



Colorado Science and Engineering Fair

2025 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: Saving the Team

Finalist's Name: Layla Reiss

School and City: Summit Charter Middle School, Boulder CO

Sponsor's Name: Valerie Keeney

Category: Behavioral & Social Sciences

Division: Junior (grades 6 - 8)

Abstract (250 words or less):

Mental health of gymnasts can get bad due to how many skills are expected of gymnasts at one practice, and it is best to focus on not as many skills (Shelder et al. 48). Does using specific task lists given to gymnasts in two groups for two weeks help with overwhelm and athletic performance. Paper surveys were filled out at the end of each week from group A (control) and group B (test), for two weeks. T-Tests show that there is a direct correlation in all groups between how overwhelmed the gymnasts were, how content they were and if they developed a new skill. The T-Tests have very high numbers above 0.05 which is what a T-Test is compared to, which means that the two sets of data are 95% different, but the T-Tests were above 0.05. At the same time, group B became less overwhelmed throughout the weeks and group A became more overwhelmed or stayed relatively the same. For group B, the numbers started with two 5's and a 4. A 4 and a 5 are the highest numbers for overwhelm, so the gymnasts were very overwhelmed at the beginning. The numbers went down to 4's, 3's, 1's and 0's at the end of week 2. For group A, they started with 5's and 4's and then stayed at 5's and 4's. Gymnasts provided with task lists using 5 specific goals and skills or less, excel faster compared to a regular athletic performance.

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:

Date:

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.**