



MY PODIUM PAGES



SCHOOL PROGRAM





FEBRUARY 5TH

Ice Hockey, Curling,
Snowboard



Today medal count:



CANADA:



GOLD



SILVER



BRONZE

Chosen Country:



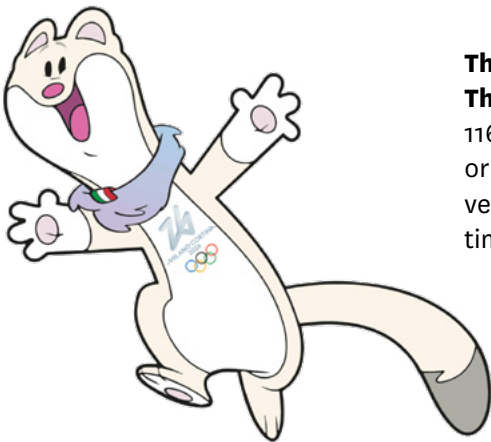
GOLD



SILVER



BRONZE



The Milano Cortina 2026 Olympic Winter Games officially start tomorrow.

These are the 25th Olympic Winter Games. Athletes will compete in 16 sports and 116 medal events. A few athletes will start to compete today in round-robin play or qualifying rounds. Most of the athletes will spend today training, trying out the venues, resting, and getting ready. It's an exciting time. For some athletes it can be a time of feeling nervous.

FEATURED ATHLETE



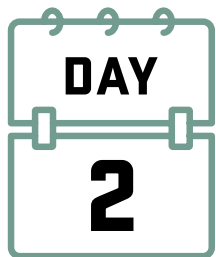
KRISTIN DELLA ROVERE

BORN: November 30, 2000 (Caledon, Ontario - Canada)

SPORT: Ice Hockey

Kristin Della Rovere, was raised in Caledon, Ontario, and starred at Harvard as captain and top faceoff leader. After playing for Ottawa's PWHL team, she embraced her Italian roots, joining Italy's national team. She scored 7 points in 5 games to help Italy win the 2025 Women's World Hockey 1B tournament. Now she's chasing her big dream—competing in the 2026 Winter Olympics in Milan, proudly representing the host nation.





FEBRUARY 6TH

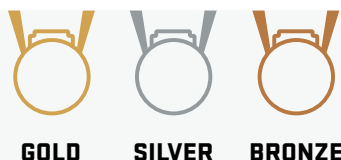
Ice Hockey, Figure Skating,
Curling



Today medal count:



CANADA:



GOLD SILVER BRONZE

Chosen Country:



GOLD SILVER BRONZE

FEATURED ATHLETE



DEANNA STELLATO & MAXIME DESCHAMPS

BORN: **Deanna Stellato-Dudek:** June 22, 1983 (Park Ridge, Illinois - United States)

Maxime Deschamps: December 20, 1991 (Vaudreuil-Dorion, Quebec - Canada)

SPORT: Pairs Figuring Skating

Deanna Stellato-Dudek was a top teenage figure skater until injuries struck, and she decided to step away from the sport. Sixteen years after retiring, she was asked “what would you do if you knew you couldn’t fail?” Her answer was to skate again. That motivated her to launch a comeback, and she has been skating with her partner, Maxime Deschamps, since 2019. Although Maxime was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), it hasn’t stopped him from being diligent and persistent. The duo grew stronger by overcoming challenges together, and now they head to Italy as one of the most seasoned pairs in figure skating, showing that it’s never too late to chase your dreams.

“When you watch the Opening Ceremony, you see the smile and the pride in the people holding the flag. It’s hard to put into words but to now be the one with the smile on my face, it is truly an honour.”

— MARIE-PHILIP POULIN,

Team Canada Beijing 2022 Opening Ceremony Flag bearer





FEBRUARY 7TH - 8TH

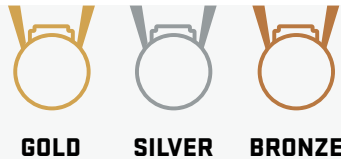
Ice Hockey, Speed Skating, Figure Skating, Snowboard, Freestyle Skiing, Alpine Skiing, Curling, Luge, Ski Jumping, Cross Country Skiing, Biathlon



Week-end medal count:



CANADA:



GOLD SILVER BRONZE

Chosen Country:



GOLD SILVER BRONZE



ALEXANDRIA LOUITT

BORN: January 7, 2004 (Calgary, Alberta - Canada) **SPORT:** Ski Jumping

Alexandria Loutitt made history by being the first Canadian woman to win an Olympic medal at ski jumping. Her history making continued when she became Canada's first ever world ski jumping champion, breaking the women's world record. Alexandria is proud of her Gwich'in First Nation heritage and hopes to inspire other Indigenous youth. She shows that with hard work and pride in who you are, anything is possible.



ADAM RUNNALLS

BORN: October 3, 1998 (Calgary, Alberta - Canada) **SPORT:** Biathlon

Adam Runnalls is a Canadian biathlete from Calgary, Alberta. He and his relay teammates skied and shot their way to 6th place at the Beijing 2022 Olympic Winter Games—Canada's highest ever finish. When Adam isn't training, he is working hard as a Sustainability Ambassador for the International Biathlon Union. Adam is proud to support both his country and the environment through his actions on and off the snow.



Fun Facts

Imagine a snowy skateboard park on a hill. That is much like the course where slopestyle freestyle skiers compete. The course is filled with rails, jumps, boxes, and walls, and skiers perform tricks off each feature, combining spins, flips, and slides in a flowing run. The athletes can do jumps as high as 20m and tricks with four full spins. Slopestyle, a crowd favorite, made its Olympic debut at Sochi 2014.

BE ACTIVE AND BE OLYMPIAN

Be Olympian...get active this weekend. With so many Canadian Olympians competing on ice this weekend, it is a great time to get out your skates and hit the local rink with your friends and family for a fun skate, relay race, or game of hockey. Who is the fastest to skate a lap between you, your siblings, friends or parents? Can you do a relay?

Maybe this is the weekend to first learn how to skate. Most of your local rinks rent skates and offer lessons. Don't worry about falling.

It is all part of learning and everyone who first tries skating lands on their bottom a few times.

If you live in the Greater Toronto Area, you and your family can join local Olympians for a skate at Nathan Phillips Square on February 7 and 8. Check out www.olympic.ca for all the details!



FEBRUARY 9TH

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




Today medal count:

 **CANADA:**

		
GOLD	SILVER	BRONZE

Chosen Country:

		
GOLD	SILVER	BRONZE

FEATURED ATHLETE



JACK CRAWFORD

BORN: May 3, 1997 (Toronto, Ontario - Canada)

SPORT: Alpine Skiing

Skiing at 150 km/h takes courage, and Jack Crawford showed it by winning bronze in the alpine combined at Beijing 2022—the first Canadian to medal in that event. He also placed 4th in downhill, just 0.07 seconds from bronze. Courage runs in his family, as his sister (Candace) and aunt (Judy) are both Olympians. Now, Jack aims to make more history at Milano Cortina.



Fun Facts

There are four different events in alpine skiing: Slalom, Giant Slalom, Super-G, Downhill, and Combined. The skis are different for each of these events. For example, slalom skis are shorter and more agile, while downhill skis are longer and built for speed and stability. The courses are injected with water to make the snow icier—and faster.





DAY 5



JOURNAL ACTIVITY

Courage is a value shared by most Olympians. Write a short paragraph and draw a picture of a time when you had to show courage.



FEBRUARY 10TH

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




Today medal count:

 **CANADA:**

		
GOLD	SILVER	BRONZE

Chosen Country: _____

		
GOLD	SILVER	BRONZE

FEATURED ATHLETE



TRINITY ELLIS

BORN: April 28, 2002 (Vancouver, British Columbia - Canada)

SPORT: Luge

Trinity Ellis was hooked on the sport of luge when her grade 6 class visited the Whistler Sliding Centre. It was so fast and exciting! Living in Pemberton, British Columbia, she was able to start training young. She made her first Olympic team at Beijing 2022, finishing 14th in women's singles and contributing to Canada's sixth-place team relay finish. Is this the year that her dreams take her to the Olympic podium?



Fun Facts

Luge athletes speed down an icy track, reaching speeds of over 140 km/h. Amazingly, there are no brakes. Lugers use body movements and steering handles to control the sled. Even tiny shifts of the shoulders, legs, or calves at those speeds can make a huge difference. The sleds are made of fiberglass and the runners are steel.



Experience Olympic Winter Games

MY PODIUM PAGES



DAY 6



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.





FEBRUARY 11TH

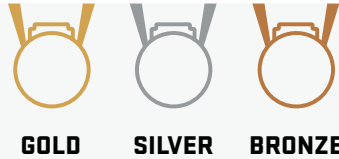
Ice Hockey, Speed Skating, Figure Skating, Snowboard, Freestyle Skiing, Alpine Skiing, Curling, Luge, Biathlon, Nordic Combined



Today medal count:



CANADA:



GOLD SILVER BRONZE

Chosen Country:



GOLD SILVER BRONZE

FEATURED ATHLETES



PIPER GILLES AND PAUL POIRIER

BORN: Piper Gilles: January 16, 1992 (Rockford, Illinois - United States)
 Paul Poirier: November 6, 1991 (Ottawa, Ontario - Canada)

SPORT: Ice Dancing

Since teaming up in 2011, Piper Gilles and Paul Poirier have risen to become one of the best ice dance teams in the world. But they face their American rivals, the three-time World Champions, Madison Chock and Evan Bates. The Canadian pair have been growing in their confidence. They placed second at the 2025 Worlds and defeated their US rivals earlier in the season. They are skating for the win!

Fun Facts



Figure skating made its Olympic debut in 1908. It was first held during the London Summer Olympics, before the Winter Games even existed! The most difficult jump in figure skating is the quadruple jump, or “quad”—four full spins in the air. The top skaters can do multiple quads in one program. Olympic figure skating costumes are fancy, but they can’t wear too much glitter, feathers, or anything that might fall off. If part of the costume comes loose during the performance, the skater might lose points!





FEBRUARY 12TH

Ice Hockey, Short Track Speed Skating, Snowboard, Freestyle Skiing, Alpine Skiing, Curling, Biathlon, Cross Country Skiing




Today medal count:

 **CANADA:**

 **GOLD**  **SILVER**  **BRONZE**

Chosen Country:

_____  **GOLD**  **SILVER**  **BRONZE**

FEATURED ATHLETE



ELIOT GRONDIN

BORN: April 19, 2001 (Sainte-Marie, Quebec - Canada)

SPORT: Snowboard Cross

Eliot Grondin started snowboarding at age 4 and won his first race at the age of 8. Success came quickly, and he qualified for Team Canada at PyeongChang Olympics in 2018 when he was only 16 years old. By the time Beijing 2022 came, he was one of the very best snowboarders in the world, winning silver and bronze medals. Can he add to his Olympic medal collection?



Fun Facts

Snowboarding started in the 1960s. Designed to be like surfing on snow, the first “snowboard” was called a Snurfer. The Olympic snowboard events are halfpipe, slopestyle, big air, snowboard cross, and parallel giant slalom. Some pros reach over 7 meters above the lip of a halfpipe during competitions!





DAY 8



JOURNAL ACTIVITY

Who is your favourite Olympian? Find an interesting fact about them and how they started their sport. Draw a picture of them competing.




FEBRUARY 13TH

Ice Hockey, Figure Skating, Speed Skating, Snowboard, Curling, Skeleton, Biathlon, Cross Country Skiing



Today medal count:

 **CANADA:**

 **GOLD**  **SILVER**  **BRONZE**

Chosen Country: _____

 **GOLD**  **SILVER**  **BRONZE**

FEATURED ATHLETE



MERYETA O'DINE

BORN: February 24, 1997 (Victoria, British Columbia - Canada)

SPORT: Snowboard Cross

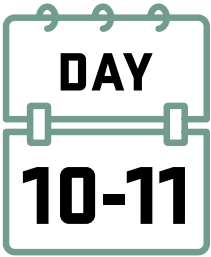
Meryeta O'Dine took snowboard lessons at age 12 and hated it. At first, she was embarrassed at her skills and only snowboarded at night when the hill was less crowded. But she didn't quit, and after a full season, came to love the sport. 13 years later, she was a double medallist at Beijing 2022. It's amazing what can happen if you don't quit!



Fun Facts



Nordic Combined combines two very different sports. First the athletes ski jump, a sport where power and a light body helps you jump farther. They are scored on distance and style. Their points determine their starting order for a cross country ski race which demands strength and endurance. The leader in the ski jump starts first. Nordic Combined has been in the Winter Olympics since 1924, but this will only be the first time that women get to compete.




Ice Hockey, Speed Skating, Figure Skating, Freestyle Skiing, Snowboard, Alpine Skiing, Curling, Bobsleigh, Skeleton, Biathlon, Ski Jumping, Cross Country Skiing



FEBRUARY 14TH - 15TH

Week-end medal count:

 **CANADA:**

 **GOLD**  **SILVER**  **BRONZE**

Chosen Country:

_____  **GOLD**  **SILVER**  **BRONZE**



STEVEN DUBOIS

BORN: May 1, 1997 (Terrebonne, Quebec - Canada) **SPORT:** Speed Skating - Short Track

A year from Milano Cortina, Steven Dubois is leading Canada's short track stars. He won four golds at the 2025 World Championships and earned gold, silver, and bronze at his first Olympics. Starting at age 11, Steven is now at his peak and ready to shine. He could be the story of the Games. Go Steven!



MIKAËL KINGSBURY

BORN: July 24, 1992 (Sainte-Agathe-des-Monts, Quebec - Canada) **SPORT:** Moguls

Mikaël Kingsbury is known as the "King of Moguls". Mikaël has won three Olympic medals (gold and 2 silvers), 9 World Championship golds, and 99 World Cup races. He started freestyle skiing at age 8, and two years later he put the Olympic rings above his bed with the words "I will win". His determination to win has made him the most dominant athlete in his event.



Fun Facts

Short Track speed skaters compete on an 111m oval inside a hockey rink. Short track is known for crashes, wild passing, and unexpected winners. Skaters use drafting (skating behind another skater to reduce air resistance). Tactics are very important, and races can be won by mere thousandths of a second.

BE ACTIVE AND BE OLYMPIAN

Great sliding action this weekend with both bobsleigh and skeleton athletes racing for gold. Most Canadians experience sliding by hitting the toboggan hill. Get active and be Olympian by dragging your toboggan or favorite slide to the top of the local hill. How many runs can you do in one hour? Is sledding in a pair faster than solo?

Do you live in Greater Calgary? Join local Olympians at Markin MacPhail Centre on February 14 and 15. Check out all the details at www.olympic.ca.



FEBRUARY 16TH

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



Today medal count:



CANADA:



GOLD



SILVER



BRONZE

Chosen Country:



GOLD



SILVER



BRONZE

FEATURED ATHLETE



CYNTHIA APPIAH

BORN: May 15, 1990 (North York, Ontario - Canada)

SPORT: Bobsleigh

Cynthia Appiah was the backup brakewoman for Canada's bobsleigh team at PyeongChang 2018. It was so frustrating that she thought of quitting the sport. Instead, she trained to become a pilot. Learning two positions paid off—she finished 4th in the monobob at the World Championships. Now, Cynthia heads to Milano Cortina with her eyes on the podium and a chance to make Canadian bobsleigh history.

“I want to be a visual representation for children and youth, especially Black youth, that we belong in all sports, including winter ones.”

— CYNTHIA APPIAH,
Team Canada Athlete - Beijing 2022



DAY 12



JOURNAL ACTIVITY

Write a paragraph about a goal that you have for the future.
Draw a picture of you reaching your goal.



FEBRUARY 17TH

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




Today medal count:

 **CANADA:**

		
GOLD	SILVER	BRONZE

Chosen Country:

		
GOLD	SILVER	BRONZE

FEATURED ATHLETE



ISABELLE WEIDEMANN

BORN: July 18, 1995 (Ottawa, Ontario - Canada)

SPORT: Speed Skating

At Beijing 2022, Isabelle Weidemann made Canadian Olympic history with three medals—bronze in the 3000m, silver in the 5000m, and gold in the team pursuit. She added a 4th-place finish in the 5000m and helped win bronze in the team event at the 2025 World Championships. Now, she’s aiming to end her career on top at Milano Cortina.



Fun Facts

Speed skaters race around an oval that is longer than 400m and reach speeds of 60 km/hr. They compete in special skates (clap skates) where the blade detaches at the heel to generate more power. They wear special racing suits that reduce air resistance, saving them time.





FEBRUARY 18TH

Ice Hockey, Short Track, Freestyle Skiing, Snowboard, Alpine Skiing, Curling, Biathlon, Cross Country Skiing





Today medal count:

 **CANADA:**

		
GOLD	SILVER	BRONZE

Chosen Country: _____

		
GOLD	SILVER	BRONZE

FEATURED ATHLETE



SONJAA SCHMIDT

BORN: December 15, 2002 (Whitehorse, Yukon - Canada)

SPORT: Cross-Country Skiing

Sonjaa Schmidt was born in Whitehorse, Yukon, and was on cross-country skis before her first birthday. In 2024, she made history by winning gold in the freestyle sprint at the Under-23 World Ski Championships—the first Canadian woman to do so. She continued her rise with a strong 2025 World Cup season, finishing 4th in a sprint race in Switzerland. Now, she’s headed to her first Olympics in Milano Cortina.



Fun Facts



Cross country skiing dates back over 5,000 years. Long before it became a sport, it was used to travel during the winter months. There are two main techniques: classic (straight-line stride) and skate or freestyle skiing (more like ice skating). In Milano Cortina, you will see five event types: sprint (about 1.5km), distance races (10km and 50km), relays, skiathlon (classic and skate skiing), and the team sprint.




FEBRUARY 19TH

Ice Hockey, Speed Skating, Figure Skating, Freestyle Skiing, Ski Mountaineering, Curling, Nordic Combined




Today medal count:

 **CANADA:**

 **GOLD**  **SILVER**  **BRONZE**

Chosen Country: _____

 **GOLD**  **SILVER**  **BRONZE**

FEATURED ATHLETE



JOCELYNE LAROCQUE

BORN: May 19, 1988 (Ste. Anne, Manitoba - Canada)

SPORT: Ice Hockey

Jocelyne Larocque started hockey at age 5 in Sainte-Anne, Manitoba. A national team member since 2008, she's won four World Championship golds and two Olympic golds—Sochi 2014 and Beijing 2022. She was assistant captain for Canada's gold in 2022, and silver in 2018. Proud of her Métis roots, Jocelyne hopes to inspire the next generation of Indigenous athletes to chase their dreams.



Fun Facts



The Milano Cortina Games will be the first time that ski mountaineering (or Skimo) is in the Olympics. Only 18 men and 18 women will compete in the men's and women's sprint and the mixed relay. Ski mountaineering combines up hill skiing, hiking, and downhill skiing. During the sprint event, skiers will ski up a hill, transition to hiking for a steep section, and then ski down the hill. The whole event lasts only about three minutes, and there are knock-out rounds of six skiers.



FEBRUARY 20TH

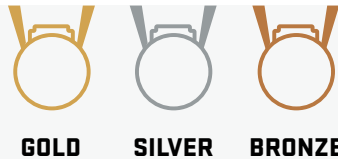
Ice Hockey, Speed Skating, Short Track, Freestyle Skiing, Bobsleigh, Curling, Biathlon



Today medal count:



CANADA:



GOLD SILVER BRONZE

Chosen Country:



FEATURED ATHLETE



MARIELLE THOMPSON

BORN: June 15, 1992 (North Vancouver, British Columbia - Canada)

SPORT: Ski Cross

As defending champion in the women’s ski cross, Marielle Thompson the favorite for the PyeongChang 2018 Games gold. Then injury struck! With only weeks to go, she needed knee surgery. She battled back to the podium at Beijing 2022 with a silver medal. In an event where a crash can end your season, Marielle is proven a fighter. She won five World Cups in 2025. Don’t count Marielle out in 2026!



Fun Facts

Ski cross made its Olympic debut at Vancouver 2010. It’s a fast and exciting event where four skiers race head-to-head down a snowy course filled with jumps, rollers, tight turns, and bumps. It’s all about speed, skill, and smart racing. The first two to cross the finish line move on to the next round. Crashes and close calls make every race thrilling to watch!





DAY 16



JOURNAL ACTIVITY

If you could meet any of the Olympic athletes, who would it be? What would you talk about? What questions would you ask them? Draw a picture of you and your chosen athlete.



FEBRUARY 21TH - 22TH

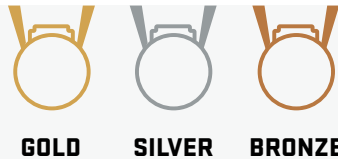
Ice Hockey, Speed Skating, Freestyle Skiing, Ski Mountaineering, Curling, Bobsleigh, Biathlon, Cross Country Skiing



Week-end medal count:

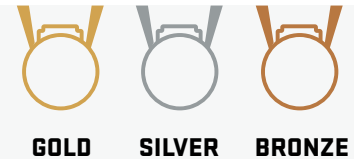


CANADA:



GOLD SILVER BRONZE

Chosen Country:



GOLD SILVER BRONZE



BRAD GUSHUE

BORN: June 16, 1980 (St. John's, Newfoundland and Labrador - Canada) **SPORT:** Curling

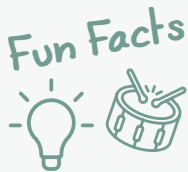
When Brad Gushue's Newfoundland team played in the 2006 Olympic curling final, schools closed so students could watch. They were the first Newfoundlanders ever to win Olympic gold. Fourteen years later, they earned bronze for Canada at Beijing 2022. With Milano Cortina ahead, it's a safe bet Gushue will continue curling his way into Canadian sports history.



CONNOR MCDAVID

BORN: January 13, 1997 (Richmond Hill, Ontario - Canada) **SPORT:** Ice Hockey

There aren't many honours that Connor McDavid hasn't won in hockey. He was number one draft pick and an NHL All-Rookie Team member. He was named captain of the Edmonton Oilers in his second year, becoming the youngest ever captain in NHL history. Then he won the Art Ross Trophy (top scorer), the Hart Memorial Trophy, and the Ted Lindsay Award. In 2025, he captained the Edmonton Oilers to their second Stanley Cup Finals. But one honour still remains...Olympic gold. Can McDavid lead Team Canada to gold?



CLOSING CEREMONIES

The 2026 Milano Cortina Olympic Games closing ceremony will be held in the Arena di Verona. This is an ancient Roman amphitheatre built around 30 AD. This will be one of the oldest-ever Olympic ceremony sites. Since many of the athletes will not be able to make it to Verona, there will also be smaller closing ceremonies in Milan and Cortina.



BE ACTIVE AND BE OLYMPIAN

For so many Canadian hockey fans, today is the day that they love. The men's Olympic hockey final. This year, it will feature some of the NHL's best players and it promises to be non-stop excitement. Celebrate the day with some hockey of your own. Get active and be Olympian by playing a game of road hockey, ice hockey, or floor hockey. Call your friends and get a game going!

Do you live near Montreal? Come and join Olympians for some hockey fun at Quartier des Spectacles on February 21 and 22. All the details are available at www.olympic.ca.



[OLYMPIC.CA/EDUCATION/RESOURCES/](https://olympic.ca/education/resources/)

