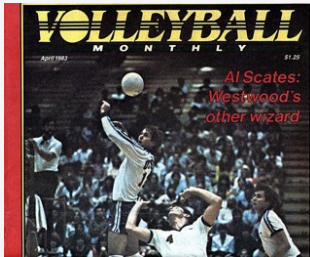




Coaching by Computer

Frame-by-frame, body-segment-by-body-segment analysis, allows Ariel to capture the stance and posture of Hyman's body



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Dr. Gideon Ariel, president of Computerized Biomechanical Research, uses advanced technology to analyze and improve athletic performance. Ariel uses cameras, high-speed film, digitizing screens, magnetic pens, and computer graphics to study the mechanics of human motion. His work has led to significant improvements in athletes' performances, including volleyball player Flo Hyman and discus thrower Mac Wilkens. Ariel's technology allows for a detailed analysis of movement, which can then be used to make adjustments to an athlete's technique. Ariel's work has also been used by sports teams, such as the Dallas Cowboys, to study injured athletes and determine if they are returning to their normal patterns once they return to action. Ariel's technology also includes a computer-controlled weight lifting machine, the Wilson-Ariel 4000, which tailors workouts to individual athletes' needs.

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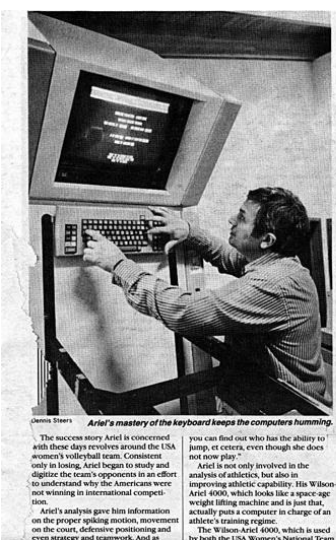
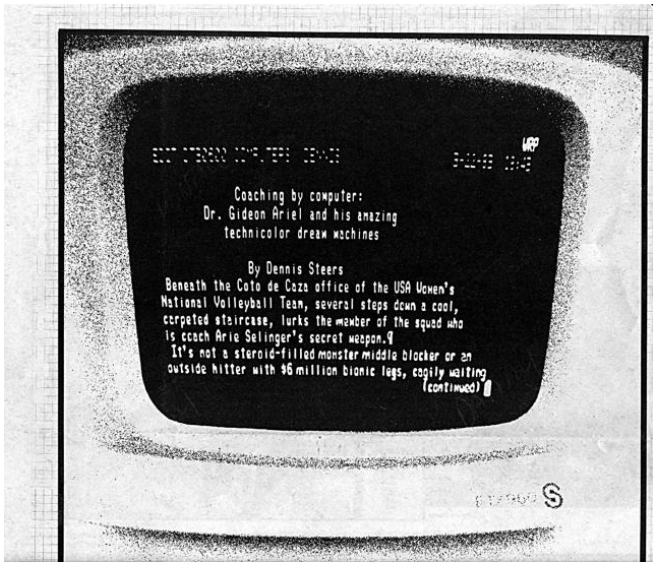
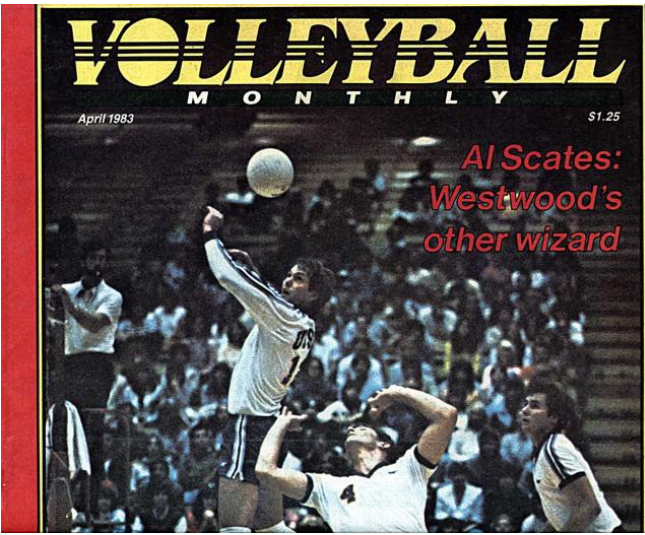
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Below find a reprint of the 6 relevant pages of the article "Coaching by Computer" in "Volleyball Monthly":



RUDY SUWARA'S VOLLEYBALL CAMP

LIMITED SPACE

REMEMBER THIS DATE

Monday, July 25 - Friday, July 29, 1983
Location: San Diego State University

WRITE OR PHONE

Rudy Suwara's Volleyball Camp
Dept. of Physical Education
San Diego State University
San Diego, CA 92182
(619) 265-4450

WRITE OR PHONE

Rudy Suwara's Volleyball Camp
Dept. of Physical Education
San Diego State University
San Diego, CA 92182
(619) 265-4450

CAMP FEATURES

- Designed for Junior and Senior High School students - Girls and Boys Ages 12 and over. (C.C.A.A. regulations exclude this year's High School graduates and Junior College students)
- Lectures and demonstrations by outstanding SDSU Players e.g. Mary Holland.
- Learn on an individual basis with personalized coaching.
- The majority of the camp will be conducted indoors (HSU's indoor 25'x11' as excellent facilities are available including: 7 indoor volleyball courts, 4 sand volleyball courts, modern-amenities, rooms, canteen, dining and swimming pool.
- Emphasis on the fundamental skills and 6-person game.
- Action films of college, international, and professional players.
- Learn from slow motion, fundamental films.
- Introduction to weight training and justifying the volleyball using Rudy Suwara's personal and team training programs.
- Camp T-shirt.
- One low fee - all inclusive.

