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LETTER OF SUBMISSION

I would like to submit the manuscript entitled
The Effects of a 4-week Strength and Conditioning Program on Strength, Power, and Throwing Velocity for Junior Varsity and Varsity High School Water Polo Players

for consideration for possible publication in *Scientific Journal Facta Universitatis, series Physical Education and Sport*.

The authors of this manuscript have directly participated in the planning, execution, or analysis of this study. The authors of paper have read and approved the final version submitted.

We declare that the paper is original, has not been submitted for publication in other journals and has not already been published.

We, the undersigned authors, hereby transfer the ownership of copyright of the paper to *Scientific Journal Facta Universitatis, series Physical Education and Sport*.

Yours sincerely,

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