

RESULTS SUMMARY

INTERACTIVE METRONOME® PERFORMANCE TRAINING

of

ST. THOMAS AQUINAS HIGH SCHOOL

Student - Athletes

Background

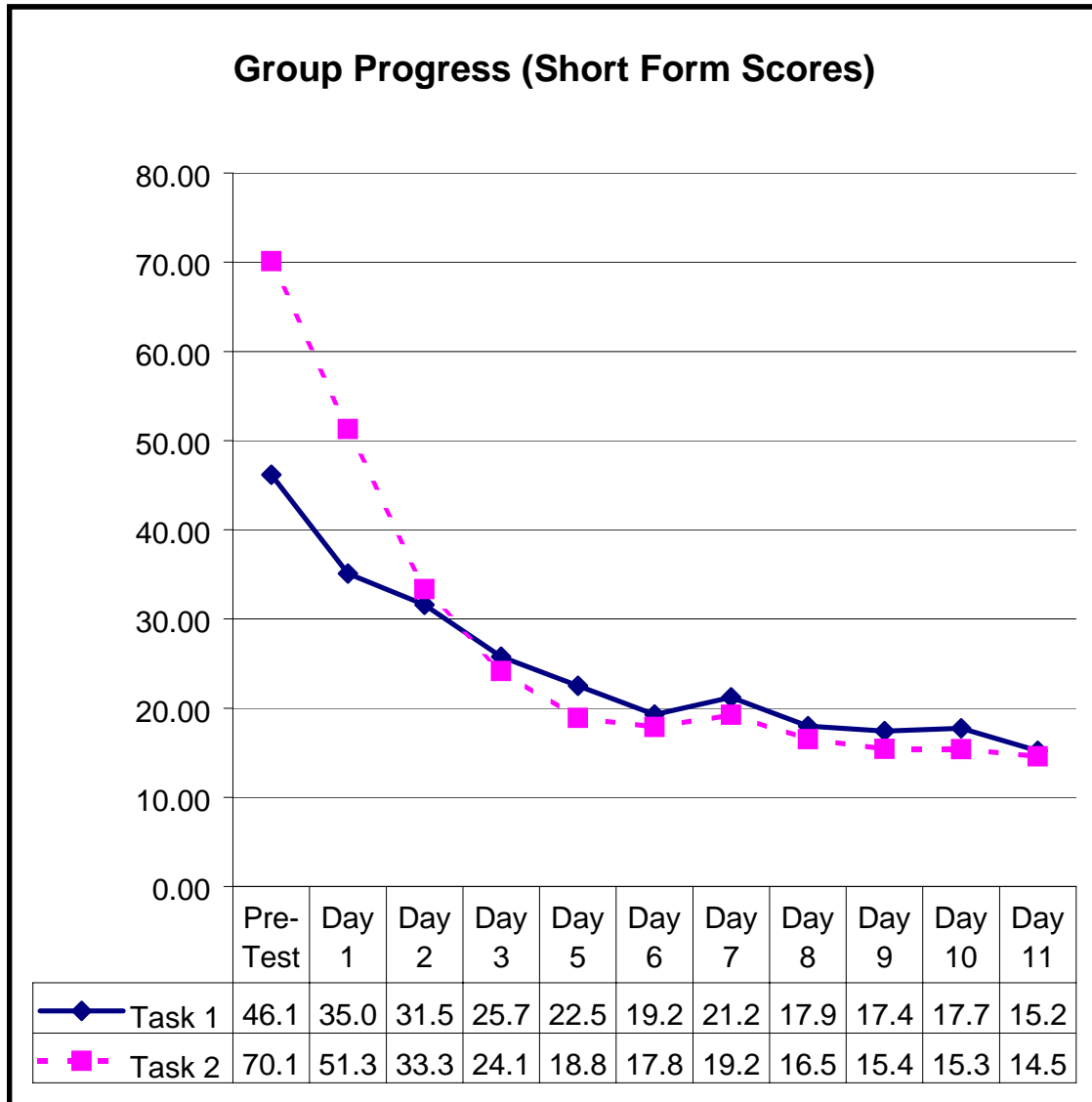
Staff of Interactive Metronome, Inc. trained 29 student/athletes from St. Thomas Aquinas High School, Ft. Lauderdale, Florida. IM training was conducted on a group basis with 15-17 student-athletes working in each of two groups in a computer classroom. Training occurred over a span of 15 days. Timing and focus results produced and measured by the Interactive Metronome®. Mental processing results measured by a nationally standardized test for academic achievement. Functional improvements and execution results provided by the student-athletes themselves through a written survey conducted post IM training.

Index of Results

TEAM TIMING RESULTS	2
TEAM FOCUS RESULTS	3
TEAM MENTAL PROCESSING RESULTS	4
TEAM EXECUTION SURVEY RESULTS	5

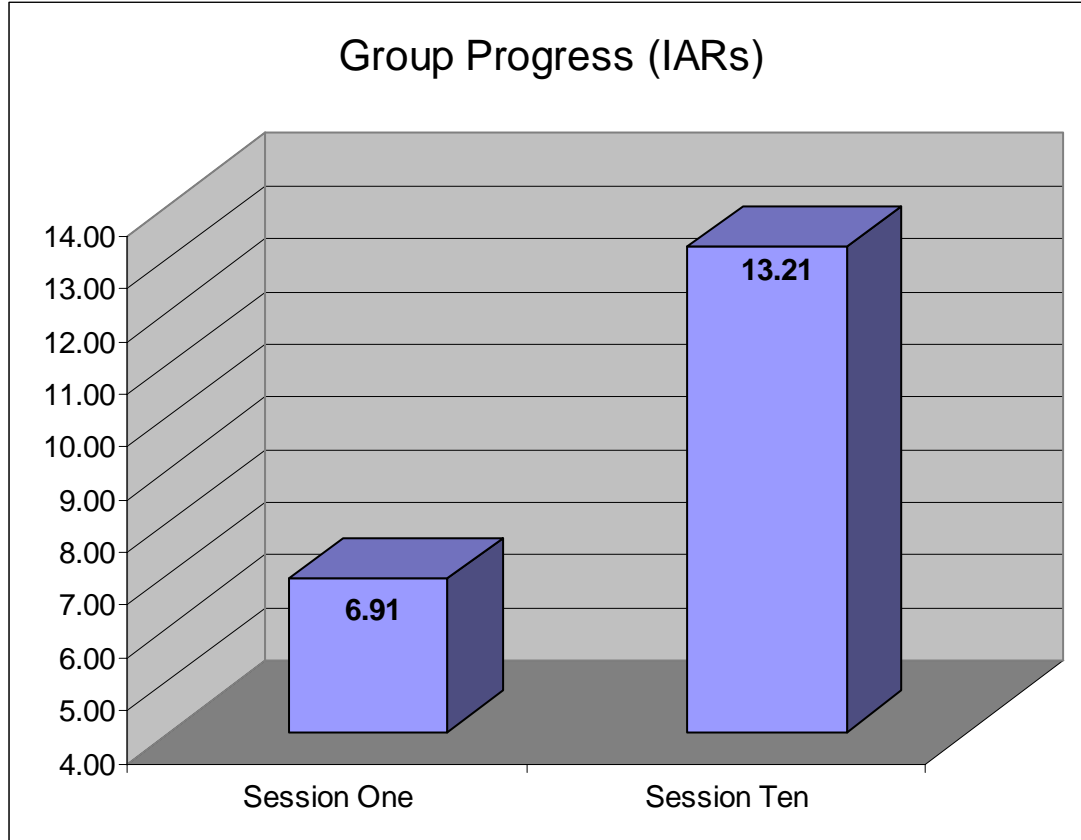
AUGUST/SEPTEMBER 2001

TEAM TIMING RESULTS



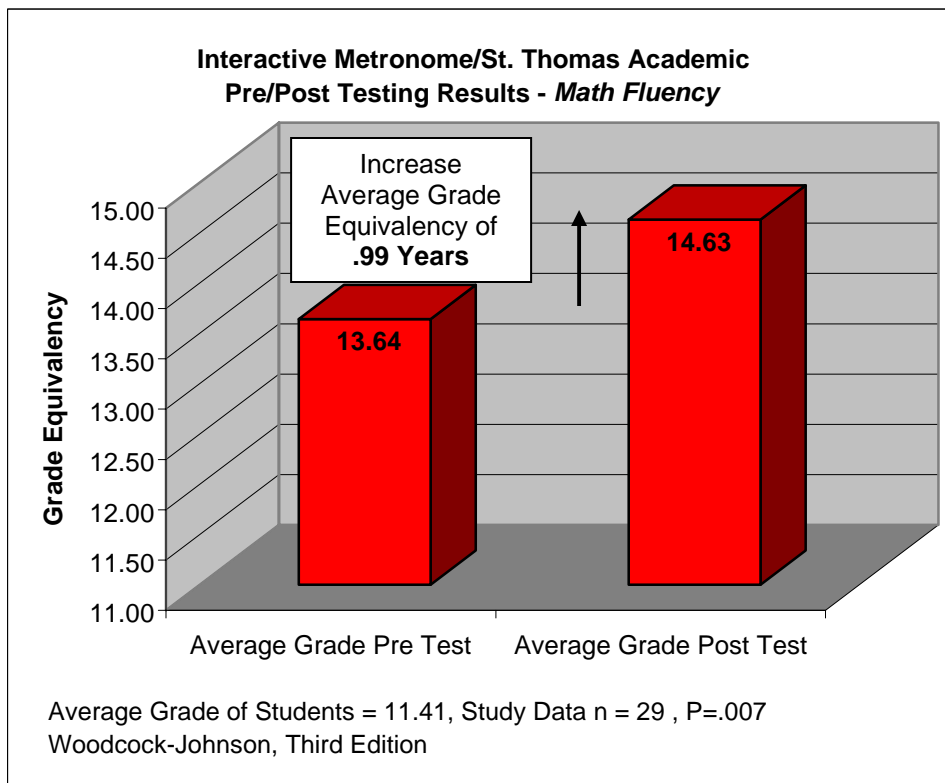
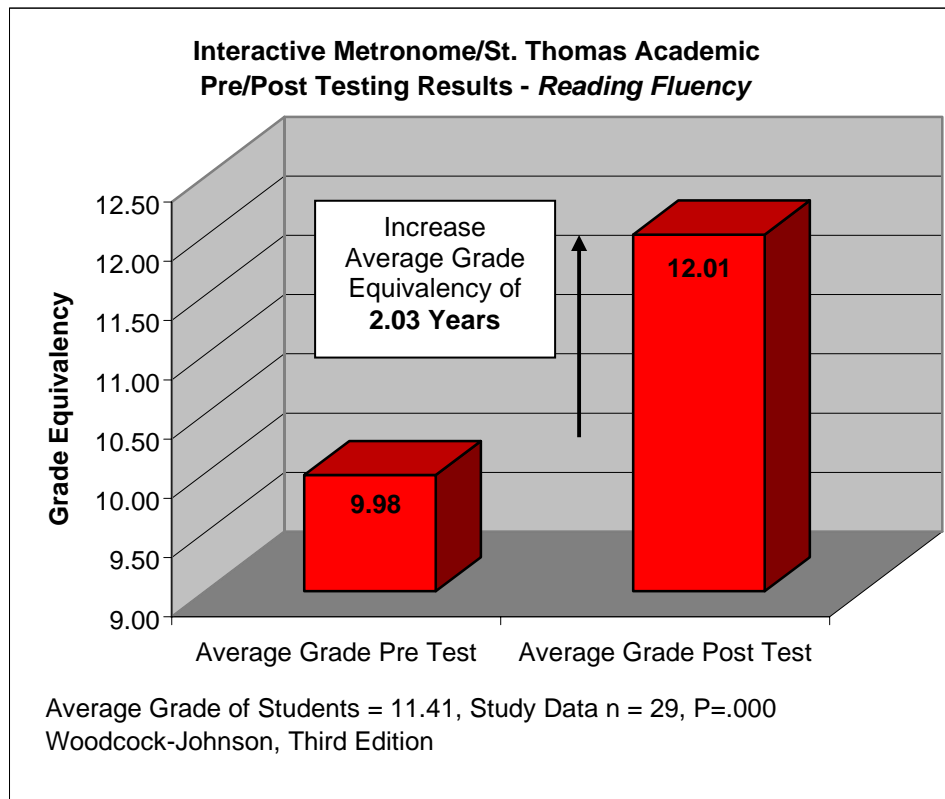
- Task 1 is the performance of a player matching the metronome beat with no feedback aid from the guide tones...pure timing ability
- Task 2 is the performance of a player matching the metronome with the feedback aid from the guide tones
- 67% Improvement on Task 1 and 79% Improvement on Task 2
- Task 1 Pre-test average of 46.16ms ranks 55th percentile nationally
- Task 1 final day average of 15.23ms ranks 99th percentile nationally
- Top professional athletes and musicians score in the 18-22ms range on the Task 1, pure timing ability test

TEAM FOCUS RESULTS



- IAR (In-a-row) is the number of times consecutively a player can perform within a + or – 15ms range
- Indicates duration of time perfect mental state maintained
- Beginning score of 6.91 IARs equals 7.6 seconds
- Best group score of 13.21 equals 14.5 seconds
- Over 90% improvement
- Average length of football play 8-9 seconds

TEAM MENTAL PROCESSING RESULTS



TEAM EXECUTION SURVEY RESULTS

Team survey results showed:

Improved Team Focus by 45%

Increased Overall Team Synchronization/Timing by 62%

Raised Overall Team Execution by 56%

Decreased Offensive Miscues by 50%

Student/Athletes reported multiple benefits from IM training:

“I am in the right place at the right time.”

“I feel I get less mentally tired at practice since we started training.”

“I tend to have a better time of zoning out all that is around me aside from the task at hand.”

“I can adjust to a defense better, especially reading the blitz and calling audibles.”

I have been able to concentrate more at looking the ball into my hands.”

“My ability on defense to read routes and offensive formations and react to plays has improved greatly.”

“My reading concentration has improved and I now read much faster.”

“I feel my body is more in sync with my mind and it reacts better than prior to IM training.”