

## CWSF 2011 - Toronto, Ontario



### Nickolas Colyn

#### Optimal Performance

**Challenge:** Health

**Category:** Junior

**Region:** Fraser Valley

**City:** Langley, BC

**School:** Langley Christian

**Abstract:** My study involved determining whether there is a direct relationship between body temperature at different times of the day and its affects on physical performance and eye-hand coordination. My subjects included 4 different people , male and female at various ages.

#### Biography

I am Nickolas Colyn. I am the oldest of three boys in my family. I am in Grade 8 at Langley Christian Middle School. I really enjoy interacting with my friends and teachers at school. I am quite involved in sports in my school, especially volleyball, basketball and track & field. However, most of my time outside of school is spent on the soccer field. I have been playing soccer since I was five and enjoy being outdoors and always trying to improve my game. In my free time, I enjoy skiing in the winter and mountain biking in the summer at Whistler. I have always had an interest in the health sciences, and have always had a desire to become a dentist, or a specialist of some sort in the dentistry field. My family and my teachers have inspired me to always try my best and to never give up at something that I have wanted to achieve.