

## CWSF 2012 - Charlottetown, Prince Edward Island



### Jessica Gelderland

#### Muscles Make Speed

**Challenge:** Health

**Category:** Junior

**Region:** Sunset Country

**City:** Red Lake, ON

**School:** Red Lake Madsen P.S.

**Abstract:** The purpose of this project was to improve swim times by increasing the strength of the muscles used for swimming. Muscle strength measurements and swim times were taken at the start and finish of the experiment and participants were required to complete a series muscle strengthening exercises over a 5-week period during swim training.

#### Biography

I live in Red Lake, which is small gold mining community of 5,000 people located in Northwestern Ontario. I am a Grade 7 student at the Red Lake Madsen Public School and my hobbies include competitive swimming, playing the piano and horseback riding. The extracurricular activities I participate in at school are volleyball, basketball, cross country running and skiing. I enjoy camping and canoeing and I love to spend my summers out at our cabin, spending most of my time in the lake or out in the sun with a good book. I am an older sister to two little brothers and I have two pets; a cat named Juno and a dog named Dexter. My inspiration for this project was to improve my swim times and obtain a personal best at the Kenora Swim meet in April 2012. Although I have no further plans for experimentation, I have proven to myself that the correct exercises and dedication to training did result in me achieving personal best swim times in all 8 of my swim events.