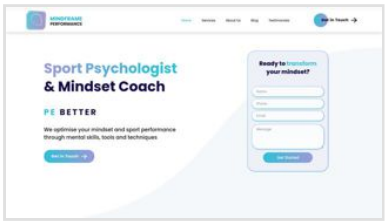


Performance Report for:

http://mindframeperformance.com/

Report generated: Thu, Mar 7, 2024 5:54 PM -0800
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

C	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	70%	84%	372ms	963ms	0.05

Top Issues

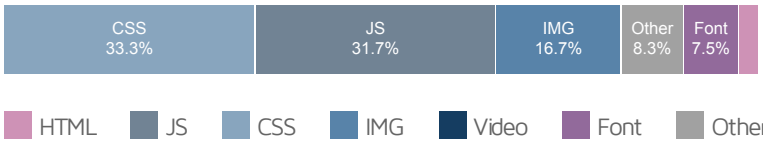
Med-High	**Avoid an excessive DOM size** TBT	2,297 elements
Med	**Avoid long main-thread tasks** TBT	12 long tasks found
Med	**Avoid chaining critical requests** FCP LCP	38 chains found
Med	**Use explicit width and height on image elements** CLS	10 images found
Med	**Use a Content Delivery Network (CDN)**	81 resources found

Page Details

9.2s
Fully Loaded Time

Total Page Size - 2.29MB

Total Page Requests - 120



How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

About GTmetrix

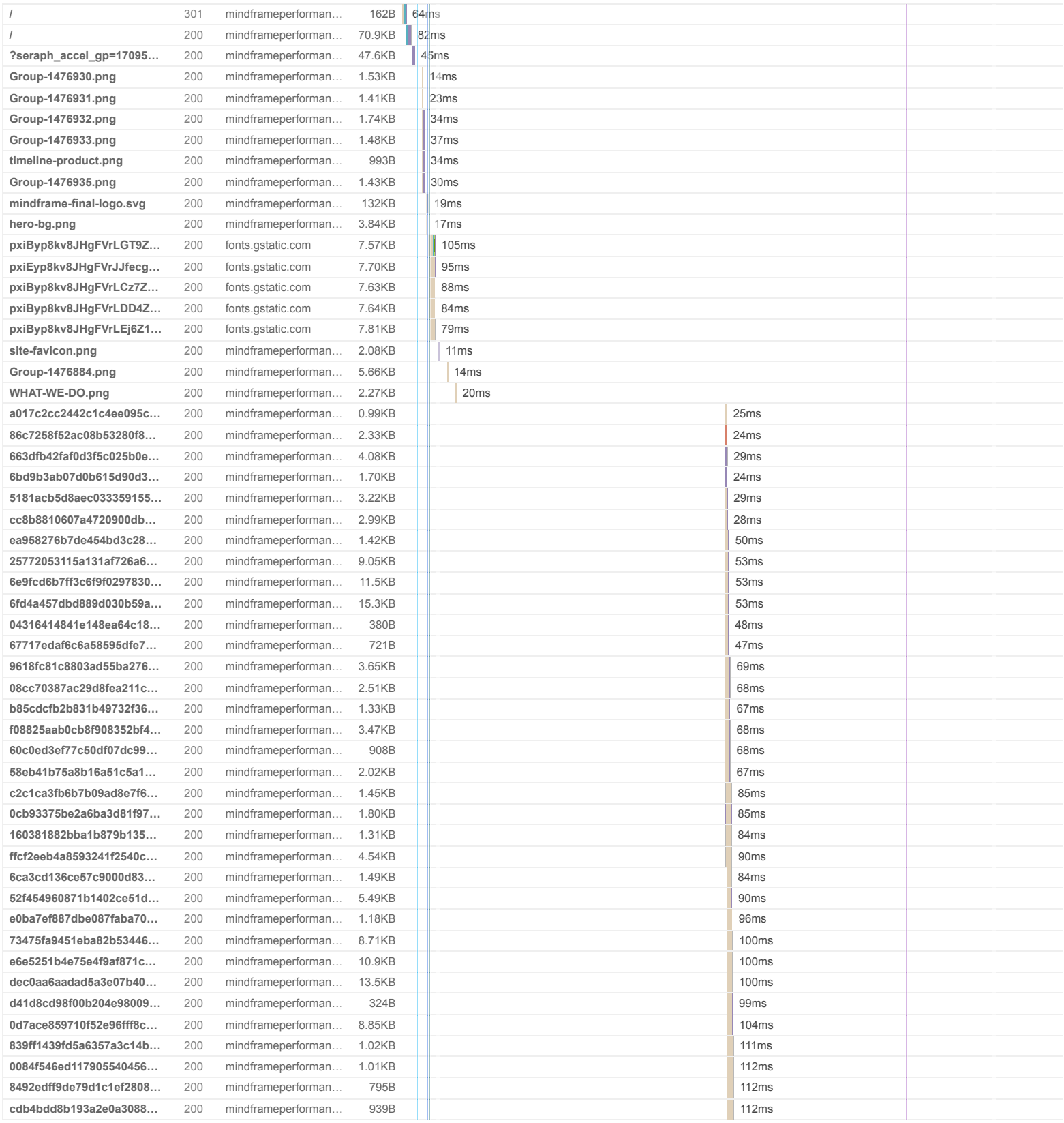
CARBON 60
THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

https://carbon60.com/

The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

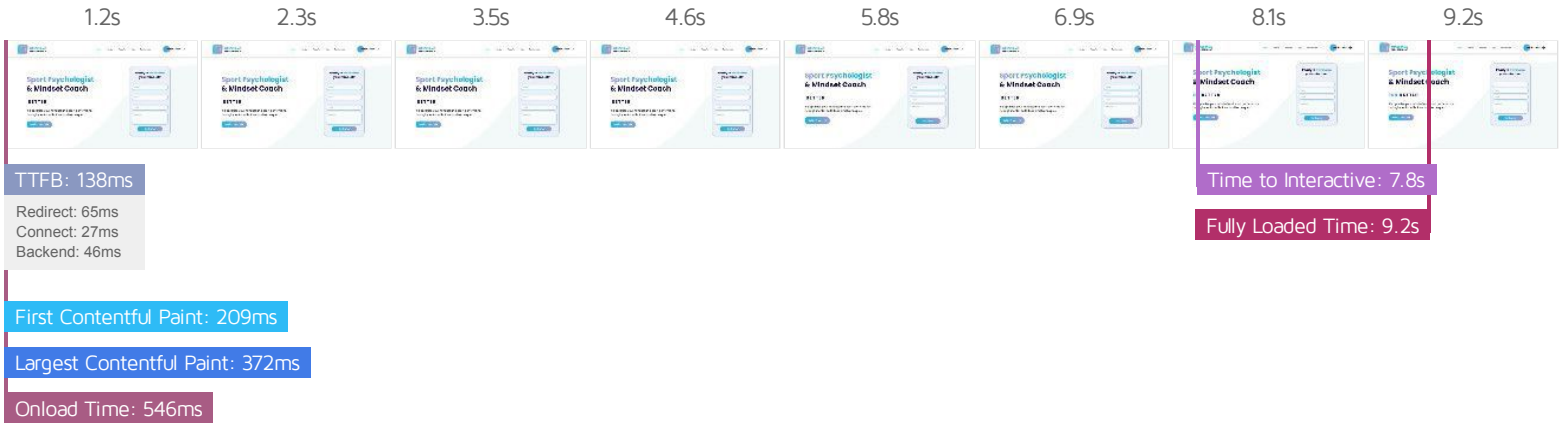
Mindframe Performance | Sport Psychologist & Mindset Coach



a39ba5eb0ef6997e5fc979…	200	mindframeperforman…	5.29KB	117ms
eca429352ac5224eda04ff…	200	mindframeperforman…	1.19KB	125ms
b906d9bc6762dcc418403…	200	mindframeperforman…	2.02KB	127ms
3d42d09e1dba686055473…	200	mindframeperforman…	816B	125ms
js?id=G-27VBT51EGQ	200	googletagmanager.c…	94.0KB	96ms
jquery.min.js?ver=3.7.1	200	mindframeperforman…	31.7KB	126ms
jquery-migrate.min.js?ver…	200	mindframeperforman…	5.28KB	126ms
twentymax.js?ver=6.4.3	200	mindframeperforman…	39.8KB	129ms
slick.js	200	cdnjs.cloudflare.com	12.3KB	73ms
swiper.min.js?ver=4.2.7	200	mindframeperforman…	37.1KB	184ms
imagesloaded.min.js?ver…	200	mindframeperforman…	2.13KB	134ms
masonry.min.js?ver=4.2.2	200	mindframeperforman…	7.99KB	137ms
popup.min.js?ver=3.6.6	200	mindframeperforman…	1.44KB	136ms
index.js?ver=5.9	200	mindframeperforman…	3.68KB	136ms
index.js?ver=5.9	200	mindframeperforman…	4.53KB	183ms
magnific-popup.js?ver=3.…	200	mindframeperforman…	11.7KB	183ms
main.min.js?ver=3.6.6	200	mindframeperforman…	885B	181ms
dtq-default-vb.js?ver=3.6.6	200	mindframeperforman…	2.08KB	181ms
jquery-min.js?ver=3.4.1	200	mindframeperforman…	5.28KB	182ms
slick.js?ver=08:23:16	200	mindframeperforman…	16.5KB	200ms
slick-lightbox.js?ver=08:2…	200	mindframeperforman…	4.08KB	198ms
custom-slick.js?ver=08:2…	200	mindframeperforman…	3.73KB	195ms
scripts.min.js?ver=6.4.3	200	mindframeperforman…	62.5KB	198ms
smoothscroll.js?ver=6.4.3	200	mindframeperforman…	2.91KB	196ms
jquery.fitvids.js?ver=4.24.0	200	mindframeperforman…	1.65KB	195ms
easypiechart.js?ver=4.24.0	200	mindframeperforman…	3.47KB	211ms
frontend-bundle.min.js?v…	200	mindframeperforman…	7.10KB	214ms
frontend-bundle.min.js?v…	200	mindframeperforman…	2.21KB	210ms
frontend-bundle.min.js?v…	200	mindframeperforman…	711B	210ms
common.js?ver=4.24.0	200	mindframeperforman…	878B	209ms
api.js?render=6Lfequ4nA…	200	google.com	1.16KB	67ms
wp-polyfill-inert.min.js?ve…	200	mindframeperforman…	2.83KB	206ms
regenerator-runtime.min.j…	200	mindframeperforman…	2.81KB	232ms
wp-polyfill.min.js?ver=3.1…	200	mindframeperforman…	36.7KB	242ms
index.js?ver=5.9	200	mindframeperforman…	824B	232ms
typed.min.js?ver=3.6.6	200	mindframeperforman…	3.95KB	232ms
react.min.js?ver=18.2.0	200	mindframeperforman…	4.49KB	232ms
index.js?ver=e413d687a0…	200	mindframeperforman…	19.7KB	241ms
gtm.js?id=GTM-TFLWFHTL	200	googletagmanager.c…	83.2KB	29ms
recaptcha__en.js	200	gstatic.com	194KB	34ms
POST user-profile	200	mindframeperforman…	897B	527ms
POST user-media	200	mindframeperforman…	5.00KB	687ms
schema	200	mindframeperforman…	788B	525ms
schema	200	mindframeperforman…	788B	536ms
anchor?ar=1&k=6Lfequ4n…	200	google.com	28.0KB	82ms
ajax-loader.gif	404	mindframeperforman…	84.0KB	1.2s
slick.woff	(canceled)	mindframeperforman…	0	2.1s
styles__ltr.css	200	gstatic.com	24.0KB	38ms
recaptcha__en.js	200	gstatic.com	194KB	54ms
722MlWu_TMZiQau3mAa…	200	google.com	6.80KB	7ms
logo_48.png	200	gstatic.com	2.18KB	12ms
KFOmCnqEu92Fr1Mu4mx…	200	fonts.gstatic.com	15.0KB	59ms
KFOlCnqEu92Fr1MmEU9f…	200	fonts.gstatic.com	15.2KB	58ms
webworker.js?hl=en&v=Q…	200	google.com	135B	31ms
refill	200	mindframeperforman…	604B	545ms
refill	200	mindframeperforman…	604B	511ms
check-dark.svg	(failed)	sg0duxoli5-flywheel.…	0	96ms
429821806_165827463833…	200	scontent-lhr6-1.cdnin…	58.8KB	87ms
429206126_698371935841…	200	scontent-lhr6-2.cdnin…	103KB	90ms
427588684_180953519289…	200	scontent-lhr8-1.cdnin…	74.2KB	73ms
426307741_918292146539…	200	scontent-lhr8-1.cdnin…	46.9KB	45ms
425472409_934166871717…	200	scontent-lhr6-1.cdnin…	126KB	90ms

424437744_755057066504…	200	scontent-lhr6-1.cdnin…	67.8KB	90ms
424434603_921113956335…	200	scontent-lhr6-2.cdnin…	108KB	89ms
420709510_297686942901…	200	scontent-lhr6-1.cdnin…	200KB	93ms
POST reload?k=6Lfequ4n…	200	google.com	10.2KB	127ms
slick.ttf	(canceled)	mindframeperforman…	0	972ms

120 Requests **2.29MB (5.99MB Uncompressed)** **Fully Loaded 9.2s (Onload 546ms)**



Performance Metrics

First Contentful Paint

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

Good - Nothing to do here

209ms

Time to Interactive

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

Much longer than recommended

7.8s

Speed Index

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

OK, but consider improvement

1.6s

Total Blocking Time

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

Much longer than recommended

963ms

Largest Contentful Paint

How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.

Good - Nothing to do here

372ms

Cumulative Layout Shift

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

Good - Nothing to do here

0.05

Browser Timings

Redirect	65ms	Connect	27ms	Backend	46ms
TTFB	138ms	First Paint	209ms	DOM Int.	403ms
DOM Loaded	404ms	Onload	546ms	Fully Loaded	9.2s

IMPACT	AUDIT	
Med	**Serve static assets with an efficient cache policy**	Potential savings of 748KB

A long cache lifetime can speed up repeat visits to your page.

URL	CACHE TTL	TRANSFER SIZE
https://mindframeperformance.com/wp-content/uploads/2023/08/mindframe-final-logo.svg	none	132KB
https://mindframeperformance.com/wp-content/themes/Divi/js/scripts.min.js?ver=6.4.3	none	62.5KB
https://mindframeperformance.com/?seraph_accel_gp=1709540595_0_css	none	47.6KB
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/twentymax.js?ver=6.4.3	none	39.8KB
https://mindframeperformance.com/wp-content/plugins/insta-gallery/assets/frontend/swiper/swiper.min.js?ver=4.2.7	none	37.1KB
https://mindframeperformance.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0	none	36.7KB
https://mindframeperformance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	none	31.7KB
https://mindframeperformance.com/wp-content/plugins/insta-gallery/build/frontend/js/index.js?ver=e413d687a0d88f2c9928	none	19.7KB
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/slick.js?ver=08:23:16	none	16.5KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6fd4a457dbd889d030b59a306c6f1f8b.1caf1.css	none	15.3KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/dec0aa6aadad5a3e07b40079d0158a7a.27c1a.css	none	13.5KB
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/magnific-popup.js?ver=3.6.6	none	11.7KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6e9fcd6b7ff3c6f9f02978305c4e70c5.14403.css	none	11.5KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/e6e5251b4e75e4f9af871c746aecfb2e.131c5.css	none	10.9KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/25772053115a131af726a66912981ebc.baee.css	none	9.05KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/0d7ace859710f52e96fff8c1408fcf54.ab14.css	none	8.85KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/73475fa9451eba82b5344653f686ffa4.1107c.css	none	8.71KB
https://mindframeperformance.com/wp-includes/js/masonry.min.js?ver=4.2.2	none	7.99KB
https://mindframeperformance.com/wp-content/plugins/Divi-Blog-Extras/scripts/frontend-bundle.min.js?ver=2.6.6	none	7.10KB
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476884.png	none	5.66KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/52f454960871b1402ce51d0951ad3523.8462.css	none	5.49KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/a39ba5eb0ef6997e5fc979dbad0f0a7b.ca0c.css	none	5.29KB
https://mindframeperformance.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	none	5.28KB
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/jquery-min.js?ver=3.4.1	none	5.28KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/ffcf2eeb4a8593241f2540c47bec4fd5.44ed.css	none	4.54KB
https://mindframeperformance.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9	none	4.53KB
https://mindframeperformance.com/wp-includes/js/dist/vendor/react.min.js?ver=18.2.0	none	4.49KB
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/slick-lightbox.js?ver=08:23:16	none	4.08KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/663dfb42faf0d3f5c025b0e0fe7480d1.4453.css	none	4.08KB
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/typed.min.js?ver=3.6.6	none	3.95KB
https://mindframeperformance.com/wp-content/uploads/2023/05/hero-bg.png	none	3.84KB
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/custom-slick.js?ver=08:23:16	none	3.73KB
https://mindframeperformance.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.9	none	3.68KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/9618fc81c8803ad55ba2767e5e9e5c07.437d.css	none	3.65KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/f08825aab0cb8f908352bf4210b0fab0.459a.css	none	3.47KB
https://mindframeperformance.com/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=4.24.0	none	3.47KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/5181acb5d8aec033359155e6cad2aec4.3ce5.css	none	3.22KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/cc8b8810607a4720900db4776591f30c.302c.css	none	2.99KB
https://mindframeperformance.com/wp-content/themes/Divi/js/smoothscroll.js?ver=6.4.3	none	2.91KB
https://mindframeperformance.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	none	2.83KB
https://mindframeperformance.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0	none	2.81KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/08cc70387ac29d8fea211cc933f98360.2a22.css	none	2.51KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/86c7258f52ac08b53280f8aceb80de5c.2acc.css	none	2.33KB

URL	CACHE TTL	TRANSFER SIZE
https://mindframeperformance.com/wp-content/uploads/2023/06/WHAT-WE-DO.png	none	2.27KB
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/scripts/frontend-bundle.min.js?ver=3.6.6	none	2.21KB
https://mindframeperformance.com/wp-includes/js/imagesloaded.min.js?ver=5.0.0	none	2.13KB
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/dtq-default-vb.js?ver=3.6.6	none	2.08KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/b906d9bc6762dcc418403dbfb90328b3.1c16.css	none	2.02KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/58eb41b75a8b16a51c5a1722695b9184.1909.css	none	2.02KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/0cb93375be2a6ba3d81f97c4a58d5657.1442.css	none	1.80KB
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476932.png	none	1.74KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6bd9b3ab07d0b615d90d3918c55ae9e8.1702.css	none	1.70KB
https://mindframeperformance.com/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/jquery.fitvids.js?ver=4.24.0	none	1.65KB
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476930.png	none	1.53KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6ca3cd136ce57c9000d83b139258a82a.1d2a.css	none	1.49KB
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476933.png	none	1.48KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/c2c1ca3fb6b7b09ad8e7f6638ac372e9.1f0b.css	none	1.45KB
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/deprecated/popup.min.js?ver=3.6.6	none	1.44KB
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https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/ea958276b7de454bd3c2873f0dc47e5f.105a.css	none	1.42KB
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https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/160381882bba1b879b1350773705c695.10d2.css	none	1.31KB
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https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/e0ba7ef887dbe087faba70967e854fc7.d82.css	none	1.18KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/839ff1439fd5a6357a3c14b577062fb8.90a.css	none	1.02KB
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https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/a017c2cc2442c1c4ee095c7d25dedb99.a2e.css	none	0.99KB
https://mindframeperformance.com/wp-content/uploads/2023/08/timeline-product.png	none	993B
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/cdb4bdd8b193a2e0a3088e79d4281ed7.776.css	none	939B
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/60c0ed3ef77c50df07dc99380a96b6c8.5de.css	none	908B
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/main.min.js?ver=3.6.6	none	885B
https://mindframeperformance.com/wp-content/themes/Divi/core/admin/js/common.js?ver=4.24.0	none	878B
https://mindframeperformance.com/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.9	none	824B
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https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/67717edaf6c6a58595dfe7ca706a18d9.372.css	none	721B
https://mindframeperformance.com/wp-content/plugins/supreme-modules-for-divi/scripts/frontend-bundle.min.js?ver=2.5.3	none	711B
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/04316414841e148ea64c18ea98752f8f.3b.css	none	380B
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/d41d8cd98f00b204e9800998ecf8427e.0.css	none	324B
https://www.gstatic.com/recaptcha/api2/logo_48.png	7 days	2.31KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/420709510_297686942901250_7551676613069281704_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=oBXdz2BkTOAAX8ouN6V&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfDWnlC5O5-WgroodQhXjv3ypG14hpSgYkD1Vme7Oyqg1A&oe=65EEEE0B	14 days	200KB

URL	CACHE TTL	TRANSFER SIZE
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/425472409_934166871717393_5105417232823117172_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=M0lqg_OyURUAX-9Tp5c&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBjCdEAYiRhJ7PPy7Yuv9pbPsuwOVY7JLckkwUDEEu8Dw&oe=65EF6A2D	14 days	126KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/424434603_921113956335146_8648170559983424753_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=JmCJaoOQL4kAX9nOB-7&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBr5j4DAsu6UxWuzPKKtK3Qa4R95xlC47HXdS-fKMSnpQ&oe=65EFF966	14 days	109KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/429206126_698371935841433_8883521916675034239_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=rVfW6wdGDS4AX8VS7q_&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBhWbCHsv79ST3vqVQv6W8Z5pNUxUuorbg93_bFUYmLHg&oe=65EE94EA	14 days	103KB
https://scontent-lhr8-1.cdninstagram.com/v/t51.29350-15/427588684_1809535192896777_1473925542272608 98_n.jpg?_nc_cat=103&ccb=1-7&_nc_sid=18de74&_nc_ohc=eGeNRqOV0jMAX-FQjWO&_nc_oc=AQmR35Fc8cDeydT6XBP9Tr64HERmlBQmGJ7o2PefqhqLmHXDgjYmzg5BMze6QTdeqtk&_nc_ht=scontent-lhr8-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfB1UDXbj1N6VwT8LQ2K51JAzDSmC5IlJWMrGYTSyON6Ow&oe=65F00530	14 days	74.4KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/424437744_755057066504632_1439379975877189509_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=hYTvecA-1DEAX9zaSGK&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfArKdvwfvB-v0G7WnFMoBdzTC_i85kyHtVZuDMFMurODQ&oe=65F02341	14 days	67.9KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/429821806_1658274638333457_443623278943437 29_n.jpg?_nc_cat=110&ccb=1-7&_nc_sid=18de74&_nc_ohc=MXxn-MHa5J8AX_bUcQV&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBBXNVqjNUFuhmP9KacCkeTpaxpESCxHJn8Ex4vnFB0tg&oe=65EEAB2B	14 days	58.9KB
https://scontent-lhr8-1.cdninstagram.com/v/t51.29350-15/426307741_918292146539751_1857337839658956412_n.jpg?_nc_cat=108&ccb=1-7&_nc_sid=18de74&_nc_ohc=TBriTK-1AZ0AX8hyn4g&_nc_ht=scontent-lhr8-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfCY2vPNJFVg1Y6VghpGJZ5EGgajAuSnOkAqHOv3zVAKSw&oe=65EE5DC7	14 days	47.2KB

Low **Use passive listeners to improve scrolling performance** 2 event listeners not passive

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance.

URL	LOCATION
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/custom-slick.js?ver=08:23:16	Line:467
https://mindframeperformance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	Line:1

Low **Avoid enormous network payloads** LCP Total size was 2.29MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/420709510_297686942901250_7551676613069281704_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=oBXdz2BkTOAAX8ouN6V&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfDWnlC5O5-WgroodQhXjv3ypG14hpSgYkD1Vme7Oyqg1A&oe=65EEEE0B	200KB
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	195KB
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	195KB
https://mindframeperformance.com/wp-content/uploads/2023/08/mindframe-final-logo.svg	132KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/425472409_934166871717393_5105417232823117172_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=M0lqg_OyURUAX-9Tp5c&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBjCdEAYiRhJ7PPy7Yuv9pbPsuwOVY7JLckkwUDEEu8Dw&oe=65EF6A2D	126KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/424434603_921113956335146_8648170559983424753_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=JmCJaoOQL4kAX9nOB-7&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBr5j4DAsu6UxWuzPKKtK3Qa4R95xlC47HXdS-fKMSnpQ&oe=65EFF966	109KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/429206126_698371935841433_8883521916675034239_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=rVfW6wdGDS4AX8VS7q_&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBhWbCHsv79ST3vqVQv6W8Z5pNUxUuorbg93_bFUYmLHg&oe=65EE94EA	103KB
https://www.googletagmanager.com/gtag/js?id=G-27VBT51EGQ	94.4KB
https://mindframeperformance.com/wp-content/themes/Divi_Child/css/ajax-loader.gif	84.0KB
https://www.googletagmanager.com/gtm.js?id=GTM-TFLWFHTL	83.3KB

Low **Reduce JavaScript execution time** TBT 1.0s spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
https://mindframeperformance.com/	1.8s	278ms	9ms
https://mindframeperformance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	583ms	293ms	1ms
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	409ms	344ms	8ms
Unattributable	333ms	2ms	0ms
https://mindframeperformance.com/wp-content/themes/Divi/js/scripts.min.js?ver=6.4.3	147ms	74ms	4ms

Low **Properly size images** — Potential savings of 432KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/420709510_297686942901250_7551676613069281704_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=oBXdz2BkTOAAX8ouN6V&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfDWnlC5O5-WgroodQhXjv3ypG14hpSgYkD1Vme7Oygg1A&oe=65EEEE0B	200KB	188KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/424434603_921113956335146_8648170559983424753_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=JmCJaoOQL4kAX9nOB-7&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBr5j4DAsu6UxWuzPKKtK3Qa4R95xIC47HXdS-fKMSnpQ&oe=65EFF966	108KB	97.6KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/429206126_698371935841433_8883521916675034239_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=rVfW6wdGDS4AX8VS7q_&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBhWbCHsv79ST3vqVQv6W8Z5pNUxUuorbg93_bFUYmLHg&oe=65EE94EA	103KB	92.7KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/429821806_1658274638333457_44363237894343729_n.jpg?_nc_cat=110&ccb=1-7&_nc_sid=18de74&_nc_ohc=MXxn-MHa5J8AX_bUcQV&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBBXNVqjNUFuhmP9KacCkeTpaxpESCxHJn8Ex4vnFB0tg&oe=65EEAB2B	58.8KB	52.9KB

Low **Avoid multiple page redirects** FCP LCP — Potential savings of 62ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://mindframeperformance.com/	62ms
https://mindframeperformance.com/	0ms

Low **Efficiently encode images** — Potential savings of 43.4KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/425472409_934166871717393_5105417232823117172_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=M0lqg_OyURUAX-9Tp5c&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBjCdEAYiRhJ7PPy7Yuv9pbPsuwOVY7JLckkwUDEEu8Dw&oe=65EF6A2D	126KB	13.1KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/424434603_921113956335146_8648170559983424753_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=JmCJaoOQL4kAX9nOB-7&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBr5j4DAsu6UxWuzPKKtK3Qa4R95xIC47HXdS-fKMSnpQ&oe=65EFF966	108KB	11.1KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/429206126_698371935841433_8883521916675034239_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=rVfW6wdGDS4AX8VS7q_&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBhWbCHsv79ST3vqVQv6W8Z5pNUxUuorbg93_bFUYmLHg&oe=65EE94EA	103KB	10.3KB
https://scontent-lhr8-1.cdninstagram.com/v/t51.29350-15/427588684_1809535192896777_147392554227260898_n.jpg?_nc_cat=103&ccb=1-7&_nc_sid=18de74&_nc_ohc=eGeNRqOV0jMAX-FQjWO&_nc_oc=AQmR35Fc8cDeydT6XBP9Tr64HERmlBQmGJ7o2PefqhqLmHXDgjYmzg5BMze6QTdeqtk&_nc_ht=scontent-lhr8-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfB1UDXbj1N6VwT8LQ2K51JAzDSmC5IlJWMrGYTSyON6Ow&oe=65F00530	74.2KB	8.92KB

Low **Reduce unused CSS** FCP LCP — Potential savings of 99KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://mindframeperformance.com/?seraph_accel_gp=1709540595_0_css	47.6KB	47.6KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6fd4a457dbd889d030b59a306c6f1f8b.1caf1.css	15.3KB	15.3KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/dec0aa6aadad5a3e07b40079d0158a7a.27c1a.css	13.5KB	13.5KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6e9fcd6b7ff3c6f9f02978305c4e70c5.14403.css	11.5KB	11.5KB
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/e6e5251b4e75e4f9af871c746aecfb2e.131c5.css	10.9KB	10.9KB

Low **Serve images in next-gen formats** Potential savings of 406KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/425472409_934166871717393_5105417232823117172_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=M0lqg_OyURUAX-9Tp5c&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBjCdEAYiRhJ7PPy7Yuv9pbPsuwOVY7JLckkwUDEEu8Dw&oe=65EF6A2D	126KB	77.5KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/424434603_921113956335146_8648170559983424753_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=JmCJaoOQL4kAX9nOB-7&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBr5j4DAsu6UxWuzPKKtK3Qa4R95xlC47HXdS-fKMSnpQ&oe=65EFF966	108KB	65.6KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/429206126_698371935841433_8883521916675034239_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=rVfW6wdGDS4AX8VS7q_&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBhWbCHsv79ST3vqVQv6W8Z5pNUxUuorbg93_bFUYmLHg&oe=65EE94EA	103KB	63.4KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/420709510_297686942901250_7551676613069281704_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=oBXdz2BkTOAAX8ouN6V&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfDWnlC5O5-WgroodQhXjv3ypG14hpSgYkD1Vme7Oygg1A&oe=65EEEE0B	200KB	55.6KB
https://scontent-lhr8-1.cdninstagram.com/v/t51.29350-15/427588684_1809535192896777_147392554227260898_n.jpg?_nc_cat=103&ccb=1-7&_nc_sid=18de74&_nc_ohc=eGeNRqOV0jMAX-FQjWO&_nc_oc=AQmR35Fc8cDeydT6XBP9Tr64HERmlBQmGJ7o2PefqhqLmHXDgjYmzg5BMze6QTdeqtk&_nc_ht=scontent-lhr8-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfB1UDXbj1N6VwT8LQ2K51JAzDSmC5IIJWMrGYTSyON6Ow&oe=65F00530	74.2KB	47.5KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/424437744_755057066504632_1439379975877189509_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=hYTvecA-1DEAX9zaSGK&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfArKdvwfvB-v0G7WnFMoBdzTC_i85kyHtVZuDMFMurODQ&oe=65F02341	67.8KB	36.0KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/429821806_1658274638333457_44363237894343729_n.jpg?_nc_cat=110&ccb=1-7&_nc_sid=18de74&_nc_ohc=MXxn-MHa5J8AX_bUcQV&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBBXNVqjNUFuhmP9KacCkeTpaxpESCxHJn8Ex4vnFB0tg&oe=65EEAB2B	58.8KB	32.0KB
https://scontent-lhr8-1.cdninstagram.com/v/t51.29350-15/426307741_918292146539751_1857337839658956412_n.jpg?_nc_cat=108&ccb=1-7&_nc_sid=18de74&_nc_ohc=TBriTK-1AZ0AX8hyn4g&_nc_ht=scontent-lhr8-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfCY2vPNJFVg1Y6VghpGJZ5EGgajAuSnOkAqHOv3zVAKSw&oe=65EE5DC7	46.9KB	28.2KB

Low **Defer offscreen images** Potential savings of 785KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/420709510_297686942901250_7551676613069281704_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=oBXdz2BkTOAAX8ouN6V&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfDWnIC5O5-WgroodQhXjv3ypG14hpSgYkD1Vme7Oyqg1A&oe=65EEEE0B	200KB	200KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/425472409_934166871717393_5105417232823117172_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=M0lqg_OyURUAX-9Tp5c&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBjCdEAYiRhJ7PPy7Yuv9pbPsuwOVY7JLckkwUDEEu8Dw&oe=65EF6A2D	126KB	126KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/424434603_921113956335146_8648170559983424753_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=JmCJaoOQL4kAX9nOB-7&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBr5j4DAsu6UxWuzPKKtK3Qa4R95xIC47HXdS-fKMSnpQ&oe=65EFF966	108KB	108KB
https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/429206126_698371935841433_8883521916675034239_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=rVfW6wdGDS4AX8VS7g_&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBhWbCHsv79ST3vqVQv6W8Z5pNUxUuorbg93_bFUYmLHg&oe=65EE94EA	103KB	103KB
https://scontent-lhr8-1.cdninstagram.com/v/t51.29350-15/427588684_1809535192896777_147392554227260898_n.jpg?_nc_cat=103&ccb=1-7&_nc_sid=18de74&_nc_ohc=eGeNRqOV0jMAX-FQjWO&_nc_oc=AQmR35Fc8cDeydT6XBP9Tr64HERmlBQmGJ7o2PefqhqLmHXDgjYmzg5BMze6QTdeqtk&_nc_ht=scontent-lhr8-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfB1UDXbj1N6VwT8LQ2K51JAzDSmC5IlJWMrGYTSyON6Ow&oe=65F00530	74.2KB	74.2KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/424437744_755057066504632_1439379975877189509_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=hYTvecA-1DEAX9zaSGK&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfArKdvwfvB-v0G7WnFMoBdzTC_i85kyHtVZuDMFMurODQ&oe=65F02341	67.8KB	67.8KB
https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/429821806_1658274638333457_443632378943437 29_n.jpg?_nc_cat=110&ccb=1-7&_nc_sid=18de74&_nc_ohc=MXxn-MHa5J8AX_bUcQV&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBBXNVqjNUFuhmP9KacCkeTpaxpESCxHJn8Ex4vnFB0tg&oe=65EEAB2B	58.8KB	58.8KB
https://scontent-lhr8-1.cdninstagram.com/v/t51.29350-15/426307741_918292146539751_1857337839658956412_n.jpg?_nc_cat=108&ccb=1-7&_nc_sid=18de74&_nc_ohc=TBriTK-1AZ0AX8hyn4g&_nc_ht=scontent-lhr8-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfCY2vPNJFVg1Y6VghpGJZ5EGgajAuSnOkAqHOv3zVAKSw&oe=65EE5DC7	46.9KB	46.9KB

Low **Avoid large layout shifts** CLS — 5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Sport Psychologist & Mindset Coach `<h1>`	0.02
Sport Psychologist & Mindset Coach F BETTER We optimise your mindset and spo… `<div id="home_bnr" class="et_pb_section et_pb_section_0 et_pb_with_background et_section_regular lzl…" data-lzl-bg="">`	0.01
ist `<span>`	0.01
Home Services About Us Blog Testimonials `<div class="et_pb_menu__menu">`	0.01
We optimise your mindset and sport performance through mental skills, tools and… `<p>`	0.01

Low **Avoid non-composited animations** CLS — 401 animated elements found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME
Showjumping 	
Unsupported CSS Property: visibility	visibility
CRICKET 	
Unsupported CSS Property: visibility	visibility
Boxing 	
Unsupported CSS Property: visibility	visibility
Golf 	
Unsupported CSS Property: visibility	visibility
FOOTBALL 	
Unsupported CSS Property: visibility	visibility
Athletics 	
Unsupported CSS Property: visibility	visibility
Tennis 	
Unsupported CSS Property: visibility	visibility
Tennis 	
Unsupported CSS Property: visibility	visibility
Showjumping 	
Unsupported CSS Property: visibility	visibility
Cross Country 	
Unsupported CSS Property: visibility	visibility
Darts 	
Unsupported CSS Property: visibility	visibility
Badminton 	
Unsupported CSS Property: visibility	visibility
Rowing 	
Unsupported CSS Property: visibility	visibility
Skateboarding 	
Unsupported CSS Property: visibility	visibility
Rowing	

ELEMENT	NAME
`<div class="et_pb_module et_pb_text et_pb_text_62 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Dancing	
`<div class="et_pb_module et_pb_text et_pb_text_36 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Showjumping	
`<div class="et_pb_module et_pb_text et_pb_text_67 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Paddle	
`<div class="et_pb_module et_pb_text et_pb_text_58 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Petanque	
`<div class="et_pb_module et_pb_text et_pb_text_59 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Triathlon	
`<div class="et_pb_module et_pb_text et_pb_text_76 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Wrestling	
`<div class="et_pb_module et_pb_text et_pb_text_78 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Motor Racing	
`<div class="et_pb_module et_pb_text et_pb_text_55 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Dressage	
`<div class="et_pb_module et_pb_text et_pb_text_39 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Go Karting	
`<div class="et_pb_module et_pb_text et_pb_text_43 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Free flight	
`<div class="et_pb_module et_pb_text et_pb_text_42 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Handball	
`<div class="et_pb_module et_pb_text et_pb_text_46 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Weightlifting	
`<div class="et_pb_module et_pb_text et_pb_text_32 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Boxing	
`<div class="et_pb_module et_pb_text et_pb_text_25 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Stuntman	

ELEMENT	NAME
Unsupported CSS Property: visibility	visibility
Ironman	
Unsupported CSS Property: visibility	visibility
Free flight	
Unsupported CSS Property: visibility	visibility
RC Racing	
Unsupported CSS Property: visibility	visibility
Running	
Unsupported CSS Property: visibility	visibility
Cheerleading	
Unsupported CSS Property: visibility	visibility
Skydiving	
Unsupported CSS Property: visibility	visibility
Snooker	
Unsupported CSS Property: visibility	visibility
Basketball	
Unsupported CSS Property: visibility	visibility
Triathlon	
Unsupported CSS Property: visibility	visibility
Fencing	
Unsupported CSS Property: visibility	visibility
Cricket	
Unsupported CSS Property: visibility	visibility
Handball	
Unsupported CSS Property: visibility	visibility
Ultimate frisbee	
Unsupported CSS Property: visibility	visibility
Pool	

ELEMENT	NAME
`<div class="et_pb_module et_pb_text et_pb_text_60 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Jiu Jitsu	
`<div class="et_pb_module et_pb_text et_pb_text_51 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Archery	
`<div class="et_pb_module et_pb_text et_pb_text_20 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Swimming	
`<div class="et_pb_module et_pb_text et_pb_text_74 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Boxing	
`<div class="et_pb_module et_pb_text et_pb_text_25 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Weightlifting	
`<div class="et_pb_module et_pb_text et_pb_text_32 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Bowls	
`<div class="et_pb_module et_pb_text et_pb_text_24 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Triathlon	
`<div class="et_pb_module et_pb_text et_pb_text_76 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Basketball	
`<div class="et_pb_module et_pb_text et_pb_text_23 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Squash	
`<div class="et_pb_module et_pb_text et_pb_text_71 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Petanque	
`<div class="et_pb_module et_pb_text et_pb_text_59 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Netball	
`<div class="et_pb_module et_pb_text et_pb_text_57 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Cycling	
`<div class="et_pb_module et_pb_text et_pb_text_35 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Athletics	
`<div class="et_pb_module et_pb_text et_pb_text_21 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
MMA	

ELEMENT	NAME
`<div class="et_pb_module et_pb_text et_pb_text_54 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Hurling	
`<div class="et_pb_module et_pb_text et_pb_text_48 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Sailing	
`<div class="et_pb_module et_pb_text et_pb_text_65 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Strongman	
`<div class="et_pb_module et_pb_text et_pb_text_72 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Sprinting	
`<div class="et_pb_module et_pb_text et_pb_text_70 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Touch Rugby	
`<div class="et_pb_module et_pb_text et_pb_text_30 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Downhill MTB	
`<div class="et_pb_module et_pb_text et_pb_text_38 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Irish Dancing	
`<div class="et_pb_module et_pb_text et_pb_text_49 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Pool	
`<div class="et_pb_module et_pb_text et_pb_text_60 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Squash	
`<div class="et_pb_module et_pb_text et_pb_text_71 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Football	
`<div class="et_pb_module et_pb_text et_pb_text_41 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Kettlebell Pentathlon	
`<div class="et_pb_module et_pb_text et_pb_text_53 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Gymnastics	
`<div class="et_pb_module et_pb_text et_pb_text_45 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Jiu Jitsu	
`<div class="et_pb_module et_pb_text et_pb_text_51 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Archery	

ELEMENT	NAME
Unsupported CSS Property: visibility	visibility
Football	
Unsupported CSS Property: visibility	visibility
Wrestling	
Unsupported CSS Property: visibility	visibility
Karate	
Unsupported CSS Property: visibility	visibility
Cheerleading	
Unsupported CSS Property: visibility	visibility
Table Tennis	
Unsupported CSS Property: visibility	visibility
Touch Rugby	
Unsupported CSS Property: visibility	visibility
Shooting	
Unsupported CSS Property: visibility	visibility
Skydiving	
Unsupported CSS Property: visibility	visibility
Go Karting	
Unsupported CSS Property: visibility	visibility
Hockey	
Unsupported CSS Property: visibility	visibility
Netball	
Unsupported CSS Property: visibility	visibility
Hockey	
Unsupported CSS Property: visibility	visibility
Volleyball	
Unsupported CSS Property: visibility	visibility
Hurling	

ELEMENT	NAME
Unsupported CSS Property: visibility	visibility
Downhill MTB	
Unsupported CSS Property: visibility	visibility
Swimming	
Unsupported CSS Property: visibility	visibility
Strongman	
Unsupported CSS Property: visibility	visibility
Music	
Unsupported CSS Property: visibility	visibility
MMA	
Unsupported CSS Property: visibility	visibility
Music	
Unsupported CSS Property: visibility	visibility
Rugby	
Unsupported CSS Property: visibility	visibility
Rugby	
Unsupported CSS Property: visibility	visibility
Athletics	
Unsupported CSS Property: visibility	visibility
Stuntman	
Unsupported CSS Property: visibility	visibility
Stock Car racing	
Unsupported CSS Property: visibility	visibility
Dancing	
Unsupported CSS Property: visibility	visibility
Shooting	
Unsupported CSS Property: visibility	visibility
Cross Country	

ELEMENT	NAME
`<div class="et_pb_module et_pb_text et_pb_text_34 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Karate	
`<div class="et_pb_module et_pb_text et_pb_text_52 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Tennis	
`<div class="et_pb_module et_pb_text et_pb_text_75 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Golf	
`<div class="et_pb_module et_pb_text et_pb_text_44 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Bowls	
`<div class="et_pb_module et_pb_text et_pb_text_24 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Fencing	
`<div class="et_pb_module et_pb_text et_pb_text_40 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Running	
`<div class="et_pb_module et_pb_text et_pb_text_64 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Volleyball	
`<div class="et_pb_module et_pb_text et_pb_text_77 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Kettlebell Pentathlon	
`<div class="et_pb_module et_pb_text et_pb_text_53 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Volleyball	
`<div class="et_pb_module et_pb_text et_pb_text_77 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Sprinting	
`<div class="et_pb_module et_pb_text et_pb_text_70 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Snooker	
`<div class="et_pb_module et_pb_text et_pb_text_69 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Stock Car racing	
`<div class="et_pb_module et_pb_text et_pb_text_28 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Swimming	
`<div class="et_pb_module et_pb_text et_pb_text_74 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Skateboarding	

ELEMENT	NAME
`<div class="et_pb_module et_pb_text et_pb_text_27 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Sailing	
`<div class="et_pb_module et_pb_text et_pb_text_65 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Table Tennis	
`<div class="et_pb_module et_pb_text et_pb_text_29 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Motor Racing	
`<div class="et_pb_module et_pb_text et_pb_text_55 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Stuntman	
`<div class="et_pb_module et_pb_text et_pb_text_73 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Badminton	
`<div class="et_pb_module et_pb_text et_pb_text_22 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Strongman	
`<div class="et_pb_module et_pb_text et_pb_text_72 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Ultimate frisbee	
`<div class="et_pb_module et_pb_text et_pb_text_31 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
RC Racing	
`<div class="et_pb_module et_pb_text et_pb_text_61 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Paddle	
`<div class="et_pb_module et_pb_text et_pb_text_58 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Irish Dancing	
`<div class="et_pb_module et_pb_text et_pb_text_49 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Dressage	
`<div class="et_pb_module et_pb_text et_pb_text_39 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Darts	
`<div class="et_pb_module et_pb_text et_pb_text_37 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Ironman	
`<div class="et_pb_module et_pb_text et_pb_text_50 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Cricket	

ELEMENT	NAME
`<div class="et_pb_module et_pb_text et_pb_text_26 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Squash	
`<div class="et_pb_module et_pb_text et_pb_text_71 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Wrestling	
`<div class="et_pb_module et_pb_text et_pb_text_78 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Cycling	
`<div class="et_pb_module et_pb_text et_pb_text_35 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Golf	
`<div class="et_pb_module et_pb_text et_pb_text_44 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Gymnastics	
`<div class="et_pb_module et_pb_text et_pb_text_45 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Tennis	
`<div class="et_pb_module et_pb_text et_pb_text_75 sports-card et_pb_text_align_left e…" style="width: 100%; display: inline-block;">`	
Unsupported CSS Property: visibility	visibility
Wrestling	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Downhill MTB	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Free flight	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Pool.png">`	
Unsupported CSS Property: visibility	visibility
Badminton	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Snooker	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Handball.png">`	
Unsupported CSS Property: visibility	visibility
Ultimate frisbee	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Stuntman	

ELEMENT	NAME
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Table-Tennis.png">`	
Unsupported CSS Property: visibility	visibility
RC Racing	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Strongman	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Cheerleading.png">`	
Unsupported CSS Property: visibility	visibility
Swimming	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Jiu-Jitsu.png">`	
Unsupported CSS Property: visibility	visibility
Archery	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Strongman.png">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Archery.png">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Wrestling.png">`	
Unsupported CSS Property: visibility	visibility
Hurling	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Petanque	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Running-1.png">`	
Unsupported CSS Property: visibility	visibility
Tennis	
`<h2 style="text-align: center;">`	

ELEMENT	NAME
Unsupported CSS Property: visibility	visibility
Running <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Music <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Boxing <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Swimming.png">	
Unsupported CSS Property: visibility	visibility
Sailing <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Handball <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Strongman.png">	
Unsupported CSS Property: visibility	visibility
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Kettlebell Pentathlon <h2 style="text-align: center;">	
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Unsupported CSS Property: visibility	visibility
Ironman <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="Ironman" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Cricket.png">	
Unsupported CSS Property: visibility	visibility
Darts <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Athletics <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Touch Rugby	

ELEMENT	NAME
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Table Tennis	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Archery	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Fencing	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Weightlifting	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Skateboarding	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Swimming	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Rugby	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Showjumping	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Sprinting	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Rowing	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Tennis	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility

ELEMENT	NAME
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Unsupported CSS Property: visibility	visibility
Tennis <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
CRICKET <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Sailing <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Sprinting <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Football.png">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Shooting <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Showjumping.webp">	
Unsupported CSS Property: visibility	visibility
Hockey <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="Hockey" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Stock-Car-racing.png">	
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div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	

ELEMENT	NAME
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Petanque.png">	
Unsupported CSS Property: visibility	visibility
Showjumping	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Tennis.png">	
Unsupported CSS Property: visibility	visibility
Bowls	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Volleyball	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
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<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Triathlon.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Touch-Rugby.png">	
Unsupported CSS Property: visibility	visibility
Badminton	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Hockey	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Cricket	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Showjumping.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Cross-Country.png">	
Unsupported CSS Property: visibility	visibility

ELEMENT	NAME
RC Racing <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Touch Rugby <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Squash.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Triathlon.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Ultimate-frisbee.png">	
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div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Gymnastics.png">	
Unsupported CSS Property: visibility	visibility
Bowls <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Snooker <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Touch-Rugby.png">	
Unsupported CSS Property: visibility	visibility
Cross Country <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Volleyball.png">	
Unsupported CSS Property: visibility	visibility
Hockey <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Athletics <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Stuntman <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Swimming <h2 style="text-align: center;">	

ELEMENT	NAME
Unsupported CSS Property: visibility	visibility
Irish Dancing <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Irish Dancing <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Skydiving <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Football <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
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Golf <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Hockey <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="Hockey" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Stock-Car-racing.png">	
Unsupported CSS Property: visibility	visibility
Wrestling <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Hockey.png">	
Unsupported CSS Property: visibility	visibility
Showjumping <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Tennis <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Hurling <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="Hurling" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Boxing.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	

ELEMENT	NAME
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Unsupported CSS Property: visibility	visibility
Petanque	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Volleyball	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
MMA	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Paddle	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Paddle	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Athletics	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Motor Racing	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/MMA.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	

ELEMENT	NAME
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Cross-Country.png">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Triathlon	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Hurling	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="Hurling" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Boxing.png">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Ironman.png">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Volleyball.png">`	
Unsupported CSS Property: visibility	visibility
Boxing	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Pool	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Fencing	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	

ELEMENT	NAME
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Fencing.png">`	
Unsupported CSS Property: visibility	visibility
Ironman	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Swimming.png">`	
Unsupported CSS Property: visibility	visibility
Rugby	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Stuntman	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Free flight	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Jiu Jitsu	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Downhill-MTB.png">`	
Unsupported CSS Property: visibility	visibility
Cycling	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Shooting	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	

ELEMENT	NAME
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Unsupported CSS Property: visibility	visibility
Pool	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Go Karting	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Ultimate frisbee	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Wrestling	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
MMA	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Karate	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Strongman	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Netball	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Squash	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Dressage	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Ironman	

ELEMENT	NAME
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Unsupported CSS Property: visibility	visibility
Triathlon	
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Running	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Skateboarding	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Table Tennis	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Squash	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Golf	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility

ELEMENT	NAME
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Tennis.png">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Cross Country <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Basketball <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Dressage.png">	
Unsupported CSS Property: visibility	visibility
Weightlifting <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Hurling.png">	
Unsupported CSS Property: visibility	visibility
Dressage <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Kettlebell Pentathlon <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Dancing <h2 style="text-align: center;">	

ELEMENT	NAME
Unsupported CSS Property: visibility	visibility
Darts	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Jiu Jitsu	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Motor Racing	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/06/Golf.png">`	
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div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Football	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Strongman.png">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Running-2.png">`	
Unsupported CSS Property: visibility	visibility
Basketball	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
Ironman	
`<h2 style="text-align: center;">`	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
`<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92"`	

ELEMENT	NAME
height="91" data-lzl-src="/wp-content/uploads/2023/07/Fencing.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-1050	
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Unsupported CSS Property: visibility	visibility
Downhill MTB	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Golf.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-1050	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Cheerleading	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Stock Car racing	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Tenis.webp">	
Unsupported CSS Property: visibility	visibility
Triathlon	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Golf	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Rowing.png">	
Unsupported CSS Property: visibility	visibility

ELEMENT	NAME
Gymnastics <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Music.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Stuntman.png">	
Unsupported CSS Property: visibility	visibility
Cheerleading <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Hurling <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Rowing.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Free-flight.png">	
Unsupported CSS Property: visibility	visibility
Strongman <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Bowls.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Dancing.png">	
Unsupported CSS Property: visibility	visibility
Cycling <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Handball.png">	
Unsupported CSS Property: visibility	visibility
Karate <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Gymnastics <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	

ELEMENT	NAME
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Snooker.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Stock Car racing	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
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Unsupported CSS Property: visibility	visibility
Skydiving	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Music	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Squash.png">	
Unsupported CSS Property: visibility	visibility
Go Karting	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Rowing	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921	
<img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Badminton.png">	
Unsupported CSS Property: visibility	visibility
Handball	
<h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility

ELEMENT	NAME
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Hockey.png">	
Unsupported CSS Property: visibility	visibility
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Unsupported CSS Property: visibility	visibility
Squash <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Weightlifting.png">	
Unsupported CSS Property: visibility	visibility
Volleyball <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Skateboarding.png">	
Unsupported CSS Property: visibility	visibility
Cricket <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Group-1476973.png">	
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div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Netball.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Sailing.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Kettlebell-Pentathlon.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/RC-Racing.png">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Squash.png">	

ELEMENT	NAME
Unsupported CSS Property: visibility	visibility
FOOTBALL <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Dancing <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div > div.et_pb_module > div.et_pb_text_inner > img.wp-image-921 <img decoding="async" class="wp-image-921 alignnone size-full aligncenter lzl" src="…" alt="" width="92" height="91" data-lzl-src="/wp-content/uploads/2023/07/Weightlifting.png">	
Unsupported CSS Property: visibility	visibility
Netball <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
Boxing <h2 style="text-align: center;">	
Unsupported CSS Property: visibility	visibility
div.timeline > ul > li.FillinContactForm > ::before <::before>	
Unsupported CSS Property: background-position-x	background-position-x
Unsupported CSS Property: background-position-y	background-position-y
div.timeline1 > ul > li.list1 > ::before <::before>	
Unsupported CSS Property: background-position-x	background-position-x
Unsupported CSS Property: background-position-y	background-position-y

Low **Minify JavaScript** FCP LCP — Potential savings of 18.6KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/magnific-popup.js?ver=3.6.6	11.7KB	6.72KB
• https://mindframeperformance.com/wp-content/themes/Divi_Child/js/slick.js?ver=08:23:16	16.5KB	6.63KB
• https://cdnjs.cloudflare.com/ajax/libs/slick-carousel/1.8.1/slick.js	13.0KB	5.23KB

Low **Reduce unused JavaScript** LCP — Potential savings of 287KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	195KB	99KB
https://www.googletagmanager.com/gtm.js?id=GTM-TFLWFHTL	83.3KB	43.1KB
https://www.googletagmanager.com/gtag/js?id=G-27VBT51EGQ	94.4KB	41.4KB
https://mindframeperformance.com/wp-content/themes/Divi/js/scripts.min.js?ver=6.4.3	62.5KB	40.4KB
https://mindframeperformance.com/wp-content/plugins/insta-gallery/assets/frontend/swiper/swiper.min.js?ver=4.2.7	37.1KB	33.3KB
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/twentymax.js?ver=6.4.3	39.8KB	30.5KB

Low **Use HTTP/2 for all resources** 91 requests not served via HTTP/2

HTTP/2 offers many benefits over HTTP/1.1, including binary headers and multiplexing.

URL	PROTOCOL
https://mindframeperformance.com/	http/1.1
https://mindframeperformance.com/?seraph_accel_gp=1709540595_0_css	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476930.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476931.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476932.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476933.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/08/timeline-product.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476935.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/08/mindframe-final-logo.svg	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/05/hero-bg.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/08/site-favicon.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/06/Group-1476884.png	http/1.1
https://mindframeperformance.com/wp-content/uploads/2023/06/WHAT-WE-DO.png	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/a017c2cc2442c1c4ee095c7d25dedb99.a2e.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/86c7258f52ac08b53280f8aceb80de5c.2acc.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/663dfb42faf0d3f5c025b0e0fe7480d1.4453.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6bd9b3ab07d0b615d90d3918c55ae9e8.1702.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/5181acb5d8aec033359155e6cad2aec4.3ce5.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/cc8b8810607a4720900db4776591f30c.302c.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/ea958276b7de454bd3c2873f0dc47e5f.105a.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/25772053115a131af726a66912981ebc.baee.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6e9fcd6b7ff3c6f9f02978305c4e70c5.14403.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6fd4a457dbd889d030b59a306c6f1f8b.1caf1.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/04316414841e148ea64c18ea98752f8f.3b.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/67717edaf6c6a58595dfe7ca706a18d9.372.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/9618fc81c8803ad55ba2767e5e9e5c07.437d.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/08cc70387ac29d8fea211cc933f98360.2a22.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/b85cdcfb2b831b49732f36d7aad75739.1b4b.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/f08825aab0cb8f908352bf4210b0fab0.459a.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/60c0ed3ef77c50df07dc99380a96b6c8.5de.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/58eb41b75a8b16a51c5a1722695b9184.1909.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/c2c1ca3fb6b7b09ad8e7f6638ac372e9.1f0b.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/0cb93375be2a6ba3d81f97c4a58d5657.1442.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/160381882bba1b879b1350773705c695.10d2.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/ffcf2eeb4a8593241f2540c47bec4fd5.44ed.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/6ca3cd136ce57c9000d83b139258a82a.1d2a.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/52f454960871b1402ce51d0951ad3523.8462.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/e0ba7ef887dbe087faba70967e854fc7.d82.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/73475fa9451eba82b5344653f686ffa4.1107c.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/e6e5251b4e75e4f9af871c746aecfb2e.131c5.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/dec0aa6aadad5a3e07b40079d0158a7a.27c1a.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/d41d8cd98f00b204e9800998ecf8427e.0.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/0d7ace859710f52e96fff8c1408fcf54.ab14.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/839ff1439fd5a6357a3c14b577062fb8.90a.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/0084f546ed11790554045663ae9374f9.8f3.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/8492edff9de79d1c1ef2808c79a4945f.532.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/cdb4bdd8b193a2e0a3088e79d4281ed7.776.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/a39ba5eb0ef6997e5fc979dbad0f0a7b.ca0c.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/eca429352ac5224eda04ff256cde16ba.b11.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/b906d9bc6762dcc418403dbfb90328b3.1c16.css	http/1.1
https://mindframeperformance.com/wp-content/cache/seraphinite-accelerator/s/m/d/css/3d42d09e1dba6860554730ce227f7d63.89b.css	http/1.1
https://mindframeperformance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	http/1.1

URL	PROTOCOL
https://mindframeperformance.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/twentymax.js?ver=6.4.3	http/1.1
https://mindframeperformance.com/wp-content/plugins/insta-gallery/assets/frontend/swiper/swiper.min.js?ver=4.2.7	http/1.1
https://mindframeperformance.com/wp-includes/js/imagesloaded.min.js?ver=5.0.0	http/1.1
https://mindframeperformance.com/wp-includes/js/masonry.min.js?ver=4.2.2	http/1.1
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/deprecated/popup.min.js?ver=3.6.6	http/1.1
https://mindframeperformance.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.9	http/1.1
https://mindframeperformance.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9	http/1.1
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/magnific-popup.js?ver=3.6.6	http/1.1
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/main.min.js?ver=3.6.6	http/1.1
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/dtq-default-vb.js?ver=3.6.6	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/jquery-min.js?ver=3.4.1	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/slick.js?ver=08:23:16	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/slick-lightbox.js?ver=08:23:16	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi_Child/js/custom-slick.js?ver=08:23:16	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi/js/scripts.min.js?ver=6.4.3	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi/js/smoothscroll.js?ver=6.4.3	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/jquery.fitvids.js?ver=4.24.0	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=4.24.0	http/1.1
https://mindframeperformance.com/wp-content/plugins/Divi-Blog-Extras/scripts/frontend-bundle.min.js?ver=2.6.6	http/1.1
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/scripts/frontend-bundle.min.js?ver=3.6.6	http/1.1
https://mindframeperformance.com/wp-content/plugins/supreme-modules-for-divi/scripts/frontend-bundle.min.js?ver=2.5.3	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi/core/admin/js/common.js?ver=4.24.0	http/1.1
https://mindframeperformance.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	http/1.1
https://mindframeperformance.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0	http/1.1
https://mindframeperformance.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0	http/1.1
https://mindframeperformance.com/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.9	http/1.1
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/typed.min.js?ver=3.6.6	http/1.1
https://mindframeperformance.com/wp-includes/js/dist/vendor/react.min.js?ver=18.2.0	http/1.1
https://mindframeperformance.com/wp-content/plugins/insta-gallery/build/frontend/js/index.js?ver=e413d687a0d88f2c9928	http/1.1
https://mindframeperformance.com/wp-json/quadlayers/instagram/frontend/user-profile	http/1.1
https://mindframeperformance.com/wp-json/quadlayers/instagram/frontend/user-media	http/1.1
https://mindframeperformance.com/wp-json/contact-form-7/v1/contact-forms/297/feedback/schema	http/1.1
https://mindframeperformance.com/wp-json/contact-form-7/v1/contact-forms/182/feedback/schema	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi_Child/css/ajax-loader.gif	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi_Child/css/fonts/slick.woff	http/1.1
https://mindframeperformance.com/wp-json/contact-form-7/v1/contact-forms/297/refill	http/1.1
https://mindframeperformance.com/wp-json/contact-form-7/v1/contact-forms/182/refill	http/1.1
https://mindframeperformance.com/wp-content/themes/Divi_Child/css/fonts/slick.ttf	http/1.1

N/A **Largest Contentful Paint element** LCP 370 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Sport Psychologist & Mindset Coach F BETTER We optimise your mindset and spo…

```
<div id="home_bnr" class="et_pb_section et_pb_section_0 et_pb_with_background et_section_regular lzl…" data-lzl-bg="">
```

PHASE	% OF LCP	TIMING
TTFB	37%	137ms
Load Delay	22%	80ms
Load Time	0%	0ms
Render Delay	41%	153ms

N/A **Reduce initial server response time** FCP LCP — Root document took 45ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• https://mindframeperformance.com/	45ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT — Potential savings of 9.60KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL		POTENTIAL SAVINGS
https://mindframeperformance.com/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=4.24.0		9.44KB
Line:63 Column:1	`Date.now`	
https://mindframeperformance.com/wp-content/plugins/addons-for-divi/assets/js/typed.min.js?ver=3.6.6		69B
Line:9 Column:501	`@babel/plugin-transform-classes`	
https://mindframeperformance.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2		59B
Line:0 Column:452	`@babel/plugin-transform-classes`	
https://mindframeperformance.com/wp-content/plugins/Divi-Blog-Extras/scripts/frontend-bundle.min.js?ver=2.6.6		33B
Line:0 Column:916	`@babel/plugin-transform-classes`	

N/A **Minimize main-thread work** TBT — Main-thread busy for 3.6s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	1.3s
Script Evaluation	1.1s
Style & Layout	746ms
Rendering	192ms
Parse HTML & CSS	60ms
Script Parsing & Compilation	53ms
Garbage Collection	29ms

N/A	**Reduce the impact of third-party code** TBT	Third-party code blocked the main thread for 17ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE CDN	416KB	17ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	390KB	17ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles__ltr.css	24.6KB	0ms
INSTAGRAM	787KB	0ms
• https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/420709510_297686942901250_7551676613069281704_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=oBXdz2BkTOAAX8ouN6V&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfDWnlC5O5-WgroodQhXjv3ypG14hpSgYkD1Vme7Oyqg1A&oe=65EEEE0B	200KB	0ms
• https://scontent-lhr6-1.cdninstagram.com/v/t51.29350-15/425472409_934166871717393_5105417232823117172_n.jpg?_nc_cat=109&ccb=1-7&_nc_sid=18de74&_nc_ohc=M0lqg_OyURUAX-9Tp5c&_nc_ht=scontent-lhr6-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBjCdEAYiRhJ7PPy7Yuv9pbPsuwOVY7JLckkwUDEEu8Dw&oe=65EF6A2D	126KB	0ms
• https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/424434603_921113956335146_8648170559983424753_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=JmCJaoOQL4kAX9nOB-7&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBr5j4DAsu6UxWuzPKKtK3Qa4R95xlC47HXdS-fKMSnpQ&oe=65EFF966	109KB	0ms
• https://scontent-lhr6-2.cdninstagram.com/v/t51.29350-15/429206126_698371935841433_8883521916675034239_n.jpg?_nc_cat=105&ccb=1-7&_nc_sid=18de74&_nc_ohc=rVfW6wdGDS4AX8VS7q_&_nc_ht=scontent-lhr6-2.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfBhWbCHsv79ST3vqVQv6W8Z5pNUxUuorbg93_bFUYmLHg&oe=65EE94EA	103KB	0ms
• https://scontent-lhr8-1.cdninstagram.com/v/t51.29350-15/427588684_1809535192896777_1473925542227260898_n.jpg?_nc_cat=103&ccb=1-7&_nc_sid=18de74&_nc_ohc=eGeNRqOV0jMAX-FQjWO&_nc_oc=AQmR35Fc8cDeydT6XBP9Tr64HERmlBQmGJ7o2PefqhqLmHXDgjYmzg5BMze6QTdeqtk&_nc_ht=scontent-lhr8-1.cdninstagram.com&edm=ANo9K5cEAAAA&oh=00_AfB1UDXbj1N6VwT8LQ2K51JAzDSmC5IlJWMrGYTSyON6Ow&oe=65F00530	74.4KB	0ms
• Other resources	174KB	0ms
GOOGLE TAG MANAGER	178KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-27VBT51EGQ	94.4KB	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-TFLWFHTL	83.3KB	0ms
GOOGLE FONTS	70.1KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBBc4.woff2	15.7KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.1KB	0ms
• https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLCz7Z1xlFQ.woff2	8.15KB	0ms
• https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xlFQ.woff2	7.93KB	0ms
• https://fonts.gstatic.com/s/poppins/v20/pxiEyp8kv8JHgFVrJJfecg.woff2	7.81KB	0ms
• Other resources	15.4KB	0ms
OTHER GOOGLE APIS/SDKS	46.6KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6Lfequ4nAAAAALr2EcJJ9lVj65THiVU8DxpRg_cZ&co=aHR0cHM6Ly9taW5kZnJhbWVwZXJmb3JtYW5jZS5jb206NDQz&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=p0gbx5b8otjo	28.0KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6Lfequ4nAAAAALr2EcJJ9lVj65THiVU8DxpRg_cZ	10.2KB	0ms
• https://www.google.com/js/bg/722MIWu_TMZiQau3mAaarHtCk2pd6rTYw5oNsH4wR_g.js	7.20KB	0ms
CLOUDFLARE CDN	13.0KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/slick-carousel/1.8.1/slick.js	13.0KB	0ms
MAXCDN ENTERPRISE	0B	0ms

N/A **Eliminate render-blocking resources** FCP LCP

Nothing to do here, good job!

N/A **User Timing marks and measures**

No user timings and/or marks found.