



BEIJING 2022

**MIKAËL KINGSBURY**  
CANADIAN OLYMPIC SCHOOL PROGRAM AMBASSADOR

## EXPLORING RESPECT WITH MIKAËL KINGSBURY



Photo by Vaughn Ridley / COC

FREESTYLE SKIING

Olympians have the opportunity to meet and compete against people from around the world. They interact with a wide range of personalities, beliefs, cultures, and identities. Despite all these differences, they find a way to treat each other with respect.

Since we all want to be respected for who we are as people, we need to learn to be respectful of others. As we explore this value this week, the goal is that you grow in your ability to show respect to others, even those who are quite different than you are. We will hear from five Olympians, and each will approach respect from a unique angle.

Today, we will start by exploring the value of respect with the help of our Canadian Olympic School Program Ambassador, Mikaël Kingsbury. He is an Olympic gold medalist at freestyle skiing.

# LEARNING ACTIVITIES

1

**Ask the students to brainstorm words that come to mind when you say the word “respect”. What does respect look, sound, and feel like?**

**Show the Mikaël Kingsbury respect video to the class.**

Discuss how Mikaël looks for common ground with his competitors, and bases his respect for them on the things that they share. How can this approach help us generate a sincere respect for others?



<https://vimeo.com/624821171/d495296c90>

2

Sometimes it is difficult to respect others. Perhaps they behave in a way that you don't admire or act in a hurtful way towards you. Olympians also struggle with showing respect to some of their competitors who might be cheating. It is a struggle to respect people who are not acting respectable or even respectful.

**In your journal, write a letter advising an Olympian how they can balance respect for their competitors, even if the other athlete is not acting respectful or respectable.**





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**JOCELYNE LAROCQUE**  
ICE HOCKEY

## RESPECT IS SPENDING TIME TO APPRECIATE OTHERS

The USA versus Canada women's hockey rivalry is one of the fiercest. The games are always intense and rally fans both countries to cheer and scream at their televisions each Olympic Winter Games.

As Jocelyne Larocque trains for the 2022 Olympics, she can remember the highs and lows of her last two Olympics. In 2014, the team was victorious, claiming a gold medal against the Americans. But the PyeongChang 2018 Olympics were a heartbreak. The team was crushed after losing in a shootout. Silver just didn't feel worthy of much celebration.

*"Immediately, you feel sadness,"* recounts Jocelyne. *"You look to your left and to your right, and you know the sacrifices that everyone has made."*

Jocelyne grew up in the small town of Ste. Anne, Manitoba, and started playing hockey at the age of three. When there were not enough girls wanting to play hockey, she and her older sister played on the town's boys team.

She was embraced by the community, and felt accepted as a female Métis player. They got to know and respect her. If any of the other teams gave her trouble for being a girl, the boys on her team would rush to her defense. Before long, she was playing on the Manitoba women's team, and then Team Canada.

She was excited to be selected to play at the Sochi 2014 Olympic tournament. But as they got ready for the Olympics, the team was struggling. Their confidence was shaken after a series of losses. Their game schedule was hectic, and it started to affect them. They were always tired from the travel, training, and games, leaving little energy to actually get to know each other. There was no time for fun or for building relationships with teammates.

*"You want to be a trustworthy teammate, but trust takes time,"* explains Jocelyne. *"You have to get to know the other person."*

**BE OLYMPIC**



Photo by Vincent Ethier / COC



**WORKING TOGETHER, GETTING TO  
KNOW EACH OTHER AND WANTING TO BE  
A GOOD TEAMMATE WILL HELP THE TEAM  
BE SUCCESSFUL.**



Although they won gold, the team knew they weren't close. The players didn't have a chance to spend the time to appreciate each other. When you respect others, you spend the time to get to know each other.

Since then, Team Canada has made it a priority to help the players get to know each other. They play trivia games, have fun talks, and hang out together. This makes them close as friends and teammates. It was this closeness that helped them deal with the disappointment of losing at the 2018 Olympic Games.

According to Jocelyne, this time spent getting to know each other is important.

*"Getting to know the other person is an investment. It makes you want to be a good teammate. Because you know them well, you don't want to let them down."*

During COVID-19, the team couldn't train together. But they still made time for online meetings to play games or encourage each other. They were showing each other the respect needed to build a team.

When they hit the ice in the next Olympic final, they will be playing as a close group of friends. Watch out, USA!



**SCHOOL PROGRAM**

# LEARNING ACTIVITIES

## 1 READ. WRITE. DISCUSS.

When we respect someone, we take time to get to know them. We listen to their story, and search for common ground.

On a scrap of paper write something that others might not know about you. This could be likes, dislikes, favorite memories, or something about your family or pets. Put all of the scraps of paper into a bowl or hat, and take turns pulling a piece of paper from the bowl and reading it out loud. As a class try to guess who wrote it. Allow the person who wrote it to speak for a moment, and provide more details.

At the end of the sharing time, journal about how knowing someone better can increase the respect we have for each other.

## 2 PHYSICAL ACTIVITY

### CHANGE DIRECTIONS TRAIN LIKE A HOCKEY PLAYER

One of the key skills for hockey players is being able to control the puck and get it to go where they want. The players hold the stick with their dominant hand at the end (knob) of the stick with fingers in, non-dominant hand in the middle (20-25 cm down) of the stick with knuckles out. They use a series of soft taps on the forehand and backhand. The puck is kept far enough away from the feet, but less than a stride ahead. This game practices puck control, and is a good warm up game before an actual game of floor hockey.



**PARTICIPANTS:** Entire class



**SPACE:** Gym or playground



**EQUIPMENT:** A stick and ball/puck for every student



**SETUP:** None

#### ACTIVITY DESCRIPTION:

- Students are spread out in the gym, each with their puck/ball and stick.
- With a loud command have them change direction (right, left, forwards & backwards). Their focus should be on puck/ball control.

#### ACTIVITY EXTENSION:

- Score the game by having them race to a wall controlling the ball/puck as they go. The first 5 to the wall get a point.

## S.T.E.M.

## 3

In hockey, the slapshot fires the puck at crazy fast speeds at the goalie. Much of that speed depends on physics.

The player winds up by lifting the stick above their shoulder height. They then slap the ice a bit behind the puck. This stores energy in the flexible stick. The player helps this by applying weight on the stick and bending it as it contacts the puck. As the player whips the puck, all the stored energy transfers to the puck's movement like a spring.

Try it out! Put the eraser on a desk and then hit it across the room with the ruler. Be careful not to hit anyone. Next bend the ruler back and fling the eraser. Notice how the stored energy in the ruler transfers to the eraser. Now imagine what it would be like to be able to do both at the same time. This is the power of the slapshot.

## 4 OLYMPIC TRIVIA

There have been six Olympic women's hockey tournaments since the sport's debut at the Nagano 1998 Olympics. In the fierce rivalry between Canada and the USA, which team has won the most golds?

**Answer:** Canada has won four golds and two silvers. The USA has won 2 golds, 3 silvers, and a bronze.





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## RUSSELL KENNEDY CROSS-COUNTRY SKIING

# RESPECT IS LEARNING FROM EACH OTHER



Photo by David Jackson / COC

Russell Kennedy gasps for every breath of air as he roller skis to the top of the hill. It is summer, and he is training at high altitude where the air contains less oxygen than at sea level. This is the grueling training that is needed to beat the world's best cross country skiers at the 2022 Olympic Winter Games.

Brian McKeever is matching him stride for stride as they log the heavy training. They are not just training partners. Russell is Brian's guide skier when he competes as a visually impaired skier in the Paralympics. Russell must position himself ahead of Brian to help him navigate the turns and avoid hazards.

*"I got asked to be Brian's guide skier before the 2018 Paralympics,"* recalls Russell. *"He had been 21<sup>st</sup> at the able-bodied World Championships, so not everyone could stay in front of him."*

With decades of racing at the top level, Brian has won more Paralympic medals than any other Canadian winter athlete. It would take an Olympic skier racing at their best to serve as his guide. This is why Russell was the coaches' choice. He was a young Olympian willing to match Brian's single-minded focus on excellence.

The bond between a visually impaired athlete and their guide is very strong. In so many ways, the guide skier is the Paralympian's eyes during the race. Constant communication is needed between the skiers so that they can adjust race tactics and strategies.

The more that they trained and raced together, the stronger their friendship became. The trust between them grew, and Russell started to learn from Brian's vast racing experience.

*"When you are guiding a skier, it's not your choice when you want to push the pace,"* Russell explains. *"When it isn't your choice, you get a unique opportunity to learn. I learned that I was pushing too hard at the wrong times during my races and losing time. Guiding Brian has taught me to race better."*



**EVERYONE HAS THEIR OWN STORY,  
AND WHEN YOU ARE INTERESTED IN  
LEARNING IT, YOU FIND A NEW RESPECT  
FOR THEM.**



This learning worked both ways. Russell races by feel, and Brian thinks through every move.

*"Russell just feels and senses things, but I have a hard time switching off my brain. He would say things like 'stop thinking and just race.' That's what I needed at times. Other times, you need to ski with intent and look for places to conserve energy."*

Brian was a fountain of knowledge and experience. This helped Russell to become better at his training and racing. It all started to pay off last season when Russell began to finish in the top 30 at World Cup races. For cross country skiers, this is the measure of a world class performance.

In a sense, they are both guides. Their respect for each other is based on the belief that they can each learn from the other, and that this will make both of them better skiers.



# LEARNING ACTIVITIES

## 1 READ. WRITE. DISCUSS.

Respect is based on a recognition that every person knows something that we don't, or has experienced something in life that we haven't.

Brainstorm some things that you know that your classmates might not. Now, add some unusual things you can do. Next, add experiences that you have had that others in your class may not have had. The list could include skills, something about your culture, or a fact from one of your hobbies or interests.

Share your list with a partner. Choose one of the things on your list, and prepare short lesson that you can share with a small group of classmates later in the week.

## 2 PHYSICAL ACTIVITY

### RED LIGHT/GREEN LIGHT TRAIN LIKE A CROSS COUNTRY SKIER

In classical style cross country skiing, the skis move parallel to each other through tracks or grooves in the snow. The skis are propelled forward in a striding motion. The athlete leans forward into the stride as they push off the back leg. This requires balance and skill. This game helps to build the balance required for this motion.



**PARTICIPANTS:** Entire class



**SPACE:** Gymnasium or field



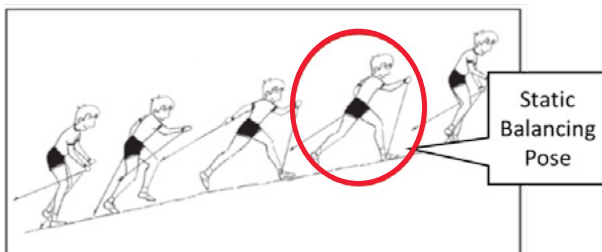
**EQUIPMENT:** None



**SETUP:** None

#### ACTIVITY DESCRIPTION:

- The teacher and students stand on opposite ends of the playing area.
- When the teacher yells "green light" they run forward. When the teacher yells "red light" the students have to stop and do a static balancing pose – like a classic ski pose (standing on one leg leaning forward in the striding position).
- The teacher continues to yell "green light" and "red lights" until the students are at the other end of the playing field.



## S.T.E.M.

## 3

Your red blood cells carry oxygen to your muscles. This helps you exercise, play sports, and be active. Olympic athletes in endurance events like cross country skiing, biathlon, running, triathlon, or cycling will often train at high altitude.

The lower levels of oxygen at altitude triggers their bodies to make more red blood cells. When they return to sea level, those extra red blood cells supercharge their blood's ability to carry oxygen. The extra oxygen helps them access the energy stored in their muscles, fueling their success in competitions.

## 4 OLYMPIC TRIVIA

All three of Canada's Olympic cross-country skiing medals have been won by women (Beckie Scott – gold in 2002 and silver in 2006, Sara Renner – silver in 2006, and Chandra Crawford – gold in 2006).





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**JOHN EPPING**  
CURLING

## RESPECT IS ACCEPTING OUR DIFFERENCES



Photo by Michael Burns / Curling Canada

Curling was in John Epping's blood. His grandfather had started the local curling club, and his mom was always dragging him to the rink. When his mom's games were over, she and her friends would head to the restaurant to socialize. That's when John would go out and "throw rocks".

Curlers slide a heavy granite stone along a long sheet of ice. The goal is to place the rock closest to the centre ring at the opposite end of the rink. By sweeping just ahead of the rock, your teammates can speed up the rock. The other team tries to knock your stones out of the way.

Starting at six years old, John would practice throwing the rocks while dreaming of winning big tournaments. The world's best curlers quickly became his heroes. Curling quickly became part of who he was.

*"I got a chance to play for my childhood idol's team,"* John recalls. *"It was an experience I will remember for the rest of my life. I was a kid in a candy shop."*

Within a few years, he was leading, or skipping as they say in curling, his own team. Everyone in curling knew of John Epping. He was one of the fast rising stars in the sport. Curling was his identity, and everyone respected his skills and accomplishments.

But while basking in the respect of the other curlers, John was struggling with another part of his identity.

*"It came to a point over a couple of years where I was having an inner conversation about my sexuality. I wasn't sure how that would come across when I told my teammates that I was gay."*

Would the respect he enjoyed as "John the world class curler" evaporate if people knew he was gay? What would his competitors think? What would his friends and teammates think? What would his parents think?



**BIT'S NOT THAT I NEED PEOPLE TO  
KNOW THAT I AM GAY. I TELL MY STORY  
FOR OTHER PEOPLE SO THEY CAN BE THEIR  
TRUE SELVES.**



He finally told his parents and then the curling community. Word spread fast. To his surprise, all his competitors reached out to say that they still respected and supported him.

*"I was scared I was going to lose my teammates, family, friends. It is always toughest to tell those you care the most about. You don't want them to lose respect for you or leave you. That didn't happen, but maybe that is what you put in your head."*

Respecting others is not just about admiring their accomplishments. Respect is about honoring who they are as people. It is about being comfortable with differences and enjoying the fact that our identities complex.

*"I have always tried to live my life as a kind and good human. Be kind and respectful to others and always try to understand where other people are coming from."*

John and his team are doing everything they can to be ready for the 2022 Olympics. His respect for others doesn't reduce his fierce competitiveness. Because he respects his teammates, he is single-minded in his desire to win.

*"When I go out to skip, I always go out to win every game. I do everything to win."*



# LEARNING ACTIVITIES

## 1 READ. WRITE. DISCUSS.

People are different than we are, and respect is about accepting and understanding these differences. People in your class have different skin colours, ethnicities, cultural backgrounds, religious beliefs, sexual orientations, gender identities, values, and personalities. Journal why you think that so many people struggle to accept people who are different from themselves.

As a class, discuss your opinions and views.

## 2 PHYSICAL ACTIVITY

### KNOCK OUT TRAIN LIKE A CURLER

One of the keys to successful curling is being able to accurately deliver a curling rock to a specific spot while maintaining balance in a low body position. In this activity, we practice releasing a “rock” while balancing in this position.



**PARTICIPANTS:** Teams of 2-4 people



**SPACE:** Gym or hallway



**EQUIPMENT:** Real curling brushes, brooms, plastic or real hockey sticks, lacrosse sticks, or broom ball brooms, ball, and target objects (e.g., plastic bottles, milk cartons, bowling pins, etc.)

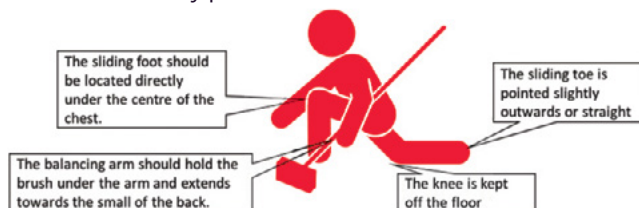


**SETUP:**

- Designate one of the gym lines as a throw line.
- Arrange the target objects beyond the target line at varying distances from the throw line.

#### ACTIVITY DESCRIPTION:

- Give a brief demonstration of the final slide position, and then have the curlers get into a stationary slide position so that they can “feel” the proper balance and body position.



- Make up teams of two or four curlers.
- Set up two sets of target objects at each end of the playing area.
- The curler releases the ball from the final slide position, and tries to knock out as many of the target objects as possible.
- Alternate turns among the curlers and score the game based on the number of bottles knocked over within a predetermined number of throws per team.

## S.T.E.M.

## 3

If you've ever watched curling, you know that some of the team sweeps the ice to speed up the rock as it glides down the sheet of ice. By sweeping hard, the rock goes faster so it can knock out an opponent's rock or put down a guard.

For a long time, it was felt that the curler's sweeping was melting the surface of the ice. But Canadian scientists discovered that the ice wasn't melting. It was only softening, elevating the surface temperature. This slight increase in temperature was enough to decrease friction and make the rock go faster.

Knowing this, Canadian engineers began to redesign the brooms. The new brooms bounced the heat photons back into the ice and not into the broom head. The best part, the new broom design was a complete secret. This secret technology helped them win gold and silver in the Vancouver 2010 Olympics.

In groups, take an ice cube and rub it for 30 seconds with your finger. Note how much this action has caused the cube to melt. Pat it dry with a paper towel and try rubbing the cube with another item. Which works best? Why?

## 4 OLYMPIC TRIVIA

Team Canada has won men's and women's medals at every winter Olympic Winter Games except one since curling returned to the program in 1998.

Question: At which Games did Canada not win a curling medal?

Answer: PyeongChang 2018 Olympic Winter Games





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**CYNTHIA APPIAH**  
CANADIAN OLYMPIC SCHOOL PROGRAM AMBASSADOR

## EXPLORING RESPECT WITH CYNTHIA APPIAH



Photo by Bobsleigh Canada Skeleton

Over the past four days, we have discussed respect from various perspectives. Mikaël taught us how he looks for common ground and respects his competitors for their hard work. Jocelyn spoke of how spending time together is a way of showing and building respect. Russell shows how we can learn something from others and how knowing this builds our respect for others. John taught us the value of accepting differences.

# LEARNING ACTIVITIES

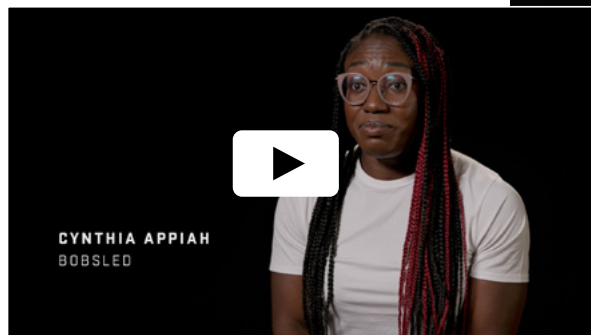
1

**As a class, discuss some of the things that you have learned about respect this week. What stood out from the three athlete stories you read? What are you going to do to show more respect for others?**

People can associate respect and being friends. This suggests that if you respect someone, you have to be their friends. But respect is different from friendship. We are friends with people we trust, like, and share common interests with. Even if we don't feel those things towards a person, it doesn't mean that we shouldn't treat them in a respectful way.

Canadian Olympic School Program Ambassador, Cynthia Appiah, is an Olympian at bobsled. She explains how showing respect and being friends is different.

Show the Cynthia Appiah respect video to the class.



2

**In your journal, write a short story about respect.** Gather in groups of two to four, and share your stories. Pick one of the stories, and act it out as a sketch for the rest of the class. You might need to adapt the story so that everyone in the group has a part in the sketch.

