



SCHOOL PROGRAM  
PROGRAMME SCOLAIRE

# MY PODIUM PAGES

[www.olympic.ca/education](http://www.olympic.ca/education)







## DAY 2 FRIDAY, FEBRUARY 7<sup>TH</sup>

### OPENING CEREMONY

Tonight, athletes and team officials from more than 80 countries will parade into the stadium to watch the last of the Olympic torchbearers light the Olympic cauldron. The Olympic Flame will stay lit for the duration of the Games. Over 6,000 athletes and team officials will participate in what is bound to be one of the greatest Olympic Winter Games of all time.



Clara Hughes | Vancouver 2010

“This is without a doubt the greatest honour of my sporting life.”

-Clara Hughes speaking of being the Canadian Flag Bearer at the Vancouver 2010 Olympic Winter Games

## JOURNAL ACTIVITY

What do the Olympic Games mean to you?

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Kristina Groves | Vancouver 2010



Maëlle Tucker | Vancouver 2010





## DAY 3 SATURDAY, FEBRUARY 8<sup>TH</sup>

### SPORTS TODAY:

Ice Hockey (W), Figure Skating, Speed Skating - Long Track, Biathlon, Cross Country Skiing, Ski Jumping, Freestyle Skiing - Moguls, Snowboard Slopestyle, Luge



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

If you could be an Olympian at any sport, which sport would you choose and why? What do you think it takes to be an Olympic athlete?

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### JEAN-PHILIPPE LE GUELLEC

**Born:** 07/31/1985 (Kingston, ON)

**Sport:** Biathlon

When he was only 13, the Canadian Royal Air Cadets introduced Jean-Philippe to the sport of biathlon -skiing and shooting. Thanks to some coaching by his mom, herself an Olympian at shooting, he won gold at the World Youth Championships. Now 27, Jean-Philippe will be targeting gold in his third Olympic Winter Games.

## SCORING THE OLYMPIC GAMES

There are two main ways that countries are compared at the Olympic Games. The total medals won is tracked to show which country has earned the most gold, silver and bronze medals. The official way to compare countries is by the total number of gold medals. In Vancouver 2010, Canada won the most gold medals.





## DAY 4 SUNDAY, FEBRUARY 9<sup>TH</sup>

### SPORTS TODAY:

Ice Hockey (W), Speed Skating - Long Track, Figure Skating, Biathlon, Cross Country Skiing, Ski Jumping, Snowboard Slopestyle, Luge, Alpine Skiing



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Draw and colour a picture of your favourite Olympian doing their sport.



### ÉRIK GUAY

**Born:** 08/05/1981 (Montreal, QC)

**Sport:** Alpine Skiing (Downhill and Giant Slalom)

Érik has a love of speed. Whether it is racing cars or hurtling himself down a World Cup downhill run, going fast is the name of the game. Since starting skiing at a young age, he has become one of Canada's most successful skiers ever. Érik heads to Sochi having won the World Championships and the World Cup. The only thing missing from his trophy case is an Olympic medal.





# DAY 5 MONDAY, FEBRUARY 10<sup>TH</sup>

## SPORTS TODAY:

Ice Hockey (W), Curling, Speed Skating - Short Track, Speed Skating - Long Track, Biathlon, Freestyle Skiing - Moguls, Luge, Alpine Skiing



# CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Just like in Marianne's story, sometimes people can say some pretty discouraging things. Write a note to a friend or family member encouraging them to be excellent at something that they love to do. Draw and colour a picture of them succeeding at their activity.

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### MARIANNE ST-GELAIS

**Born:** 02/17/1990 (Roberval, QC)

**Sport:** Speed Skating - Short Track

Marianne still remembers overhearing another speed skater saying that she wasn't very good. Instead of leaving her sad, the unkind words motivated her to work harder. By the time she got to the Vancouver 2010 Olympic Winter Games, nobody was thinking that she couldn't compete with the best. She won a pair of silver medals, including one on her birthday. Look for Marianne to wear gold in Sochi.





## DAY 6

### TUESDAY FEBRUARY 11<sup>TH</sup>

#### SPORTS TODAY:

Ice Hockey (W), Speed Skating - Long Track, Figure Skating, Curling, Biathlon, Cross Country Skiing, Ski Jumping, Freestyle Skiing - Slopestyle, Snowboard Halfpipe, Luge



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Like Alex, sometimes things don't go according to plan and we don't perform as well as we thought we would at sports, the arts or school. Write about a time that this happened to you and how you didn't quit. Draw and colour a picture of the story.

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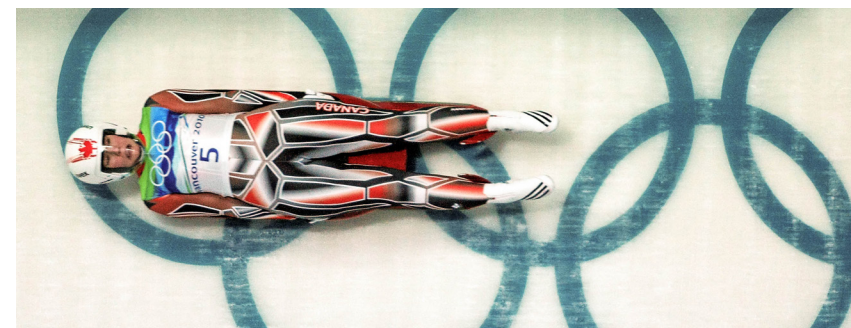


### ALEX GOUGH

**Born:** 05/12/1987 (Calgary, AB)

**Sport:** Luge

Alex entered the Vancouver 2010 Olympic Winter Games as a medal favourite for the women's luge. However, things didn't work out as planned. When the organizers changed the course to make it safer, it threw her off her game. Race day was a heartbreak. But this has made Alex hungrier to prove that she is the best in the world. She goes to Sochi as a World Championship medalist and a podium favourite.





## DAY 7

# WEDNESDAY, FEBRUARY 12<sup>TH</sup>

### SPORTS TODAY:

Ice Hockey (W/M), Speed Skating - Long Track, Figure Skating, Curling, Nordic Combined, Alpine Skiing, Snowboard Halfpipe, Luge



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Like Meaghan experienced, sometimes our dreams take years to come true. Write a letter to yourself about a goal or dream that you have. Encourage yourself to not give up. Draw and colour a picture of your dream coming true.

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### MEAGHAN MIKKELSON

**Born:** 01/04/1985 (Regina, SK)

**Sport:** Ice Hockey

Meaghan was only 13 when she saw Team Canada win the Olympic silver in the Nagano 1998 Games. As she watched the TV, she started dreaming that someday she would play at the Olympic Games. Years of hard work and persistence paid off. She and her Team Canada teammates skated off the ice in Vancouver as Olympic champions. They will try for another gold in Sochi.







## DAY 8

### THURSDAY, FEBRUARY 13<sup>TH</sup>

#### SPORTS TODAY:

Ice Hockey (W/M), Luge, Speed Skating - Short Track, Speed Skating - Long Track, Curling, Biathlon, Freestyle Skiing - Slopestyle, Figure Skating, Cross Country Skiing, Skeleton



## CANADA'S MEDAL COUNT:

\_\_\_\_\_ GOLD \_\_\_\_\_ SILVER \_\_\_\_\_ BRONZE

## JOURNAL ACTIVITY

Loving what you do keeps you motivated to do your best. Write about one of your passions. Draw and colour a picture of your passion.

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### CHRISTINE NESBITT

**Born:** 05/17/1985 (Melbourne, AUS)

**Sport:** Speed Skating - Long Track

Being a gold medallist starts with finding the right sport for you. As a kid, Christine tried lots of sports like hockey and running before finding what she thought was her best—short track speed skating. However, it wasn't until she changed to long track speed skating in university that she became a world leader. Since then she has won an Olympic gold and eight World Championships.





# DAY 9 FRIDAY, FEBRUARY 14<sup>TH</sup>

## SPORTS TODAY:

Ice Hockey (M), Curling, Figure Skating, Freestyle Skiing - Aerials, Skeleton, Alpine Skiing, Biathlon, Cross Country Skiing, Ski Jumping



# CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Do you think it is more important to win or do your best? Why? Draw and colour a picture that explains your reasons.



### PATRICK CHAN

**Born:** 12/31/1990 (Ottawa, ON)

**Sport:** Figure Skating

In the year leading up to the Vancouver 2010 Olympic Winter Games, it seemed like Patrick was destined for a figure skating medal and perhaps gold. But things didn't work out that way. All season long he struggled with injuries and sickness, and finished in fifth place. Like a true champion, he returned to form and won three World Figure Skating Championships in a row. Will it be gold in Sochi?





# DAY 10 SATURDAY, FEBRUARY 15<sup>TH</sup>

## SPORTS TODAY:

Ice Hockey (W/M), Speed Skating - Short Track, Speed Skating - Long Track, Curling, Cross Country Skiing, Alpine Skiing, Skeleton, Ski Jumping



# CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Denny's hero was his older brother. Write about your hero. Who are they? Have you met them? What would it be like to meet them? Draw and colour a picture of you and your hero.

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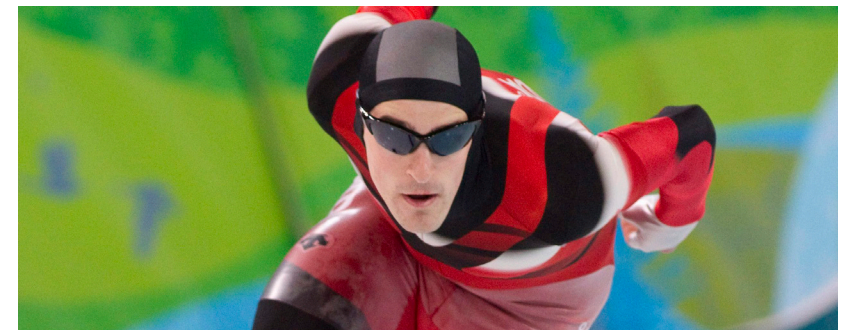


### DENNY MORRISON

**Born:** 09/08/1985 (Chetwynd, BC)

**Sport:** Speed Skating - Long Track

Growing up in Northern British Columbia, Denny spent his youth chasing his older brother Jay around the local speed skating oval. However fast Jay skated became Denny's goal. Jay was his hero. But there came a day when the younger brother started to beat the older. He won World Championship medals and even set a World Record. Come Vancouver 2010, it was Jay who was cheering Denny on as he won Olympic gold.





## DAY 11

### SUNDAY, FEBRUARY 16<sup>TH</sup>

#### SPORTS TODAY:

Ice Hockey (W/M), Speed Skating - Long Track, Figure Skating, Curling, Biathlon, Cross Country Skiing, Alpine Skiing, Snowboard Cross, Bobsleigh



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Having fallen twice at the Olympic Games, it would have been easy for Maëlle to be fearful on her final run. Draw and colour a picture of a fear that you have overcome.



### MAËLLE RICKER

**Born:** 12/02/1978 (North Vancouver, BC)

**Sport:** Snowboard Cross

Maëlle's final snowboard run at the Turin 2006 Olympic Winter Games ended in disaster. She crashed and was removed from the mountain by helicopter. Vancouver 2010 was to be her chance to make up for the crash, but she fell on her first run. With only one shot at staying in the competition, Maëlle overcame any fear. She raced like never before, qualifying for the final and went on to win Olympic gold.





## DAY 12

# MONDAY, FEBRUARY 17<sup>TH</sup>

### SPORTS TODAY:

Ice Hockey (W), Figure Skating, Curling, Biathlon, Freestyle Skiing - Aerials, Snowboard Cross, Ski Jumping, Bobsleigh



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Tessa and Scott's story is quite inspiring, and teamwork helped them to succeed. Write or draw why you think teamwork is important.

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### TESSA VIRTUE & SCOTT MOIR

**Born:** 05/17/1989 (London, ON) et 09/02/1987 (London, ON)

**Sport:** Figure Skating (Ice Dance)

Tessa and Scott began skating together before they were 10 years old, and within a few years, they were second at the World Figure Skating Championships. In the build-up to the Vancouver 2010 Olympic Winter Games, Tessa suffered from shin injuries. She had surgery, but still her legs were very painful, and she could hardly walk. Despite the pain, Tessa and Scott skated an almost perfect routine to win Olympic gold.





### DAY 13

## TUESDAY, FEBRUARY 18<sup>TH</sup>

#### SPORTS TODAY:

Ice Hockey (W/M), Speed Skating - Short Track, Speed Skating - Long Track, Curling, Nordic Combined, Alpine Skiing, Freestyle Skiing - Halfpipe, Bobsleigh



## CANADA'S MEDAL COUNT:

\_\_\_\_\_ GOLD \_\_\_\_\_ SILVER \_\_\_\_\_ BRONZE

### JOURNAL ACTIVITY

Write about someone who you think is a good leader. Describe the qualities that make them a good leader and times when you saw their leadership skills in action. Draw a picture of them.

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### JONATHAN TOEWS

**Born:** 04/29/1988 (Winnipeg, MB)

**Sport:** Ice Hockey

Jonathan was barely 20 years old when he became the captain of the Chicago Blackhawks. Being a good team captain means leading by example and putting others first. It is a big responsibility. But by rising to the leadership challenge, Jonathan led the Blackhawks to two Stanley Cups, and helped Canada win Olympic gold in Vancouver.





## DAY 14

# WEDNESDAY, FEBRUARY 19<sup>TH</sup>

### SPORTS TODAY:

Ice Hockey (M), Speed Skating - Long Track, Figure Skating, Curling, Biathlon, Cross Country Skiing, Alpine Skiing, Snowboard Parallel Giant Slalom, Bobsleigh



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

Write a story (true or fiction) about a time when plans changed unexpectedly, and it worked out for the best. Draw and colour a picture to go along with your story.

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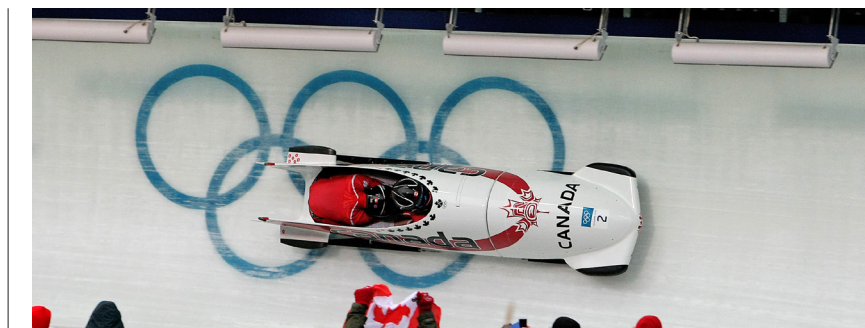


### KAILLIE HUMPHRIES

**Born:** 09/04/1985 (Calgary, AB)

**Sport:** Bobsleigh

Sometimes when one door closes, a better one swings open. When Kaillie was 16, she realized that she wasn't a fast enough downhill skier to make her Olympic dream come true. Instead of letting that stop her, she tried bobsleigh. Her switch in sports proved golden, as she and her partner, Heather Moyse, went on to win the Olympic gold in Vancouver. Watch for her and Chelsea Valois, as they sled for the medals in Sochi.





## DAY 15

### THURSDAY, FEBRUARY 20<sup>TH</sup>

#### SPORTS TODAY:

Ice Hockey (W), Figure Skating, Curling, Nordic Combined, Freestyle Skiing - Ski Cross, Freestyle Skiing - Halfpipe



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

All of the athletes competing at the Sochi 2014 Olympic Winter Games are dedicated to constantly improving their best. Write about what this attitude means to you. How can you improve your best at the things that you do? Draw and colour a picture of you improving your best.

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### CHRIS DEL BOSCO

**Born:** 03/30/1982 (Colorado Springs, Colorado, USA)

**Sport:** Alpine Skiing (Ski Cross)

Chris raced the ski cross final at the Vancouver 2010 Olympic Winter Games to win. Nearing the finish, he had a choice. He could take the safe route and grab bronze, but he chose the risky route and gambled for gold. Unfortunately, the risky route led to a crash that kept him off the podium. His all-or-nothing attitude could pay off this time, and he could leave Sochi wearing a gold medal.







## DAY 16

# FRIDAY, FEBRUARY 21<sup>ST</sup>

### SPORTS TODAY:

Ice Hockey (M), Speed Skating - Short Track, Speed Skating - Long Track, Curling, Biathlon, Alpine Skiing, Freestyle Skiing - Ski Cross



## CANADA'S MEDAL COUNT:

\_\_\_ GOLD \_\_\_ SILVER \_\_\_ BRONZE

## JOURNAL ACTIVITY

The Sochi 2014 Olympic Winter Games will bring together nations from around the world in peace and friendship. Write and draw about what can you do to promote peace and friendship in your community, classroom and/or school?

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### CHARLES HAMELIN

**Born:** 04/14/1984 (Lévis, QC)

**Sport:** Speed Skating - Short Track

When Charles went to his younger brother François' speed skating practice, he quickly became interested in the sport. Few could have guessed that the two Hamelin brothers would win gold together at the Vancouver 2010 Olympic Winter Games. What was truly amazing was that it was Charles' second gold medal in less than 30 minutes. How many more can he get in Sochi?



### BRAD JACOBS

**Born:** 06/11/1985 (Sault Ste. Marie, ON)

**Sport:** Curling

Brad's team has had an outstanding year leading up to Sochi, placing second at the Ford Men's World Championships, winning the Tim Horton's Brier and capturing gold at the Olympic Trials. What are the secrets of their success? They fell in love with the sport early, played continuously as youth, and placed a huge focus on overall conditioning and fitness.







# DAY 18 SUNDAY, FEBRUARY 23<sup>RD</sup>

## SPORTS TODAY:

Ice Hockey (M), Cross Country Skiing, Bobsleigh



# CANADA'S MEDAL COUNT:

\_\_\_\_\_ GOLD \_\_\_\_\_ SILVER \_\_\_\_\_ BRONZE

FINAL  
MEDAL  
COUNT

1<sup>ST</sup>: \_\_\_\_\_

2<sup>ND</sup>: \_\_\_\_\_

3<sup>RD</sup>: \_\_\_\_\_

# JOURNAL ACTIVITY

Draw and colour a picture of what you think are the three best moments of the Sochi 2014 Olympic Winter Games.



## DEVON KERSHAW

**Born:** 12/20/1982 (Sudbury, ON)

**Sport:** Cross Country Skiing

Devon is part of a new breed of Canadian cross country skiers who are taking the ski world by storm. He and his teammates raced to within spitting distance of the podium at the Vancouver 2010 Olympic Winter Games, placing fourth in the team sprint. But things have kept getting better for Devon. In 2012 he placed second in the overall World Cup standings—the highest placing ever for a Canadian male skier.





## SCHOOL PROGRAM PROGRAMME SCOLAIRE

### ACKNOWLEDGEMENTS

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#### FEATURED ATHLETES

Caroline Calvé  
Patrick Chan  
Chris Del Bosco  
Chloé Dufour-Lapointe  
Alex Gough  
Kristina Groves  
Érik Guay  
Charles Hamelin  
Clara Hughes  
Kaillie Humphries  
Brad Jacobs

Devon Kershaw  
Jean-Philippe Le Guellec  
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From left to right: Charles Hamelin | Vancouver 2010    Maëlle Ricker | Vancouver 2010    Devon Kershaw | Vancouver 2010

