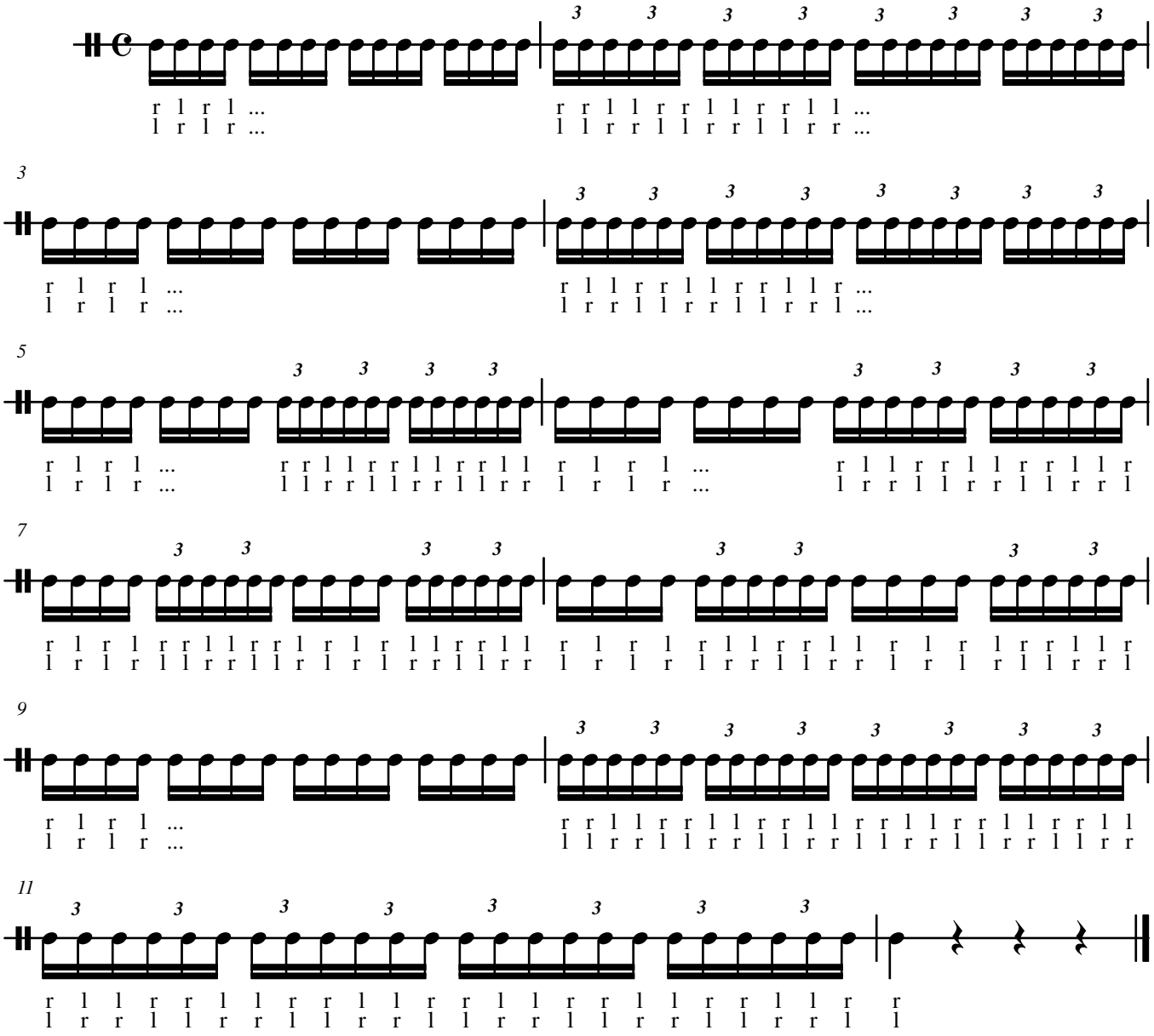
MPHS B-Line Roll Timing

Practice at 3'', 6'', 9'', 12'' heights
82 - 115 bpm

Jared O'Leary