Suppose a mass on a spring is vibrating up and down with amplitude of 5.0 cm and a frequency of 0.80 Hz.

(A) What is the angular speed $ω$ of the system?

(B) Describe the motion of the mass in the form

y = A sin ($ω$t)

(In other words, put in the values for A and$ ω$ )

(C) What is the maximum velocity of the mass, and what is the value of y when this occurs?