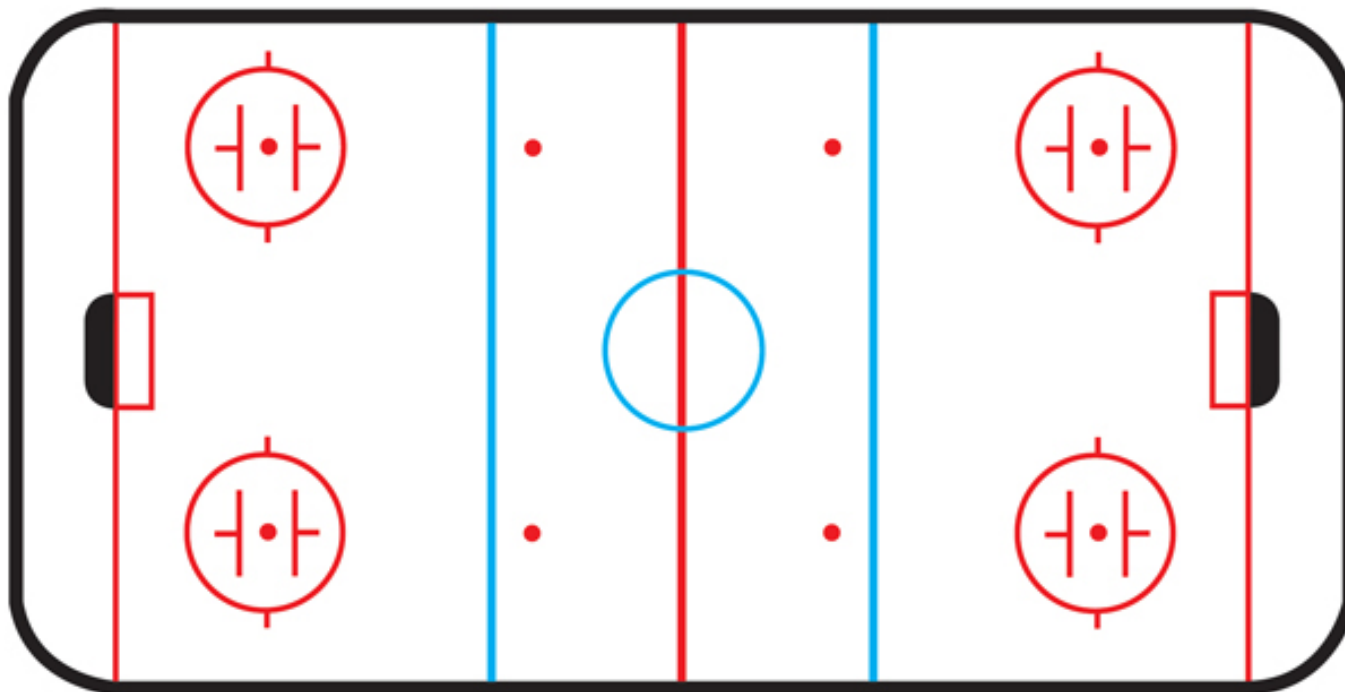




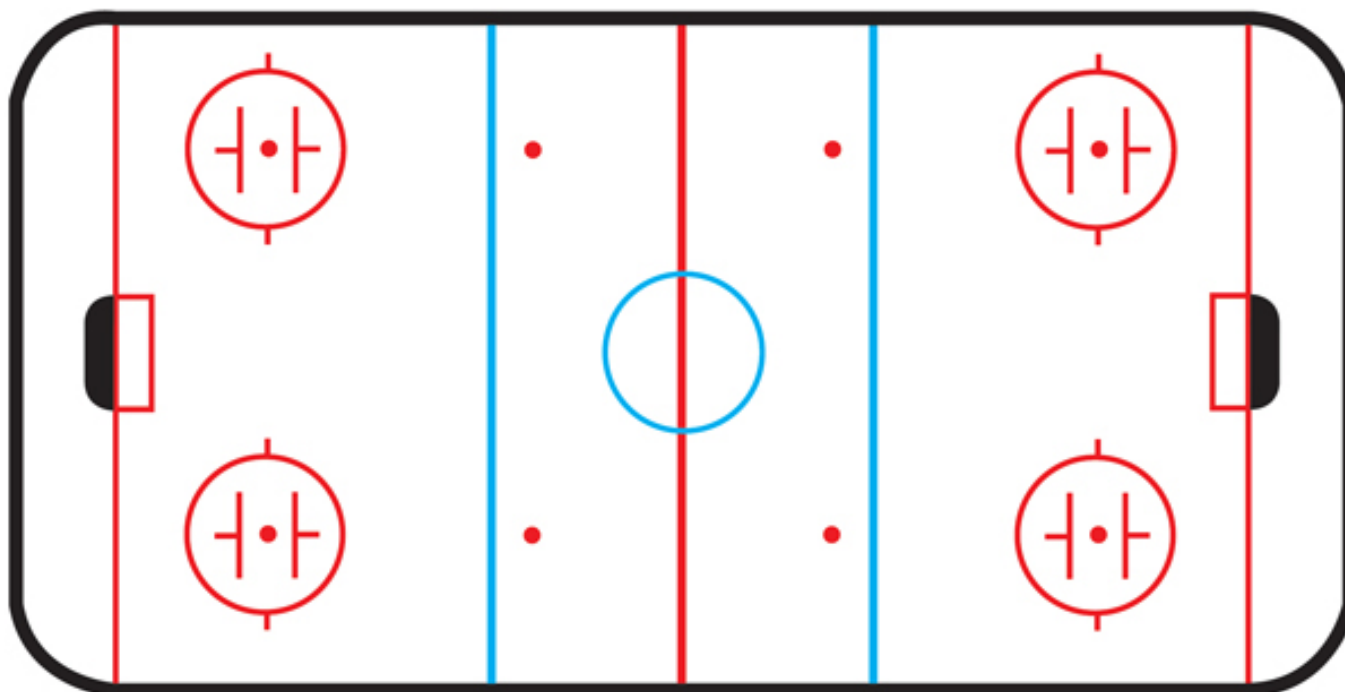
Practice Date: _____
AMHA Practice Plan

Drill : _____ Length: _____



Notes :

Drill : _____ Length: _____



Notes :