

Spint 10

Brink Lars,Henneaux Marc,Vasiliev Mikhail A

Sprint (Republish) Jake Knapp, 2018-07-19

Anda mungkin beruntung memiliki pekerjaan atau proyek mendatang dengan visi yang cemerlang. Namun, upaya mewujudkan visi ini sering kali tak mudah. Setiap hari Anda gampang sekali terjebak dalam berbagai hal: surel yang seolah tiada habisnya, tenggat yang molor, rapat-rapat seharian yang menyita waktu, dan proyek jangka panjang yang hanya berdasarkan asumsi. Sudah waktunya Anda mencoba Sprint, sebuah metode untuk memecahkan masalah dan menguji ide-ide baru, menyelesaikan lebih banyak hal dengan efisien. Buku ini ditulis Jake Knapp, mantan Design Partner Google Ventures, untuk menuntun Anda merasakan pengalaman menerapkan metode yang telah mendunia ini. Sprint mewujudkan pengeksekusian ide besar hanya dalam lima hari. Menuntun tim Anda dengan checklist lengkap, mulai dari Senin hingga Jumat. Menjawab segala pertanyaan penting yang sering kali hanya disimpan di benak mereka yang sedang menguji ide/konsep/produk. Sprint juga membantu Anda lebih menikmati setiap proses. Anda bisa mengamati dan bergabung dengan ratusan dari pelaku Sprint di seluruh dunia melalui tagar #sprintweek di Twitter. Sebuah proyek besar terjadi pada 2009. Seorang insinyur Gmail bernama Peter Balsiger mencetuskan ide mengenai surel yang bisa teratur secara otomatis. Saya sangat tertarik dengan idenya—yang disebut “Kotak Masuk Prioritas”—dan merekrut insinyur lain, Annie Chen, untuk bergabung bersama kami. Annie setuju, tetapi dia hanya punya waktu sebulan untuk mengerjakannya. Kalau kami tidak bisa membuktikan bahwa ide itu bisa diterapkan dalam jangka waktu tersebut, Annie akan beralih ke proyek lainnya. Saya yakin waktunya tidak akan cukup, tetapi Annie adalah insinyur yang luar biasa. Jadi, saya memutuskan untuk menjalaninya saja. Kami membagi waktu sebulan itu ke dalam empat bagian yang masing-masing lamanya seminggu. Setiap pekan, kami menggarap desain baru. Annie dan Peter membuat purwarupa, lalu pada akhir

minggu, kami menguji desain ini bersama beberapa ratus orang lainnya. Pada akhir bulan, kami menemukan solusi yang bisa dipahami dan diinginkan orang-orang. Annie tetap menjadi pemimpin untuk tim Kotak Masuk Prioritas. Dan entah bagaimana caranya, kami berhasil menyelesaikan tugas desainnya dalam waktu yang lebih singkat dari biasanya. Beberapa bulan kemudian, saya mengunjungi Serge Lachapelle dan Mikael Drugge, dua orang karyawan Google di Stockholm. Kami bertiga ingin menguji ide perangkat lunak untuk konferensi video yang bisa dijalankan lewat peramban. Karena saya berada di kota tersebut hanya selama beberapa hari, kami bekerja secepat mungkin. Pada penghujung kunjungan saya, kami berhasil menyelesaikan purwarupanya. Kami mengirimkannya ke rekan kerja kami lewat surel dan mulai menggunakannya dalam rapat. Dalam beberapa bulan, seluruh perusahaan sudah bisa menggunakannya. (Selanjutnya, versi yang sudah dipoles dan disempurnakan dari aplikasi berbasis web tersebut dikenal sebagai Google Hangouts.) Dalam kedua kasus tersebut, saya menyadari bahwa saya bekerja jauh lebih efektif ketimbang rutinitas kerja harian saya atau ketika mengikuti lokakarya diskusi sumbang saran. Apa yang membedakannya? Saya menimbang kembali lokakarya tim yang saya gagas sebelumnya. Bagaimana kalau saya memasukkan elemen ajaib lainnya—fokus pada kerja individu, waktu untuk membuat purwarupa, dan tenggat yang tak bisa ditawar? Saya lalu menyebutkan, “sprint” desain. Saya membuat jadwal kasar untuk sprint pertama saya: satu hari untuk berbagi informasi dan mereka ide, diikuti dengan empat hari pembuatan purwarupa. Sekali lagi, tim Google menyambut baik eksperimen ini. Saya memimpin sprint untuk mendesain Chrome, Google Search, Gmail, dan proyek-proyek lainnya. Ini sangat menarik. Sprint ini berhasil. Ide-ide diuji, dibangun, diluncurkan, dan yang terbaik, kebanyakan dari ide-ide ini berhasil diterapkan dalam dunia nyata. Proses sprint menyebar di seisi Google dari satu tim ke tim lain, dari satu

kantor ke kantor lain. Seorang desainer dari Google X tertarik dengan metode ini, jadi dia menjalankan sprint untuk sebuah tim di Google Ads. Anggota tim dalam sprint di Ads kemudian menyampaikannya kepada kolega mereka, dan begitu seterusnya. Dalam waktu singkat saya mendengar penerapan sprint dari orang-orang yang tidak saya kenal. Dalam perjalanannya, saya membuat beberapa kesalahan. Sprint pertama saya melibatkan empat puluh orang—jumlah yang sangat besar dan justru hampir menghambat sprint tersebut, bahkan sebelum dimulai. Saya menyesuaikan waktu yang diperlukan untuk mengembangkan ide dan pembuatan purwarupa. Saya jadi memahami mana yang terlalu cepat, terlalu lambat, hingga akhirnya menemukan yang waktu paling sesuai. Beberapa tahun kemudian, saya bertemu Bill Maris untuk membicarakan sprint. Bill adalah CEO Google Ventures, perusahaan modal ventura yang didirikan Google untuk berinvestasi pada startup-startup potensial. Dia adalah salah satu orang berpengaruh di Silicon Valley. Namun, Anda tidak akan menyangkanya dari pembawaannya yang santai. Pada sore itu, dia mengenakan pakaian khasnya, yaitu topi bisbol dan kaus dengan tulisan tentang Vermont. Bill tertarik untuk menjalankan sprint dengan startup dalam portofolio GV. Startup biasanya hanya memiliki satu kesempatan emas untuk mendesain sebuah produk yang sukses, sebelum akhirnya kehabisan dana. Sprint bisa membantu mencari tahu apakah startup-startup ini berada di jalur yang tepat sebelum akhirnya mereka bisa berkecimpung dalam tahapan yang lebih berisiko untuk membangun dan meluncurkan produk mereka. Dengan menjalankan sprint, mereka bisa mendapatkan sekaligus menghemat uang. Namun agar berhasil, saya harus menyesuaikan proses sprint ini. Saya sudah berpikir mengenai produktivitas individu dan tim selama beberapa tahun. Namun, saya hampir tidak tahu apa-apa mengenai startup dan kebutuhan bisnis mereka. Tetap saja, antusiasme Bill meyakinkan saya bahwa Google Ventures adalah tempat yang tepat untuk menerapkan sprint—sekaligus tempat

yang tepat bagi saya. "Ini misi kita," ujarnya, "untuk bisa menemukan entrepreneur terbaik di muka bumi dan membantu mereka membuat dunia ini menjadi tempat yang lebih baik." Saya tentu tak bisa menolaknya. Di GV, saya bergabung dengan tiga rekan lain: Braden Kowitz, John Zeratsky, dan Michael Margolis. Bersama, kami mulai menjalankan sprint dengan startup-startup, bereksperimen dengan prosesnya, dan menguji hasilnya agar bisa menemukan cara untuk memperbaikinya. Ide-ide dalam buku ini lahir dari semua anggota tim kami. Braden Kowitz memasukkan desain berbasis cerita dalam proses sprint, sebuah pendekatan tak biasa yang berfokus pada pengalaman konsumen alih-alih komponen individu atau teknologi. John Zeratsky membantu kami memulai dari akhir sehingga tiap sprint bisa membantu menjawab berbagai pertanyaan bisnis paling penting. Braden dan John memiliki pengalaman dalam bisnis dan startup, hal yang tidak saya miliki, dan mereka menyesuaikan prosesnya untuk menciptakan fokus yang lebih baik dan keputusan yang lebih cerdas di tiap sprint. Michael Margolis mendorong kami untuk mengakhiri tiap sprint dengan pengujian di dunia nyata. Dia menjalankan riset konsumen, yang perencanaan dan pelaksanaannya bisa menghabiskan waktu berminggu-minggu, dan menemukan cara untuk mendapatkan hasil yang jelas hanya dalam sehari. Ini benar-benar sebuah keajaiban. Kami tidak perlu lagi menebak-nebak apakah solusi kami bagus atau tidak karena di akhir tiap sprint, kami mendapatkan jawabannya. Kemudian ada Daniel Burka, seorang entrepreneur yang mendirikan dua startup sebelum menjual salah satunya ke Google dan bergabung dengan GV. Saat kali pertama menjelaskan proses sprint kepadanya, dia skeptis. Baginya, sprint terdengar seperti serangkaian proses manajemen yang rumit. Namun, dia sepakat untuk mencoba salah satunya. "Dalam sprint pertama itu, kami memangkas prosesnya dan menciptakan sesuatu yang ambisius hanya dalam sepekan. Saya benar-benar jatuh hati." Setelah kami berhasil meyakinkannya, pengalaman langsung Daniel sebagai

seorang pendiri startup dan sikapnya yang tidak menoleransi omong kosong membantu kami menyempurnakan prosesnya. Sejak sprint pertama di GV pada 2012, kami telah beradaptasi dan bereksperimen. Mulanya kami mengira pembuatan purwarupa dan riset yang cepat hanya akan berhasil untuk produk berskala besar. Mampukah kami bergerak sama cepatnya jika konsumen kami adalah para ahli di berbagai bidang seperti kesehatan dan keuangan? Tanpa disangka, proses lima hari ini bisa bertahan. Proses ini sesuai untuk semua jenis konsumen, mulai dari investor sampai petani, dari onkolog sampai pemilik bisnis skala kecil. Juga bagi situs web, aplikasi iPhone, laporan medis, hingga perangkat keras berteknologi tinggi. Tidak hanya untuk mengembangkan produk, kami juga menggunakan sprint untuk menentukan prioritas, strategi pemasaran, bahkan menamai perusahaan. Proses ini berulang-ulangmenyatukan tim dan menjadikan ide-ide menjadi nyata. Selama beberapa tahun belakangan, tim kami mendapatkan beragam kesempatan untuk bereksperimen dan memvalidasi ide kami mengenai proses kerja. Kami menjalankan lebih dari seratus sprint bersama dengan startup-startup dalam portofolio GV. Kami bekerja bersama, sekaligus belajar dari para entrepreneur brilian seperti Anne Wojcicki (pendiri 23andMe), Ev Williams (pendiri Twitter, Blogger, dan Medium), serta Chad Hurley dan Steve Chen (pendiri YouTube). Pada awalnya, saya hanya ingin membuat hari-hari kerja saya efisien dan berkualitas. Saya ingin berfokus pada apa yang benar-benar penting dan menjadikan waktu saya berharga—bagi saya, tim, dan konsumen kami. Kini, lebih dari satu dekade kemudian, proses sprint secara konsisten telah membantu saya meraih mimpi tersebut. Dan saya sangat senang berbagi mengenai hal tersebut dengan Anda dalam buku ini. Dengan keberuntungan, Anda bisa memilih pekerjaan Anda karena visi yang tajam. Anda ingin berbagi visi tersebut kepada dunia, baik yang berupa pesan, layanan, maupun pengalaman, dengan perangkat lunak maupun keras, atau

bahkan—sebagaimana dicontohkan dalam buku ini—sebuah cerita atau ide. Namun, mewujudkan visi ini tak mudah. Gampang sekali terjebak dalam berbagai hal: surel yang seolah tiada habisnya, tenggat yang molor, rapat-rapat sehari yang menyita waktu Anda, dan proyek jangka panjang yang hanya berdasarkan asumsi. Prosesnya tidak harus selalu seperti ini. Sprint menawarkan jalur untuk memecahkan masalah-masalah besar, menguji ide-ide baru, menyelesaikan lebih banyak hal, dan melakukan semuanya dengan lebih cepat. Sprint juga membantu Anda lebih menikmati prosesnya. Dengan kata lain, Anda benar-benar harus mencobanya sendiri. Ayo kita mulai. —Jake Knapp San Francisco, Februari 2016 [Mizan, Bentang Pustaka, Manajemen, Ide, Kreatif, Inovasi, Motivasi, Dewasa, Indonesia] spesial seri bentang bisnis & startup

"Over a Decade of Dedication" MU-SPIN.,2000

The Construction of Spin Eigenfunctions Ruben

Pauncz,2000-06-30 The author wrote a monograph 20 years ago on the construction of spin eigen functions; the monograph was published by Plenum. The aim of that mono graph was to present all aspects connected with the construction of spin eigen functions and its relation to the use of many-electron antisymmetric wavefunc tions. The present book is an introduction to these subjects, with an emphasis on the practical side. After the theoretical treatment, there will be many exam ples and exercises which will illustrate the different methods. The theory of the symmetric group and its representations generated by the different spin eigen functions is an other subject, this is closely related to the quantum chemical applications. Finally we will survey the calculation of the matrix elements of the Hamiltonian, using the different constructions of the spin functions. The closing chapter will deal with a new method that gained much importance recently; the spin-coupled valence bond method. Since the publication of Spin Eigenfunctions, nearly 20 years ago there have been many interesting developments in the

subject; there are quite a few new algorithms for the construction of spin eigenfunctions. Moreover the use of the spin-coupled valence bond method showed the importance of using different constructions for the spin functions. The subject matter of this book has been presented in a graduate course in the Technion. The author is obliged to the graduate students Averbukh Vitali, Gokhberg Kirill, and Narevicius Edvardas for many helpful comments.

Make Time Jake Knapp, John Zeratsky, 2018-09-25 From the New York Times bestselling authors of Sprint comes “a unique and engaging read about a proven habit framework [that] readers can apply to each day” (Insider, Best Books to Form New Habits). “If you want to achieve more (without going nuts), read this book.”—Charles Duhigg, author of The Power of Habit Nobody ever looked at an empty calendar and said, The best way to spend this time is by cramming it full of meetings! or got to work in the morning and thought, Today I'll spend hours on Facebook! Yet that's exactly what we do. Why? In a world where information refreshes endlessly and the workday feels like a race to react to other people's priorities faster, frazzled and distracted has become our default position. But what if the exhaustion of constant busyness wasn't mandatory? What if you could step off the hamster wheel and start taking control of your time and attention? That's what this book is about. As creators of Google Ventures' renowned design sprint, Jake and John have helped hundreds of teams solve important problems by changing how they work. Building on the success of these sprints and their experience designing ubiquitous tech products from Gmail to YouTube, they spent years experimenting with their own habits and routines, looking for ways to help people optimize their energy, focus, and time. Now they've packaged the most effective tactics into a four-step daily framework that anyone can use to systematically design their days. Make Time is not a one-size-fits-all formula. Instead, it offers a customizable menu of bite-size tips

and strategies that can be tailored to individual habits and lifestyles. Make Time isn't about productivity, or checking off more to-dos. Nor does it propose unrealistic solutions like throwing out your smartphone or swearing off social media. Making time isn't about radically overhauling your lifestyle; it's about making small shifts in your environment to liberate yourself from constant busyness and distraction. A must-read for anyone who has ever thought, If only there were more hours in the day..., Make Time will help you stop passively reacting to the demands of the modern world and start intentionally making time for the things that matter.

Oxford Textbook of Children's Sport and Exercise Medicine

Neil Armstrong,Willem Van Mechelen,2023 The 4th edition of the Oxford Textbook of Children's Sport and Exercise Medicine is the definitive single-volume reference in the field presented in four sections Exercise Science; Exercise Medicine; Sport Science; and Sport Medicine.

Spink & Son's Monthly Numismatic Circular ,1897

Model Checking Software Thomas Ball,2003-04-28 This book constitutes the refereed proceedings of the 10th International SPIN workshop on Model Checking of Software, SPIN 2003, held in Portland, OR, USA in May 2003 as an ICSE 2003 satellite workshop. The 14 revised full papers and 3 revised tool papers presented were carefully reviewed and selected from 30 submissions. The book presents state-of-the-art results on the analysis and verification of distributed software systems using the SPIN model checker as one of the most powerful and widely applied systems.

Exponential Transformation Salim Ismail,Francisco

Palao,Michelle Lapierre,2019-06-05 A practical handbook for using Exponential Organization to transform your organization—and disrupt your industry—in 10 weeks Today's top business challenge is adapting to accelerating technological and global change. In his bestselling book Exponential Organizations,

author Salim Ismail described a new type of organization that thrives amidst industry disruption. Since then, he has helped organizations disrupt their own industries—by applying Exponential Organization (ExO) principles. From this work emerged the 10-week transformation process explained in this book, called the ExO Sprint. Exponential Transformation is the detailed implementation handbook for becoming an Exponential Organization. The book enables organizations to speed up their transformation and overcome the obstacles to success. Lead a 10-week ExO Sprint Evolve in order to navigate industry disruption Become an Exponential Organization Block the immune-system response of organizations during transformation Companies such as Visa, Procter & Gamble, HP, and Black & Decker have already benefited from ExO process. Exponential Transformation is a must-have resource for participants of any ExO Sprint, as well as those seeking to apply Exponential principles in their organizations.

Spin ILYA KUPROV,2023-03-14 This monograph is a fundamental reference for scientists and engineers who encounter spin processes in their work. The author, Ilya Kuprov, derives the concept of spin from basic symmetries and gives an overview of theoretical and computational aspects of spin dynamics: from Dirac equation and spin Hamiltonian, through coherent evolution and relaxation theories, to quantum optimal control, and all the way to practical implementation advice for parallel computers.

Motorcycle Illustrated ,1921

Spin Current Sadamichi Maekawa,Sergio O. Valenzuela,Eiji Saitoh,Takashi Kimura,2012-07-26 In a new branch of physics and technology, called spin-electronics or spintronics, the flow of electrical charge (usual current) as well as the flow of electron spin, the so-called spin current, are manipulated and controlled together. This book is intended to provide an introduction and guide to the new physics and application of spin current.

Simulation Studies of Recombination Kinetics and Spin Dynamics in Radiation Chemistry Amit Agarwal,2014-04-23

Amit Agarwal's thesis reports a substantial contribution to the microscopic simulation of radiation chemical reactions. In his research Agarwal extends existing models to further understand scavenging, spin and relaxation effects. This research has advanced the development of both the Monte Carlo Random Flights and the Independent Reaction Times (IRT) simulation tools. Particular highlights are the extension of these tools to include both the spin-exchange interaction and spin relaxation, both of which are influential in radiolytic systems where many reactions are spin-controlled. In addition, the study has led to the discovery of a novel correlation of the scavenging rate with the recombination time in low permittivity solvents. This finding goes against existing assumptions underlying the theory of diffusion kinetics while still being accommodated in the IRT method which demonstrates the power of this unconventional approach. The work in this thesis can be applied to a wide number of fields including the nuclear industry, medicine, food treatment, polymer curing, the preparation of nano-colloids, power generation and waste disposal.

Minutes of the Court of Albany, Rensselaerswyck and Schenectady, 1668-16 ... Albany (N.Y.) Court of Albany, colony of Rensselaerswyck and Schaenhechtede,1928

High Energy Spin Physics Werner Meyer,Erhard Steffens,Werner Thiel,2012-12-06 The 9th International Symposium on High Energy Spin Physics was held in Bonn, 6-15 September 1990, with the Physikalisches Institut der Universitat Bonn as the host. The symposium was preceded by a series of four workshops on • polarized electron sources and electron spin polarimeters • Siberian snakes and polarization in circular machines • polarized gas targets • polarized solid targets. 160 participants from 11 countries, among them many young physicists, came together and discussed mainly technological spin

problems. The high level of participation indicates that workshops combined with the symposium are attractive not only for people who plan and prepare polarized beams and targets but also for experimentalists and theorists dealing with high energy spin physics. At these workshops many very interesting and important recent results were presented and reviewed. Thus we hope these proceedings will be valuable to many researchers in these fields. The Organizing Committee would like to thank all participants, in particular the speakers and the session chairmen, for their contributions to the workshops and for helping to create a lively and stimulating atmosphere. Special thanks go to the organizers - W. Haeberli, S. Mango, E. Reichert, E. Steffens, W. Thiel, U. Wienands - for their cooperation in preparing and running these workshops. We gratefully acknowledge the enthusiastic help of the members of our institute in preparing and running the conference and the workshops, especially Mrs. D. FaSbender, Mrs. E. Wendorf, Mrs. J. Wetzel, and Dr. U.Idschok.

Higher Spin Gauge Theories Brink Lars,Henneaux

Marc,Vasiliev Mikhail A,2016-11-01 Symmetries play a fundamental role in physics. Non-Abelian gauge symmetries are the symmetries behind theories for massless spin-1 particles, while the reparametrization symmetry is behind Einstein's gravity theory for massless spin-2 particles. In supersymmetric theories these particles can be connected also to massless fermionic particles. Does Nature stop at spin-2 or can there also be massless higher spin theories. In the past strong indications have been given that such theories do not exist. However, in recent times ways to evade those constraints have been found and higher spin gauge theories have been constructed. With the advent of the AdS/CFT duality correspondence even stronger indications have been given that higher spin gauge theories play an important role in fundamental physics. All these issues were discussed at a recent international workshop in Singapore where the leading scientists in the field participated. This volume

presents an up-to-date, detailed overview of the theories including its historic background, as well as the latest accomplishments in understanding the foundational properties of higher spin physics.

Electron Spin Resonance P. B. Ayscough,1981 Reflecting the growing volume of published work in this field, researchers will find this book an invaluable source of information on current methods and applications.

Magnetic Resonance Force Microscopy And A Single-spin Measurement Gennady P Berman,Fausto Borgonovi,Vyacheslav N Gorshkov,Vladimir I Tsifrinovich,2006-09-20 Magnetic resonance force microscopy (MRFM) is a rapidly evolving field which originated in 1990s and matured recently with the first detection of a single electron spin below the surface of a non-transparent solid. Further development of MRFM techniques will have a great impact on many areas of science and technology including physics, chemistry, biology, and even medicine. Scientists, engineers, and students from various backgrounds will all be interested in this promising field. The objective of this "multi-level" book is to describe the basic principles, applications, and the advanced theory of MRFM. Focusing on the experimental oscillating cantilever-driven adiabatic reversals (OSCAR) detection technique for single electron spin, this book contains valuable research data for scientists working in the field of quantum physics or magnetic resonance. Readers unfamiliar with quantum mechanics and magnetic resonance will be able to obtain an understanding and appreciation of the basic principles of MRFM.

Spin 2004 Franco Bradamante,Andrea Bressan,Anna Martin,Kurt Aulenbacher,2005-08-02 This comprehensive volume covers the most recent advances in the field of spin physics, including the latest research in high energy and nuclear physics and the study of nuclear spin structure. The comprehensive coverage also includes polarized proton and electron acceleration

and storage as well as polarized ion sources and targets. Many significant new results and achievements on the different topics considered at the symposium are presented in this book for the first time. Contents: Present Understanding of the Nucleon Spin Structure (A Metz)Understanding Transversity: Present and Future (V Barone)Results and Future Prospects for Muon ($g - 2$) (B L Roberts)First Results from RHIC Spin Program and Future Prospects (N Saito)Speculations in Hadron Spectroscopy (J M Richard)Nucleon Form Factors (K de Jager)Experimental Status of the GDH Sum Rule (H Arends)Polarized Structure Functions with Neutrino Beams (S Forte)Higher Twists Resummation in Inclusive and Semi-Inclusive Spin-Dependent DIS (O V Teryaev)A New Angular Momentum Sum Rule (E Leader)Single Spin Asymmetry Measurements for π^0 Inclusive Productions in $p + p \rightarrow \pi^0 + X$ and $\pi^- + p \rightarrow \pi^0 + X$ Reactions at 70 and 40 GeV Respectively (S B Nurushev)Polarisation in the eRHIC Electron (Positron) Ring (D P Barber)Polarisation Build Up in COMPASS 6LiD Target (J Koivuniemi)and other papers (a total of 170 contributions) Readership: Researchers and graduate students in spin physics, including experimental, theoretical and accelerator physics. Keywords:Spin;Fundamental Symmetries;QCD;Nuclear Physics;Hadronic Physics;Polarized Targets;Polarized Beams;PolarimetryKey Features:

Incipient- and Developed-spin and Recovery Characteristics of a Modern High-speed Fighter Design with Low Aspect Ratio as Determined from Dynamic-model Tests

Henry A. Lee (NASA researcher.), Charles E. Libbey, 1961
Incipient- and developed-spin and recovery characteristics of a modern high-speed fighter design with low aspect ratio have been investigated by means of dynamic model tests. A 1/7-scale radio-controlled model was tested by means of drop tests from a helicopter. Several 1/25-scale models with various configuration changes were tested in the Langley 20-foot free-spinning tunnel. Model results indicated that generally it would be difficult to

obtain a developed spin with a corresponding airplane and that either the airplane would recover of its own accord from any poststall motion or the poststall motion could be readily terminated by proper control technique. On occasion, however, the results indicated that if a post-stall motion were allowed to continue, a fully developed spin might be obtainable from which recovery could range from rapid to no recovery at all, even when optimum control technique was used. Satisfactory recoveries could be obtained with a proper-size tail parachute or strake, application of pitching-, rolling-, or yawing-moment rockets, or sufficient differential deflection of the horizontal tail.

Sports Training Principles Dr. Frank W. Dick

O.B.E., 2014-12-11 This is the new, fully revised, sixth edition of this ultimate reference tool for all coaches responsible for training athletes to fulfill their performance potential. Written by world-renowned and highly sought after coach and President of the European Athletics Coaches Association, Frank W. Dick, with contributions from Professor Timothy Noakes (University of Cape Town, South Africa), Dr Penny Werthner (University of Calgary, Canada), Scott Drawer (Athletic Performance Manager of Rugby Football Union), Vern Gambetta (USA Track & Field), Dr Cliff Mallett and Dr David Jenkins (University of Queensland, Australia), this textbook comprehensively covers the core aspects of sports coaching which can be applied to all sports and disciplines. This new edition has been extensively revised to incorporate the latest theory and practice in sports training and coaching, with supplementary contributions from international experts. The book covers the key sports science topics: Anatomy and physiology; Biomechanics, Psychology; Nutrition; Performance Analysis; Training; and Coaching methods This is a highly recommended resource for students of applied sports science, sports coaching, sports development, PE teachers, fitness advisers, coaches and athletes.

Ignite the flame of optimism with is motivational masterpiece, **Spint 10**. In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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