# **Internship in Sport Science**

Meeting Days:	F+	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	8:00a or 12:00p	Phone:	(619) 849-2254
Meeting			
Location(s):	KIN 3, SPC	Email:	jgoodin@pointloma.edu
Final Exam:	N/A	Office Hours:	By Appointment

#### PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### **COURSE DESCRIPTION**

This Internship experience presents opportunities for students to pursue practical experiences in sport science and strength and conditioning through in internship with the Athlete Monitoring Initiative (AMI). The AMI is an ongoing joint effort between the Department of Kinesiology and Athletics that provides testing and monitoring services to PLNU sports teams and hands-on experience to Kinesiology student interns. In order to achieve an immersive sport science experience, all sport science interns are expected to complete scheduled readings and assignments, contribute to the athlete monitoring initiative data collection efforts, attend weekly hands-on sport technology and testing workshops, and participate in a culminating research experience. Furthermore, the student must understand that he/she represents Point Loma Nazarene University (PLNU) during the entire internship and therefore should act professionally at all times but especially in the presence of PLNU student-athletes and coaching staff. It is preferred that the student intern be a junior or senior in the kinesiology department, though other majors will be considered. All students should have an interest in sport science, coaching, strength and conditioning, data analytics, and/or long-term athlete development.

### **INTERNSHIP GUIDELINES**

### - Required Hours

3 credits -150 total hours (10 hours/week, 15 weeks)

2 credits -105 total hours (7 hours/week, 15 weeks)

1 credit -60 total hours (4 hours/week, 15 weeks)

There is flexibility in hours per week as long as the total hours are completed. That said, the total number of hours available each week will fluctuate depending on the current AMI

schedule. Hours will be completed through reading and coursework, in-person class meetings, equipment training, and athlete testing sessions.

### Assignments

**Sport Science Podcast and Post Summaries**: The emerging field of sport science is ever-evolving, with breakthroughs in sport technology, research, and performance occurring faster than traditional methods of information dissemination (i.e. books). Therefore, live-updates via social media, podcasts, and blog posts are an excellent way to stay abreast on the latest in the field. This series of assignments exists to encourage you, as a future sport scientist, to follow and engage with innovators in the field by consuming and summarizing their content with the hopes of one day contributing yourself. In your summary, include the following:

- The title and date of the podcast or post
- The guest (if applicable)
- The main topic(s)
- Explanation (in your own words!) of the main points of the post
- How the information in this podcast could be helpful in your future career as a sport scientist, strength coach, or researcher.
- Anything that stood out to you as particularly insightful
- 250 word minimum.
- Scholarly writing, APA formatting (get used to writing & formatting like a researcher) Submit as a Word document or Google document to Canvas.

**Reading Discussions**: Reading discussions for each module encourage students to make connections between seemingly disparate topics in sport science and to engage critically with the material as they convert theory to practice. Evidence of scholarly writing and research comprehension is paramount. All reading should be completed during week 1 of the module, so that during week 2 ample back-and-forth discussion can take place. Each student should make 1 original post (6 points) and 2 peer responses (2 points each). The reading can be found under the "Reading" heading in each module

### Post guidelines:

- Original posts: 200 word minimum
- Peer responses: 100-200 words
- scholarly writing
- APA formatting
- Insightful comments, thoughtful questions, and relevant connections to other concepts, research, or class material

Please make your original post at the beginning of week 2 of the module so your peers have time to respond before the end of the week.

**Research Group Meetings**: Each research group will meet bi-weekly to discuss and carry out their research project. These meetings will occasionally be led by Dr. Goodin, but over time they will become peer-led as graduate and undergraduate students become more familiar with the research process and their project. During each meeting, one member of the group should act as the secretary to take minutes on what is discussed and what progress was made. These notes should include the following:

- Attendance
- Detailed meeting agenda
- Steps taken to accomplish agenda items
- Important points of discussion or disagreement
- Key questions to investigate on your own (in the literature)
- Key questions to bring to Dr. Goodin (that you've already tried answering yourself)
- Next steps in the research process

Notes should be about one half to one full page for a productive and engaged meeting. After your meeting, submit the meeting minutes to Canvas for me to review.

**Excel and Smartabase Assignments**: A big part of applied sport science is not only collecting data, but analyzing and reporting data. To that end, Excel and Smartabase will be two applications that are heavily relied upon. Check Canvas later in the semester for more details.

**AMI Sport Performance Enhancement Consortium (SPEC) Testing**: One of the AMI's core functions is to provide SPEC testing for all teams under the AMI umbrella. Student interns are expected to memorize SPEC testing protocols, familiarize themselves with the instrumentation, and attend no fewer than four separate SPEC testing sessions. However, given the dynamic nature of an athlete monitoring environment, need may arise for student interns to go above-and-beyond the minimum requirements as outlined here.

**Research Presentation**: At the end of the semester each research team will present their findings to the class and to select guests (KIN students & faculty, PLNU coaching staff). Check Canvas later in the semester for more details.

### REQUIRED TEXTS AND RECOMMENDED RESOURCES

Strongly Recommended:

Haff, GG, and Triplett, NT, eds. *Essentials of Strength Training and Conditioning*, 4th ed. Champaign, IL: Human Kinetics, 2016

Stone, Stone, and Sands. *Principles and Practice of Resistance Training*. Champaign, IL: Human Kinetics, 2007

Isratel, M., J. Hoffman, and C. W. Smith. *Scientific Principles of Strength Training*. Juggernaut Training Systems (2016).

#### LATE AND INCOMPLETE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day, with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

#### FINAL EXAMINATION POLICY

There will be no final exam for this class.

#### PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

#### PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See Academic Policies for definitions of kinds of academic dishonesty and for further policy information.

#### PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at drc@pointloma.edu. See Disability Resource Center for additional information.

#### PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Undergraduate Academic Catalog.

#### **TUTORING**

The PLNU Tutorial Center is available free of charge for all current, undergraduate PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. Tutoring is available by appointment only, may be arranged in person at the Tutorial Center, over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu

## **OFFICE HOURS**

It is important to me that I get to know each of you on an individual level, so stop by and say hi! My official office hours (listed above) are tentative—other meetings or appointments may arise—so schedule 24 hours in advance if you have pressing issues, but feel freedom to stop by whenever you'd like. I have an open door for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!

## TENTATIVE COURSE SCHEDULE

Medical   Medi	Midule	IEARNING	DONG
Introcosport   Size to the call of the Addition for the Company   Additio			
Introduce   Produce   Pr		, Sport Science & The Athlete Monitoring	l sto to four platforms, timing gates, & relocity lased
Introduce   Produce   Pr		A Redign	tai sing
Science Artholics & 2 Technology  1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	IntrotoSport		1.
District in the end production   1. Intelligence   2. Notice   2	Science, Aralytics, &		
Automotive   Aut	Technology		
Introduces Rectangle   Security		1.5 po t5cie me l ste est Q sestionnaise  2. Septembra de Serie en format	
STICTHORIG PROTOCOLOGY   STICTHORIG PROTOCOL		a charantal Garagean	
Introcesses Testing Forces Retirems    1	Nortle2		
Proceduration   Proceduratio		S PIC Testing at PINU  O Logic Matter to the backery	S PICTesting Protocol Pactice
Detailed		£ 1022 13031111212241	
Detailed	letroto@90Tection	클 1.	
Detailed		2 Z	
Active   A		1. Incil lasics Assistant et 1	
Articles		2 2 5 & COlise wattour!	2. Beading tist ession 2
The Training Roces is a feet lattice in a feet l		1 Netsummay @yine potaziona	
The Treating Roces  Timing Getes  2	<u>Northes</u>		
The Training Rocess Timing Cotes  In 1.  3. SPIC to dig Paulie Away are at 3.  3. SPIC to dig Paulie Away are at 3.  3. SPIC to dig Paulie Away are at 3.  3. SPIC to dig Paulie Away are at 3.  3. SPIC to dig Paulie Away are at 3.  3. SPIC to dig Paulie Away are at 3.  3. Notes are at 3.  4. SPIC dig Spic to the day at 3.  5. SPIC dig Spic to the day at 3.  5. SPIC dig Spic to the are at 3.  5. SPIC dig Spic to the are at 3.  5. SPIC dig Spic to the are at 3.  6. SPIC dig Spic to the are at 3.  6. SPIC dig Spic to the are at 3.  6. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 3.  7. SPIC dig Spic to the are at 4.  7. SPIC dig Spic to the are at 4.  7. SPIC dig Spic to the are at 4.  7. SPIC dig Spic to the are at 4.  7. SPIC dig Spic to the are at 4.  7. SPIC dig Spic to the are at 4.  7. SPIC dig Spic to the are at 4.  7. SPIC dig Spic and are at 4.  7. SPIC dig Spic to the are at 4.  7. SPIC dig Spic and are at 4.  7. SPIC dig Spi		a. Re doll isotion	
Timing Getes  Timing Getes  1. 1.5 Fichted a Packer Assignment 2. 2. Spot Science Search Reviews 3. 2. Realing the seat Lefe till grad Search			
Notice   Process   Proce	TheTrainingRosss,	를 1. 열 ,	
Abdulies	TimingGates	2 1	
1. Notestiment   2   2. Secolar entities   3   3   3   3   3   3   3   3   3		1.5 Pl CTesting Portice Assignment 1	
National		3 2.5 po tScience Research Ceniewell	
Interest in Sport	NtriLle4		
First idealing Conting  1. Does being state of the set the sign of		tatantia aanatan badaass	
First idealing Conting  1. Does being state of the set the sign of		Tec hology integration into the sing	
Technology Velocity Beautificating  1. Itself bids Addgrame it? 2. 2.52 color mations? 2. Reading disc mission 3. Release with an appeal and a second and appeal appeal and appeal and appeal appeal and appeal and appeal and appeal appeal and appeal and appeal and appeal and appeal appeal appeal and appeal appeal and appeal appea	FrontiersinSport		
1. Includes Authorized   1. Includes Authorized   1. Includes   1. Inc			
Description	BasedTraining		
Selection of the sele		1. DOE! Back Assgure # 2	
Cuestionneine Beard   File Swelmans Questionneines		1 Nostsummaγ⊕	
Detainment Beard  Natriboting  1. 1. Held's pecial service 4 graf  1. Notes are a service detailed by the service 4 graf  1. Notes are a service 4 graf  2. Service are asserted as a service 4 graf  2. Service are asserted as a service 4 graf  2. Service are asserted as a service 4 graf  2. Service are asserted as a service 4 graf  2. Service are asserted as a service 4 graf  2. Service are asserted as a service 4 graf  2. Service are asserted as a service 4 graf  2. Service are asserted as a service 4 graf  2. Service as a service 4 graf  3. Notes as a service 4 graf  4 graf  4 graf  4 graf  5			
Ouestionnaire Beard Numbering  1. 2.5 pt 25th are bear at breinwar? 2. bearing for mines 1. Notes area by 2. bearing for mines 2. bearing for mines 2. bearing for mines 3. Notes area by 2. bearing for mines 3. Notes area by 2. bearing for mines 4. bearing for mines 5. bearing for			1111 0000
Detailed	Mattle5	<u>V##kdf3/16</u>	
1.	<u>Martie5</u>	<u>VAAkcf3/16</u> , en &welessquatomies	
1.   Special is est total in pictures   Special i	<u>Mandle5</u>	V-AAK-0*3/16 EPI & WellerssQ entronaires 	
Abstract	Cuestionnaire Basad	V-AAK-0*3/16 EPI & WellerssQ entronaires 	
1. Notes with the second of	Cuestionnaire Basad	V-AAK-0*3/16 EPI & WellerssQ entronaires 	
NatileS   Webscr3c50   Webscr4c5c50   Webscr4c5c5	Cuestionnaire Basad	Véric (1946)	Dan its PIC Testing Sension  3. Hold Special I she as to be ting PS
Decempations of February State of the Property of State of	Cuestionnaire Basad	Védec (FSA) 6  EM 2 Wellers Q major miles  E	bec ts PIC Testing Sension  3. Held Special I she must be e ting us  2. Brading disc makens
Deta-Analytics and February 2 1. Set Early 2 1500 testentos 2. besting the set there is give 2. besting the set there is give 3. hotestwine in a hotestwine in	Questionnaire Bessel Wentcoing	Védec (* 3/6)  EN & Wellers Q major maies  EN & Wellers Q major maies  1. 2. Spot Science besearch testeway 2 2. Spot Science besearch testeway 2 3. Next surmary (* 2	blac to PIC Testing Sension  J. Hold S pecial I when stakes Angles  Z testing Gist makings  A Notation With-up
1.   1.   1.   1.   1.   1.   1.   1.	Questionnaire Bessel Wentcoing	Verber (13/16)  EN 2 Wellers Q extra mins  1. 2 Spot Science has a skitening p 2  1 Nationary & Verber (13/6)	box ts PIC Testing Sension  5. Hold Special Link est bize (東野 2. Bealing (Sension)  1. Roles William    Webst (14/6)
1.   1.   1.   1.   1.   1.   1.   1.	Questionnaire Bessel Wentcoing	Verber (13/16)  EN 2 Wellers Q extra mins  1. 2 Spot Science has a skitening p 2  1 Nationary & Verber (13/6)	box ts PIC Testing Sension  5. Hold Special Link est bize (東野 2. Bealing (Sension)  1. Roles William    Webst (14/6)
1.   1.   1.   1.   1.   1.   1.   1.	Questionraire-Beserd Mantoring Manufaci	Vérkof3/16  EN & Wellwas Q malo maies  1. 2. Spot Science base a chitevin w P 2 3. Not summar y P  Vérkof3/60  Ha Big Orta Mangea Ne & Meaningful	box ts PIC Testing Sension  5. Hold Special Link est bize (東野 2. Bealing (Sension)  1. Roles William    Webst (14/6)
Description	Questionnaire-Bessel (Abritating    Natule6    Data-Aralytics and	Vérkof3/16  EN & Wellwas Q malo maies  1. 2. Spot Science base a chitevin w P 2 3. Not summar y P  Vérkof3/60  Ha Big Orta Mangea Ne & Meaningful	book is PIC Testing Sension  5. Hold Special I de est blee ( 東
TBD  TBD  TBD  TBD  TBD  TBD  TBD  TBD	Questionnaire-Bessel (Abritating    Natule6    Data-Aralytics and	Verbor   SALE   Extra   Control	Lean Lis PIC Testing Sension  J. Held Special Late est Later Gay AS  Z. Brading Gar maiors  J. Holicas W. Re. np
TED  TED  1. Italis pecial interest there is graph 2. Spot Science Desertable there is there is graph 3. Rostsening v. de  1. Italis pecial interest there is graph 2. Enabling for moles) 3. Rostsening v. de  1. Rostsening v. de  Vest. of 4/27  And Se made 1 does a mediage  TED  TED  2. Secoles nationaria	Questionnaire-Bessel (Abritating    Natule6    Data-Aralytics and	V Action 19 / Acti	Lean Es PIC Testing Sension  1. Hold Septial Link each Link (ing 1/5  2. Brailing dist makes  1. Hold and William
TBO  1. SpotScience bases ab deviewed 3 2. beading the est late day of 3. beading the est lat	Ouestionraine-Beased (Manisoring  Matules  Dates-Praylics and Reporting	Medic   GA16	bent to PIC Testing Sension  3. Held Septial the next bent figure  2. Brailing dist maiors  3. Reduced with any  Verbel of 4.6  bent to to be train  3. Held Septial the next bent figure  2. Brailing dist maiors  3. Reduced with any  4.
1. 2.5 po 15 cin me fores a chi territoria 2. 2. bealing for moion 3. Rost been in process of territoria 3.	Ouestionraine-Beased (Manisoring  Matules  Dates-Praylics and Reporting	Vecks/F3/16	bent to PIC Testing Sension  J. Held's problish are not benefit gives  J. Brailing disc moions  J. Held's problish are not benefit gives  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives
1. 2.5 po 15 cin me fores a chi territoria 2. 2. bealing for moion 3. Rost been in process of territoria 3.	Ouestionraine-Beased (Manisoring  Matules  Dates-Praylics and Reporting	Vecks/F3/16	bent to PIC Testing Sension  J. Held's problish are not benefit gives  J. Brailing disc moions  J. Held's problish are not benefit gives  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives
1. 2.5 po 15 cin me fores a chi territoria 2. 2. bealing for moion 3. Rost been in process of territoria 3.	Ouestionraine-Beased (Manisoring  Matules  Dates-Prelytics and Reporting	Vecks/F3/16	bent to PIC Testing Sension  J. Held's problish are not benefit gives  J. Brailing disc moions  J. Held's problish are not benefit gives  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives  J. Brailing disc moions  J. Held's problish not benefit gives
2 Spicition bear at teriewe 3 2 Bealing for mistor 3 2 Bealing for	Ouestionnaire-Bessed (Monitoring  Monitoring  Monitoring  Data-Analytics and Reporting  Monitory	Vecks/F3/16	bent to PIC Testing Sension  J. Held's problish exercitate day ps  J. Brailing disc makes  J. Molesky disc ag  VelocitA-6  leach Costs Betain  J. Held's problish exercitate day ps  J. Brailing disc makes  J. Brailing disc makes  J. Molesky disc ag  VelocitA-(J)
1. Notestime by 4:   1. Notestime by 4:   1. Notestime by 4:   1. Notestime by 5:   1. Note	Ouestionnaire-Bessed (Monitoring  Monitoring  Monitoring  Data-Analytics and Reporting  Monitory	Vecks/F3/16	bent to PIC Testing Sension  J. Held's problish exercitate day ps  J. Brailing disc makes  J. Molesky disc ag  VelocitA-6  leach Costs Betain  J. Held's problish exercitate day ps  J. Brailing disc makes  J. Brailing disc makes  J. Molesky disc ag  VelocitA-(J)
National State   Nati	Ouestionnaire-Bessed (Monitoring  Monitoring  Monitoring  Data-Analytics and Reporting  Monitory	Method 3/16	Lead Special I se est Lead û girs  2. Brailing disc estions  3. Roll as betain  Lead to be betain  1. Roll of pecial I se est Lead û girs  2. Brailing disc estions  3. Roll as betain  1. Roll of pecial I se est Lead û girs  THO  THO  3. Roll of pecial I se est Lead û girs  THO  3. Roll of pecial I se est Lead û girs  THO  3. Roll of pecial I se est Lead û girs  3. Roll of pecial I se est Lead û girs  THO  3. Roll of pecial I se est Lead û girs
TBD 12 2.5% Colse nationals	Ouestionnaire-Bessed (Monitoring  Monitoring  Monitoring  Data-Analytics and Reporting  Monitory	Verbor   Alice	Secretary description of the secretary o
1. 2 25%COlsenation#3	Ouestionnaire-Bessed (Abritoding  Matcles  Dates-Prelytics and Reporting  Matcles  TED	Verbor   SAIS	bent is PIC Testing Sension  3. Hold Septial I she and bent ing 15  2. Brailing disc maiors  3. Hold Septial I she and bent ing 15  4. Brailing disc maiors  3. Hold Septial I she and bent ing 15  2. Brailing disc maiors  3. Hold Septial I she and bent ing 15  7. Hold Septial I she and bent ing 15  7. Brailing disc maiors  4. Brailing disc maiors  7. Hold Septial I she and bent ing 15  2. Brailing disc maiors  3. Hold Septial I she and bent ing 15  2. Brailing disc maiors  3. Hold Septial I she and bent ing 15  3. Hold Septial I she and bent ing 15  3. Hold Septial I she and bent ing 15  3. Hold Septial I she and bent ing 15  3. Hold Septial I she and bent ing 15  3. Hold Septial I she and bent ing 15  3. Hold Septial I she and bent ing 15  3. Hold Septial I she and bent ing 15  3. Hold Septial I she and bent ing 15  4. Brailing disc maiors  4. Brailing disc maiors  5. Robert Septial I she and bent ing 15  5. Robert Septial I she and bent ing 15  5. Robert Septial I she and bent ing 15  5. Robert Septial I she and bent ing 15  6. Robert Septial I she and bent ing 15  6. Robert Septial I she and bent ing 15  7. Robert Septial
1. 2 25%COlsenation#3	Ouestionnaire-Bessed (Abritoding  Matcles  Dates-Prelytics and Reporting  Matcles  TED	Veckor3/16	Lead is pecial interest later ting as  2. Brailing disc makes  3. Roll as pecial interest later ting as  2. Brailing disc makes  5. Roll as between  5. Roll as between  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  2. Brailing disc makes  3. Roll as the makes  1. Roll as
1. 2 25%COlsenation#3	Ouestionnaire-Bessed (Abritoding  Matcles  Dates-Prelytics and Reporting  Matcles  TED	Veckor3/16	Lead is pecial interest later ting as  2. Brailing disc makes  3. Roll as pecial interest later ting as  2. Brailing disc makes  5. Roll as between  5. Roll as between  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  2. Brailing disc makes  3. Roll as the makes  1. Roll as
1. 2 25%COlsenation#3	Operation raine Beard (Abritating    Mattle6    Data Arabitics and Reporting   Mattle7    TBD	Veckor3/16	Lead is pecial interest later ting as  2. Brailing disc makes  3. Roll as pecial interest later ting as  2. Brailing disc makes  5. Roll as between  5. Roll as between  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  2. Brailing disc makes  3. Roll as the makes  1. Roll as
2 SSCOlse Mation#3 1 Astisuma y @	Operation raine Beard (Abritating    Mattle6    Data Arabitics and Reporting   Mattle7    TBD	Veckor3/16	Lead is pecial interest later ting as  2. Brailing disc makes  3. Roll as pecial interest later ting as  2. Brailing disc makes  5. Roll as between  5. Roll as between  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  2. Brailing disc makes  3. Roll as the makes  1. Roll as
1 Astsunra γ @	Operation raine Beard (Abritating    Mattle6    Data Arabitics and Reporting   Mattle7    TBD	Verker(A/A)	Lead is pecial interest later ting as  2. Brailing disc makes  3. Roll as pecial interest later ting as  2. Brailing disc makes  5. Roll as between  5. Roll as between  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  2. Brailing disc makes  3. Roll as the makes  1. Roll as
	Operation raine Beard (Abritating    Mattle6    Data Arabitics and Reporting   Mattle7    TBD	SPIC Dis Brian to Core les	Lead is pecial interest later ting as  2. Brailing disc makes  3. Roll as pecial interest later ting as  2. Brailing disc makes  5. Roll as between  5. Roll as between  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  1. Roll as pecial interest later ting as  2. Brailing disc makes  3. Roll as the makes  1. Roll as