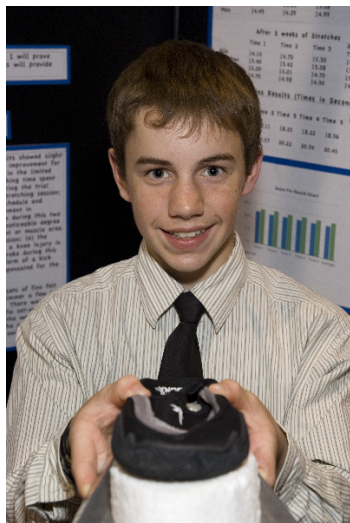


CWSF 2008 - Ottawa, Ontario



Maxwell Grimshaw Poole

Does The Angle Of Your Ankle Affect The Propulsion of Your Flutter Kick?

Division: International / None

Category: Junior

Region: Tri-County

City: Yarmouth, NS

School: Maple Grove Education Centre

Abstract: This project tested whether having greater ankle flexion in the flutter kick would increase your propulsion of your freestyle stroke. Swimmers performed ankle flexibility exercises and swam with homemade angled fins. Swimming with the angled fins proved that the greater your ankle flexion, the greater your propulsion.

Biography

Maxwell Poole is 12 years of age and resides in Chebogue, Yarmouth County, NS. He attends Maple Grove Education Center as a grade 7 student. He is presently a member of the Senior, Stage, and Junior Bands of Maple Grove Education Center as well as a member of the Junior Boys Cross Country and Track and Field teams. His hobbies are competitive swimming, piano, guitar, trumpet, geocaching, video editing, and computer work. Maxwell is currently a member of the Yarmouth Y Whitecaps swim team with aspirations of some time swimming for his province and country. He volunteers at various community sports oriented events. Max enjoys competition and challenging himself against various technologies and other competitors. Max spends much of his time with his family traveling the maritimes for his and his brother's sporting events.

Awards

Value

The University of Western Ontario Scholarship Silver Medallist - \$1500 Entrance Scholarship Sponsor: University of Western Ontario	\$1 500
Silver Medal - Physical & Mathematical Sciences - Junior Sponsor: Encana Corporation	\$700
Total	\$2 200