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# **Team Building Exercise Highlights From 7/18/09**

On July 18, 2009, Team Awkward Turtle hosted a team building exercise, which was intended to help team members get to know one another, and also introduce prospective members to the team to what FRC and FIRST is all about. The exercise consisted of a previous FLL challenge, and teams were given a basic LEGO [Provigil online No prescription](#) NXT robot, with only a plow attached, to complete the challenge.

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