



Ariel Dynamics Inc. Media Library - Video

US Olympic Volleyball



Code	adi-vid-01128
Title	US Olympic Volleyball
Subtitle	How we got the Silver Medal
Description	frame-by-frame, body-segment-by-bodysegment analysis, allows Ariel to capture the stance and posture of Hyman's body to spring on an unsuspecting opponent at during the spiking motion.
Subject	Capture;Volleyball
Duration	00:02:45
URL	https://arielweb.com/videos/play/adi-vid-01128
Date	2006-07-13 15:59:29
Label	Approved
Privacy	Public

Synopsis

In 1976, the US women's volleyball team did not qualify for the Olympics. However, under the guidance of Dr. Harry Selinger, the team rose from 45th in the world to number one. Selinger believes that women can perform as well, if not better, than men in sports, not necessarily physically, but mentally. He highlights the exceptional athletic abilities of a veteran player, Read That Pocket, who could have potentially made the US Olympic team in two events. Selinger also discusses the importance of bio-mechanical analysis in improving players' performance, particularly in jumping. He mentions that new players who joined the team two months ago have already improved their jump by two to five inches. Selinger, who has a PhD in exercise physiology, believes that sophisticated data can be simplified and used to improve players' performance, but this requires a coach with basic education, a creative mind, and some basic scientific knowledge. He notes that this approach is not common in the United States, where coaches are not used to thinking in terms of science.

Model Id: gpt-4-0613
Created on: 2023-09-19 02:10:43
Processing time: 00:00:19.9060000
Total tokens: 867

Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	Time to become the Blue Wolf.
	1.	00:00:02	76, the US women's volleyball team
	2.	00:00:04	did not qualify for the Olympics.
	3.	00:00:06	That's in the sport, which originated in the United States.
	4.	00:00:10	But things changed for the better.
	5.	00:00:12	And the person most responsible for the success of the team,
	6.	00:00:15	which went from 45 in the world to number one,
	7.	00:00:18	was Dr. Harry Selinger.
	8.	00:00:20	Number one.

Frame	#	Time	Spoken text
	9.	00:00:22	We sometimes wake up in the middle of the night,
	10.	00:00:24	they're waiting, and we just be check with Slovakia.
	11.	00:00:26	We just be rush, is it good or overwhelming sometimes?
	12.	00:00:30	Well, I'll tell you, the men that I coach
	13.	00:00:32	are whether or not it's big or big or something.
	14.	00:00:34	And physically, not as good as these kids are.
	15.	00:00:36	People think men can do much more than women.
	16.	00:00:39	My expense, I find out that women can do, maybe not physically,
	17.	00:00:43	but mentally, much more than men can do.
	18.	00:00:46	All right, wherever I go, I get a lot of questions
	19.	00:00:48	about one of your veteran players, read that pocket.
	20.	00:00:49	Well, read that pocket is exceptionally good athletes.
	21.	00:00:52	I mean, she could have made the US Olympic team
	22.	00:00:54	maybe in two events, maybe in 200 meters, or in a high jump.
	23.	00:00:58	Why do you say that?
	24.	00:01:00	Well, read that pocket that when we do mechanical bio-mechanical
	25.	00:01:02	analysis, and read that, we can find out
	26.	00:01:04	that the shoe elevates the center gravity higher
	27.	00:01:07	than the high jumpers in Olympic school.
	28.	00:01:09	But read that when she came to the program,
	29.	00:01:11	she didn't jump as well.
	30.	00:01:12	I mean, she will have the potential to jump.
	31.	00:01:14	That shoe is jumping at that time about seven inches
	32.	00:01:16	less than she jumps now.
	33.	00:01:18	By the same time, when read that came to the program,
	34.	00:01:20	we still work in the dinner world
	35.	00:01:22	and the bio-mechanical analysis.
	36.	00:01:24	And we develop some new concepts in jumping
	37.	00:01:26	to an invaluable jump, which can apply to basketball
	38.	00:01:29	or a tennis court.
	39.	00:01:30	It means most really rely upon the speed,
	40.	00:01:34	the horizontal velocity.
	41.	00:01:36	And being capable of converting the horizontal velocity
	42.	00:01:39	into vertical velocity, mainly utilizing the stopping power,

Frame	#	Time	Spoken text
	43.	00:01:43	<i>the backing power that you have in your muscles.</i>
	44.	00:01:46	<i>I have some new players that just joined with the team</i>
	45.	00:01:47	<i>about two months ago.</i>
	46.	00:01:49	<i>And they already jumped two to five inches better</i>
	47.	00:01:52	<i>than we jumped two months ago.</i>
	48.	00:01:54	<i>Can you have a PhD in exercise physiology?</i>
	49.	00:01:57	<i>But can the human, in your opinion,</i>
	50.	00:01:59	<i>take that sophisticated data and turn it into simple things</i>
	51.	00:02:02	<i>that they can get their own brain to program?</i>
	52.	00:02:05	<i>It's possible if the guy who works with you</i>
	53.	00:02:08	<i>and we are lucky with you,</i>
	54.	00:02:11	<i>he can bring it to simple parents.</i>
	55.	00:02:13	<i>And then the coach has basic education.</i>
	56.	00:02:18	<i>And some creative mind and some basic scientific knowledge</i>
	57.	00:02:23	<i>then it can even more simplify it</i>
	58.	00:02:25	<i>and get it down to the player.</i>
	59.	00:02:27	<i>But the process is possible.</i>
	60.	00:02:29	<i>The only thing is, there's nothing in the United States.</i>
	61.	00:02:33	<i>In the rest of the world, coaches are not used to</i>
	62.	00:02:36	<i>things in terms of science.</i>
	63.	00:02:38	<i>And spare those thoughts on science.</i>
	64.	00:02:40	<i>There's no passion.</i>
	65.	00:02:41	<i>It's a very sophisticated and complex activity.</i>

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