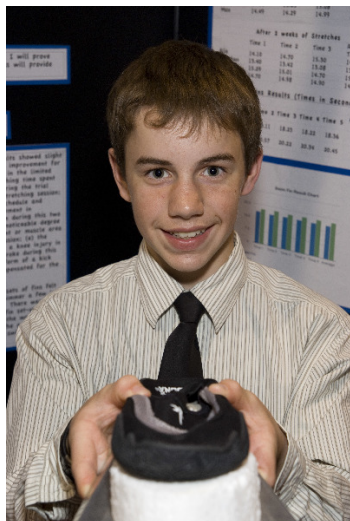


ESPC 2008 - Ottawa (Ontario)



Maxwell Grimshaw Poole

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

Division: Internationale / Aucun

Catégorie: Junior

Région: Tri-County

Ville: Yarmouth, NS

École: Maple Grove Education Centre

Sommaire: 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.

Biographie

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.

Prix

Valeur

Bourse d'études de l'Université Western Ontario	1 500,00 \$
Médaille d'argent - Bourse de début d'études de 1 500 \$	
Commanditaire: Université Western Ontario	
Médaille d'argent - Sciences physiques et des mathématiques Junior	700,00 \$
Commanditaire: Encana Corporation	
Total	2 200,00 \$