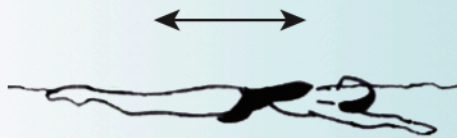


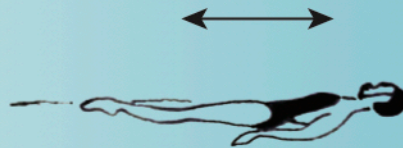
Virginie Dedieu Synchro Camp



- LE MINIMUM TECHNIQUE REQUIS -
- THE MINIMUM TECHNICAL SKILLS REQUIRED -

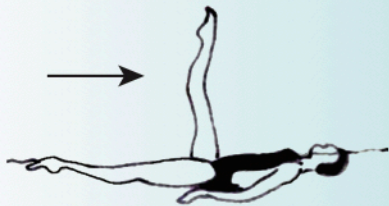


- Torpille
- Torpedo



- Godille
- Sculling

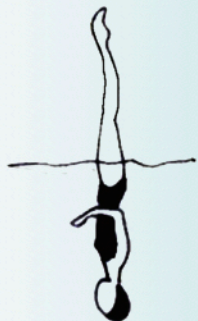
- Rétro pédalage
- Egg Beater
- Poussée
- Boost



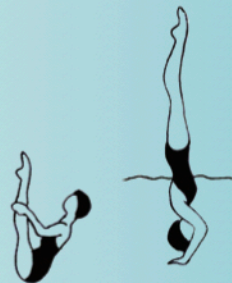
- Ballet Leg
Déplacement BL tenu 12,5m
Stand BL 12,5m mouve



- Flamand rose
- Crane



- Verticale
- Vertical
Notion :
- Coup-coup
- support scull



- Baracuda

