1 | Precessional Velocity

Taking the setup, we can figure the sum of the angular momentums and leverage it to figure the spin angular momentum.

Let's first define a system: \hat{i} is "right" on the figure, \hat{j} "in" the page, \hat{k} "up" the figure.

We note that the normal spin of the flywheel gives us:

$$\vec{L}_s = I\vec{\omega}_s\hat{i}$$
 (1)

As the flywheel is rotating at a constant speed, we have actually no torque that this contributes to the net system — that is $\frac{d\vec{L}_s}{dt} = 0$.

Furthermore, we can figure torque—and subsequent angular momentum contribution—of gravity as follows:

$$\vec{\tau}_q = lmg\hat{j} \tag{2}$$

The total net torque on the system, then:

$$ec{ au}_{net} = ec{ au}_g + 0$$
 (3)
= $ec{ au}_g$

$$=\vec{\tau}_{q} \tag{4}$$

We also have that:

$$ec{ au}_{net} = rac{ec{L}_{net}}{dt}$$
 (5)