



Mr. Computer's Views

Here are random Gideon Ariel observations on sports



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This article presents various observations on sports by Gideon Ariel. Ariel comments on the technique of hurdler Resaldo Nehemiah, the potential of women's volleyball players in other sports, and the inefficiency of current high jumping methods. He also critiques the tennis strokes of Martian Navratilova and the lack of optimal athletic shoes. Ariel predicts the future of weight training will be electronic and programmable, allowing athletes to train around injuries. He also praises basketball pro Ann Meyers for her high jump potential. The article also includes responses from University of Southern California track coach Vern Wolfe and UCLA track coach Jim Bush, who both acknowledge Ariel's innovative approach but defend their own methods. Athletes like discus thrower Mae Wilkins and shotputter Terry Albritton credit Ariel with helping them break world records.

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Below find a reprint of the 1 relevant pages of the article "Mr. Computer's Views" in "The Miami Herald":

Mr. Computer's Views



Here are random Gideon Ariel observations on sports:

Renaldo Nehemiah, hurdler. — "His hurdling technique really isn't that good ... But he's a tremendous, natural sprinter."

Women's volleyball. — "Some of America's best female athletes are volleyball players, on the U.S. National Team. Two of them I've tested could be world-class javelin throwers or high jumpers."

High jumping. — "The computer shows the most efficient way ... is to approach the bar straight-on, instead of the side, take off on one foot and go over belly-down. Why no one does it, I don't know."

Martina Navratilova. — "She has more talent than any of the women tennis players ... But she has too much rotary

action on her strokes, increasing her error margin."

Athletic shoes. — "No one has come close to making the optimum shoe. The day will come when computerization can design the perfect shoe for any athlete for any sport. Some of them may be totally inflatable shoes."

Weight training. — "The next breakthrough will be electronic weight training, where resistance is programmed. It will enable an athlete to 'lift around' an injury. Let's say he has a chest muscle injury and wants to bench press. At the point of peak pain, the resistance drops way down, then goes up again."

Ann Meyers, basketball pro. — "She has the potential to break the women's world record in the high jump. She can raise her center of gravity 60 centimeters in a vertical jump."

AMERICAN track coaches tend to agree they've been slow to change to more scientific approaches, but bristle at the notion they resist innovation.

Says University of Southern California track coach Vern Wolfe: "Ariel has a lot to offer track coaches. His concepts help us understand an event better. But he's off his rocker when he suggests Americans aren't innovative."

"I mean, who invented the Fosbury Flop? How about the fiberglass pole? Parry O'Brien revolutionized the shot put, and

Americans pioneered weight training. We haven't exactly been sitting on our duffs."

Jim Bush, UCLA track coach: "He's on the right track. He's a pioneer in the scientific approach to training. The problem is, very few coaches have backgrounds in computers and science. We need that. We're going toward the scientific approach and I feel like I've got to educate myself."

Athletes like discus thrower Mac Wilkins and shotputter Terry Albritton have credited Ariel with helping them break world records.

ANOTHER, Bill Toomey, who scored 8,113 points to win the 1968 Olympic decathlon, said of Ariel: "If I'd had him helping me in '68, I'd have scored 9,000 points."

A lot of coaches tend to resist what he's doing because his subject matter is esoteric. His concepts are difficult to explain to someone with no computer background. Coaches tend not to believe him because it looks too easy.

"But he knows that he's doing."