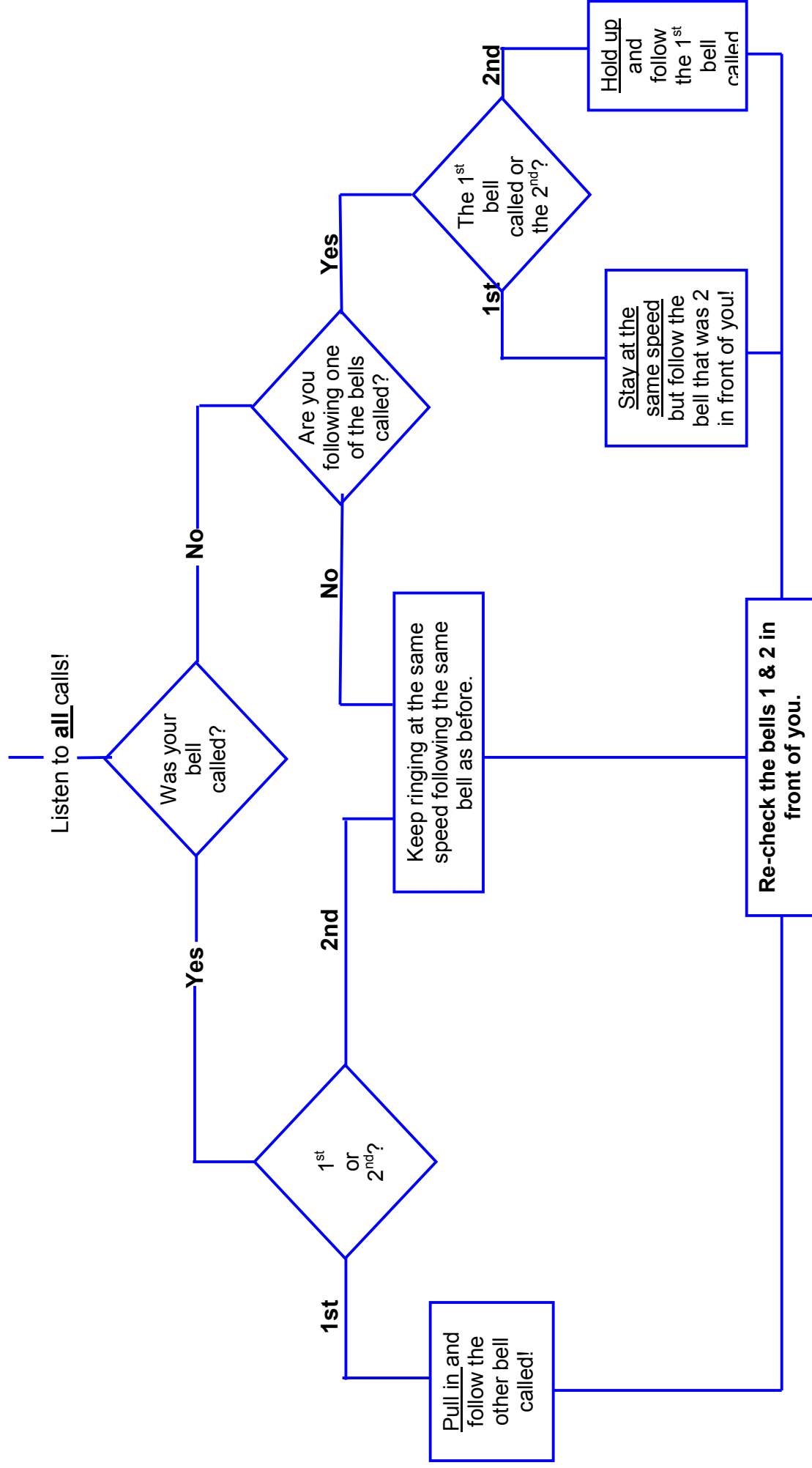


The Call Change “Blue Line” For ‘Called forward’ Changes.

Which bell are you? (pick it out by listening in rounds!) Which bell are you following? Which is that following?



Remember make your move only at the hand stroke after the call is made. Change pace for that one blow only, returning to rounds pace at the backstroke!