



**SCHOOL PROGRAM**

# MY BEIJING 2022 OLYMPIC JOURNAL



**BE  OLYMPIC**



FEBRUARY 4<sup>TH</sup>

## SPORTS TODAY

Figure Skating, Curling, Ice Hockey



## OPENING CEREMONY



Photo by Jason Ransom/COC

Tonight, athletes and team officials from over 75 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 the Olympic Winter Games. Beijing will be the first city to host both the summer and winter Olympic Games.

One of the highlights of the Opening Ceremony is the Parade of Nations. This is where the teams march into the stadium behind their flags. Very few Olympians experience the honour of being selected to be their country's flag bearer.

***“It was such a powerful, overwhelming sensation of pride and it’s the ultimate honour and certainly the highlight of our career.”***

— TESSA VIRTUE,

Canadian Co-Flag Bearer, PyeongChang 2018 Olympic Winter Games

DID YOU  
KNOW?

The official start of the Beijing 2022 Olympic Winter Games isn't until after the Opening Ceremonies. But some athletes started to compete on Wednesday in opening rounds of competition. Most of the athletes will spend today training, resting, and getting ready. It is an exciting time. But for some it can be a time of feeling very nervous.

## JOURNAL ACTIVITY

**WRITE IT** - What do the Olympic Games mean to you?

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FEBRUARY 5<sup>TH</sup>

Biathlon, Cross Country Skiing, Curling, Freestyle Skiing, Ice Hockey, Long Track Speed Skating, Luge, Snowboard, Short Track Speed Skating, Ski Jumping



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by The Canadian Press/HO-COC/Vaughn Ridley

## MIKAËL KINGSBURY

**BORN:** July 24, 1992 (Sainte-Agathe-des-Monts, QC)

**SPORT:** Freestyle Ski (Moguls)

Mikaël is the most accomplished mogul skier of all time with 53 World Cup wins, and silver and gold Olympic medals. By the time he was a teenager, he was touring the world and missing school. It was difficult to focus on his books and study while competing in far away countries. School wasn't easy for him. But he is proud of his self-discipline and the fact that he passed all of his courses. Champions don't let challenges defeat them.

## DID YOU KNOW?

## THE POWER OF AN OLYMPIC DREAM

After watching Finland's Janne Lahtela win gold in moguls at Salt Lake City 2002, a 9-year-old Mikaël Kingsbury drew the Olympic rings on a piece of paper, added the message "I will win", and taped it to the ceiling above his bed. He's woken up to that drawing every day since then. He fulfilled his dream 16 years later when he won gold at the PyeongChang 2018 Olympics. Those that persevere over many years are often the ones who see their dreams fulfilled.

## JOURNAL ACTIVITY

**DESIGN IT** — Design a perseverance poster to help overcome challenges and persevere through adversity.



SCHOOL PROGRAM



FEBRUARY 6<sup>TH</sup>

Alpine Skiing, Cross Country Skiing, Curling, Figure Skating, Freestyle Skiing, Ice Hockey,  
Long Track Speed Skating, Luge, Ski Jumping, Snowboard, Short Track Speed Skating



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by The Canadian Press/HO-COC/Vaughn Ridley

## JUSTINE DUFOUR-LAPOINTE

**BORN:** March 25, 1994 (Montreal, QC)**SPORT:** Freestyle Ski (Moguls)

Justine is the youngest of three sisters who have all been Olympic freestyle skiers. She started skiing freestyle at eight years old. It wasn't easy at the start! She fell a lot in her first competition, but seeing her older sister compete in the Vancouver 2010 Olympics inspired her to train hard. She made the 2014 Sochi Olympics and won gold at only 19. Her older sister, Chloé, won silver. Four years later she claimed a silver medal in PyeongChang. When we start something new, it can be frustrating. Justine was determined and persevered!

## JOURNAL ACTIVITY

**DRAW IT** — Draw a picture of you succeeding at an activity that you love doing.





FEBRUARY 7<sup>TH</sup>

Alpine Skiing, Biathlon, Curling, Figure Skating, Freestyle Skiing, Ice Hockey,  
Long Track Speed Skating, Luge, Snowboard, Ski Jumping



## CANADA'S MEDAL COUNT



Photo by Jason Ransom

## KIRSTEN MOORE-TOWERS AND MICHAEL MARINARO

**BORN:** Kirsten, July 1, 1992 (St. Catharines, Ontario);  
Michael, January 7, 1992 (Sarnia, Ontario)

**SPORT:** Figure Skating (Team and Pairs)

Kirsten and Michael are seasoned and accomplished pairs skaters who teamed up in 2014. They are headed to their second Olympic Games as a pair as three time winners of the national title. Moore-Towers and Marinaro had matched a career-high with their sixth-place finish at the 2021 World Championships and are looking to improve that during the Beijing 2022 Olympic Games.

## DID YOU KNOW?

## 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. Check out the Internet to see how many gold Team Canada won in PyeongChang 2018.

## JOURNAL ACTIVITY

**WRITE IT** — School, sport, music, family, and career all include teamwork. What does it mean to you to be a good teammate?

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FEBRUARY 8<sup>TH</sup>

## SPORTS TODAY

Alpine Skiing, Biathlon, Cross Country Skiing, Curling, Freestyle Skiing, Figure Skating,  
Ice Hockey, Long Track Speed Skating, Luge, Snowboard



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by Jason Ransom

Photo by Mike Ridewood

## JENNIFER JONES AND BRENT LAING

**BORN:** Jennifer, July 7, 1974 (Winnipeg, MB);  
Brent, December 10, 1978 (Meaford, ON)

**SPORT:** Curling (Mixed Doubles)

Jennifer and Brent are Team Canada's only husband and wife team. Brent has played on three World Championship gold medal teams and represented Canada at the PyeongChang 2018 Olympics. Jennifer skipped the gold medal winning Team Canada at the Sochi 2014 Olympics. Where normal winters have them traveling with their teams, the pandemic kept them at home for a full season with their young daughters. This time together will no doubt lead to great teamwork on the Beijing rink. Can the couple win "his and hers" gold medals?

## JOURNAL ACTIVITY

**WRITE AND DRAW** — 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? Draw a picture of the sport you chose.

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FEBRUARY 9<sup>TH</sup>

## SPORTS TODAY

Alpine Skiing, Curling, Freestyle Skiing, Ice Hockey, Luge,  
Snowboard, Short Track Speed Skating

## CANADA'S MEDAL COUNT



Photo by David Jackson

## TRISTAN WALKER AND JUSTIN SNITH

**BORN:** Tristan, May 16, 1991 (Calgary, AB);  
Justin, December 8, 1991 (Calgary, AB)

**SPORT:** Luge (Doubles)

Blink your eyes as fast as you can. That took six times longer than it took for Tristan Walker and Justin Snith to lose a medal in the doubles luge at the Sochi 2014 Olympics. It was a devastating loss and life altering disappointment. But it fueled a determination that got them on the podium four years later in the luge relay, and inspires them today to win a medal in the doubles luge in Beijing. Don't let your disappointments win. Let them motivate you to work harder and keep persevering.

***“We have unfinished business. We don’t have a doubles medal yet.”***

— TRISTAN WALKER

## JOURNAL ACTIVITY

**WRITE AND DRAW** — Just like in Tristan and Justin’s story, sometimes disappointments can be very discouraging. It helps to have people in our lives that encourage us when we are disappointed. 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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SCHOOL PROGRAM



## SPORTS TODAY

Gold Silver Bronze



## CASSIE SHARPE

**SPORT:** Freestyle Ski (Halfpipe)

Cassie grew up skiing on Vancouver Island with her brother Darcy. They both started to compete in freestyle skiing events, and before long were winning races. She grabbed gold at the PyeongChang 2018 Olympic halfpipe and the 2018 and 2020 X Games. The pressure to win was huge. But then COVID-19 hit. Mountains were closed and races were canceled. The forced rest helped her regain her love of skiing. She was able to return to skiing for fun, but still came back with a fierce motivation to win. Watch for her to repeat her medal winning ways in Beijing.

## JOURNAL ACTIVITY

**WRITE AND DRAW** — COVID-19 has been difficult on all of us. We have had to change plans, avoid seeing family or friends, and endure rules and cancellations. But in the midst of it, some good things have happened for all of us. Write about something good that has happened over the last two years for which you are thankful. Draw and colour a picture of it.

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## SCHOOL PROGRAM



FEBRUARY 11<sup>TH</sup>

Alpine Skiing, Biathlon, Cross Country Skiing, Curling, Ice Hockey, Long Track Speed Skating, Snowboard, Ski Jumping, Skeleton, Short Track Speed Skating



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by Antoine Saito

## ALYSON CHARLES

**BORN:** October 30, 1998 (Montreal, QC)**SPORT:** Short Track Speed Skating (1000m)

Everyone has a story of how COVID-19 has impacted their life. Alyson was in her final preparations for the 2020 World Short Track Speed Skating Championships when she got the news that her training rink was closed, and the Worlds would be cancelled. Everything was constantly changing. There were new rules, rink closures, and isolation from her team. Alyson was starting to struggle and reached out to the team's mental performance coach for help. Together they focused on the things that they could control. If you feel overwhelmed, find someone you can speak with about your troubles.

## DEALING WITH STRESS

## DID YOU KNOW?

When we feel stress, hormones like adrenaline and cortisol are released to prepare us to either get away from the threat (flight) or face the threat (fight). Adrenaline speeds up our heart rate to get more oxygen coursing through our blood stream. Cortisol increases the amount of sugars in our bloodstream to give our muscles the energy we will need. These chemical reactions get us revved up for action in times of stress, but sometimes they are too much to handle. We need to slow things down and get control. Activities like yoga, meditation, or deep breathing can help us quiet our bodies down. Having someone to speak to when you are feeling stress also helps.

## JOURNAL ACTIVITY

**WRITE IT** — Like Alyson, we can all feel a bit stressed out sometimes. Write a letter to a friend that is stressed out. What advice can you give them?

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SCHOOL PROGRAM



## SPORTS TODAY

Gold Silver Bronze



## JANE CHANNELL

**SPORT:** Skeleton

## JOURNAL ACTIVITY

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## SCHOOL PROGRAM



FEBRUARY 13<sup>TH</sup>

Alpine Skiing, Bobsleigh, Biathlon, Cross Country Skiing, Curling, Freestyle Skiing, Long Track Speed Skating, Short Track Speed Skating



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by The Canadian Press/HO-COC/Jason Ransom

## ERIK READ

**BORN:** May 31, 1991 (Calgary, AB)**SPORT:** Alpine Ski (Giant Slalom)

Erik's parents were both famous Canadian skiers. His dad, Ken, was one of the Crazy Canucks that captured the attention of alpine skiing fans around the world for their fearless racing style. Erik needed to define himself as different than his parents and gravitated to the more technical slalom events. He qualified to race in the PyeongChang 2018 Olympics and place a respectable 11th place. While many people feel a pressure from their parent's success, he has been able to balance a pride for his dad's legacy and a focus on his own goals.

## DID YOU KNOW?

## THE CRAZY CANUCKS

During the 1970s and 1980s the Crazy Canucks won World Cup alpine races around the world. Jungle Jim Hunter, Dave Irwin, Dave Murray, Steve Podborski, and Ken Read were fast and reckless as they sped down some of the most dangerous downhill courses on the circuit. They soon became fan favorites and household names in Canada. Steve Podborski was the only one of the Crazy Canucks to medal at the Olympics with his bronze in the Lake Placid 1980 Games.

## JOURNAL ACTIVITY

**DRAW IT** — Draw and colour picture of your favorite sport or activity.





FEBRUARY 14<sup>TH</sup>

## SPORTS TODAY

Bobsleigh, Curling, Freestyle Skiing, Figure Skating,  
Ice Hockey, Snowboard, Ski Jumping



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by Vaughn Ridley

## PIPER GILLES AND PAUL POIRIER

**BORN:** Piper, January 16, 1992 (Rockford, Illinois);  
Paul, November 6, 1991 (Ottawa, ON)

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

When Canadian ice dancers Paul Poirier and Piper Gilles skate to the classic Beatles song “The Long and Winding Road”. It will celebrate a decade of overcoming obstacles. Before they could skate together internationally, Piper had to become a Canadian citizen like her mother. She also had to be released by U.S. Figure Skating to compete for Canada. They then navigated injuries, COVID-19 competition cancellations, and switching songs mid-season. Their perseverance was rewarded at last year’s World Championships where they won bronze. Can they repeat it again in Beijing?

## JOURNAL ACTIVITY

**WRITE AND DRAW** — Do you think it is more important to win or do your best? Why? Draw and colour a picture that explains your reasons?

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SCHOOL PROGRAM



FEBRUARY 15<sup>TH</sup>

Alpine Skiing, Bobsleigh, Biathlon, Curling, Freestyle Skiing, Figure Skating,  
Ice Hockey, Long Track Speed Skating, Nordic Combined, Snowboard



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by Vaughn Ridley

## MAX PARROT

**BORN:** June 6, 1994 (Cowansville, QC)**SPORT:** Snowboard (Big Air)

Only months after winning a silver medal in the PyeongChang 2018 slopestyle competition, Max was diagnosed with a cancer called Hodgkin's lymphoma. Months of chemotherapy helped him to beat the cancer. But this battle has changed his approach to life. He tries to live much more in the present and not worry too much about the future. Max realized that a lot of the things that stressed him out were not really all that important. Now he is less concerned about the little things and takes time for the things that are important.

DID YOU  
KNOW?

## SNOWBOARDING

Snowboarding combines skills similar to surfing and skateboarding. There are five Snowboard events in the Winter Olympic Games: Giant Slalom, Snowboard Cross, Half-Pipe, Slopestyle and Big Air. Since it was added to the Olympic program in 1998, Canada has won 11 medals. This includes 4 golds!

## JOURNAL ACTIVITY

**WRITE AND DRAW** — Max showed real courage in not only beating cancer, but also changing how he approached life. Write about what courage means to you and draw and colour a picture of you being courageous.

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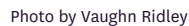
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Gold Silver Bronze



**SPORT:** Short Track Speed Skating

When Charles went to his younger brother François' short track speed skating practice, he quickly became interested in the sport. Few could have guessed that this would be the beginning of such a successful career. Beijing will be Charles' fifth Olympics and he has won medals at every Games he has attended. This includes three golds! At the Vancouver 2010 Games, he won two golds in only 30 minutes. He enters Beijing as the reigning World Champion over 1500m. Can he win another medal to become Canada's most decorated male Olympian ever?

**WRITE AND DRAW** — Having competed at four Olympics and won three gold medals, Charles is a leader on his team. 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 and colour a picture of them.

[illegible]



FEBRUARY 17<sup>TH</sup>Alpine Skiing, Curling, Freestyle Skiing, Figure Skating, Ice Hockey,  
Long Track Speed Skating, Nordic Combined

## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by Vincent Ethier

## SARAH NURSE

**BORN:** January 4, 1995 (Hamilton, ON)**SPORT:** Ice Hockey

When she was seven years old, Sarah watched Team Canada win the Olympic women's hockey gold medal. That day, she started dreaming of winning an Olympic medal for herself. It wasn't an easy dream to fulfill. Sarah is biracial—half Black and half white. Some people said that Black girls weren't good at hockey. She constantly had to prove that hockey was for girls and playing well didn't depend on your skin colour. Her perseverance paid off and she competed on Canada's silver medal team at the PyeongChang 2018 Olympics. Will it be gold this time?

***"I trusted in the little things that I did every day. I trusted in doing my workouts and playing hard every game. I trusted that this would help me be successful."***

— SARAH NURSE

## JOURNAL ACTIVITY

**WRITE AND DRAW** — Reaching your dreams requires hard work and attention to details. You have to constantly strive to be your best. Write a letter telling yourself what you have to do to reach your dreams. Who do you need to ask for help? What habits do you need to adopt?

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FEBRUARY 18<sup>TH</sup>

## SPORTS TODAY

Bobsleigh, Biathlon, Curling, Freestyle Skiing, Figure Skating,  
Ice Hockey, Long Track Speed Skating

## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by Vaughn Ridley

## LAURENT DUBREUIL

**BORN:** July 25, 1992 (Quebec, QC)**SPORT:** Long Track Speed Skating (1000m)

Laurent's dad built him a backyard rink and started teaching him to skate at age four. A couple of years later, his mom tried to correct his skating technique. He told her that he wouldn't listen to her advice because she didn't even know how to skate. Little did he know that both his mother and father had been Olympic speed skaters. Knowing the truth, he adjusted his attitude and was more teachable. He went on to win medals at the world junior championships and later a gold in the 2021 World Single Distance Championships. Will he win his family's first Olympic medal in Beijing?

DID YOU  
KNOW?

## THE SCIENCE OF CLAP SKATES

In traditional speed skating skates, the athlete had to lift up their toe at the end of each stride to thrust their foot forward. This used up a lot of valuable energy and left them tired at the end of the race. So Dutch engineers developed clap skates with a blade that have a spring-loaded hinge at the toe. The skater goes much faster because their stride is longer. Learning to skate in clap skates takes some time because the skater has to learn how to use your ankles for power.

## JOURNAL ACTIVITY

**WRITE AND DRAW** — Laurent had no idea that his parents were Olympians. Sometimes we overlook the amazing things about our parents, grandparents, uncles, or aunts. Write about one of your relatives that you admire for their character, kindness, love, or accomplishments. Draw and colour a picture of them.

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SCHOOL PROGRAM



FEBRUARY 19<sup>TH</sup>

Alpine Skiing, Bobsleigh, Biathlon, Cross Country Skiing, Curling, Freestyle Skiing,  
Figure Skating, Ice Hockey, Long Track Speed Skating



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by Ken Childs

## ALYSIA RISSLING

**BORN:** November 16, 1988 (Edmonton, AB)**SPORT:** Bobsled (2 Women)

Alysia always loved sports. She competed in basketball, soccer, volleyball, and track and field. In her free time, enjoyed snowboarding, surfing, slo-pitch, and beach volleyball. By not specializing in only one sport during her school years, she became a better overall athlete. It was only after finishing university on a basketball and track scholarship that she decided to try bobsleigh. Her athleticism caught the coach's eye, and she was put in the development program. She later piloted the two-woman bobsleigh for Canada at the PyeongChang 2018 Olympics, placing sixth.

## JOURNAL ACTIVITY

**DRAW IT** — Skeleton and bobsleigh are dangerous sports, and the athletes wear helmets for protection. The skeleton helmets are often decorated with images or illustrations that are meaningful to the athletes. Design your own helmet in the box below.





FEBRUARY 20<sup>TH</sup>

## SPORTS TODAY

Bobsleigh, Cross Country Skiing, Curling,  
Figure Skating, Ice Hockey



## CANADA'S MEDAL COUNT

Gold



Silver



Bronze



Photo by Dave Sandford

## SIDNEY CROSBY

**BORN:** August 7, 1987 (Halifax, NS)**SPORT:** Ice Hockey

Vancouver 2010 was Sidney's first Olympic appearance, and the team was caught in a fierce home ice battle with the rival Team USA. At the end of regulation time of the final game, the two teams were tied 2-2. All of Canada was on the edge of their seats when Sidney delivered the golden goal to win the game and earn Canada its record 14<sup>th</sup> gold medal of the 2010 Olympics. He became an instant hero and four years later captained Team Canada for another gold in Sochi.

## JOURNAL ACTIVITY

**DRAW IT** — Draw and colour a picture of what you think are the three best moments of the Beijing 2022 Olympic Winter Games.



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