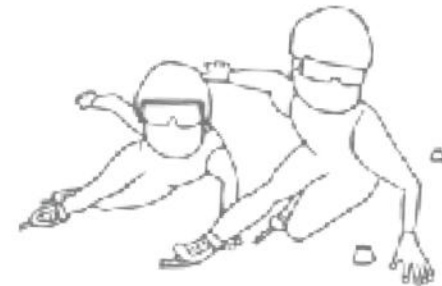
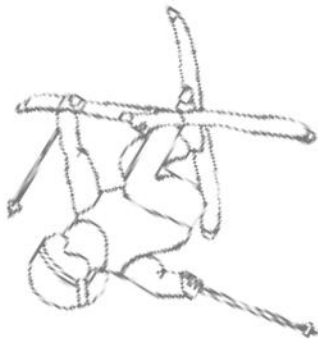


# TEAM CANADA



SCHOOL PROGRAM



**A COLOURING BOOK OF THE WINTER OLYMPIC SPORTS**



# **GO CANADA GO!**

To the next generation of Canadian athletes,

This colouring book is dedicated to you –  
a reminder to be brave, dream big, and to enjoy every step of the journey.

Take pride in who you are today and who you will become.

Together, let's cheer on Team Canada as they compete at the  
Milano–Cortina 2026 Olympic Games.

**LETS GO CANADA!**

A handwritten signature in black ink, appearing to read 'Kelsey Mitchell', written in a cursive style.

**KELSEY MITCHELL**

2x Olympian - Olympic Champion





SCHOOL PROGRAM

How the sport works.

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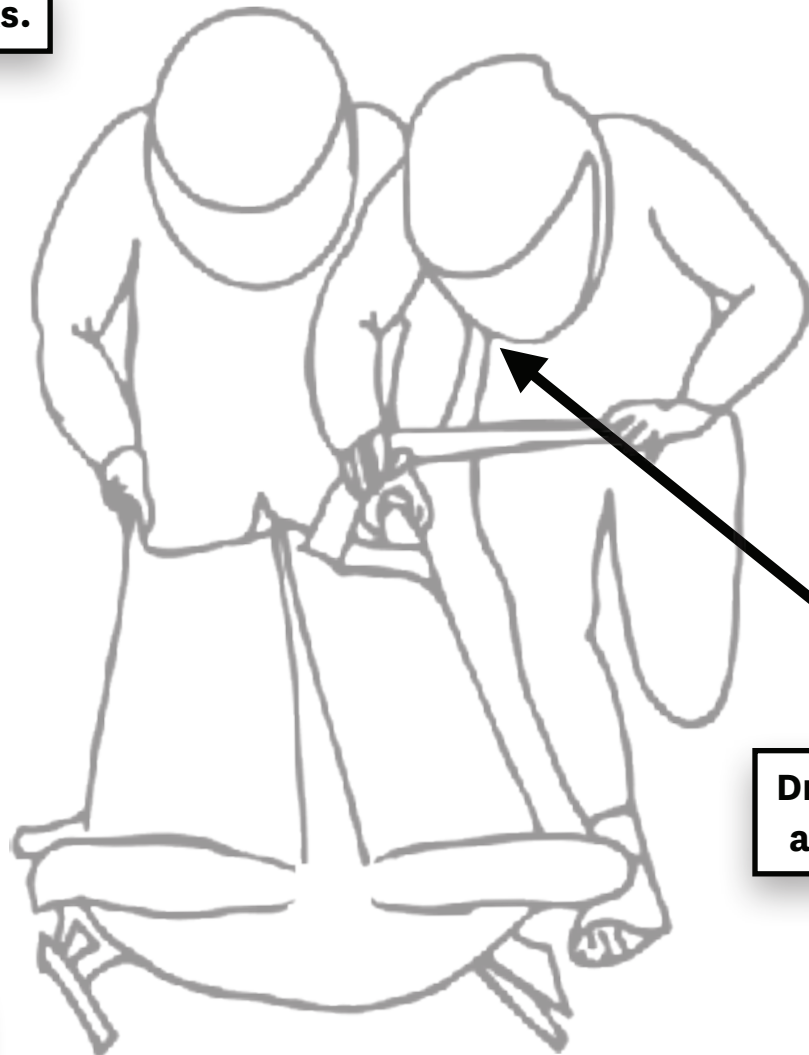
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Draw and colour yourself in as a Team Canada athlete.

The days you can watch the sport at the Olympics.

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FEBRUARY ???

The name of the sport.

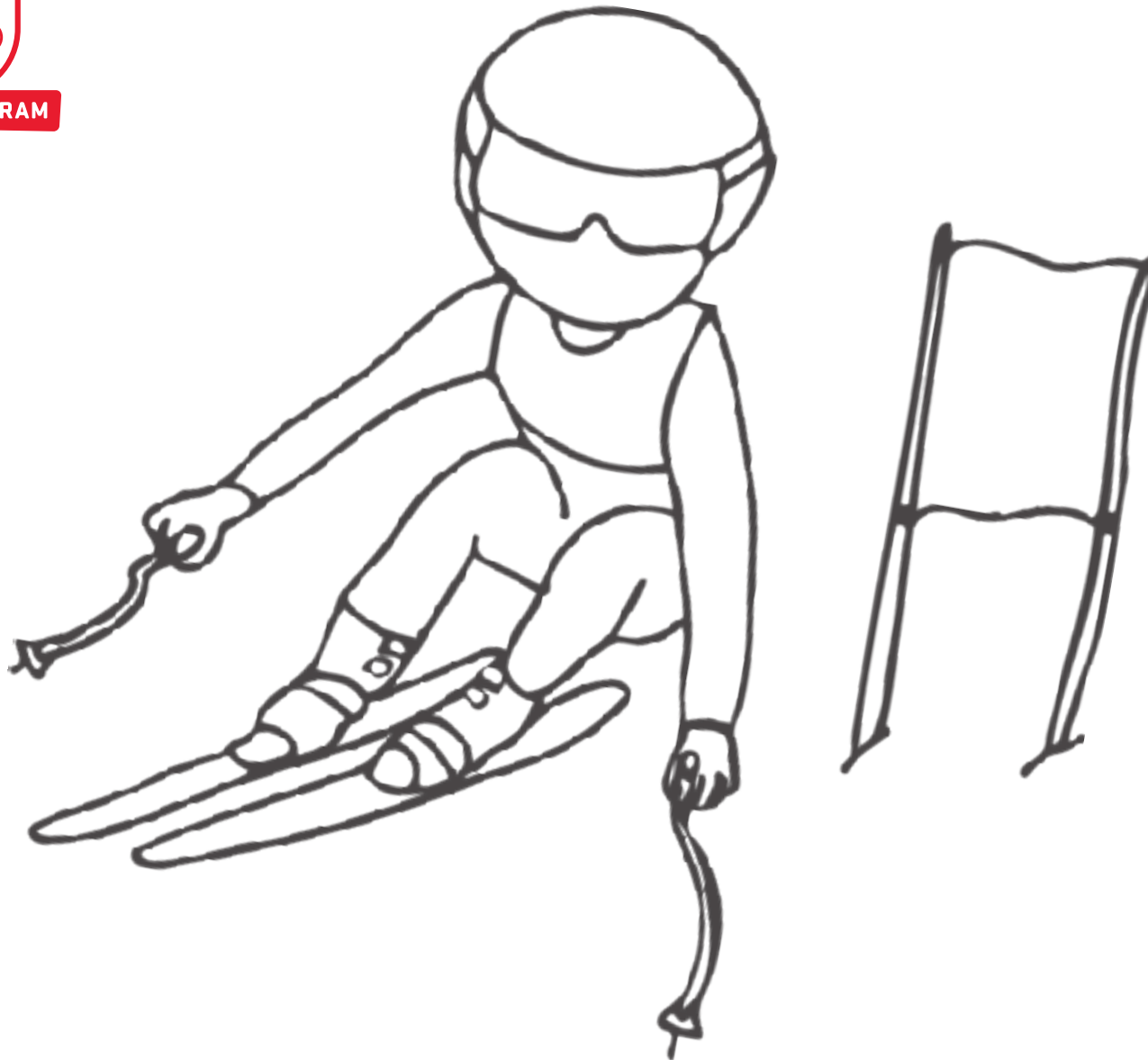


?????





SCHOOL PROGRAM



# ALPINE SKIING

**Alpine skiing is a timed downhill race event, on snow.**

Skiers race one at a time down a steep, gated course, trying to get to the bottom as fast as possible without missing any gates. Events vary in speed and difficulty, from short technical courses to long, high-speed runs. The judges don't score form — they simply record time. The skier with the **fastest run (or combined runs)** wins

**FEBRUARY 4TH - 18TH**



SCHOOL PROGRAM

**Curling is a precision team sport played on ice.**

Teams slide heavy stones toward a target, while teammates sweep the ice to control speed and direction of the thrown stones.

Each team throws eight stones per end, and points are scored by getting closest to the center of the target.

Officials watch for rule violations like touching a stone.

The team with the **most points after all ends** wins.



**FEBRUARY 4TH-22ND**

**CURLING**



SCHOOL PROGRAM



LUGE

**Luge is a timed race event on an ice track and is the fastest Olympic sport - with speeds up to 150km/hr.**

Athletes lie on their backs on small sleds and steer with tiny movements of their shoulders and legs. They race down the track one at a time at very high speeds, and officials record each run precisely.

There are no style points — only time matters. The athlete or team with the **fastest total time** wins.

FEBRUARY 4TH-12TH

**Ice hockey is played between two teams on ice.**

Each team tries to shoot the puck into the opponent's net while skating at high speed. Games are divided into three periods, and referees watch for penalties like tripping or high-sticking. If the score is tied, teams may play extra time of 3-on-3 sudden death or a shootout. The winner is the team with the **most goals**

**FEBRUARY 5TH-22ND**



**SCHOOL PROGRAM**

**ICE HOCKEY**



SCHOOL PROGRAM



# SKI JUMPING

**Ski jumping is a judged and timed jumping event on snow.**

Athletes ski down a long ramp and launch themselves into the air, trying to land as far down the hill as possible. Judges score each jump based on **distance** and **style**, including balance, control, and landing.

Wind and gate adjustments can modify scores for fairness. The jumper with the **highest total score** wins.

FEBRUARY 5TH-16TH

**Snowboarding events are either judged or timed, depending on the discipline.**

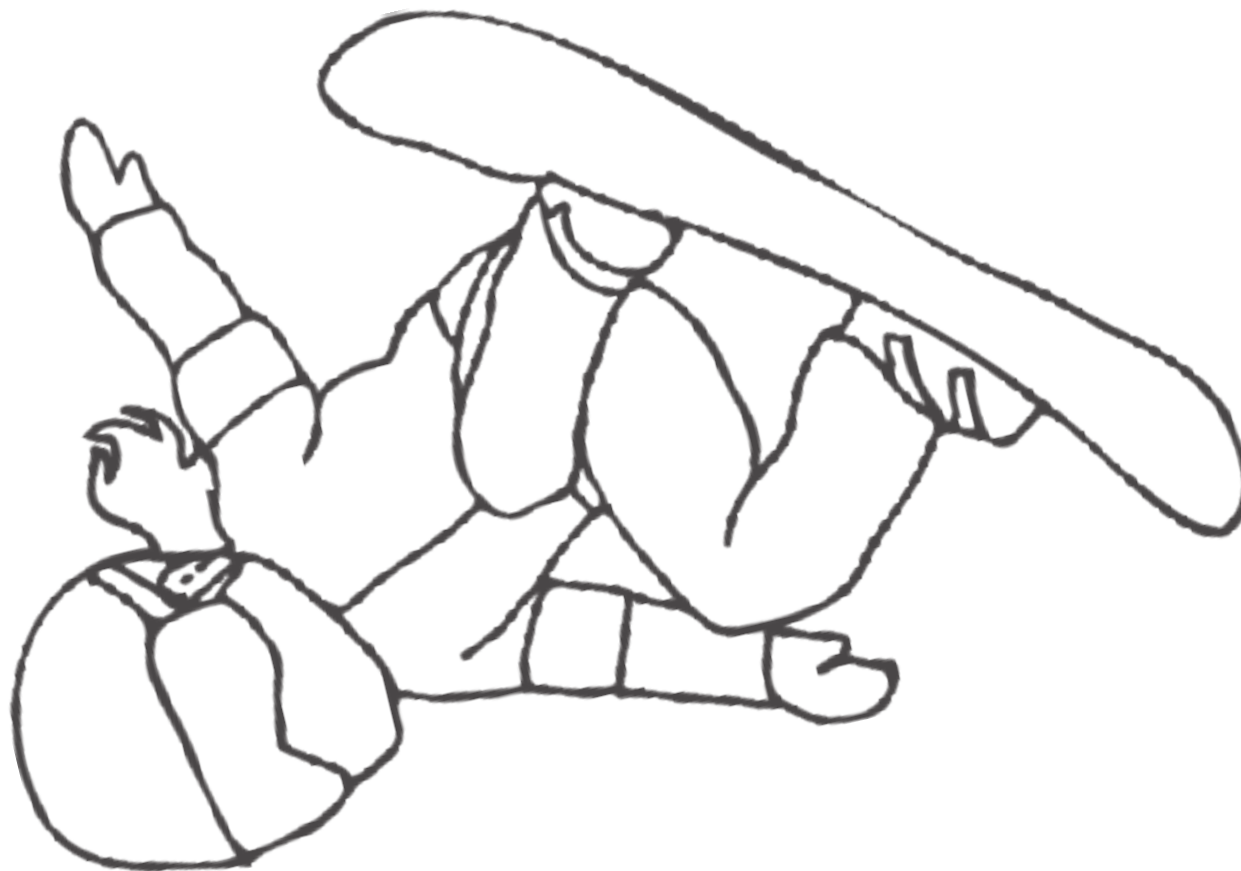
In judged events like halfpipe, slopestyle, and big air, riders perform tricks and are scored on difficulty, execution, amplitude, and style.

In timed events like snowboard cross and parallel giant slalom, racers compete down the course, and the fastest finish wins. The athlete with the **highest score or fastest time** wins the event.

**FEBRUARY 5TH-18TH**



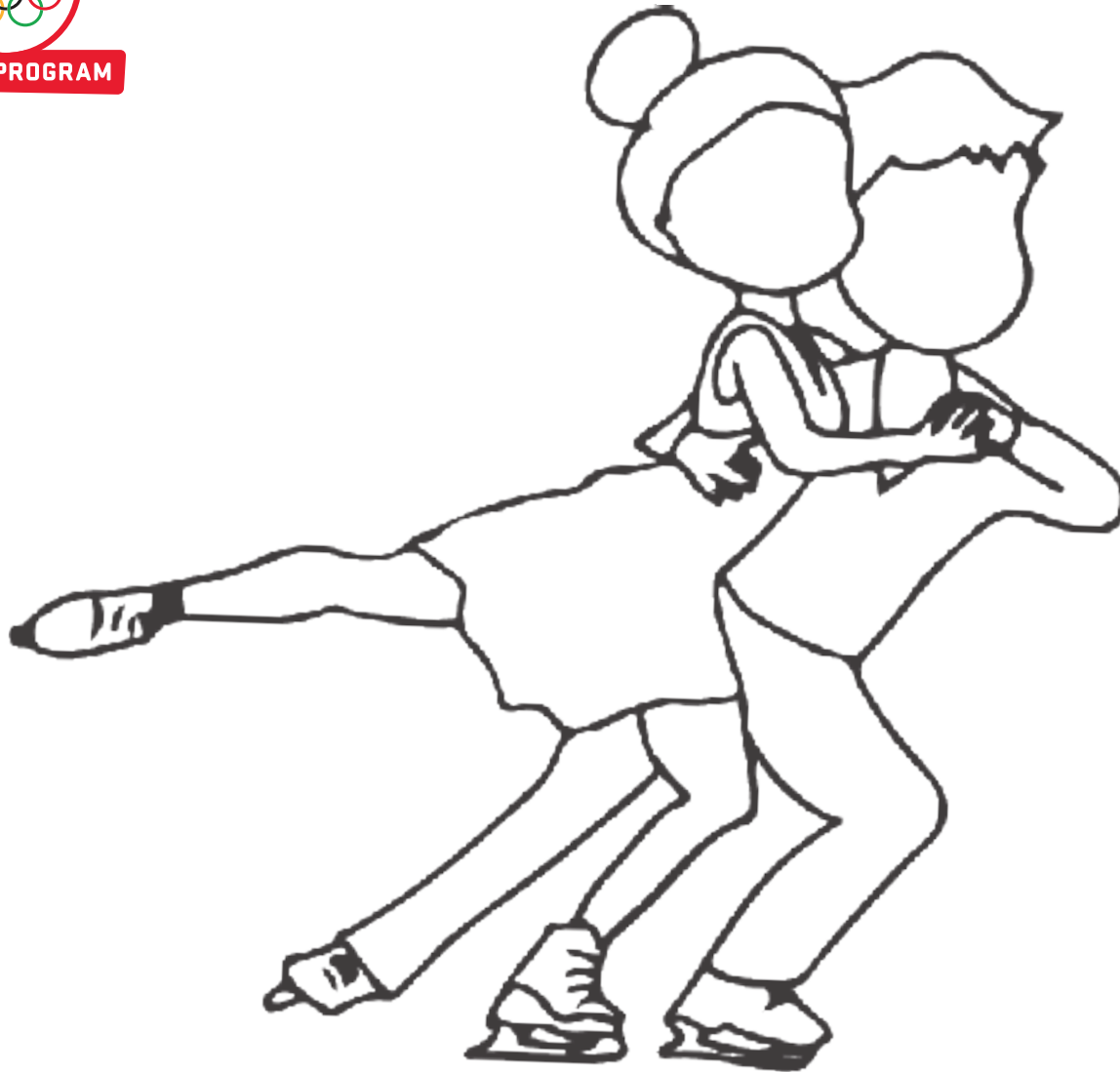
**SCHOOL PROGRAM**



**SNOWBOARD**



SCHOOL PROGRAM



# FIGURE SKATING

**Figure skating is a judged sport performed on ice.** In Italy, there will be five disciplines: **Men's Singles, Women's Singles, Pairs, Ice Dance, and the Team Event.**

Skaters perform routines with required jumps, spins, and steps. Judges score each element based on how well it was executed, then award additional points for artistry, musical interpretation, and overall performance. The skater or team with the **highest total score** wins.

**FEBRUARY 6TH-19TH**

**Cross-country skiing is a timed endurance race on snow.**

Athletes race individually or in groups over long courses using either classic or skate technique. In interval-start events, skiers race the clock; in mass-start and sprint events, they race head-to-head. Officials check for correct technique and watch for rule violations. The skier or team with the **fastest time** wins.

**FEBRUARY 7TH - 22ND**

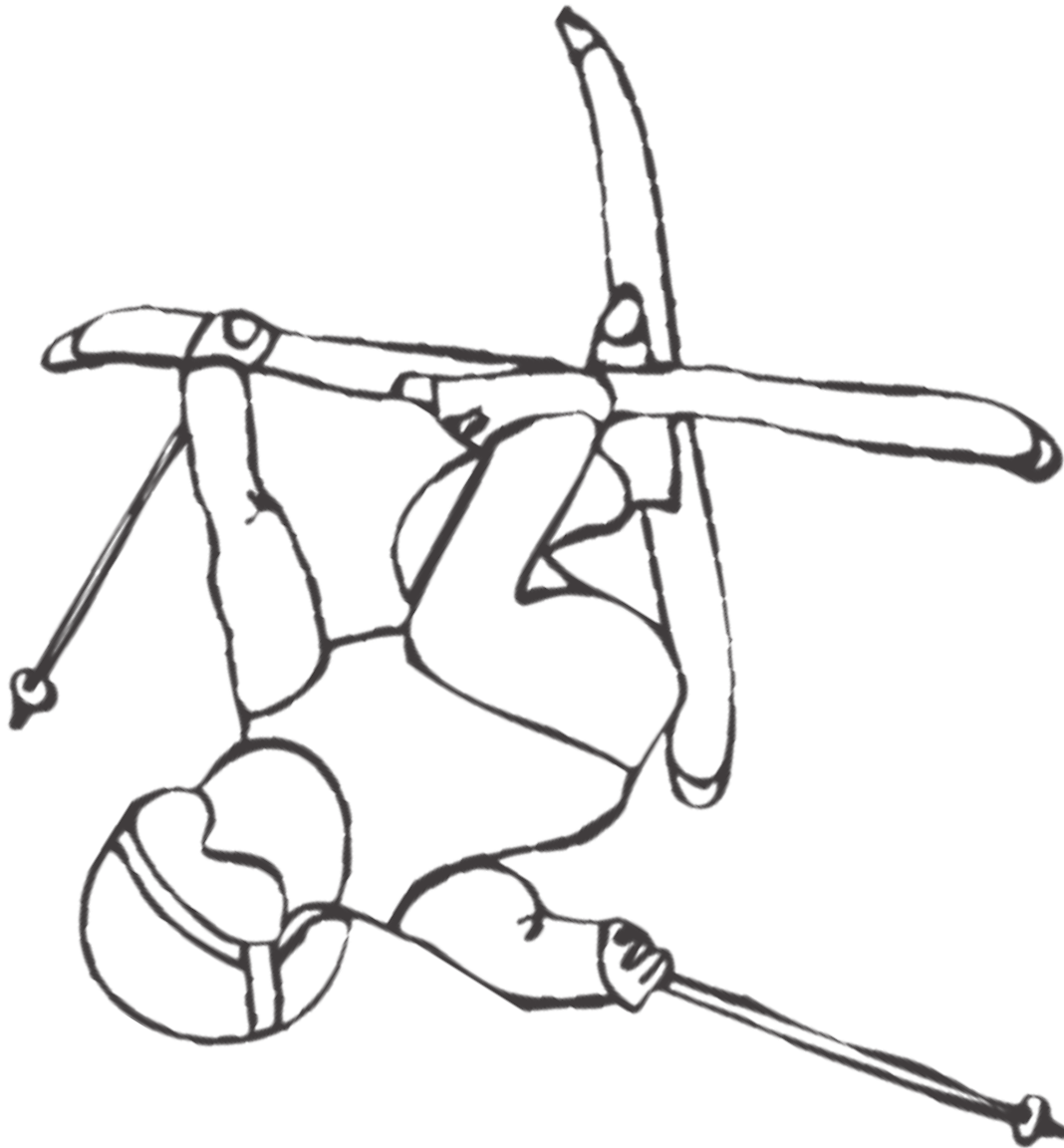


**SCHOOL PROGRAM**

**CROSS-COUNTRY SKIING**



SCHOOL PROGRAM



# FREESTYLE SKIING

**Freestyle skiing includes both judged and timed events.**

In judged events like moguls, aerials, halfpipe, slopestyle, and big air, athletes perform jumps and tricks that are scored on difficulty, execution, and style.

In ski cross, racers compete head-to-head down a course, and the finish order decides the results. The skier with the **highest score or fastest time** wins.

**FEBRAURY 7TH - 21ST**

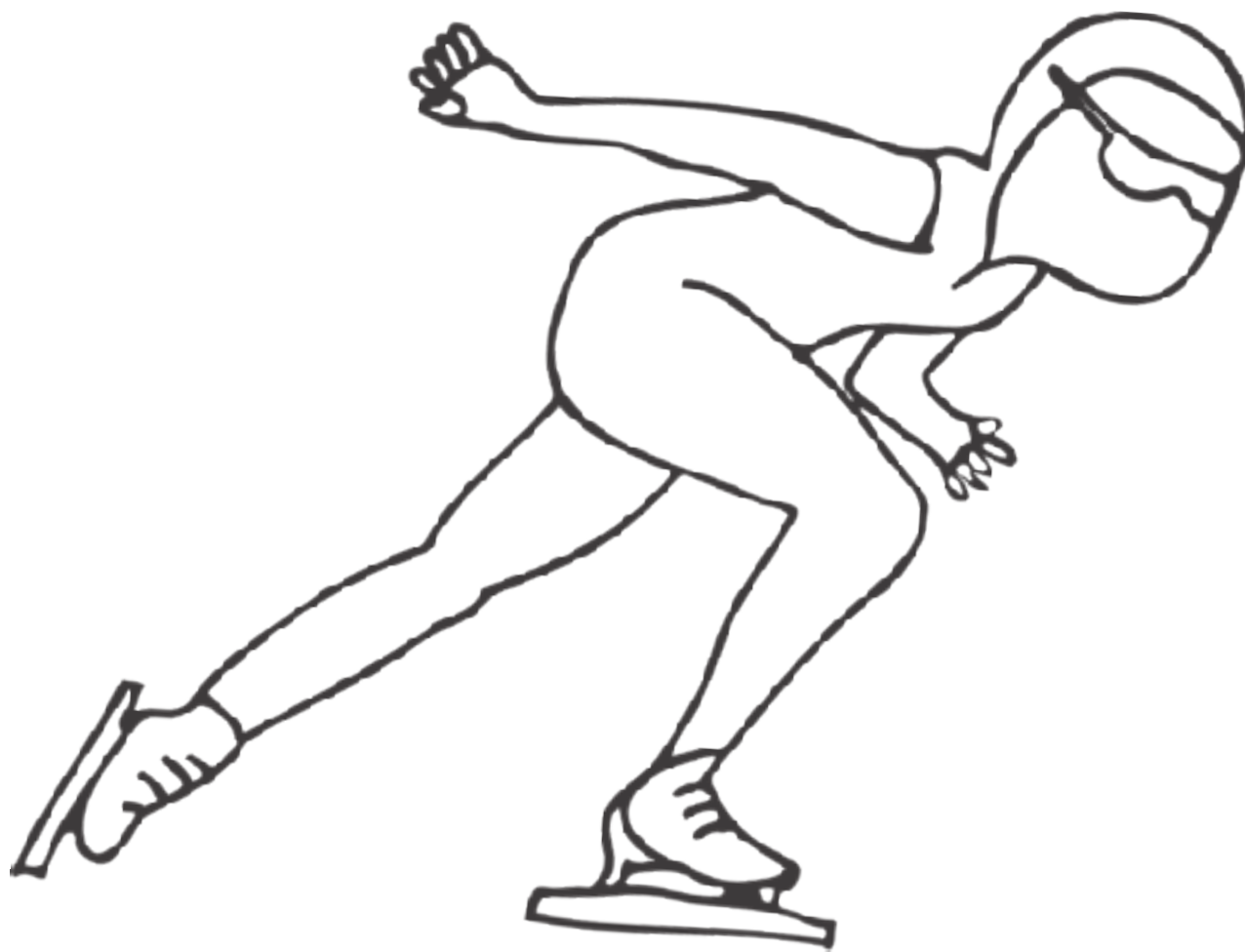
**Speed skating is a timed racing sport on ice.**

Athletes skate around an oval track, either racing the clock or competing head-to-head. Skaters must stay in their lanes and switch at designated points to keep the race fair. The different races will be: **500m, 1000m, 1500m, 3000m (women), and 5000m and 10,000m (men)**. There will also be Team Pursuit and Mass start. The skater or team with the **fastest time or first-place finish** wins.

**FEBRAURY 7TH - 21ST**



**SCHOOL PROGRAM**



**SPEED SKATING**



SCHOOL PROGRAM



# BIATHLON

**Biathlon is a timed race that combines cross-country skiing and rifle shooting.**

Athletes ski a set course and stop at shooting ranges to hit targets from standing or prone positions. Missed shots add time penalties or extra penalty-loop laps. Officials ensure safe, fair shooting and skiing. The athlete with the **fastest total time** wins.

FEBRAURY 8TH - 21ST

**Nordic combined is a two-part event that includes ski jumping and cross-country skiing.**

Athletes first earn points in a ski jump, and those results determine the start order for the cross-country race using a time-delay system. The better the jump score, the earlier the athlete starts the race. Officials track jump scores and race timing. The **first athlete to cross the finish line** wins.

**FEBRUARY 9TH - 19TH**

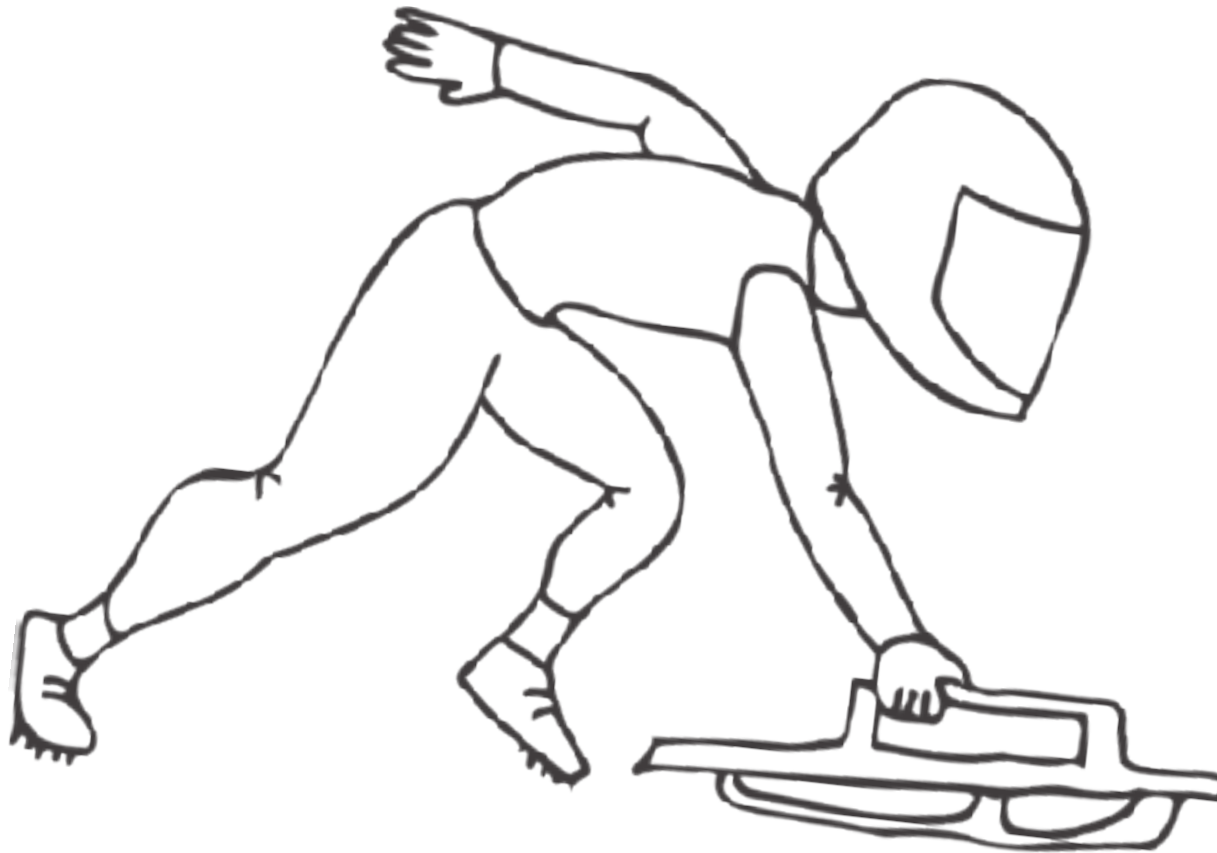


**SCHOOL PROGRAM**

**NORDIC COMBINED**



SCHOOL PROGRAM



# SKELETON

**Skeleton is a timed race event on an ice track.**

Athletes sprint to start, dive head-first onto a small sled, and steer with subtle shifts of their body. They race one at a time at very high speeds, and officials record each run precisely. There will be a new event in Italy, **the mixed-team event** featuring one man and one woman, one run each, finishing with an added total time. The individual events will consist of 4 runs, over 2 days. Fastest total time, wins.

**FEBRUARY 9TH - 15TH**

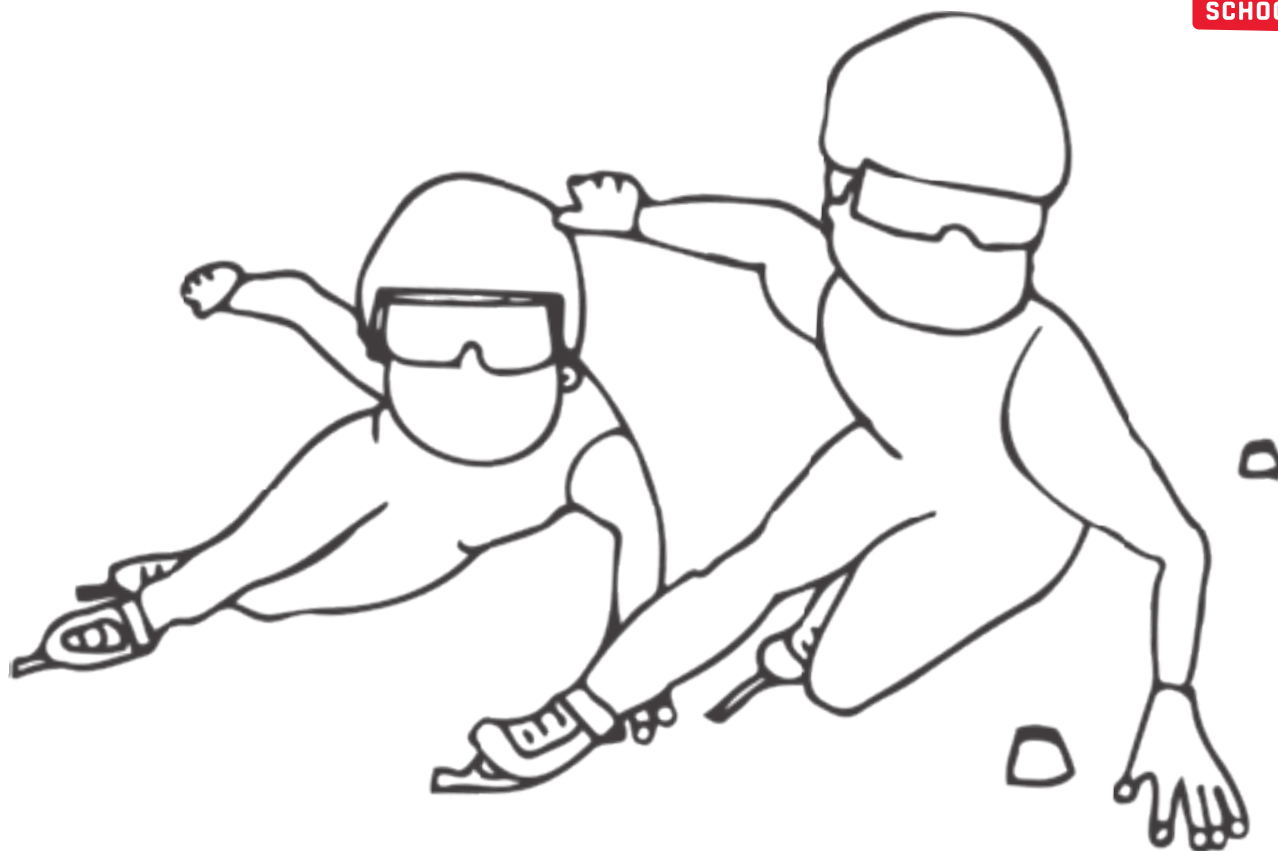
**Short track speed skating is a head-to-head racing sport on ice.**

Skaters race together on a small oval track, trying to out-manuever each other while keeping high speed through tight turns. Officials watch closely for blocking, impeding, or false starts. The different race distances will be **500m, 1000m, 1500m, 3000 relay (women), 5000m relay (men), and a mixed team relay of 2000m**. Results are based on finishing order, and the skater or team that **crosses the line first** wins.

**FEBRUARY 10TH - 20TH**



**SCHOOL PROGRAM**



# SHORT TRACK SPEED SKATING



SCHOOL PROGRAM



# BOBSLEIGH

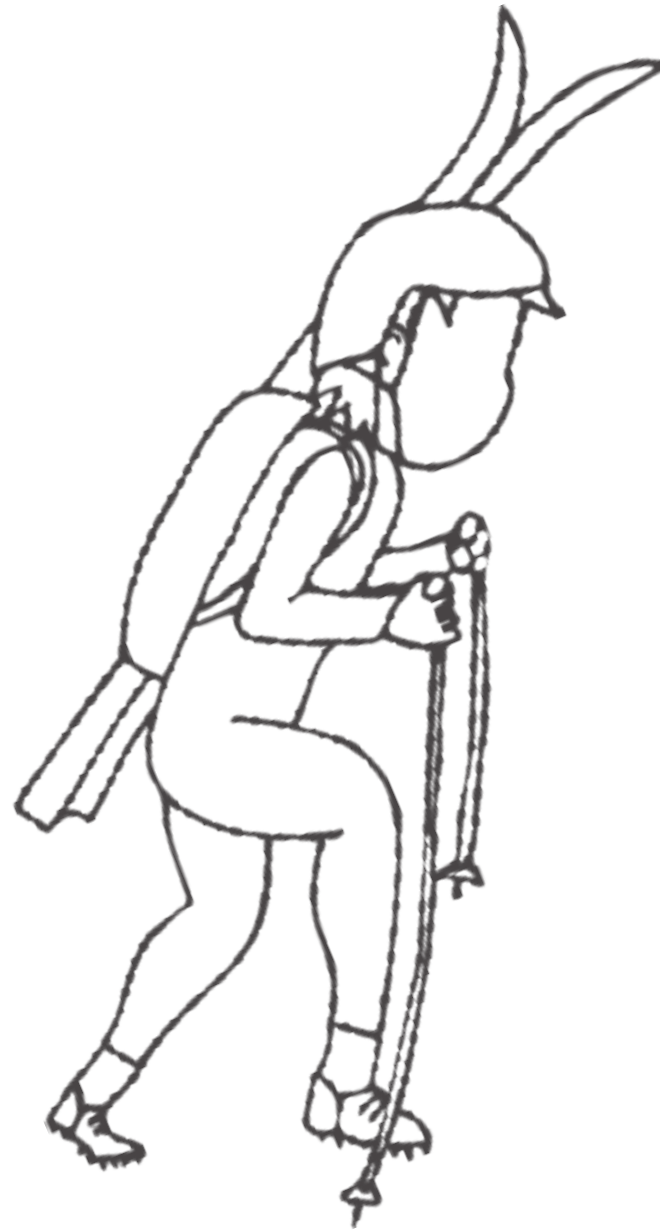
**Bobsleigh is a timed race event on an ice track.**

Teams push their sled to start, then jump in and ride it down a long, twisting track as fast as possible. Each team completes several runs, and the **combined total time** decides the winner. There are 3 race disciplines: **monobob (women)**, **2-man (Men and women)** and **4-man (men)**. The team with the **fastest overall time** wins.

FEBRAURY 12TH - 22ND

**Ski mountaineering is a mixed “up-hill + down-hill” ski race on snow and mountains.**

Athletes climb up slopes (sometimes with skis on, sometimes carrying skis) and then ski down as fast as possible. In Italy, there will be a **short “sprint” race** (ascent + descent) and a **mixed-team relay**. Whoever finishes the course (or relay) **in the shortest time** wins.



**SCHOOL PROGRAM**

**FEBRUARY 19TH - 21ST**

# SKI MOUNTAINEERING





**SCHOOL PROGRAM**