

## CWSF 2008 - Ottawa, Ontario



### Adam Kaczanowski

#### The Flex on Hockey Sticks

**Division:** Health Sciences / None

**Category:** Intermediate

**Region:** Lethbridge

**City:** Brooks, AB

**School:** St. Joseph's Collegiate

**Abstract:** This study acknowledges the importance for hockey players to be able to select the proper (stiffness) hockey stick as they grow larger and stronger. The study looks at the current information, or advertising, on sticks today and tests the accuracy of this advertising against the actual stiffness of the stick. Some significant shortcomings were identified.

#### Biography

I am a 15 year old male attending a catholic school in rural Alberta. I come from a family of four including my mother, father and younger sister Hayley. I have a keen interest in most sports but am particularly fond of school sports, track and field, and hockey and golf. I also have a strong faith and enjoy attending church, youth groups and bible camp. I do volunteer work at the hospital and work for wages at the local golf course in the summers. My parents are both outdoor enthusiasts and expose me activities like canoeing, hiking, and hunting that I also enjoy. I do well academically with interests leaning towards math, science and social. My last science project was in grade six where I studied winter animal tracks and I am very excited about about the project I am doing this year on hockey sticks.