Results of Ikkos High School Swim Team Research Study

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Background: Ikkos is an innovative audio-visual learning system that rapidly teaches anyone who wants to learn or relearn physical movement – in minutes. Ikkos combines groundbreaking technology with the latest in neuroscience research to create an unique audio-visual learning experience for the user.

Methods: Ikkos was recently tested on a combined men's and women's high school swim team over the first 8 weeks of their season. Before Ikkos was introduced to the team, all team members did a test set (3X50 yards on 1:30 minute interval from a push); this test set served as a baseline for average time and stroke count in a 50 yard freestyle swim of each athlete. After the team was evenly split into two groups, the test set was used to monitor the progress of the athletes using (Ikkos group) and not using (control group) Ikkos audio-visual learning. In addition, we compared best times in the 100 free before and after the first 8 weeks to determine if using Ikkos had an effect on personal best race times.

Results: The preliminary results indicate that using Ikkos caused swimmers to decrease average time by 0.3 seconds and >1 stroke more than the control group per 50 yard freesytle in the first 8 weeks of the study (Figure 1). Additionally, kids within the Ikkos group dropped significantly (t-test, $p = 0.048$) more time off their personal best time in the 100 yard freestyle compared to the control group (-2.32 seconds more than control; Figure 2).

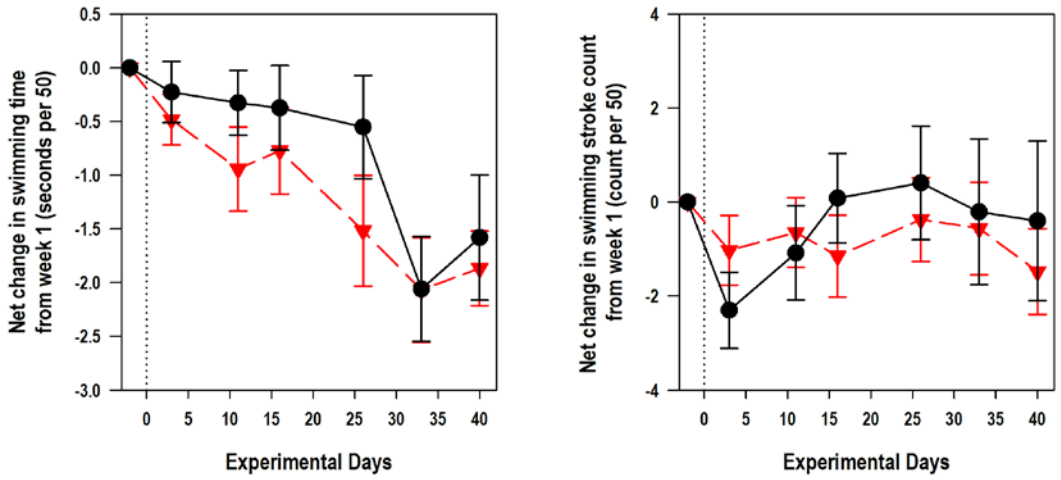


Figure 1: Comparison of net change in time (left) and stroke count (right) per individual on the test set for the control (black line) and Ikkos (red line) groups over 8 weeks. Vertical dotted line represents when Ikkos usage started; error bars represent standard error.

Discussion: Our results indicate that the Ikkos group dropped more time and took less strokes on average in the freestyle test set over the 8 week study compared to the control group. The patent pending Ikkos learning method causes swimmers to learn more efficient ways to swim; thus, our results likely suggest that swimmers using Ikkos became more efficient in freestyle than the control group. The increase in efficiency ultimately caused the swimmers using Ikkos to decrease their 100 yard freestyle best times by 3.5% more than the control group. Overall, our results indicate that coaching and using Ikkos caused rapid changes in swimming efficiency, which in turn lead to significantly better personal best times compared to coaching without using Ikkos after only 8 weeks.

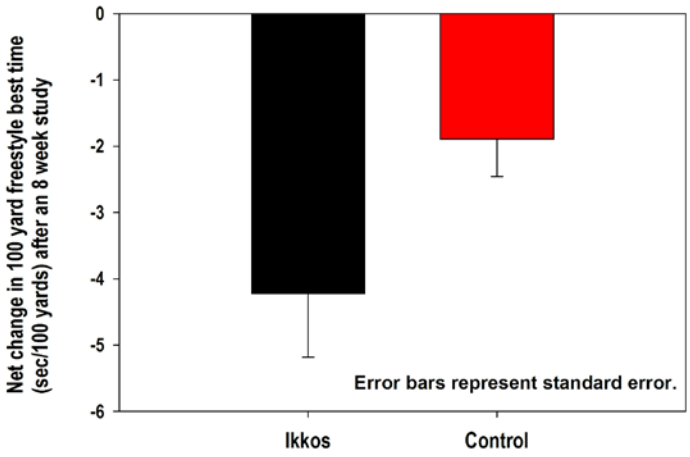


Figure 2: Comparison of net change in 100 yard freestyle personal best time between the control and Ikkos groups.