

## Are You Prepared to be Your Best? Self Assessment

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In the August 2013 Slowinski at-large, I have prepared a self-assessment on tournament preparations. This is designed to educate, evaluate as well as facilitate additional reflection on how you can be best prepared for tournament play. Do you deep clean your equipment? How often do you change the surface? Do you think about the influence of humidity and temperature on lane transition? How well will you score in this self-assessment?

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