

2025 STANSW Young Scientist Awards

Lara Sangster Presbyterian Ladies' College Sydney

Project Title: Does Hand Position On A Rowing Machine Affect Stroke Pace And Power?

Year 7 to 8 Scientific Investigations - Physics

Dear Lara,

Congratulations on being part of this year's Young Scientist Awards and for the thought, care, and originality you brought to your project. You've demonstrated genuine initiative in designing and carrying out your own ideas – an achievement that reflects both curiosity and persistence.

Our judges reviewed your project in detail, considering how clearly you explored your question, how well you supported your conclusions, and how effectively you communicated your process. Their feedback below highlights the aspects that were particularly strong and offers suggestions to help you extend your thinking even further – much like the peer review process used in professional research.

The strengths of your project include:

- identifying a clear aim and working consistently to fulfil that aim
- selecting an appropriate procedure and technology for your method

Next time, you could make your project even better by:

- using relevant background information to inform your investigation

Thank you for sharing your work with us, it is a testament to your growing capability as an investigator, communicator, and creative thinker. We hope this experience strengthens your confidence and inspires you to keep pursuing questions that matter to you..

A handwritten signature in black ink, reading 'Philippa Miller'.

Philippa Miller

Young Scientist Coordinator