

# CWSF 2015 - Fredericton, New Brunswick



## Luke Macmillan

### Feet or Superfeet?

**Challenge:** Discovery

**Category:** Intermediate

**Region:** Chignecto West

**City:** Brookfield, NS

**School:** South Colchester Academy

**Abstract:** Superfeet-Yellow insoles were tested with twelve hockey players to determine if they affected their speed, agility and acceleration. Height, leg length, weight, skate weight, knee bend and leg strength were also measured to determine if they had any relation to Superfeet. If Superfeet do increase skating performance it could make a huge difference in competitive hockey games.

### Biography

My name is Luke Macmillan, I attend school at South Colchester Academy in Nova Scotia. I enjoy many activities such as woodworking, camping, and many sports. It was hockey that gave me the idea for this project, I was always looking for ways to skate faster and improve the game and when I heard about Superfeet. I wanted to know if they worked. In the future I think it would be interesting to look at the affect of Superfeet on sprinters as any increased speed could make a huge difference. If I was to give advice to a student thinking about doing a project I would tell them to start really early and work on it a little bit at a time rather than doing it last minute.

### Awards

### Value

Excellence Award - Intermediate - Silver Medal Sponsor: Youth Science Canada	
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
Total	\$2 000

