

**Title:** Effect of Nike Vapor Strobe Eyewear on Hockey Stick-handling Training

**Background:** A recent study with the Carolina Hurricanes Hockey Team has shown that players that used Nike Vapor Strobe Eyewear improved hockey skills more than those that did not.

**Purpose:** This study is designed to determine if there is an improved training effect on stick-handling in youth hockey players, with the use of Nike Vapor Strobe Eyewear.

**Enrolment Criteria:**

- Born in 2001 or 2002.
- Enrolled in a youth hockey program: AA, A1, A2 or A3
- No history of epilepsy or any other condition that could be exasperated when exposed to flickering images.

**Study Equipment:**

- Participants must provide their own hockey stick, gloves and runners.
- Stickhandling assessment and training will use Rapid Hands Stickhandling Training System.
- Nike Vapor Strobe EyeWear will be provided.

**Study Protocol:**

Participants will be randomized into one of 3 groups. After the study has completed, participants in the control group and Test Group 1 will be invited to return for stickhandling training with the Nike Vapor Strobe EyeWear.

- *Control Group:* Vision Screening, Baseline Stickhandling Assessment, Post-study Stickhandling Assessment
- *Test Group 1:* Vision Screening, Baseline Stickhandling Assessment, 6 Stickhandling Training sessions, Post-study Stickhandling Assessment
- *Test Group 2:* Vision Screening, Baseline Stickhandling Assessment, 6 Stickhandling Training sessions using Nike Vapor Strobe, Post-study Stickhandling Assessment

**Time Requirements**

- Vision Screening and Baseline Assessment: 30-40 minute visit testing vision, hand eye-coordination and Baseline Stickhandling Assessment
- Stickhandling Training: 6 fifteen minute Stickhandling training sessions, booked over a 2 week duration.
- Post Stickhandling Assessment: 1 Fifteen minute stickhandling session.

**Available Sessions for Baseline and Training Assessments:**

All assessments & training conducted at EyeGym Canada located at Waverley Eye Care Centre, 1-1200 Waverley St.

Appointments available starting Saturday February 15 and available on Louis Riel Day Feb 17.

Monday-Friday: 7:30am-7:30pm

Saturdays: 7:30am-4:00pm

Sundays: 1:00pm - 4:00pm

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