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# PRACTICE PLAN

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ FOCUS: \_\_\_\_\_

## STRETCHES (5 MINUTES)

## WARM-UP GAME (10 MINUTES)

## BALL CONTROL (10 MINUTES)

## PASSING DRILL (15 MINUTES)

## SKILL/DRILL #1 (20 MINUTES)

## SKILL/DRILL #2 (20 MINUTES)

## COMBINATION/LINEUP WORK (20 MINUTES)

## USE REMAINING TIME FOR A FUN GAME!

### Zbigniew Kominek, MSc

#### PERSONAL DETAILS

Date of birth: 29.03.1982  
 Place of birth: Katowice, Poland  
 Address: ul.Radockiego 120/10  
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 Poland  
 Phone number: (+48) 609 708 768  
 E-mail address: zbigniew.kominek@gmail.com  
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#### EDUCATION

Silesian University of Technology  
 Gliwice, Poland  
 October 2001 – December 2006  
 Department: Automatic Control, Electronics and Computer Science  
 Faculty: Macro-faculty (Automatic Control and Robotics,  
 Electronics and Telecommunication, Computer Science  
 – all courses and exams in English)  
 Specialization: Databases, Computer Networks and Systems  
 Master Thesis: "3D-graphics engine based on OpenGL library having  
 objects with physical properties"  
 Final Grade: 5 (very good)

Maria Skłodowska-Curie High School  
 Katowice, Poland  
 • German language specialization class

#### LANGUAGES

• Polish - mother  
 • English - fluent  
 • German - intermediate

#### MAIN TECHNICAL SKILLS

• C/C++, C#, Java, OpenGL

#### OTHER TECHNICAL SKILLS

• XHTML, CSS, SQL, XML, .NET Framework 2.0  
 • Visual Studio, Netbeans, MS Office  
 • Windows 95/98/Me/2000/XP, Unix-like operating systems

#### PROFESSIONAL EXPERIENCE

Hantlik Software Laboratory  
 Katowice, Poland  
 September 2005 – December 2005  
 Developing software based on JUnit for tests' automation of GIS web applications created with the help of J2EE and JavaScript. Designing documents flow management system based on web services and RDBMS for architecture department of local governments.

#### INTERESTS

• computer science, programming, 2D/3D computer graphics  
 • ancient civilizations, beginning of Christianity  
 • martial arts, basketball

### VOLLEYBALL TEAM ROSTER

TEAM \_\_\_\_\_ Check one: Home  Visitor

Player Number	Player Name Last/first

### VOLLEYBALL TEAM LINEUP

Team: \_\_\_\_\_ Game: \_\_\_\_\_  
 Libero: \_\_\_\_\_ CHECK ONE:  Serve  Receive

SERVE ORDER	PLAYER NO.
I	
II	
III	
IV	
V	
VI	

Team: \_\_\_\_\_ Game: \_\_\_\_\_  
 Libero: \_\_\_\_\_ CHECK ONE:  Serve  Receive

SERVE ORDER	PLAYER NO.
I	
II	
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IV	
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VI	

Team: \_\_\_\_\_ Game: \_\_\_\_\_  
 Libero: \_\_\_\_\_ CHECK ONE:  Serve  Receive

SERVE ORDER	PLAYER NO.
I	
II	
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Team: \_\_\_\_\_ Game: \_\_\_\_\_  
 Libero: \_\_\_\_\_ CHECK ONE:  Serve  Receive

SERVE ORDER	PLAYER NO.
I	
II	
III	
IV	
V	
VI	

Done

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← Create a Life You Love Vision Board

## Create A Life You Love Vision Board

By admin | Published January 9, 2013 | Full size is 2133 x 1600 pixels

creating a life I love \* my 1 year plan for : \_\_\_\_\_

my values

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Create Your Amazing Life™ www.carmenmarshall.com

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### One Response to Create A Life You Love Vision Board

Lili butterfield says:  
January 11, 2013 at 7:09 pm

Thank you so much Carmen and the Glamfit team! What an amazing magazine!

Much love,  
Lili butterfield

Reply

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We congratulate you on having completed the recommended course

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So that you may further advance your leadership skills.

Signature \_\_\_\_\_ Date \_\_\_\_\_

It turns from denial into acceptance, chaos to order, confusion to clarity. It becomes what we have in enough, and more. Melody Beattie Page 9 Help your customers build their muscle gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access thanks! Simple enough to use with children, as well as for adults. Do a fun exercise from the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" on absolutely anytime, no matter where they are! This technique of 5 fingers of gratitude is so simple, it can also be used with children. Melody Beattie Page 18 Help your customers build their muscle of gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access thanks! Simple enough to use with children, as well as for adults. Do a fun exercise from the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" on absolutely anytime, no matter where they are! This technique of 5 fingers of gratitude is so simple, it can also be used with children. Maybe up to 5 little things... Melody Beattie Page 15 Help your customers build their muscle of gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access the penalty! Simple enough to use with children, as well as Adults! Also does a fun exercise from the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" on absolutely anytime, no matter where they are! This technique of 5 fingers of gratitude is so simple, it can also be used with children. Melody Beattie Page 11 Help customers to build their muscle gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access thanks! Simple enough to use with children, as well as for adults. Do a fun exercise from the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" in absolutely ANY hour, no matter where you are! This 5-Finger Gratitude Technique is so simple that it can be used with children as well. Learn more for Free! Individual Tool Do you have a client who needs help setting goals? Melody Beattie Page 13 Help your customers build their muscle of gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access gratitude! Pretty simple to use with children and adults It also makes a fun workshop exercise! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" at absolutely ANY time, no matter where they are! This 5-Finger Gratitude Technique is so simple that it can be used with children as well. Melody Beattie Page 8 Help your customers build their muscle of gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access gratitude! Pretty simple to use with children and adults It also makes a fun workshop exercise! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" at absolutely ANY time, no matter where they are! This 5-Finger Gratitude Technique is so simple that it can be used with children as well. However, we must remember not to "Forcing them" to feel grateful! Instead, this free gratitude tool is about finding the small things for which we can be grateful, à € "and build our muscle of gratitude. Melody Beattie Page 16 Help your customers to build their muscle of gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access gratitude! Pretty simple to use with children and adults also does a fun workshop exercise! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" at absolutely ANY time, no matter where they are! This 5 Finger Gratitude Technique is so simple that it can be used with ssecca of yaw ysaed dna kciuq a si loot edutitarg eerf siht!euqnhceT regniF 5 eht htiw elcsum edutitarg rieht dliub stneilc ruoy pleH 21 egaP eittaeB ydoleM .dneirf a otni regnarts a ,omoh a otni esuoh a ,isael a otni laena a nrut nac tI .oot nerdlilh htiw desu eb nac ti drawrothgiarts os si euqnhceT edutitarG regniF 5 siht !era yeht erehw rettam on ,emit YNA yletulosba ta - "pu-em-kcip" kciuq a rof esicrexe elpmis a sa stneilc ruoy htiw loot edutitarg eerf siht esU !esicrexe pohskrow nuf a sekam os!Astluda sa llew sa nerdlilh htiw esu ot hguone elpmi!ssenlufknaht ssecca of yaw ysaed dna kciuq a si loot edutitarg eerf siht!euqnhceT regniF 5 eht htiw elcsum edutitarg rieht dliub stneilc ruoy pleH 4 egaP eittaeB ydoleM .rof lufetarg eb nac ew gnihmetos syawla si ereht hguone llams kniht ,hguone drah kool ew fi ,era sgniht drah woh rettam on dna .oot nerdlilh htiw desu eb nac ti drawrothgiarts os si euqnhceT edutitarG regniF 5 siht !era yeht erehw rettam on ,emit YNA yletulosba ta - "pu-em-kcip" kciuq a rof esicrexe elpmis a sa stneilc ruoy htiw loot edutitarg eerf siht esU !esicrexe pohskrow nuf a sekam os!Astluda sa llew sa nerdlilh htiw esu ot hguone elpmi!ssenlufknaht ssecca of yaw ysaed dna kciuq a si loot edutitarg eerf siht!euqnhceT regniF 5 eht htiw elcsum edutitarg rieht dliub stneilc ruoy pleH 02 egaP eittaeB ydoleM .oot Enough to use with children, as well as for adultsso makes fun exercise of the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" on absolutely anytime, no matter where they are! This technique of 5 fingers of gratitude is so simple, it can also be used with children. Melody Beattie Melody Beattie Page 19 Help your customers build their muscle gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access thanks! Simple enough to use with children, as well as for adults. Do a fun exercise from the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" on absolutely anytime, no matter where they are! This technique of 5 fingers of gratitude is so simple, it can also be used with children. Melody Beattie Page 7 Help your customers build their muscle gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access thanks! Simple enough to use with children, as well as for adults. Do a fun exercise from the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" on absolutely anytime, no matter where they are! This technique of 5 fingers of gratitude is so simple, it can also be used with children. Melody Beattie Page 5 Help your customers build their muscle of gratitude with the 5-finger technique! This free gratitude tool is a quick and easy way to access thanks! Simple enough to use with children, as well as for adults. Do a fun exercise from the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "pick-me-up" on absolutely anytime, no matter where they are! This technique of 5 fingers of gratitude is so simple, it can also be used with children. Take this free coaching tool with positive and inspiring goal questions! Read more ... Melody Beattie Page 6 Help your clients build build Excluding gratitude with the 5-finger technique! This free gratitude tool is a fast and easy way to access gratitude! Simple enough to use with children, as well as for adults from a fun workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "Pick-Up", absolutely at any time, no matter where they are! This 5-fingered technique of gratitude is so simple, it can also be used with children. When we can appreciate all aspects of our lives (and accept those parties in which we can not be grateful), we experience satisfaction, happiness and equanimity, nothing pulls us equilibrium. Melody Beattie Page 3 Help your customers build their muscle gratitude with the 5-finger technique! This free gratitude tool is a fast and easy way to access gratitude! Simple enough to use with children, as well as for adults. A fun exercise of the workshop! Use this free gratitude tool with your customers as a simple exercise for a quick "Pick-Up", absolutely at any time, no matter where they are! This 5-fingered technique of gratitude is so simple, it can also be used with children. Also.

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