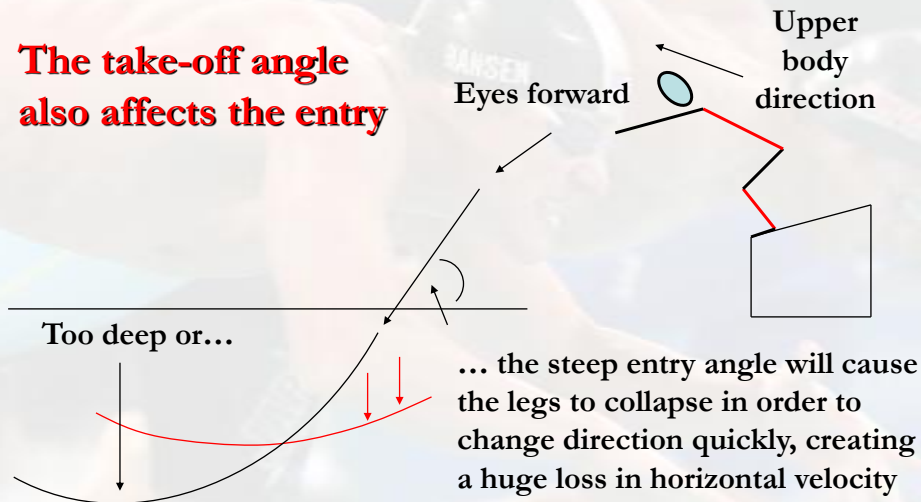


Take-off & Entry

The take-off angle also affects the entry

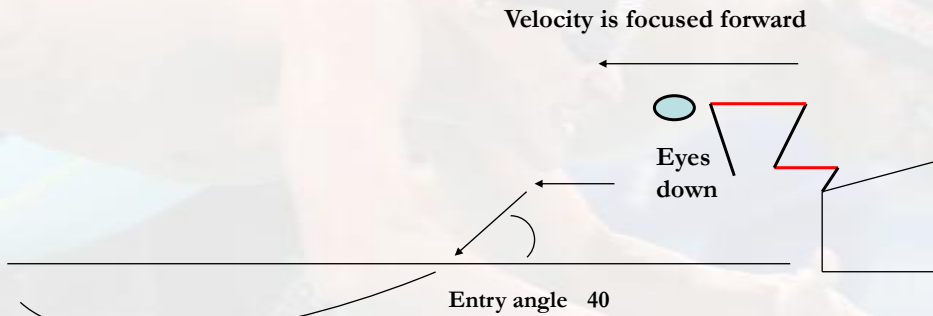


Russell S. Mirie
Biomechanics Coordinator



Take-off & Entry

Velocity is focused forward



Russell S. Mirie
Biomechanics Coordinator

