



Colorado Science and Engineering Fair

2024 Individual Project Abstract Form

Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook and submit 1 copy to your Regional Fair Director with your other paperwork.

Title of Project: Trapshooting and Eye Exercises

Finalist's Name: Sage Ketels

School and City: Lamar Middle School/ Lamar

Sponsor's Name: Robin Staker

Category: Biomedical Sciences (BMED)

Division: Junior (6th - 8th grades)

Abstract (250 words or less):

This project is about trap shooting and eye exercises. This project is important because my family and I are active hunters and we go shooting a lot. I thought that if I do 50 days of eye exercises it will improve my trap shooting score. I did seven shots without eye exercise and I did four shots with the eye exercise. The result of this experiment was that with the eye exercises it improved my score. Without the eye exercises my average was 60%. With the eye exercises I shot 65%. Some factors that might have occurred in addition to the eye exercises would be improvement in the scores every shot.

I hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. I also attest that the above properly reflects my own work.

Finalist's Signature:

Sage Ketels

Date:

3-4-24

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with you Finalist Verification/Permission Form. A signed copy of this form must be included in your notebook.