

# CWSF 2015 - Fredericton, New Brunswick



## James Davy

### The Affect of Fatigue on a Soccer Player's Ability to Perform Skills

**Challenge:** Health

**Category:** Intermediate

**Region:** Halifax

**City:** Stillwater Lake, NS

**School:** Gorsebrook Junior High School

**Abstract:** This project investigated the effects of fatigue on soccer players aged 8-14 years ability to perform skills. Each player did a LSPT-run-LSPT, the majority (86%) of the players performed worse in their second LSPT. The results confirmed that fatigue does have a negative effect on skills performance and also showed that the LSPT can be used for players 8-14 years old.

#### Biography

I am 14 years old and in grade 9 at Gorsebrook Jr. High in Halifax. I'm a member of my school's Interact Club and Duke of Edinburgh program. I've enjoyed representing Gorsebrook at soccer, volleyball, football, badminton and track & field, earning several medals including provincial gold for badminton. Outside of school, I volunteer as an HRM youth leader and take part in environmental initiatives at the Adventure Earth Centre. I work as a staff coach at Halifax City Soccer Club where I also play on the U16 Tier 1 team. I am a member of the Nova Scotia Keltics Rugby Academy and Provincial U15 soccer team. I enjoy being active by rowing, rock climbing, skiing and drumming. I have a keen interest in science and athletics and this led me to choose my science fair project. I have experienced the effects of fatigue on soccer skills at the end of a hard game and this project gave me an opportunity to combine my interests in soccer, coaching and science. I would also like to develop a rugby version of the LSPT. The advice I would give is to choose a project you are really passionate about.

#### Awards

#### Value

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| Excellence Award - Intermediate - Bronze Medal<br>Sponsor: Youth Science Canada                                 |         |
| Western University Scholarship<br>Bronze Medallist - \$1000 Entrance Scholarship<br>Sponsor: Western University | \$1 000 |
| Total   | \$1 000 |