

## CWSF 2011 - Toronto, Ontario



### Zachary Giczi

#### Stretch for the Best

**Challenge:** Health

**Category:** Junior

**Region:** Yukon Stikine

**City:** Whitehorse, YT

**School:** Vanier Catholic Secondary

**Abstract:** My project explores the use of stretching in order to enhance sport performances. It looks at the positive effect stretching has on muscles. The increase in the performance is displayed in both percent and in whole numbers.

#### Biography

My name is Zachary Giczi and I am thirteen years old. I was born in Fort Nelson, British Columbia but moved to Whitehorse, Yukon at the age of five with my parents and younger brother. I have done all of my schooling in Whitehorse, and am currently in grade 8 at Vanier Catholic Secondary School. I started Karate at the age of nine and I am now a 2nd Kyu brown belt. Besides karate, I also play volleyball, hockey, basketball, and tennis. I play on Sub-Zero, which is the Yukon's territorial volleyball team, and I will be representing the Yukon at the under 14 championships in Saskatchewan this spring. I played on my school's basketball team and we finished first in the Yukon school championships. I love sports and enjoy playing them competitively and just for fun. When I get older, my current plans are to go to University and take a degree in Economics and Business, with the goal of becoming a sports agent.

Youth Science Canada  
PO Box 297  
Pickering ON L1V 2R4  
[www.youthscience.ca](http://www.youthscience.ca) / [info@youthscience.ca](mailto:info@youthscience.ca)  
416-341-0040