**Form for music practise**

**Date and time for music practise:**

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| **Clubs/National teams:** | **Assigned times for music practise** |
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**Playlist:**

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| CLUB/NT | AGE GROUP | DISCIPLINE | NAME OF MUSIC FILE*Example: solo\_free\_youth\_Neptun\_Kajsa Svensson* | TIME IN MUSIC FILE  | TOTAL TIME (MM:SS) |
| From MM:SS | To MM:SS |
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Print this form and give to music master prior to your warm up to music.