

David Mosko, Jake Riley, Dan Desautels  
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Project Idea Proposal

Different types of playing surfaces have been developed over the years for sports that are traditionally played on grass. Some of the surfaces include artificial turf, artificial grass, and real grass. The area of concern for this project would be looking at how the different surface types biomechanically affect the athletes' performances. Is there an ideal surface for performance? Is there a surface that helps to prevent athletes' injuries? What aspects of these surfaces enhance or inhibit athletic performance?