

## CWSF 2010 - Peterborough, Ontario



### Kayley Murdoch, Shayla Hack

#### Optimal Performance

**Division:** International

**Category:** Intermediate

**Region:** Regina

**City:** Regina , SK, Regina, SK

**School:** Thom Collegiate

**Abstract:** Our project tested if a student's performance would be better before school or after school. We tested in hand-eye coordination, muscular and cardiovascular endurance, memory, and reflexes. Using statistics and the student t-test, we found that there was an insignificant difference between their performance before school and after school.

#### Biographies

Kayley - I am Kayley Murdoch, and I am in the IB Program at Thom Collegiate. Although I love school, there are so many other activities that I'm involved in! I play basketball, dance, and am very involved in my church. I also really love babysitting, reading and music, and I work at a senior's home in Emerald Park.

Shayla - My name is Shayla Hack. I am in pre-IB at Thom Collegiate in Regina, Saskatchewan. IB classes are advanced, and in grade twelve some of the classes count for first year courses in university. My hobbies consist of hip hop dance, playing guitar, and spending time with my friends. I also help out and volunteer a lot at school! Currently I am volunteering to help out with set design for the one acts at school, and I often volunteer to run bake sales and help teachers out whenever I can! As for career plans, I haven't decided what I would like to get into. I know I'll be attending university, but I'm not sure what I'll be taking yet!