

Who Has The Highest Vertical In Nba History

Work On Your Game: Use the Pro Athlete Mindset to Dominate Your Game in Business, Sports, and Life

Snow Country

Strength and Conditioning for Combat Sports

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Climbing Free

Wilt, 1962

Design of high-performance legged robots

Official Gazette of the United States Patent and Trademark Office

High Performance Computing in Science and Engineering, Garching/Munich 2009

Vertical Gardening

Shasta Dam and Reservoir Enlargement, Initial Assessment Study, Central Valley Project, California

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Proceedings of the 38th International Conference on Ground Control in Mining

Design of Earth Dams

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Work On Your Game: Use the Pro Athlete Mindset to Dominate Your Game in Business, Sports, and Life Storey Publishing

Measurement and Evaluation in Human Performance, Sixth Edition With HKPropel Access, teaches the fundamentals of collecting and analyzing human performance data by focusing on the concepts of reliability and validity. It features practical applications in kinesiology, physical education, and more

Snow Country Rodale

Your game plan for career success—from International Basketball Pro Dre Baldwin No one knows how to turn unrelenting self-belief into hard-and-fast career results better than Dre Baldwin. When everyone and everything was telling him to give up on his goal of playing pro basketball, he got focused on his future, and met the challenge head on. In the end, Baldwin succeeded—making a living playing basketball in leagues around the world—and in these pages, he shares all his secrets. Whether you're just starting out in business or looking to take your career to the next level, Work On Your Game provides the strategy you need to succeed from the inside-out. Dre Baldwin, or "DreAllDay," as his fans know him, delivers an easy-to-understand four-part model for achieving any goal. It's based on discipline, confidence, mental toughness, and personal initiative—and it's proven effective. Baldwin takes you through the steps of identifying what's expected of you, preparing for what's coming, and conditioning your body and

mind for the competitive world of business—and everything is a business. Baldwin's personal story of beating the odds is both inspiring and instructional. You'll learn how to play the mental game in a way that launches you towards unparalleled achievement.

Strength and Conditioning for Combat Sports Simon and Schuster

The role of the strength and conditioning coach for a combat athlete is to perform a needs analysis in which both the fighter as an individual and the sport itself are assessed in order to develop a high-performance programme. This might include plyometrics, speed and agility, endurance and core stability, strength training and nutrition as just some of the pieces of this complex jigsaw. The aim is to increase strength, speed, power, endurance, agility and flexibility. Strength and Conditioning for Combat Sports aims to help the coach and athlete bridge the gap between the theory of training and applied training, helping the athlete to become faster, stronger and more flexible and to build their muscular endurance so they perform better and remain injury-free. This will be essential reading for all martial arts coaches and practitioners and sports science students. Fully illustrated with 330 colour photographs and 90 diagrams.

Quantitative Borehole Acoustic Methods Elsevier

Read what industry thought leaders are saying about research and advancements in ground control science. The International Conference on Ground Control in Mining has a rich history of advancing ground control techniques and knowledge. It provides a unique platform for researchers, regulators, consultants, manufacturers, and mine operators to present and exchange challenging industry topics as well as to expedite solutions to ground control problems that require immediate attention. This proceedings from the 38th International Conference is no exception. It includes 43 peer-

reviewed research papers from industry experts covering topics of importance for today and the future.

Network Dynamics in Emerging Regions of Europe Human Kinetics

Acoustic logging is a multidisciplinary technology involving basic theory, instrumentation, and data processing/interpretation methodologies. The advancement of the technology now allows for a broad range of measurements to obtain formation properties such as elastic wave velocity and attenuation, formation permeability, and seismic anisotropy that are important for petroleum reservoir exploration. With these advances, it is easier to detect and characterize formation fractures, estimate formation stress field, and locate/estimate petroleum reserves. The technology has evolved from the monopole acoustic logging into the multipole, including dipole, cross-dipole, and even quadrupole, acoustic logging measurements. The measurement process has developed from the conventional wireline logging into the logging-while-drilling stage. For such a fast developing technology with applications that are interesting to readers of different backgrounds, it is necessary to have systematic documentation of the discipline, including the theory, methods, and applications, as well as the technology's past, present, and near future development trends. Quantitative Borehole Acoustic Methods provides such documentation, with emphasis on the development over the past decade. Although considerable effort has been made to provide a thorough basis for the theory and methodology development, emphasis is placed on the applications of the developed methods. The applications are illustrated with field data examples. Many of the acoustic waveform analysis/processing methods described in the book are now widely used in the well logging industry.

The American Journal of Science Elsevier

Dr Jan Veneman is employed by Hocomo AG. All other Topic Editors declare no competing interests with regards to the Research Topic subject. Macmillan

Controlled fires are beneficial for the generation of heat and power while uncontrolled fires, like fire incidents and wildfires, are detrimental and can cause enormous material damage and human suffering. This edited book presents the state-of-the-art of modeling and numerical simulation of the important transport phenomena in fires. It describes how computational procedures can be used in analysis and design of fire protection and fire safety. Computational fluid dynamics, turbulence modeling, combustion, soot formation, thermal radiation modeling are demonstrated and applied to pool fires, flame spread, wildfires, fires in buildings and other examples.

Three Dimensional Surface Topography CRC Press

This book is an outcome of the sixth conference on bearing capacity of roads and airfield held in Lisbon, Portugal. It covers the following topics: bearing capacity policies, concepts, costs and condition surveys; analysis and modelling; design and environmental effects; and asphalt mixtures.

Transport Phenomena in Fires World Scientific

Highways provide the arteries of modern society. The interaction of road, rail and other transport infrastructure with the ground is unusually intimate, and thus needs to be well-understood to provide economic and reliable infrastructure for society. Challenges include not only the design of new infrastructure (often on problematic ground), but inc

Jump Attack Norms for Fitness, Performance, and Health

PhD Dissertation The availability and capabilities of present-day technology suggest that legged robots should be able to physically outperform their biological counterparts. This thesis revolves around the philosophy that the observed opposite is caused by over-complexity in legged robot design, which is believed to substantially suppress design for high-performance. In this dissertation a design philosophy is elaborated with a focus on simple but high performance design. This philosophy is governed by various key points, including holistic design, technology-inspired design, machine and behaviour co-design and design at the performance envelope. This design philosophy also focuses on improving progress in robot design, which is inevitably complicated by the aspire for high performance. It includes an approach of iterative design by trial-and-error, which is believed to accelerate robot design through experience. This thesis mainly focuses on the case study of Skippy, a fully autonomous monopedal balancing and hopping robot. Skippy is maximally simple in having only two actuators, which is the minimum number of actuators required to control a robot in 3D. Despite its simplicity, it is challenged with a versatile set of high-performance activities, ranging from balancing to reaching record jump heights, to surviving crashes from several meters and getting up unaided after a crash, while being built from off-the-shelf technology. This thesis has contributed to the detailed mechanical design of Skippy and its optimisations that abide the design philosophy, and has resulted in a robust and realistic design that is able to reach a record jump height of 3.8m. Skippy is also an example of iterative design through trial-and-error, which has lead to the successful design and creation of the balancing-only precursor Tippy. High-performance balancing has been successfully demonstrated on Tippy, using a recently developed balancing algorithm that combines the objective of tracking a desired position command with balancing, as required for preparing hopping motions. This thesis has furthermore contributed to several ideas and theories on Skippy's road of completion, which are also useful for designing other high-performance robots. These contributions include (1) the introduction of an actuator design criterion to maximize the physical balance recovery of a simple balancing machine, (2) a generalization of the centre of percussion for placement of components that are sensitive to shock and (3) algebraic modelling of a non-linear high-gravimetric energy density compression spring with a regressive stress-strain profile. The activities performed and the results achieved have been proven to be valuable, however they have also delayed the actual creation of Skippy itself. A possible explanation for this happening is that Skippy's requirements and objectives were too ambitious, for which many complications were encountered in the decision-making progress of the iterative design strategy, involving trade-offs between exercising trial-and-error, elaborate simulation studies and the development of above-mentioned new theories. Nevertheless, from (1) the resulting realistic design of Skippy, (2) the successful creation and demonstrations of Tippy and (3) the contributed theories for high-performance robot design, it can be concluded that the adopted design philosophy has been generally successful. Through the case study design project of the hopping and balancing robot Skippy, it is shown that proper design for high physical performance (1) can indeed lead to a robot design that is capable of physically outperforming humans and animals and (2) is already very challenging for a robot that is intended to be very simple.

Bearing Capacity Of Roads Volume 2 SAGE

Shares methods of growing vegetables, flowers, and fruits vertically with tips on choosing a site, composting, and controlling weeds, pests, and

disease.

Heat Transfer in Radiating and Combusting Systems Crown

The Leibniz Supercomputing Centre (LRZ) and the Bavarian Competence Network for Technical and Scientific High Performance Computing (KONWIHR) publish in the present book results of numerical simulations facilitated by the High Performance Computer System in Bavaria (HLRB II) within the last two years. The papers were presented at the Fourth Joint HLRB and KONWIHR Review and - sult Workshop in Garching on 8th and 9th December 2009, and were selected from all progress reports of projects that use the HLRB II. Similar to the workshop two years ago, the majority of the contributed papers belong to the area of computational fluid dynamics (CFD), condensed matter physics, astrophysics, chemistry, computer sciences and high-energy physics. We note a considerable increase of the user community in some areas: Compared to 2007, the number of papers increased from 6 to 12 in condensed matter physics and from 2 to 5 in high-energy physics. Biosciences contributed only one paper in 2007, but four papers in 2009. This indicates that the area of application of supercomputers is continuously growing and entering new fields of research. The year 2007 saw two major events of particular importance for the LRZ. First, after a substantial upgrade with dual-core processors the SGI Altix 4700 supercomputer reached a peak performance of more than 62 TeraFlop/s. And second, the nonprofit organization Gauss Centre for Supercomputing e. V. (GCS) was founded on April 13th.

The Vertical Jump Development Bible Routledge

Hill describes her famous climb and meditates on how she harnesses the strength and courage to push herself to such extremes.

Layers of Musical Meaning WIT Press

Disease Resistance in Plants, Second Edition, looks at genetic, epidemiologic, biochemical, and biometric principles for developing new cultivars possessing genetic resistance to diseases. It examines the nature of disease resistance and resistance genes, and it highlights the importance of stabilizing selection, sugar, biotrophy, and necrotrophy to obtain the greatest possible yields. Organized into 17 chapters, this volume begins with an overview of disease resistance in plants and the ways to develop disease-resistant variants. It then discusses unspecific resistance; the resistance gene paradox; susceptibility and resistance within narrow host taxa; phenotypic variation and gene numbers in host plants; discontinuous variation and cytoplasmic inheritance; and experimental difficulties in partitioning variance. The reader is also introduced to epistasis and the structure of virulence in pathogens; the notion of physiological race; how the pathogen adapts to the host; mutation in the pathogen from avirulence to virulence; horizontal and vertical resistance to disease and its epidemiological effects; and the link between protein polymorphism and vertical resistance. In addition, the book discusses genes for susceptibility in the host versus genes for avirulence (or virulence) in the pathogen; sink-induced loss of resistance; high-sugar disease processes and biotrophy; slow rusting of cereal crops; plant resistance against endemic disease; and the accumulation of resistance genes in heterogeneous host populations. This book will be useful to plant pathologists and plant breeders.

Vertical Vegetables & Fruit Springer Science & Business Media

On the night of March 2, 1962, in Hershey, Pennsylvania, right up the street from the chocolate factory, Wilt Chamberlain, a young and striking athlete celebrated as the Big Dipper, scored one hundred points in a game against the New York Knickerbockers. As historic and revolutionary as the achievement was, it remains shrouded in myth. The game was not televised; no New York sportswriters showed up; and a fourteen-year-old local boy ran onto the court when Chamberlain scored his hundredth point, shook his hand, and then ran off with the basketball. In telling the story of this remarkable night, author Gary M. Pomerantz brings to life a lost world of American sports. In 1962, the National Basketball Association, stepchild to the college game, was searching for its identity. Its teams were mostly white, the number of black players limited by an unspoken quota. Games were played in drafty, half-filled arenas, and the players traveled on buses and trains, telling tall tales, playing cards, and sometimes reading Joyce. Into this scene stepped the unprecedented Wilt Chamberlain: strong and quick-witted, voluble and enigmatic, a seven-footer who played with a colossal will and a dancer's grace. That strength, will, grace, and mystery were never more in focus than on March 2, 1962. Pomerantz tracked down Knicks and Philadelphia Warriors, fans, journalists, team officials, other NBA stars of the era, and basketball historians, conducting more than 250 interviews in all, to recreate in painstaking detail the game that announced the Dipper's greatness. He brings us to Hershey, Pennsylvania, a sweet-seeming model of the gentle, homogeneous small-town America that was fast becoming anachronistic. We see the fans and players, alternately fascinated and confused by Wilt, drawn anxiously into the spectacle. Pomerantz portrays the other legendary figures in this story: the Warriors' elegant coach Frank McGuire; the beloved, if ruffled, team owner Eddie Gottlieb; and the irreverent p.a. announcer Dave "the Zink" Zinkoff, who handed out free salamis courtside. At the heart of the book is the self-made Chamberlain, a romantic cosmopolitan who owned a nightclub in Harlem and shrugged off segregation with a bebop cool but harbored every slight deep in his psyche. March 2, 1962, presented the awesome sight of Wilt Chamberlain imposing himself on a world that would diminish him. Wilt, 1962 is not only the dramatic story of a singular basketball game but a meditation on small towns, midcentury America, and one of the most intriguing figures in the pantheon of sports heroes. Also available as a Random House AudioBook

Interfacing Humans and Machines for Rehabilitation and Assistive Devices McGraw Hill Professional

Suitable for students in sport and exercise science. This book includes normative data for various aspects of fitness, such as strength, endurance, anaerobic and aerobic capacity, body composition, flexibility, speed and agility. It also looks at health norms to measure cardiovascular values, blood lipids, bone density and energy expenditure.

Seismic Design Methodologies for the Next Generation of Codes Routledge

This book is a radical attempt to explain musical meaning as the complex fabric of tension and relaxation resulting from the courses of the individual musical elements: e.g. rhythm, where the musical tension manifests itself by the opposition between strong and weak beats - or harmony, where the chords of the tonal cadence generate courses of tension and relaxation. It is strongly emphasized that the total structure of contributors to the web of tension/relaxation, in short, the musical style, is constantly changing, and it is an error to believe that any musical way of articulation is eternal: new ways of expression arrive and others drop out gradually - precisely as with ordinary language. This consideration, however, implies that too many and radical changes over a short period of time are foredoomed to go over the head of the ordinary listener. The radical modernism of the 1950s illustrates how composers in their endeavour to wipe the slate clean in order to start from scratch largely failed. Attempts at semantic interpretations

of music are rejected. Such interpretations belong to the private sphere and cannot be scholarly supported. No hermeneutic interpretation, however elaborate, can claim higher truth value than another.

[Climbing Free](#) Human Kinetics

Earth dams are the most common impoundment structures, with stringent requirements imposed on their design and construction. Modern design require accurate static and dynamic computations based on thorough analysis of stress-strain conditions, as detailed in this handbook (translated from the Russia

[Wilt, 1962](#) CRC Press

Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryant—now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to

Dwyane Wade and countless other superstars, Grover's revolutionary methods have made the best even better, year after year. In *Jump Attack*, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns "I can't" into "Just try and stop me." You don't have to be an elite athlete to benefit from Grover's program—but you can attain the mindset of a champion through the physical program outlined in this complete plan. Says Grover: "This is how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight."

[Design of high-performance legged robots](#) Frontiers Media SA

Entries cover issues related to sports medicine, including diagnostic and treatment techniques, conditioning and training, diet and nutrition, doping and performance enhancement, injury prevention, and career opportunities.

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