

The Winter Olympics

Grades 4-8

Written by Ruth Solski

About this Book:

The 2026 Winter Olympics take place in Milan and Cortina d'Ampezzo, Italy. This Olympic book has been developed to promote and strengthen the following:

- To stimulate interest and awareness of the Olympic Movement and its accomplishments.
- To enlighten students with Olympic History, myths, symbolism and ceremonies.
- To develop an awareness of the accomplishments of Canadian Olympians from the past and present.
- To develop an appreciation for the various sporting events held at the Winter Olympic Games for all types of activities.
- To develop patriotism and acknowledgement of Canada's participation and accomplishments by Canadian Athletes at the Winter Olympic Games.



About the Author:

Ruth Solski was an educator for 30 years. She has written many educational resources and is the founder of S&S Learning Materials, now On The Mark Press. As a writer, her main goal is to provide teachers with a useful tool they can implement in their classrooms to bring the joy of learning to children.

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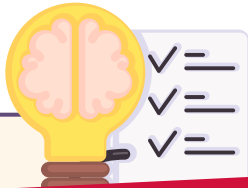
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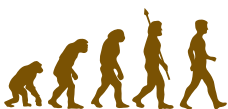
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At Glance

Learning Expectations	History of the Olympic Games	Olympic Traditions	Olympic Sports	Canadian Olympians	Winter Olympic Tracking Charts	Winter Olympic Puzzles
Reading Skill						
Identify and recall details, information	•	•	•	•		
Comparisons of present/past	•	•	•	•		
Classify events/information	•	•	•	•		
Proving factual information	•	•	•	•		
Identify character traits				•		
Usage of context clues			•	•		
Sequential ordering of events				•		
Recognize emotional reactions				•		
Identify cause and effect				•		
Vocabulary Skills						
Create a sports glossary			•			
Recognize theme vocabulary			•			•
Relate word to meaning			•			•
Language Skills						
Writing a paragraph			•	•		
Form written opinions			•	•		
Mapping Skills						
Locate cities on a world map	•	•				
Locate countries on a world map	•	•				
Research Skills						
Use the Internet to research		•	•	•		
Use the resource centre to research		•	•	•		
Recording information on tracking charts					•	

Table of Contents

At a Glance™	2
Teacher Input Suggestions	4
Winter Olympic Vocabulary	6

Olympic Games

History of the Olympic Games	8
The Rebirth of the Olympic Games	11
Winter Olympic Games	13
Mapping the Olympic Winter Games	16
The Olympic Flame and Cauldron	18
Olympic Symbols	20
Opening and Closing Ceremonies	22

Olympic Sports

Cross-Country Skiing	25
Alpine Skiing	27
Biathlon	30
Bobsleigh	31
Long Track Speed Skating	33
Short Track Speed Skating	36
Canada's Short Track Speed Skating Teams	38
Ivanie Blondin – Speed Skater	40
Charles Hamelin – Canada's Speed Skating Star	41
Freestyle Skiing	43
Mikaël Kingsbury	45
Canada's Skiers	47
Nordic Combined	50
Canadian Cross Country Skiing	52
Alex Harvey Cross Country Skier	54
Ski Jumping	56
Snowboarding	58
Curling	60
Ice Hockey	62
Marie-Philip Poulin	65
Connor McDavid	67

Luge	69
Ski Mountaineering	71
Women's Large Hill Ski Jumping	75
New Sports at the 2026 Olympic Games	77
Paralympic Games	79
Paralympic Events	80
Para Snowboarding	83
Viviane Forest	85
Brian McKeever	86
Mark Arendz	87
Lauren Woolstencroft	88
Sonja Gaudet	89
Colette Bourgonje	90

Famous Canadian Figure Skaters

Marjorie Lajoie/Zachary Lagha	91
Piper Gilles/Paul Poirier	94
Lia Pereira/Trennt Michaud	96
Maria-Jade Lauriault/Roman Le Gac	99
Madeline Schizas	101
Stephen Gogolev	103
Deanna Stellato-Dudek/Maxime Deschamps	105

Olympic Symbols

Winter Olympic Torch	108
Winter Olympic Mascot	110
Winter Olympic Stadiums	112
Winter Olympic Medals	114

Tracking Sheets

Overall Medal Count by Individual Sport	116
Overall Country Medal Standings	117
Overall Medals by Sports or Events	118
Gold Medal Crossword	119
Search for the Famous Canadian Athletes	120
Answer Key	121



The Winter Olympics



Teacher Input Suggestions

Classroom Arrangement:

The activities in this book may be used in a variety of ways and implemented by the teacher in a fashion that suits the needs of the students. The following method is a suggested way of having a learning situation that can be entertaining while developing and improving reading, writing, higher level thinking skills, and research skills on a topic.

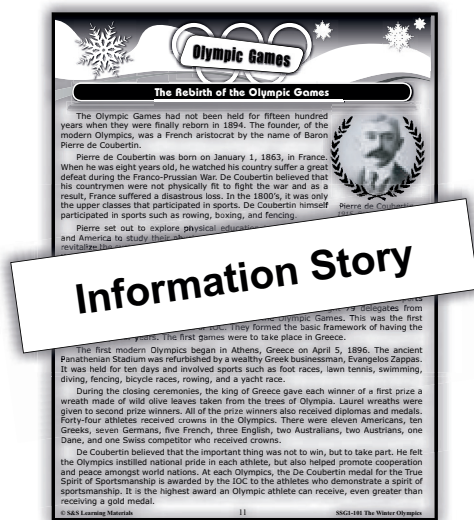
In your classroom, establish four main centres. They are: Olympic Games, Olympic Sports, Famous Canadian Olympians, and 2026 Milan and Cortina d'Ampezzo, Italy.

Organization of Activities:

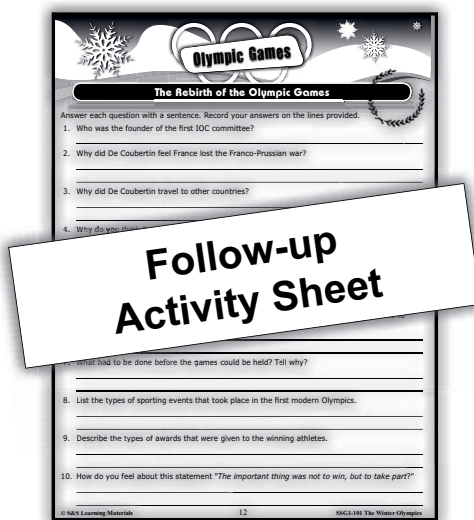
a) Information and Activity Card Format:

The information and activity sheets may be reproduced, mounted on a heavy paper such as construction paper or a light cardboard, such as manila tag. The cards should be laminated to ensure longer usage. The following two (2) formats may be implemented:

1) Single Card Format:



Front of Card



Back of Card

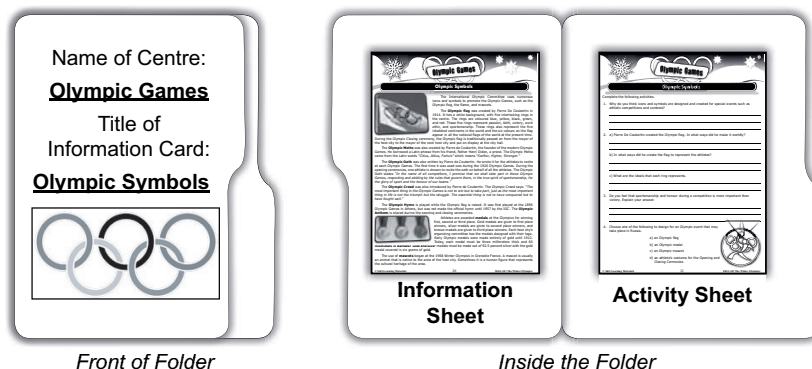
This format is an excellent way to conserve on paper and the cards can be recycled and used at another Winter Olympics.



The Winter Olympics



2) File Folder Format:



b) Reproducible Activity Format:

The information and activity sheets may be duplicated for classroom usage. The information and activity sheets should be stapled together and placed in independent holders or containers.

Student Organization:

Since this event occurs every four years, allow students to have fun working together with the various topics pertaining to the Olympic Games. The students may work independently as a single athlete, in pairs as a two-person team or in a group of four to form a four-person team.

The single athlete selects an activity from a centre and works alone. The paired students work as a two-person team on a chosen activity from one of the centres. They take turns reading the information page, paragraph by paragraph to each other, and then discuss the facts that they discovered about the topic. The two-person team will answer the follow-up questions in their workbooks. Each question will be discussed and the answer will be recorded by the members of the two-person team making sure they are accurate and written in complete sentences. Some questions are looking for higher level thinking skills and answers will vary.

The same approach may apply to a four-person team. All the members take turns reading the information paragraph by paragraph. The information read is discussed by the team. Questions are read and the group forms answers together that are recorded in their notebooks.

At the end of each session, a reporting session could be held in which the members of the teams report on a piece of information that they found interesting.

Editorial Credits

PyeongChang 2018 March 18th Women's Slalom Winter Paralympic Games, by Marco Ciccolella.
Olympic Flag, Rio de Janeiro, March 27, 2016, by Ilazllama.
Wheelchair Curling, Sochi, Russia, March 8, 2014, Paralympic Winter Games, by Igor Dolgov.
Paralympic Cross Country Skiing, PyeongChang 2018, March 14th, by Marco Ciccolella.
Male Figure Skater Alexander Majorov, Moscow Sports Palace Megasport, ISU Grand Prix, Nov 2018.
Ice Sledge Hockey, Turin, Italy, Feb 2012, Italy and Czech Republic players.
Female Figure Skater Ashley Wagner of USA, Nov 16, 2013, Trophée Bompard, ISU Grand Prix.
Olympic Rings, Sochi, Russia, Feb 9, 2014, by Lurii Osadchi.
Ski Mountaineering, pg 71, AP Photo Antonio Calanni, File, Feb 22, 2025.
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Women's Large Hill Ski Jumping, pg 75, loutittalexandria-121523.avif.
New Olympic Sports, pg 77, womens luge doubles, nbcsports.
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Pg 110–112, tina-and-milo-cropped; verona Arena-XE3F2406a; opening and closing arena Stadio_Meazza_2021_3.
Pg 114–115, olympic medals all three bincbgvlg3kva0kihcfi; para medals lzcs78uno0jcbllb2pyxr; para medal with braille download; olympic medal 7610015229031323.





Teacher Input Suggestions

1. Display books on the Olympics, sporting magazines, and photographs around the room that reflect Olympic events and famous Canadian Olympians. Have a computer available that students can use to log onto the Olympic site to find out information and results of the different events and medal standings.
2. Invite a former Olympic athlete to your classroom to discuss and answer questions about his/her experiences at the Olympic Games.
3. Discuss and chart the various sporting events that take place during the Winter Olympics.
4. Using a world map, plot the sites of the previous Winter Olympic Games. Highlight the location of 2026 Winter Olympics with a small Olympic flags.
5. Using a large wall map of Italy, plot the places that the Olympic Torch visited on its trip across it with stick pins.
6. Locate and discuss Milan and Cortina d'Ampezzo on a map of Italy. Discuss its importance and suitability for hosting the Olympic Winter Games.
7. Using the Internet, assign different students each day to track Canadian athletes and their results and Canada's medal standing, and have them give a sports newscast to the class.
8. Discuss any of the following topics as a class or in small group discussions.
 - a) The importance of participation over winning.
 - b) Good sportsmanship and honesty while competing or playing a sport.
 - c) The importance of nutrition in an athlete's performance.
 - d) The fairness of sporting events that are judged.
 - e) Muscles of the body and how they are used by an athlete.
 - f) The usage of performance enhancing drugs by an athlete.
 - g) The usage of science and technology during sporting events such as friction, air resistance, drag, energy, and aerodynamics

Winter Olympic Vocabulary

Winter Olympic Sporting Events:

cross-country skiing, alpine skiing, biathlon, bobsleigh, long track speed skating, figure skating, curling, freestyle skiing, ice hockey, luge, nordic combined, short track speed skating, ski jumping, snowboarding, paralympics, paralympic alpine skiing, paralympic biathlon, paralympic crosscountry skiing, ice sledge hockey, wheelchair curling

Winter Olympic Sport Equipment:

skis, skates, helmet, curling broom, stone, rock, snowboard, ski jump, uniform, hockey stick, sledge, ski poles, rifle, luge, bobsleigh, bobsled, track run, rink, oval, moguls, ramp, costumes, ski boots, goggles, target, mountains, snow, ice

Olympic Traditions:

amateur, amphitheatre, athlete, award, bronze, opening ceremony, closing ceremony, coach,



The Winter Olympics



committee, competition, elimination rounds, flag, flame, funding, gold, Greece, international, medals, national anthem, participants, Pierre de Coubertin, silver, stadium, torch, tradition, truce, war, Zeus

Biathlon Event:

rifle, freestyle skiing, penalty loop, timed, distance, shooting round, target, individual, sprint, pursuit, mass start, relay

Cross-Country Skiing Event:

telemark, endurance, freestyle technique, skating technique, classic technique, wax, herringbone

Bobsleigh Event:

timed, runs, iced track, gravity-powered, sled, bobsled, bobsledge, concrete, artificial ice, fifteen curves, metal, steel runners, pilot, brakeman, crews, pushers, standing, start, grooves, speed, heats, steering, weight, aerodynamics, skill, push bar

Long Track Speed Skating Event:

skating suits, oval, clap skates, hinged blade, stroke, crouch, glide, glasses, goggles, coloured bands, pairs, lap, crossover, hood

Freestyle Skiing Event:

acrobatic, aerialist, jumps, takeoff, landing, tuck, triple, moguls, carving, twists, somersaults, helicopters, backscratchers, spectacular, dangerous, helmet, artistic, hot-dogging, accidents, ramp

Short Track Speed Skating Event:

packs, out skate, speed skate boot, blades, helmet, cut proof skin suit, cut resistant gloves, protective knee and shin pads, crossover marker, touch, push

Ski Jumping Event:

normal hill, large hill, inrun, take off ramp, wide, long skis, V-technique, ski suit, flight, balance, good body positions, landing, telemark

Snowboarding Event:

jumps, rails, half-pipe, freeride, freestyle, freecarve, spins, rotations, tricks, snowboard, grab, jibbing, railing, dangerous, helmet, wrist, guards, padded snowboard pants, goggles, padding or armour, boots

Alpine Skiing Event:

downhill, slalom, gates, slopes, carving, racing, powder, Super-G, Giant Slalom, Slalom, Combined, fastest time, skier, speeds, precise, turns, course

Figure Skating Event:

ladies, mens, pairs, ice dancing, Axil, camel spin, death spiral, drape, flip, flying camel, freestyle, program, layback spin, long program, loop, lutz, press lift, pulls, Salchow, short skating program, spiral, sit spin, star lift, tabletop lift, toe loop, toe pick, compulsory dance, free dance, original dance, steps, turns, sequences, twizzles, mohawk

Luge Event:

one or two person sled, timed, flat position, iced track, lying down, feet pointed, head, shoulders

Ski Mountaineering:

mountian, skis, climb, descend, Skimo, trail, checkpoint, race, gear, poles, backcountry, avalanche, summit, Telemark Skis. Alpine Skis, uphill, downhill, snowpack, route



Olympic Games

History of the Olympic Games



The first Olympic Games were held in ancient Greece in 776 BC. In those days, Greece was divided into small states that were the size of small cities. The states were constantly at war with each other. According to an ancient Greek legend, a priestess at the Oracle of Delphi, an important religious shrine in Greece, told one king in order to bring peace to the land he should hold a great race in honour of Zeus, a Greek God. She told him to open the race to all male athletes in the country and then declare a truce

so they could participate. The truce would bring peace to the land for awhile.

No one disobeyed the Oracle of Delphi and the king chose Olympia, which was a religious sanctuary dedicated to Zeus, as the location for the big race. It is from this site that the Olympic Games acquired its name. The first Olympic Games consisted of one race called the "stade," which was run barefoot on a dirt track 600 feet in length. The first Olympian winner was a Greek cook named Koroibos who won the race.

The Olympic Games were then held every four years and became very popular and grew in size and length. Different events were added to test agility, strength, and speed. Only male Greek citizens were allowed to compete. Women were not allowed at the games as the athletes competed in the nude. Slaves and non-Greeks were not allowed to compete. The athletes practised under the supervision of coaches to build their skills and increase their physical abilities before the games. They even travelled to Olympia a month before the games to train while Olympic judges watched them.

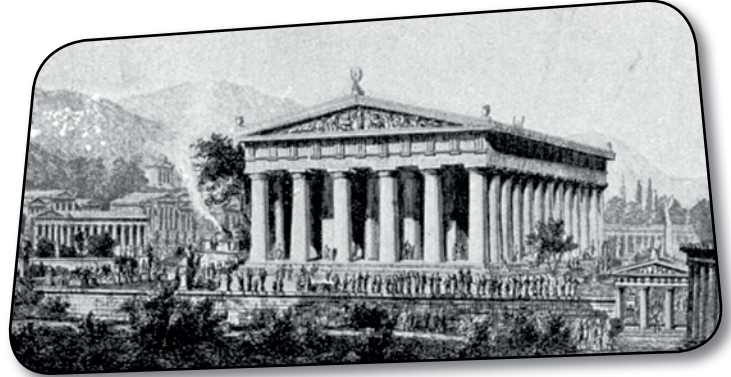
The games were held during the month of August and the area around Olympia was transformed into a colourful sight. On the Opening Day, crowds hurried to Olympia's Stadium to watch the athletes parade in. Before a statue of Zeus, the athletes and judges swore a solemn oath that they had been training for ten months of the year and that they would obey the rules of the games. During the afternoon, the spectators watched up-and-coming athletes, who may be future Olympians, wrestle and box for top honours. On the second day, the spectators rushed to the hippodrome, which was a dirt oval track about three quarters of a mile around, to watch the exciting chariot races. Many drivers and horses were often wounded or killed in these dangerous events. After the chariot races were the horse races. The riders rode bareback over the rough track and the horses often stumbled and fell taking their riders with them.

During that afternoon, the pentathlon took place. It was a contest that had five different

Olympic Games

History of the Olympic Games

sporting events such as the discus, javelin, jumping, running and wrestling. The discus which looks very much like a Frisbee but is larger and heavier was thrown first. Then the javelin, which was very much like a long spear, was hurled. Both objects were thrown long distances. The third activity was the long jump. If a single athlete won the first three events, he was declared the winner and the pentathlon was finished. If no one was declared a winner, then two more events took place. These were a stade sprint and a wrestling match. The athlete who came first in all five events was declared the champion.



On the third day, three races took place. There was a long distance race that was approximately two-and-a-half to two-and-three-quarter miles in length, a race that was two lengths of the stadium and, a shorter race that was one length of the stadium, called the stade. Nearly every athlete participated in the stade because the entire games were named after its winner, which was considered a very great honour.

On the fourth day of the Games, wrestling and boxing began. No gloves were allowed in the boxing matches, only bare fists. A very violent sport called the "pankration," which means *all strength*, was also held. These matches combined wrestling, martial arts, and boxing, and the fighter's goal was to force his opponent to admit defeat. The final competition of the day was another footrace called the "hoplitodromos." Each runner had to wear a helmet and carry a heavy shield, and run two lengths of the stadium.

On the fifth day, the victories of the athletes were celebrated. The victors stood in the temple of Zeus, in front of cheering spectators, and were crowned with wreaths of olive branches. Their victories and achievements were written about in songs, poetry, and art, which have been handed down over the centuries.

The Olympic Games were held every four years, from 776 BC to AD 393, without fail. During this time period, Greece lost a war with Rome and most of their culture, traditions, and the Olympics were absorbed by the Roman Empire. The Games continued to be held until Rome had a new Roman Emperor by the name Theodosius, who was a Christian. He wanted to rid the empire of paganism which was practised by many Greeks. He cancelled the Olympic Games because they were closely tied to the God Zeus. This ban led to the destruction of Olympia's buildings and much of the history of the Olympic Games.



History of the Olympic Games

Answer each question with a sentence answer.

1. Why did a Greek king plan to have a race for all the athletes in his country?

2. What was the big race called and how was it done?

3. Why did the Greek king choose Olympia for the location of the games?

4. List the names of the various events that took place during the five days of the competition.

5. Compare the events that took place in ancient Greece to the events that take place in the Olympics today. Note their similarities and their differences on the comparison chart.

Ancient Olympics	Today's Olympics

Olympic Games

The Rebirth of the Olympic Games

The Olympic Games had not been held for fifteen hundred years when they were finally reborn in 1894. The founder, of the modern Olympics, was a French aristocrat by the name of Baron Pierre de Coubertin.

Pierre de Coubertin was born on January 1, 1863, in France. When he was eight years old, he watched his country suffer a great defeat during the Franco-Prussian War. De Coubertin believed that his countrymen were not physically fit to fight the war and as a result, France suffered a disastrous loss. In the 1800's, it was only the upper classes that participated in sports. De Coubertin himself participated in sports such as rowing, boxing, and fencing.



Pierre de Coubertin
1915, Bain News Service

Pierre set out to explore physical education in other countries. He visited England and America to study their physical education systems and hoped to bring back ideas to revitalize the system in France. His study and plans impressed the French government, but the concept was never carried out. Although his plans to stimulate the education system in France did not come to be, De Coubertin's travels inspired an even more grandiose plan. Why not have athletic competitions, for different sports similar to the Olympic festivals of ancient Greece, in which different countries from around the world could participate?

He presented his ideas, in 1892, at a jubilee of the French Union of Athletic Sports Societies. Two years later, he organized a meeting which brought 79 delegates from 12 countries together to discuss how to revive the Olympic Games. This was the first International Olympic Committee or IOC. They formed the basic framework of having the games every four years. The first games were to take place in Greece.

The first modern Olympics began in Athens, Greece on April 5, 1896. The ancient Panathenian Stadium was refurbished by a wealthy Greek businessman, Evangelos Zappas. It was held for ten days and involved sports such as foot races, lawn tennis, swimming, diving, fencing, bicycle races, rowing, and a yacht race.

During the closing ceremonies, the king of Greece gave each winner of a first prize a wreath made of wild olive leaves taken from the trees of Olympia. Laurel wreaths were given to second prize winners. All of the prize winners also received diplomas and medals. Forty-four athletes received crowns in the Olympics. There were eleven Americans, ten Greeks, seven Germans, five French, three English, two Australians, two Austrians, one Dane, and one Swiss competitor who received crowns.

De Coubertin believed that the important thing was not to win, but to take part. He felt the Olympics instilled national pride in each athlete, but also helped promote cooperation and peace amongst world nations. At each Olympics, the De Coubertin medal for the True Spirit of Sportsmanship is awarded by the IOC to the athletes who demonstrate a spirit of sportsmanship. It is the highest award an Olympic athlete can receive, even greater than receiving a gold medal.



Answer each question with a sentence. Record your answers on the lines provided.

1. Who was the founder of the first IOC committee?

2. Why did De Coubertin feel France lost the Franco-Prussian war?

3. Why did De Coubertin travel to other countries?

4. Why do you think it was only the rich in the late 1800s who participated in sports? Is it that way today?

5. What fantastic idea resulted from all his travels?

6. Where were the Olympic Games going to be held and why was this an appropriate place to begin the games again?

7. What had to be done before the games could be held? Tell why?

8. List the types of sporting events that took place in the first modern Olympics.

9. Describe the types of awards that were given to the winning athletes.

10. How do you feel about this statement "*The important thing was not to win, but to take part?*"



The Winter Olympic Games is a sporting event that is held every four years. The events must take place in an environment that has ice and snow. Fewer countries participate in the Winter Olympics due to the fact many countries have warmer climates and do not have the proper conditions for athletes to train. The Winter Olympics are usually held in mountainous areas where there is plenty of natural snow. In 2026, Italy will be the Olympic host in the cities of Milan and Cortina.

During the early years, the summer and winter Olympic Games were held together. In 1921, the IOC voted to hold an "International Winter Sports Week" in Chamoix, France in January of 1924. This week was later named the First Winter Olympics and lasted 11 days and proved to be a great success. It attracted more than 200 athletes from 16 nations who competed in 16 different events. The Finnish and Norwegian athletes dominated the events.

Since 1924, the Olympic Games have been held in a variety of countries such as:

- **St. Moritz, Switzerland, 1928:** During these games, the event called the "skeleton" was introduced and the 10,000 metre speed skating event was cancelled due to poor ice conditions.
- **Lake Placid, USA, 1932:** The third Winter Olympics was held here and 17 nations participated.
- **Garmisch – Partenkirchen, Germany, 1936:** Twin Bavarian towns hosted the Games. Twenty-eight nations participated and alpine skiing events were introduced for the first time.
- **St. Moritz, Switzerland, 1948:** World War Two had prevented the games from being carried out for 12 years. Countries such as Chile, Denmark, Lebanon and Korea participated for the first time.
- **Oslo, Norway, 1952:** Thirty countries participated in these games. New Zealand and Portugal entered athletes for the first time.
- **Cortina d'Ampezzio, Italy, 1956:** The Soviet Union, now known as Russia, sent a team of athletes for the first time. Their participation was spectacular. They won more medals than any other nation.
- **Squaw Valley, USA, 1960:** Women participated in speed skating for the first time.
- **Innsbruck, Austria, 1964:** This was the ninth Winter Olympics and 36 nations participated in 34 events. A lack of snow threatened the games but they



were saved by the Austrian army, which carved out 20,000 ice bricks from a mountaintop and transported them to the bobsled and luge runs. They also carried 40,000 cubic metres of snow to the Alpine skiing courses and packed it down by hand and foot.

- **Grenoble, France, 1968:** These Olympic Winter Games were the first to be broadcast in colour on television.
- **Sapporo, Japan, 1972:** This was the first time that the Olympic Games were held outside of Europe and the USA.
- **Innsbruck, Austria, 1976:** Ice dancing had its debut at these games and two Olympic flames were lit for the first time.
- **Lake Placid, USA, 1980:** Snow machines were used for the first time to ensure that the events would have the best snow conditions.
- **Sarajevo, Yugoslavia, 1984:** It was the first time that the Olympic Games were held in a socialist country. Forty-nine countries participated in the games.
- **Calgary, Canada, 1988:** Canada hosted the Winter Olympic Games for the first time.
- **Albertville, France, 1992:** This was the last time the Summer and Winter Olympics would be held in the same year.
- **Lillehammer, Norway, 1994:** The Olympic Winter Games were held two years apart for the first time.
- **Nagano, Japan, 1998:** Women took part in ice hockey for the first time in Olympic history.
- **Salt Lake City, USA, 2002:** China and Australia won their first gold medals in the Winter Olympics. Instant video replay was used for the first time while judging figure skating.
- **Turin, Italy, 2006:** These were the 20th Winter Olympic Games in which 80 nations participated.
- **Vancouver, Canada, 2010:** This was the second time that Canada has hosted the Olympic Winter Games.
- **Sochi, Russia, 2014:** This was the first time that the Olympic Winter Games were held in Russia.
- **PyeongChang, South Korea 2018:** This is the first time that the Winter Olympic Games will be held in the country of South Korea.
- **Beijing, China, 2022:** It will be the first Winter Games held in China.
- **Milan and Cortina, Italy, 2026:** This is the first Olympic Games co-hosted by two cities.



A. In which Olympic Games did each event take place. Record your answers on the lines provided.

1. An army rescued the Olympic Games from becoming a disaster by providing necessary ice and snow for the events.

2. Ice dancing made its debut for the first time at the Winter Olympics.

3. For the first time in Olympic history, the games were broadcast in colour for people to watch.

4. The event called the skeleton was introduced for the first time at the Olympic Games.

5. China and Australia won their first gold medals at a Winter Olympics.

6. Snow machines were used to make sure there would be plenty of snow for the various events.

7. It was the first time in 12 years that the Olympic Games had been held due to World War Two.

8. Women's ice hockey was introduced and played for the first time in Olympic history.

B. Answer the following questions.

1. Which country has hosted the Winter Olympics four times?

2. In which city and country did the first Winter Olympics take place?

3. What must a country have in order to be a host for the Winter Olympic Games?

4. Which countries have hosted the games twice? List their names.

5. Which country has hosted the games three times?

Olympic Games

Mapping the Olympic Winter Games

Only countries who have had the necessary weather conditions and terrain have hosted the Olympic Winter Games. Some have done it more than once.

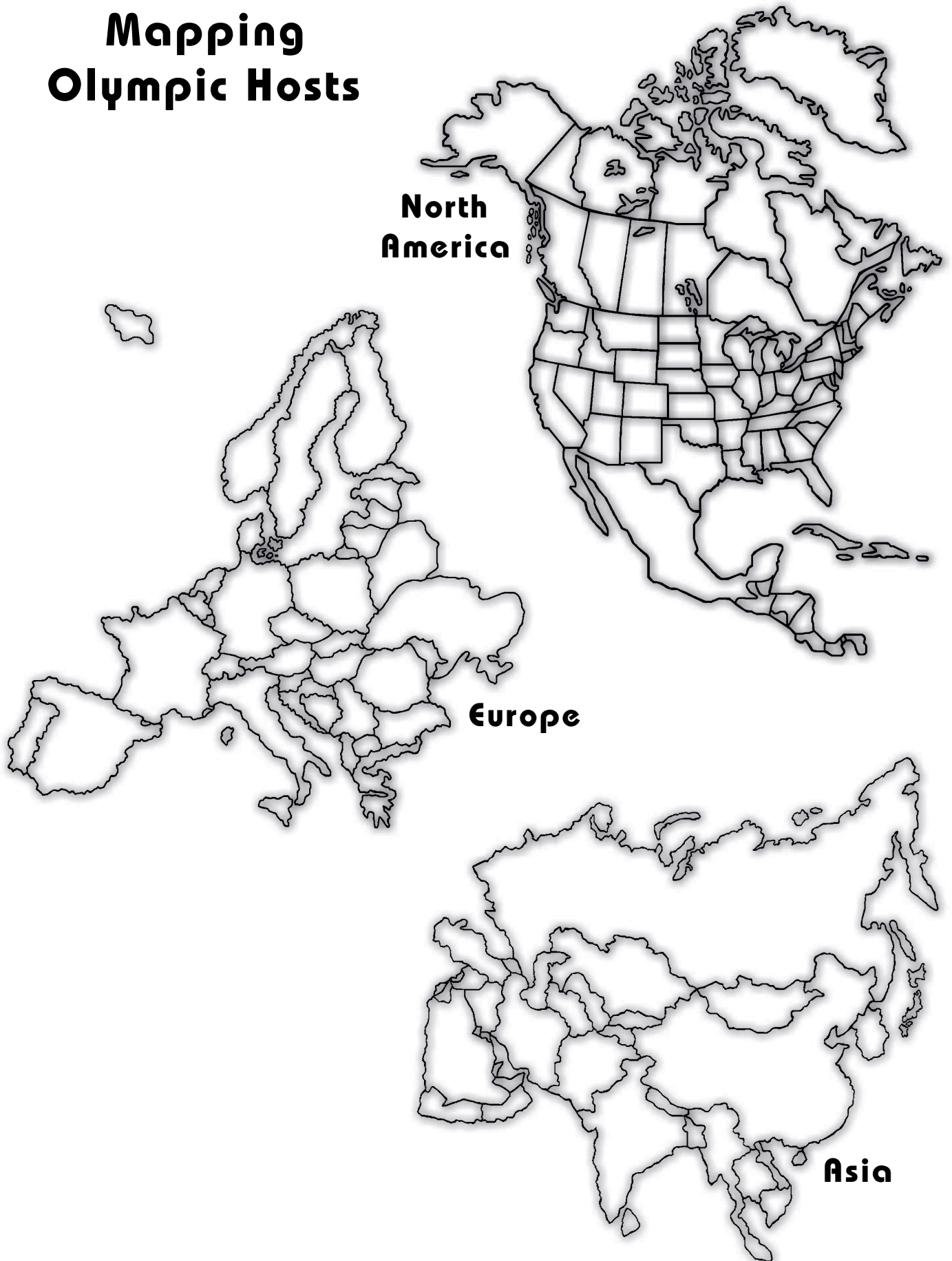
1. Using the maps of Europe, Asia, and North America that have been provided, locate the countries that have hosted the Olympic Games.
2. On each country, record the number of times that the country has hosted them.
3. Colour each country a different colour.

Olympic Hosts

Year	Games	Location
1924	I Olympic Winter Games	Chamoix France
1928	II Olympic Winter Games	St Moritz, Switzerland
1932	III Olympic Winter Games	Lake Placid, United States
1936	IV Olympic Winter Games	Garmisch-Partenkirchen, Germany
1948	V Olympic Winter Games	St. Moritz, Switzerland
1952	VI Olympic Winter Games	Oslo, Norway
1956	VII Olympic Winter Games	Cortina d'Ampezzo, Italy
1960	VIII Olympic Winter Games	Squaw Valley, United States
1964	IX Olympic Winter Games	Innsbruck, Austria
1968	X Olympic Winter Games	Grenoble, France
1972	XI Olympic Winter Games	Sapporo, Japan
1976	XII Olympic Winter Games	Innsbruck, Austria
1980	XIII Olympic Winter Games	Lake Placid, United States
1984	XIV Olympic Winter Games	Sarajevo, Yugoslavia
1988	XV Olympic Winter Games	Calgary, Canada
1992	XVI Olympic Winter Games	Albertville, France
1996	XVII Olympic Winter Games	Lillehammer, Norway
1998	XVIII Olympic Winter Games	Nagano, Japan
2002	XIX Olympic Winter Games	Salt Lake City, United States
2006	XX Olympic Winter Games	Turin, Italy
2010	XXI Olympic Winter Games	Vancouver, Canada
2014	XXII Olympic Winter Games	Sochi, Russia
2018	XXIII Olympic Winter Games	PyeongChang, South Korea
2022	XXIV Olympic Winter Games	Beijing, China
2026	XXV Olympic Winter Games	Milan and Cortina, Italy



Mapping Olympic Hosts





Olympic Games

The Olympic Flame and Cauldron



The origins of the Olympic Flame or Olympic Torch began in Ancient Greece when a fire was kept burning throughout the celebration of the ancient Olympics. Fire to the ancient Greeks had religious and sacred meanings. The torch relay of today that transports the flame from Greece to the site of the games was not an ancient ritual. It was introduced by a Carl Diem at the controversial Berlin Olympics before World War Two to promote Nazism.

The Olympic Torch is ignited, several months before the opening celebration of the Olympic Games, at the site of the ancient Olympics in Greece. Eleven women, dressed to represent priestesses, perform a ceremony in which the torch is lit by the light of the sun. Its rays are concentrated by a parabolic mirror which light a fire on some combustible material. This fire is then transferred to the Olympic Torch. The modern Olympic Flame is ignited at the site where the temple of Hera used to stand.

The torch is usually carried by runners but has also been transported in many different ways. In 1948, it crossed the English Channel by boat. In 2008, it was carried by rowers in Canberra as well as by dragon boat in Hong Kong. In 1952, the torch made its first trip in an airplane when the fire was taken to Helsinki. In 1956, all carriers in the torch relay to Stockholm travelled on horseback. In 1976, the flame made a remarkable trip when it was transformed to a radio signal which travelled from Athens to Canada. The flame was re-lit by a laser beam. In 2000, the torch was carried under water by divers near the Barrier Reef. Other unusual ways include a ride on a Native American canoe, a camel, and the Concorde.



Ververidis Vasilis/Shutterstock.com

In 2004, the first global torch relay took place. Its journey lasted 78 days, covered a distance of 78,000 km, and was carried by 11,300 torch bearers. The torch visited Africa and South America for the first time, went to all previous Olympic cities and finally returned to Athens, Greece, for the 2004 Summer Olympics.



The torch relay ends when the flame is transferred from the torch to the cauldron at the host stadium. This signals the beginning of the Olympic Games. The lighting of the cauldron is a spectacular event. At the Barcelona Olympic Games in Spain during the Opening Ceremonies, a Paralympic archer attempted to light the cauldron with an arrow. In Lillehammer, the flame was brought to the cauldron by a ski jumper. At the 2002 Winter Olympics in Salt Lake City, the cauldron was lit by the members of the winning 1980 U.S. hockey team. This cauldron was the first to be made of glass and had running water to prevent the glass from heating and to keep it clean. In 2004, at the Athens Olympics, the cauldron was shaped like the end of a giant needle which was tipped to accept the flame from a windsurfer. In Beijing 2008, the cauldron was the end of a scroll. A Chinese athlete suspended by wires ran on air around the rim of the Bird's Nest, which was the stadium, and lit the flame. The lighting of the cauldron and the torch bearer's name is usually kept a secret until the Opening Ceremonies of the Olympic Games.



Complete the following activities:

1. How did the Olympic Flame become such an important symbol of the Olympic Games?

2. Describe where and how the Olympic Torch is lit?

3. List the various methods used to transport the Olympic Torch to the cities that were hosting the Winter Olympics.

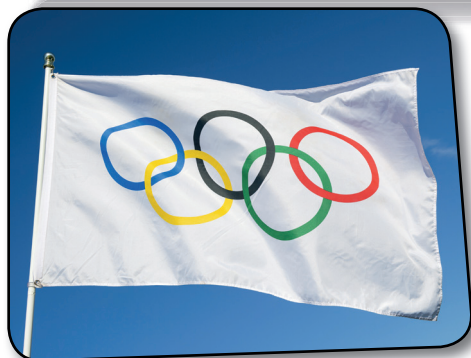
4. Which method do you think was the most unique? Explain why.

5. The Olympic Torch has been used to light the cauldron in various ways. Design a method that you would like to see used at the Winter Olympics Opening Ceremony in Milan, Italy in 2026.

6. Usually the lighter of the cauldron is someone who has participated in a sport or was a former Olympian. Who do you think will be chosen to light the cauldron at the 2026 Winter Olympics? Why?

Olympic Games

Olympic Symbols



The International Olympic Committee uses numerous icons and symbols to promote the Olympic Games, such as the Olympic flag, the flame, and mascots.

The **Olympic flag** was created by Pierre De Coubertin in 1914. It has a white background, with five interlocking rings in the centre. The rings are coloured blue, yellow, black, green, and red. These five rings represent *passion, faith, victory, work ethic, and sportsmanship*. These rings also represent the five inhabited continents in the world and the six colours on the flag appear in all the national flags of the world at the present time.

During the Olympic Closing ceremony, the Olympic flag is traditionally passed on from the mayor of the host city to the mayor of the next host city and put on display at the city hall.

The **Olympic Motto** was also created by Pierre de Coubertin, the founder of the modern Olympic Games. He borrowed a Latin phrase from his friend, Father Henri Didon, a priest. The Olympic Motto came from the Latin words "*Citius, Altius, Fortius*" which means "*Swifter, Higher, Stronger.*"

The **Olympic Oath** was also written by Pierre de Coubertin. He wrote it for the athletes to recite at each Olympic Games. The first time it was used was during the 1920 Olympic Games. During the opening ceremonies, one athlete is chosen to recite the oath on behalf of all the athletes. The Olympic Oath states "*In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.*"

The **Olympic Creed** was also introduced by Pierre de Coubertin. The Olympic Creed says: "*The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.*"

The **Olympic Hymn** is played while the Olympic flag is raised. It was first played at the 1896 Olympic Games in Athens, but was not made the official hymn until 1957 by the IOC. The **Olympic Anthem** is played during the opening and closing ceremonies.



Athletes are awarded **medals** at the Olympics for winning first, second or third place. Gold medals are given to first place winners, silver medals are given to second place winners, and bronze medals are given to third place winners. Each host city's organizing committee has the medals designed with their logo. Early Olympic medals were made entirely of gold until 1912. Today, each medal must be three millimeters thick and 60 millimeters in diameter. Gold and silver medals must be made out of 92.5 percent silver with the gold medal covered in six grams of gold.

The use of **mascots** began at the 1968 Winter Olympics in Grenoble France. A mascot is usually an animal that is native to the area of the host city. Sometimes it is a human figure that represents the cultural heritage of the area.



Complete the following activities.

1. Why do you think icons and symbols are designed and created for special events such as athletic competitions and contests?

2. a) Pierre De Coubertin created the Olympic flag. In what ways did he make it worldly?

- b) In what ways did he create the flag to represent the athletes?

- c) What are the ideals that each ring represents.

3. Do you feel that sportsmanship and honour during a competition is more important than victory. Explain your answer.

4. Choose one of the following to design for an Olympic event that may take place in Milan and Cortina, Italy.

- a) an Olympic flag
- b) an Olympic medal
- c) an Olympic mascot
- d) an athlete's costume for the Opening and Closing Ceremonies



Olympic Games

Opening and Closing Ceremonies at the Olympic Games



There is nothing more exciting and spectacular than to watch the opening ceremony that begins the Olympic Games. Many of the rituals performed were established at the 1920 Summer Olympics. The opening ceremony begins with the raising of the host country's flag while its national anthem is being played. Spectators are then entertained with artistic displays of music, singing, dancing, and theater that represents the culture of the host country. Each year these presentations have become larger and more grand as each host country tries to provide a more memorable ceremony than the previous host countries have. These ceremonies often cost millions of dollars to organize and costume.

After the entertainment, the most important part of the ceremony begins. This event is called the "Parade of Nations" and during it most of the participating athletes

march into the stadium country by country. Greece enters first due to its historical importance as the ancestors of the Olympics. The other countries enter in alphabetical order according to the host country's alphabet. The host country enters last. This is a very exciting event to witness as each country's delegation is led by a sign bearing the country's name followed by its national flag. The athletes are usually dressed in outfits that represent their country's colours and style of dress. The flag bearer is usually one of the country's most notable athletes competing in the Olympic Games.

Once all of the countries have assembled in the stadium, the president of the organizing committee makes a speech which is then followed by the IOC president's speech. The IOC president then asks the host country's official representative to declare the Games open by reciting the following words:

"I declare open the Games of (host city) celebrating (number of the Olympiad) Olympiad of the modern era (number of Olympics) Olympic Games."

The Olympic Flag is then carried out horizontally into the stadium and raised as the Olympic Anthem is played. For the entire duration of the Olympic Games, the Olympic flag flies on a flagpole placed in a prominent position in the main stadium. The flag bearers then circle a platform where one athlete and one judge stand to say the Olympic Oath, declaring they will compete and judge according to the rules.

At the end of the ceremony, the Olympic Torch is carried into the stadium and passed from athlete to athlete until it reaches the last carrier. The athlete chosen to light the Olympic Flame in the stadium's cauldron is usually a well-known and successful athlete from the host nation. The flame is lit and the games begin.

Olympic Games

Opening and Closing Ceremonies at the Olympic Games

Lurili Osadchi/Shutterstock



The closing ceremony is held after all the sporting competitions have taken place. This ceremony is not as formal as the opening ceremony. The flag bearers from all the competing nations enter the stadium single file and behind them all of the athletes flow in mixing with other countries together. This tradition began at the 1956 Melbourne Olympics as a way to bring athletes together as one nation.

Three national flags are raised on flagpoles while each country's national anthem is played. The flag of Greece is raised first on the middle pole to honour the birthplace of the Olympics Games. The

flag of the host country is raised next on the lefthand pole and the flag of the country to host the next Summer or Winter Olympics is raised on the righthand pole.

The president of the organizing committee makes his closing speech. The IOC president then follows with this statement to close the Olympic Games:

"I declare the Games of the (ordinal number) Olympiad (ordinal number) Olympic Winter/Summer Games closed and, in accordance with tradition, I call upon the youth of the world to assemble four years from now in (name of host city) to celebrate the Games of the (ordinal number) Olympiad (ordinal number) Olympic Winter/Summer Games."

The Olympic Flame is extinguished while the Olympic Anthem is played. The Olympic Flag is then lowered from the flagpole and carried horizontally out of the stadium. Then, the transfer of the special Olympic Flag takes place. The mayor of the city that organized the Games gives the Special Olympic Flag to the president of the IOC. The president then passes the flag to the mayor of the city hosting the next Olympic Games. The mayor receiving the flag waves it eight times. After this ceremony, the next host nation has a special artistic display of dance and theater representative of the country's culture. At the end of the ceremony, the athletes and spectators leave with wonderful memories of their visit to the Olympic Games.



In which ceremony may each of the following events take place?

Opening Ceremony or **Closing Ceremony**

1. I stood and watched as the Olympic Flag was slowly and reverently carried into the stadium by ten men and women dressed in military uniforms.

2. The stadium grew dark and a sadness swept over the athletes and the spectators as they watched the Olympic Flame slowly die out.

3. Each country happily marched into the stadium behind their sign and flag bearers.

4. A hush fell over the audience and the athletes in the stadium while the Olympic oath was said.

5. The flags of three countries were raised on flag poles one at a time while their national anthems were being played.

6. The music began to play and suddenly, the stadium floor was filled with flag bearers and athletes from various countries walking everywhere.

7. The IOC president declared that the Olympic Games were over and the Olympic Flag was lowered and carried out.

8. The night sky lit up with exploding fireworks. Music was being played, while children and adults performed on the huge stage before the athletes were to enter.

9. Greece always leads the way during the *Parade of Nations* into the Olympic stadium.

10. The Olympic Flag is raised, the Olympic Oath is said, and the Olympic Torch is lit.



Cross-country skiing is a popular winter sport performed in countries such as Canada, Northern Europe, and Alaska. The popularity of this sport has also grown in Australia and the United States.

Research this sport using the Internet. Type in the name of the sport to locate various websites that provide information about it.

Locate the answers to the following questions:

1. Why is cross-country skiing considered one of the most difficult endurance sports?

2. List the types of Olympic cross-country skiing events in which competitors compete.

3. Where, when, and why did cross-country skiing begin?

4. a) Who made cross-country skiing popular in Canada?





b) How did this man promote the sport of cross-country skiing?

5. List the type of equipment a cross-country skier requires.

6. Locate the names of Canadian athletes who have been involved in a Winter Olympics in crosscountry skiing events.

Athlete's Name	Olympics	Year	Event	Placing





Alpine skiing began as far back as 5,000 years ago and evolved from cross-country skiing. The Norwegians were the first to use skiing as a method of transportation and for hunting their food. Skiing soon spread to other Scandinavian countries and Russia. In 1859, in Oslo, Norway, the first primitive alpine skiing competition took place. Eventually, the sport spread to the rest of Europe and to North America. Miners who worked in the mountains often held skiing competitions for winter entertainment.

Research Alpine Skiing using the Internet. Type in the name of the sport to locate various websites that have information about it. Complete the following activities.

In the Olympics, there are five Alpine events. Write a brief description of each one.

1. Downhill:



2. Super-G:

3. Giant Slalom:

4. Slalom:

5. Combined:



Over the years, Canada has had a variety of male and female athletes who have been successful at previous Olympics in Alpine Skiing Events.

Using the Internet, research the following Canadian Olympic Skiers to find out the information to complete the following chart.

Name	Olympics	Year	Events	Medal
Nancy Greene				
Anne Heggtviet				
Kathy Kreiner				
Erik Guay				
Steve Podborski				
Ed Povinsky				
Lucille Wheeler				
Lauren Wollstencroft				
Karen Percy				
Kerrin Lee-Gartner				





Olympic Sports

Biathlon



The biathlon is a sporting event consisting of two disciplines – cross-country skiing and marksmanship using a rifle. This sport originated in Norway and was developed as a measure of defense for Norwegian soldiers who did not want to train for the military. These soldiers formed ski clubs to promote national defense at a local level as military patrols.

Using the Internet, locate a site that will provide you with the information to complete the following questions.

1. What is a biathlon competition?

2. What equipment is needed by a biathlete during a competition?

3. What must the biathlete do in each shooting round?

4. What happens if the biathlete misses a target?

5. Which cross-country skiing style is usually used in the biathlon? Why?

6. What are the different biathlon events during a competition?



Bobsleigh



The winter sport of bobsleigh, also called bobsled or bobsledge, was invented by a group of Englishmen, in the late 1860's, who were looking to have fun at a winter retreat. Wealthy English tourists often vacationed at a mineral spa in St. Moritz, Switzerland, during the winter months. During their visits, they began adapting delivery boys' sleds to use for sliding down the streets of the town, often colliding with pedestrians. After listening to the local citizens of St. Moritz complain about the nonsense created by the English tourists, a local hotel owner decided to have a special track built to accommodate his guests and to keep the local people happy. This was the world's first natural ice half-pipe track which is still in operation today. It has also served as a host track for two winter Olympics.

The first men's four-crew bobsleigh competed in the 1924 Winter Olympic Games and the two-crew bobsleigh (two-man bobsled) took place in 1932. Bobsleigh has been an event in the winter Olympics ever since, except for the 1960 Winter Olympics in Squaw Valley, USA. Women began competing in the early 1990s and the women's two crew

bobsleigh made its Olympic debut in 2002.

Early bobsleigh tracks were straight runs, but over the years, they have become progressively more difficult with a variety of curves and bends. Wooden sleds have been replaced by streamlined fibre glass and metal ones. Switzerland and Germany have been the most successful bobsledding nations in the various competitions held for the sport. Swiss bobsledders have won more medals than any other nation.

A bobsleigh crew once consisted of five or six people, but in the 1930s, this was changed to two and four person sleighs. Today, the crew consists of a pilot, a brakeman, and in the four crew only, two pushers. Bobsledders must be fast and strong in order to give the bobsled a good start at the beginning of the race. Pilots must be skillful drivers, having good timing and style, in order to drive the sled along the best line to achieve the greatest speed. Women only compete in two person crews, while men compete in two and four person crews.

During the race, members of the crew begin to push the sled from a standing start. The runners of the sled follow the grooves in the ice for a short distance. Once the sled is clear of the starting area, the crew jump in and the pilot steers it through the course. The speed of the sled is determined by its weight, aerodynamics, the runners, the condition of the ice, and the skill of the driver. Race times are measured in hundredths of a second and each run is called a heat. During the Olympics and the World Championships, the men and the women bobsledders have four heats.





Carefully complete the following activities.

A. Circle the answer(s) for each question.

1. In which Winter Olympic Games did the first four-crew bobsleigh compete?

1920 1932 1916 1924 1936

2. Which Winter Olympics did not have bobsleigh as a competitive sport?

Torino Calgary Squaw Valley Innsbruck

3. Who invented the sport of bobsleigh?

Swiss Germans English French Russians

4. In which city was the first bobsleigh track built?

Oslo Lyon St. Moritz Lillehammer Innsbruck

5. When did women make their Olympic debut in the sport of bobsleigh?

1992 1984 2002 2006 1976

B. Circle the words that describe bobsleighs of the past and underline the words that describe the ones used today. Record the words in the correct column.

heavy	light	slower	dangerous
modern	fibreglass	aerodynamic	easier to drive
awkward	old-fashioned	wooden	faster
uncomfortable	sleek	difficult to manoeuvre	colourful
metal	streamlined	safe	plain

Early Bobsleighs	Modern Bobsleighs



Ice skating has been a popular sport for more than a thousand years. It all began on the frozen waterways and canals of Scandinavia and the Netherlands. Early people living in these areas would lace animal bones to their footwear, so they could glide across frozen lakes and rivers. During the 1600s, the Dutch enjoyed travelling on blades between villages and found it a useful method of transportation. The first pair of all-iron blades was invented by a Scotsman in 1508. This invention increased the skater's speed and various skati

Speed skating eventually spread to North America and in 1850, a lighter, sharper and longer all-steel blade was developed. Canada's first recorded ice skating race took place on the St. Lawrence River in 1854 when three British army officers raced

from Montreal to Québec City. Racing on the ice became a regular part of winter life and the first Canadian Amateur Skating Association was established.

Speed skating is the sport of racing on an oval surface in order to obtain the most distance in the least amount of time. Speed skaters skate in a crouched position in order to reduce air resistance. The lower the crouch, the more the leg can extend to the side during the push. The blades on speed skates have very little rocker or curve which allows the skater to glide in long straight lines.

Speed skating races are held for men and women, indoors or outdoors. All tracks are oval in shape and are 400 meters in length. Men compete in races that are 500, 1,500, 5,000, and 10,000 meters in length. Women compete in races of 500, 1,000, 1,500, and 3,000 meters. During the Olympic Winter Games, a fifth event is added: a 1,000 meter race for the men and a 5,000 meter race for the women.

All speed skating races are completed with a pair of skaters and two lanes of an oval track. The skaters are required to wear armbands around their upper arm to identify which lane they started in. The bands are red and white in colour. A white band signifies the inner lane and the red band signifies the outer lane. After each lap has been completed, the skaters switch lanes so that they both will cover the same distance per lap. The skater with the best time wins.

Modern day competitors involved in the long track speed skating sport have become faster due to the invention of clap skates, indoor ovals, and aerodynamic skating suits. Clap skates were introduced in 1996 to be used for speed skating. The blade of a clap skate is hinged to the front of the boot and detached from the heel, which allows the skater a more natural form of movement.

Although European skaters have dominated this sport for years, Canadian speed skaters have become increasingly stronger and have been obtaining world class times in various events.



Long Track Speed Skating



Old Orchard Speed Skaters early 1920's

Locate a sentence in the information that proves each statement to be true.

Record the first six words of the sentence on the line provided.



1. Racing on the ice was a popular sport many years ago in Canada.

2. Speed skaters have a special way of skating during a race.

3. Speed skates are quite different from hockey and figure skates.

4. Early skates were very primitive and were used as a method of transportation.

5. People have been skating for hundreds of years on the waterways and rivers of Europe.

6. Science and technology has played a large role in the results that modern day speed skaters achieve.

7. Male skaters travel greater distances during their events than female skaters.

8. Speed skating races are conducted in a definite manner.

9. Speed skating in Canada has become a popular competitive sport.



Canadian athletes have been involved in the sport of long track speed skating for many years. Some have been quite successful.

Using the Internet or the resource centre at your school, research the following Canadian Olympic Long Track Speed Skaters to find out the required information to complete this chart.

Name	Olympics	Year	Events	Medal
Gaetan Boucher				
Cathy Priestner				
Ted Jan-Bloeman				
Clara Hughes				
Cindy Klassen				
Catriona Le May Doan				



Short Track Speed Skating



Short track speed skating began in Canada and the United States in 1905 and its first competition took place in 1909. During the 1920s and 1930s, this sport was gaining popularity in Great Britain, Japan, France, Belgium and Australia. In 1988, short track speed skating was a demonstration sport at the Calgary Olympic Games and in 1992, it became a medal event at the Albertville Olympic Winter Games.

Short track speed skating is an elimination event. Athletes race in packs and try to outskate and outwit other competitors in their heats rather than trying to beat the clock. The competition is made up of heats in which four to six skaters compete. The first two skaters to complete the heat move on to the next round until there are only four skaters left.

There are usually ten events in international short track speed skating competitions. There are five for men and five for the women. In the 2010 Winter Olympics, there were only four events. For the men they were: 500m race, 1000m race, 1500m race, and the 5000m relay. The events for the women were: 500m race, 1000m race, 1500m race and the 3000m relay. In a 500m race, it is important for the skater to get a good start, while in the 1000m race, tactics and strategy are increasingly important. The 1500m race requires great stamina and strategy as the heats, quarterfinals, semifinals, and the final are all held in one day. The relay race consists of teams of four skaters, each of whom take the ice for 1 1/2 to 2 laps several times. During the relay race, the extra skaters stay in the centre of the oval until it is their turn to skate. A firm push from behind indicates an exchange and transfers momentum from one skater to the next. The men's and women's short track relays take place over two days and consist of a semi-final and a final.

All speed skating races are held on an oval ice track with a circumference of 111.12m. The rink is usually the same size as an international-sized hockey rink. The tight corners are now padded to increase the safety for athletes who lose control while skating these difficult turns. In a 500m race, a skater must complete 4 1/2 laps; 1000m race: 9 laps; 1500m race: 13 1/2 laps; 3000m relay (women only): 27 laps; and 5000m (men only): 45 laps.

During a race, a skater can be disqualified for any of the following reasons:

- Impeding: blocking, charging, impeding or pushing another skater
- Having two false starts
- Skating off the track inside the turn markers
- Cross tracking: Purposely crossing the path of another skater
- Slowing down for no reason
- Team Skating: Skaters on a team plan to affect the outcome of the race.
- Kicking Out: A skater kicks out a skate deliberately in order to injure another skater in the race.
- Improper Finish: Throwing oneself across the finish line is forbidden.

Short track speed skating is very popular in Canada and there are many fine skaters that will be competing at the Winter Games in Milan and Cortina, Italy.



A. Read each statement carefully. Decide if the statement is true or false. Record your answer on the line provided.

1. Short track speed skating is a very old sport practised in many European countries.

2. During a short track speed skating race, skaters race in packs and try to out skate one another.

3. There are only events for men in the sport of short track speed skating. _____
4. Men and women have the same number of races and travel the same distances. _____
5. A skater must get a quick start ahead of the other skaters in order to win the 500 metre race.

6. Skaters can use any type of strategy or tactic to win a heat in a race. _____
7. All short track speed skating races are held outside on an oval ice track made of real ice.

8. If a skater kicks out a skate on purpose to injure another skater in a race, that skater will be disqualified. _____
9. A short track speed skating relay race takes two days to complete. _____
10. During a race, skaters can block, charge, slow down, and push other competitors.

B. In a few sentences, tell how you feel about short track speed skating. Tell why you like it and why you do not like it as a sport.

Reasons why I like Short Track Speed Skating



Reasons why I do not like Short Track Speed Skating



Canada's Short Track Speed Skating Teams



Kim Boutin/Shutterstock.com

Canada's Speed Skating Team leads the way as a world leader in both short track and long track speed skating. Teams have shown their power and strength on the World Cup Circuit and in the World Championships. Every four years the team shines at the Winter Olympics and captures more medals than any other sport in Canada.

Canadian speed skaters have captured a total of up to 70 speed skating medals at the Olympic Games over the years. They rank fourth among all of the countries.

Cindy Klassen is one of the most decorated Canadian Olympian's to this day. She has won six medals in long track speed skating.

The Olympic female short track national team will be headed by three-times Olympic medallist Kim Boutin. The team is made up of eight skaters. The national team includes Courtney Sarault, Florence Brunelle, Rikki Doak, Danaè Blais, with Claudia Gagnon and Ann-Sophie Bachand as alternates.

The Olympic male track national team will contain Steven Dubois, Félix Roussel, Jordan Pierre Gilles, William Dandjinou, Maxime Laoun with Mathieu Pelletier and Philippe Daudelin as alternates.



Answer each question with a complete sentence.

1. Why is short track speed skating an important winter sport in Canada?

2. What are the Canadian short track teams able to do at Winter competitions and at the Winter Olympics?

3. How many medals have speed skaters won at the Winter Olympic games?

4. Which athlete is the most decorated long track speed skating Canadian? Tell why.

5. Who will be the leader of the Olympic Female Short Track National Team?

6. How many skaters are on each Olympic team?



Famous Canadian Olympians





Ivanie Blondin

Speed Skater

Using the internet to:
Locate and record the answers to the following questions as they pertain to Ivania Blondin.

- 1. When and where was Ivania Blondin born?

- 2. In what types of racing does Ivania participate?

- 3. In which type of speed skating is Ivania a world champion?

- 4. When and why did Ivania want to quit short track speed skating?

- 5. Who convinced Ivania to switch to long track racing?

- 6. In which type of long track speed skating has Ivania been successful in winning a gold and silver medal?

- 7. How did Ivania feel after winning the silver medal in Mass Start at the 2015 World Single Distance Championships?

- 8. Describe the Mass Start style of speed skating.

Famous Canadian Olympians

Charles Hamelin

Canada's Speed Skating Star

Charles Hamelin was born in 1984 in Levis Quebec. Speed skating runs in the Hamelin family. His brother, François is also a speed skater and he has also achieved great success at the top level.

Charles began speed skating at the age of nine and joined his younger brother who had been speed skating since he was five. Charles' and François' involvement in the sport interested their father and he began coaching them.



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Charles has accomplished great success in this sport. His success began early at the 2003 World Junior Short Track Championships where he won silver medals in the 500 m and the 1500 m races and a bronze medal in the 2000 m relay race. Further success was achieved at various World Championships and the 2006 Turin Olympic games. At these events he won eight gold medals, 11 silver medals and 7 bronze medals. In 2010, at the Vancouver Olympics, Hamelin competed in four events. They were the 500, 1000, 1500 and 5000 m races and relays. In the 1500 m race he failed to qualify. During the 1000m race he found he couldn't maintain the high speed and finished fourth. The most promising and best race was the 500 m. Hamlin won the gold and his teammate won the bronze. During the same night the Canadian Relay Team finished first and won gold. Charles and François stood proudly on the podium.

During the 2014 Winter Olympic Games in Sochi, Charles first competition went very well and he captured his third Olympic Gold Medal. Unfortunately, his luck changed when he fell in the heats of the 500 m and 1000 m races. His brother François also fell in the semi-finals of the men's 5000 m relay.

The World Short Track Speed Skating Championships in 2014 were very special for Hamelin because they took place in his home province of Quebec. At the Maurice Richard Arena in Montreal, Hamelin won a gold medal in the men's 1500 and a bronze medal in the men's 500 m. It made him happy to hear the cheers from the spectators and his family.

Charles won gold in the 5000m relay at the 2022 Beijing Olympics, earning the sixth Olympic medal of his career.



Read each statement carefully. Record True or False on the line at the end of each sentence.

1. Charles Hamelin's success in Speed Skating began at the 2010 Vancouver Olympic Games.

2. In 2006, Charles won eight gold medals, 11 silver medals, and 7 bronze medals at sporting events and the Turin Olympic Games. _____
3. In one of his races, Charles found he could not maintain the high speed created by other racers. _____
4. Hamelin achieved great results during his participation at the 2014 Winter Olympic Games.

5. François did not race but thoroughly enjoyed cheering and shouting loudly while watching Charles race. _____
6. Charles and his brother, François were born and raised in Levis, Quebec. _____
7. Charles did not qualify to race in the 1500 m race in the Vancouver Winter Olympics.

8. Charles began speed skating at the age of five. _____
9. Charles and François stood proudly on the podium and received gold medals as Canada's Relay Team came first at the 2010 Winter Olympic Games. _____
10. Charles won his sixth Olympic gold medal at the 2022 Beijing Olympic Games.



Freestyle skiing was developed by Norwegian skiers in the 1930s. They would perform acrobatic moves while training in alpine and cross-country skiing. Professional skiers began exhibiting freestyle skiing moves in skiing exhibitions in North America. Jamie Hamilton from Erin, Ontario perfected the 720 degree spin in 1946 and was followed by German skier Jeremy Wedels, who created the 1080 degree spin. During the 1950s, Stein Eriksen, a former gold medallist in alpine skiing, began to develop aerial skiing. During the 1960s and 1970s, it was known as "hot-dogging." Although this sport became very popular, many people felt it was too dangerous and did not want it to become an Olympic Sport. At that time, freestyle skiing had few rules and accidents often took place. Knee injuries were common amongst professional freestyle skiers.

In 1979, the International Ski Federation recognized freestyle skiing as a sport, but brought rules and regulations to curb the dangerous elements performed in competitions. There are two types of freestyle skiing performed at competitions today. One freestyle event is called "moguls." During this event, skiers individually race down a mountain that is covered with large bumps made out of snow, four feet high. The skiers must make fast turns while still keeping their shoulders parallel to the finish line as often as possible. While they are hurtling down the mountain, there are two jumps located at different points. At each jump, the skier must impress the judges and the spectators with "helicopters," "back scratchers," and other artistic jumps. The seven judges watching evaluate and rank the competitors accordingly: 50% is given for turns, 25% is given for air, and 25% is given for speed.

During the breathtaking aerial event, skiers begin at a spot of their choice and ski straight down the mountain toward a concave jumping ramp which can be 4 meters high. The jump is usually built of wood or metal and then covered with snow. A skier can be propelled up to 12 to 15 meters in the air coming out of the jump. Once in the air, the skier performs a variety of twists and somersaults, and then attempts to land on both skis. The skier is judged by a group of five judges, who rank the jumps by the following elements: 50% form, 20% air, and 30% landing.

During the 1988 Winter Olympics in Calgary, freestyle skiing was a demonstration event. Mogul skiing was added as an official medal event at the 1992 Albertville Winter Olympics. The aerial event was added to the 1994 Lillehammer Winter Olympics. Canadians dominated the aerial events at several Winter Olympics. In 1988, at the Calgary Winter Olympics, Jean-Marc Rozon won the gold medal and Lloyd Langlois won the bronze. During the 1992 Albertville Winter Olympics, Phillippe Laroche won gold and Nicholas Fontaine won the silver. At the Lillehammer Winter Olympic Games in 1994, Jean Luc Brassard captured the gold medal in freestyle skiing. During the 2002 Winter Olympics in Salt Lake City, Veronica Brenner won silver and Deidre Dionne won bronze in freestyle skiing. Veronica and Deidre became the first Canadian women to win Olympic medals in freestyle skiing. During the 2010 Olympics Alexandre Bilodeau won gold in the Men's Moguls; Jennifer Heil won silver in the Women's Moguls; and Ashleigh McIvor won gold in Women's Ski Cross.



A. Answer the following questions with sentences.

1. Why were rules and guidelines made for freestyle skiing?

2. Why do you think the aerial event in this sport would be breathtaking to watch?

3. Although this sport has rules and regulations, do you feel it is a safer or still a dangerous sport? Give reasons for your feelings.

4. At which Olympic Games was freestyle skiing a spectator sport?

B. Match each freestyle skiing term to its meaning.

Backscratcher
Cossack

Helicopter
Take Off

Zuznik
Carving

Pike
Triple

Tuck

1. _____: the knees are pulled up in front of the body

2. _____: the body bends at the waist and the legs

3. _____: the launch into the air

4. _____: three flips

5. _____: skiers touch their back with the tail of both skis

6. _____: hands straight down, skis up by your ears

7. _____: an upright aerial spin of 360 degrees

8. _____: the efficient way of using edges to control speeds in and out of the turns during a run

9. _____: the upper body is leaning forward towards the tips of the skis



Famous Canadian Olympians

Mikaël Kingsbury

Canada's Freestyle Skiing King

Did you know that:

- Mikaël Kingsbury is a Canadian freestyle skier and is one of the most accomplished mogul skiers in the world.
- Kingsbury's fame began when he received the 2009-2010 FIS World Cup Rookie of the year award.
- he is a five-time reigning FIS Freestyle World Cup holder for moguls and overall freestyle.
- Mikaël is the only male to have won both the moguls and dual moguls World Championship Events.
- at the Freestyle World Championships, Mikaël has won more medals than any other competitor as he has won a medal in each of the six events.
- that in 2014 Kingsbury won an Olympic silver medal at the Sochi games.
- Mikaël is the youngest male mogul skier to win a Crystal Globe and to set a record for standing on 13 podiums in a season.
- he has won the FIS Freestyle World Cup twice.
- in 2013, at the FIS World Ski Championships, Kingsbury won his first World Championship title in the moguls event while his main competitor Alexandre Bilodeau placed second. It was Kingsbury's dream coming true.
- during the Sochi Winter Olympics, Kingsbury had a slight stumble in his final run and finished in second place behind Bilodeau and collected his first silver Olympic medal.
- Mikaël Kingsbury is one of the best freestyle skiers in the world. He has won 13 World Cup titles in moguls and 9 titles for all of freestyle skiing, more than any other man. He also holds the record for 100 World Cup wins and once won 13 events in a row. At the World Championships, he is the first man to win both moguls and dual moguls, and he has earned medals in 15 out of 16 events he has ever competed in.
- He added another silver at Beijing 2022, becoming the first male moguls skier to ever win three Olympic medals.



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Daniel Hurlimann/Shutterstock.com

Famous Canadian Olympians

Michaël Kingsbury

Canada's Freestyle Skiing King



1 How successful has Kingsbury been at World Cup Competitions?

2 Who was his main competitor at competitions?

3 Why didn't Kingsbury win a gold medal at the Sochi Winter Olympics?

4 What was Kingsbury's dream?

5 When did Kingsbury's dream come true?

Famous Canadian Olympians

Canada's Skiers

At the Freestyle World Championship competition Michaël Kingsbury has won more medals than any other competitor. He has also won a medal in each of the six events that he has competed in. At the Sochi Olympic Games, Mikaël won a silver medal in Moguls. At the PyeongChang Olympics, he won a gold medal in the moguls. At the Beijing Winter Olympics he won silver in the moguls.



Erik Read is the son of the famous alpine skier, Ken Read known as the Crazy Canuck. He began skiing at the age of two and raced in his first race at the age of six. He had his Olympic debut at the 2018 Winter Games in Korea. He finished 11th in the men's giant slalom. He represented Canada at the 2022 Beijing Olympics in the slalom and giant slalom.



Dahria Beatty joined the sport of cross-country skiing at the age of three. She has been competing internationally since 2009-2010. Beatty competed in the Ladies Team Sprint at the PyeongChang 2018 Olympic Games in Korea and five other events during her Olympic debut.



cross.

Eliot Grondin began snow-boarding at the age of four and began competing at the age of fifteen. In February of 2017, he had his first podium finish and a week later finished seventh at the world junior championships. He made his Olympic debut when he was 16 years old and was the youngest man on Team Canada at the PyeongChang Olympics in 2018. Eliot won two medals at the 2022 Beijing Olympics. He earned a silver in the snowboard cross and a bronze in the mixed team snowboard

Famous Canadian Olympians

Canada's Skiers



Laurence St. Germain began competing while attending school in the United States. She joined the National Alpine Ski Team in the 2015-2016 season. Her Olympic debut was at the Pyeong-Chang Olympics in 2018 where she finished 15th in the slalom event and eighth in both slalom races. Laurence captured the slalom world title in 2023.



Marielle Thompson is one of the world's biggest ski cross stars. She began skiing at the age of two and ski racing at the age of 11. In 2012, at the age of 19, Marielle earned her first gold medal at her first World Cup. She ended that season, with six World Cup podiums. Three of the podiums were in first place and she was given the overall World Cup title in women's ski cross. In the same year she was the first Canadian ski cross racer to win a Crystal Globe and since then has won it two more times. Marielle won a silver medal in the womens ski cross event at the 2022 Olympics in Beijing.



Tristan Walker began sliding on a sled when he was ten years old. His parents signed him up for a ski jumping biathlon and luge camp at Canada's Olympic Park. Tristan chose the luge as it was the fastest sport. In 2010 with a partner, Justin Smith, who was also eighteen years old, they were two of the youngest members of the Olympic Team. In January of 2014, their team earned Canada's first-ever World Cup Podium in doubles and won a bronze medal in Germany. At the World Championships in 2015 and 2016 they won bronze medals in relays. He earned a silver medal in the team relay luge mixed team event at the 2018 PyeongChang Olympics.



Mikaël Kingsbury is one of the most accomplished moguls skier in the world and comes from Sainte-Agathe-des-Monts, Quebec. Mikaël is the only man to have won both the moguls and dual moguls World Championship events.





Which Freestyle Skier is each sentence describing?

Record his or her name on the line at the end of each sentence.

Is it?

Dahria Beatty

Tristan Walker

Erik Read

Eliot Grondin

Justin Smith

Mikaël Kingsbury

Laurence St. - Germain

Marielle Thompson

1. As a mogul skier he has won many medals at World and Olympic events.

2. This skier chose the luge as his sport because it was the fastest one.

3. His father was known as the 'Crazy Canuck' who was a famous alpine skier.

4. He was the youngest skier on the Team Canada at the Olympics in 2018.

5. This skier won her first gold medal at the age of 19.

6. She competed in the Ladies' Team sprint at the 2018 Olympic Games in Korea.

7. This skier began her career as an alpine skier while attending school in the United States.

8. She became one of the world's famous ski cross stars.

9. He became a partner with a luge competitor.

10. This Canadian competitor is the most accomplished mogul skier in the world.



Nordic Combined



Nordic skiing began about 5,000 years ago in the country of Norway and spread to the whole of Scandinavia and Russia. In those days, skiing was a method of transportation used to get from one place to another. Sondre Norheim, a Norwegian, is considered to be the father of modern skiing in Norway. He was born at Overbo and raised in Morgeda in the municipality of Kviteseid in Telemark in 1825. This humble man loved to downhill ski for recreation and to jump great distances on skis. He changed skiing from a method of transportation

to a pleasurable sport by designing new equipment, such as different bindings and shorter skis with curved sides to make turning easier. Sondre was also an avid competitor in skiing competitions. In 1868, he entered and won the first national skiing competition in Christiania, defeating many younger skiers. His introduction of the Telemark style of skiing and the slalom received much interest and led to the organization of ski clubs and competitions throughout Norway. Skiing popularity soon spread to North America, Australia, New Zealand, and Europe by the end of the century.

Nordic Combined individual events have been included in the Olympic Winter Games since the first Olympic Winter Games were held in Chamoix, France in 1924. All three Nordic Combined events consist of a ski jumping competition and a cross-country skiing race. The events are the Individual Gundersen, the Sprint, and the Team.

During the Individual Gundersen event, each competitor takes two jumps on the normal hill (90 meters) during the first part of the competition. Each jump receives a score for its length and style. The second part of the event is a 15 km cross-country race. Competitors begin the race in the order of the ski jumping results. The winner of the ski jumping starts the race in first place and others follow according to their finish.

In the Sprint event, during the first part, skiers must jump once from a large hill (120 meters). In the second part of this competition, each competitor must compete in the 7.5 km cross-country race. The winner of the ski jumping part of the event starts in first place and all the other competitors follow according to their jumping results.

The Team event consists of four jumpers, who take two jumps each off the normal hill during the first part of the competition. The Team score is the total of the eight jumps. The same skiers then compete in the 4x5 km skiing relay. The team that had the best jumping score begins the relay. The winner is the team whose final skier crosses the finish line first.

Nordic Combined is a sport that is gradually growing in Canada, but required funding and support from sponsors and the government is limited.





Complete each sentence with the correct words located in the information on the Nordic Combined.

1. Competitors compete in the _____, _____, the _____, and the _____ events in the Nordic Combined.
2. _____ skiing began in the country of _____ and was used as a method of _____.
3. During the _____ event four _____ each take two _____ off the _____ hill and then participate in a 4 x 5 km skiing _____ race.
4. _____ is considered the _____ of _____ skiing in Norway.
5. All Nordic Combined _____ consist of _____ and a _____ skiing race.
6. During the _____ event, skiers must _____ from a _____ 120 _____ in length and then _____ in a 7.5 km cross-country _____.
7. Norheim designed _____ that had different _____ and shorter _____ with _____ sides.
8. In Norway, Sondre Norheim loved to _____ ski and was an avid _____ who won the first _____ skiing _____ defeating many _____ skiers.
9. The _____ style of skiing and the _____ led to the formation of ski _____ and _____ in Norway.
10. In the Individual, Gundersen _____, each skier makes two _____ on the _____ hill and receives a score for their _____ and _____.



Olympic Sports

Cross Country Skiing



Cross Country Skiing is one of the original Winter Olympic Sports and it began at the first Winter Games in 1924. At Beijing, China there will be twelve events with 36 medals to be won.

It is the oldest type of skiing and it began in Norway. The Norwegian word 'ski' comes from an Old Norse word "skid" which was a split piece of wood. The wood was used on a person's feet and helped them to travel over snow-covered ground. These "skids" helped people to travel over snow-covered ground to hunt for game, to gather firewood and to keep in contact with others in isolated communities.

Cross-country skiing has been a part of the Winter Olympics for many competitions. This form of skiing has been in the Winter Olympics since

1924. Today there are 12 events. Six are for men and six are for women.

Norway is the home of cross-country skiing and over the years it has won 121 medals which includes 47 Gold. The two most successful Olympians are Bjørn Daehlie who has won 12 medals and Maret Bjørgen with 15 medals. Maret is the most decorated Winter Olympian in history.

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Nordiq Canada and the Canadian Olympic Committee have announced the 11 cross country skiers who will represent Team Canada at the Milano-Cortina 2026 Olympic Winter Games.

The athletes are:

- | | |
|---|---|
| • Antoine Cyr (Gatineau, Que.) | • Xavier McKeever (Canmore, Alta.) |
| • Jasmine Drolet (Rossland, B.C.) | • Sonjaa Schmidt (Whitehorse, Yuk.) |
| • Rémi Drolet (Rossland, B.C.) | • Tom Stephen (Calgary, Alta.) |
| • Liliane Gagnon (Shawinigan-Sud, Que.) | • Katherine Stewart-Jones (Chelsea, Que.) |
| • Max Hollmann (Thunder Bay, Ont.) | • Amelia Wells (Victoria, B.C.) |
| • Alison Mackie (Edmonton, Alta.) | |

Xavier McKeever is competing in the Olympics for the first time. He comes from a famous Canadian skiing family. His parents, Milaine Thériault and Robin McKeever, were both Olympians, and his uncle, Brian McKeever, is Canada's most decorated winter Paralympian.



Answer each question with a good sentence answer.

1. In which country did cross country skiing begin?



2. How did the sport of cross country skiing begin?

3. How many cross-country events take place in this sport during the Olympics?

4. How many Olympic medals has Norway won at the Olympics?

5. How many gold medals have it won?

6. Which Norway athlete is the most decorated winter Olympian in history?



Alex Harvey



Alex Harvey was born on September 7 in 1988 in Mont Sainte-Anne, Quebec. He is the son of Pierre Harvey, a well known cyclist and cross country skier. At the age of three his parents introduced him to the sport of cross-country skiing in an unique way. He would ski with them for about 15 minutes and then when he was tired he would ride in a baby glider pulled by his parents while they skied for the day. As Alex grew older his love for cycling and cross-country skiing grew as well. He

was often seen downhill or cross country skiing on the slopes of Sainte-Anne during the winter or speeding down its trails in the summer on a mountain bike. Alex and his father enjoyed competing against each other in both sports.

Alex's love for the sport of cross-country skiing grew and he often dreamed of competing at the Winter Olympics. He decided to improve his skills by taking 'Jack Rabbit' ski lessons at a nearby ski club. This training led him to competing at an international level.

In 2004, Alex won the gold medal at the Juvenile Canadian Cross Country Ski Championships. He gave up competing in mountain biking competitions to concentrate entirely on cross-country skiing. In the same year, Alex won the juvenile gold medal at the Canadian Cross Country Ski Championships and in 2005 as a junior skier Alex won three Canadian Championships. At the junior international level, Alex won two bronze, one silver and one gold medal.

During the 2010 Vancouver Winter Olympics, Alex finished fourth in the Team Sprint with his teammate Devon Kershaw. During the 2014 Olympics in Sochi, Russia, Alex struggled hard but did not finish in one event and did not win any medals.

Alex retired at the end of the 2019 season.



Alex Harvey

Read each sentence carefully about Alex Harvey. Record the word **true** if the sentence is correct or the word **false** if the sentence is an incorrect one.



1. Alex Harvey had the same athletic skills as his father. _____
2. Alex always competes in two sports.

3. Alex had great skills and was very talented and did not have to take any lessons to improve his skills. _____
4. Alex's parents took him with them while they cross country skied.

5. Alex enjoyed the sport of mountain biking the most. _____
6. Alex and his father did not like to compete against each other in a sport.

7. The training Alex received at the ski resort improved his skills. _____
8. Alex competed successfully as a junior skier and won medals. _____
9. At the 2010 Vancouver Winter Olympics, Alex and his teammate Devon Kershaw won a silver medal in the Team Sprint. _____
10. Alex has competed in two Winter Olympics but has not won an Olympic medal. _____

Olympic Sports

Ski Jumping



Ski jumping originated from Morgedal, Norway. Olaf Rye, a Norwegian lieutenant, the first known ski jumper, flew 9.5 meters in the air before a group of fellow soldiers in 1809. In 1985, skiers wanted to be able to jump longer distances and this led to a completely new style of ski jumping created by a Swedish jumper, Jan Boklov. While completing a jump using this style, a skier holds his skis in a V-shaped position instead of being parallel in the air. At first, other jumpers laughed and scoffed at Boklov but eventually, people realized that his style produced 28 percent more lift.

Ski jumping has been a part of the Winter Olympics Games since 1924 when they were held in Chamoix, France. Two types of hills are used: Normal and Large. Ski jumpers compete individually and as a team. In the Winter Olympics, there are three main events. They are the Normal Hill Individual, Large Hill Individual, and the Large Hill Team.

In the sport of ski jumping, an athlete skis down a long ramp, which is also called the in-run, and flies into the air at speeds up to 95 km per hour. A ski jumper's technique is very important and a jumper must have a precise and well timed takeoff. Once the ski jumper is in the air, the V-style or **Telemark** is performed and position is adjusted to maximize lift and to minimize drag. Each skier is evaluated on the distance travelled and the style in which the jump was completed. Usually, the skier with the longest jump will have the highest style points. The quality of the landing in long jumps may be the determining factor in deciding the finishing place when the distances are the same.

Each ski jump is provided with many start benches from which the jumpers take off. A group of people called the "jury" decide at the start of the competitive round which start gate the ski jumpers will use. They will choose the gate that will allow the ski jumpers to fly close to the maximum safe distance. Their selection depends on certain conditions such as wind, temperature, humidity, type of snow, and other factors that can hurt the distance a jumper flies. All jumpers start from the same gate.

During the "Normal Hill Individual" competition, skiers travel down a hill 80 to 100 meters long and can fly distances of up to and over 110 meters. On the day prior to the event, competitors must do a qualification jump. The top 15 ski jumpers on the World Cup Circuit are pre-selected and do not have to participate. The rest of the athletes must rank in the top 35 to receive a start. There are two rounds of jumps. The first round has a total of fifty starters. Only the top 35 skiers move on to the final round. During the second run, the jumping order is reversed leaving the best jumpers to the end.

The "Large Hill Individual" event is held on a hill that is 120 to 130 meters long and jumpers often obtain distances of over 145 meters. The same format used for the Small Hill Individual event is used during the Large Hill event. In the Large Hill Team event, each team is made up of four athletes and there are two rounds of competition. In the first round, each member of the team jumps. In the second round, only eight teams compete. The jumpers with the poorest scores jump first and those with the highest scores jump last. The team with the highest total score of all eight jumps wins.



A. Number the following sentences about ski jumping in the correct order.

Sailing Through the Air

- _____ When he saw the in-run begin to curve upward, the jumper raised his hips slightly, and pressed his chest tight against his knees.
- _____ Quickly, the jumper leaped forward and upward at the same time.
- _____ The ski jumper sat nervously on the start bench at the top of the in-run.
- _____ About three meters from the end of the in-run, he prepared for takeoff bringing his arms perpendicular to the ground while rising up slightly.
- _____ Then it was his turn to jump.
- _____ Halfway down the in-run, he prepared to position his body for the leap off the ramp.
- _____ He was sailing through the air leaning over his skis that were positioned in a large V formation.
- _____ Down the in-run, he hurtled, crouched as low as he could to build speed with his arms forward and his head bent downward.
- _____ The spectators cheered loudly, clanged their cowbells, and clapped eagerly for his outstanding jump and landing.
- _____ Gradually, he made his descent and landed firmly on both skis.

B. Something to Think About:

1. How is a ski jump like a roller coaster ride?

2. How do ski jumpers minimize air resistance?

3. How do jumping skis act like the wings of an airplane?



Olympic Sports

Snowboarding



Snowboarding combines the extreme activities of surfing, skateboarding, and skiing. It is one of the fastest growing sports in the world. Snowboarding began in the United States and the first snowboard was invented and manufactured in the state of Utah in the early 1970s.

Its popularity grew rapidly and competitions were soon being held for the sport. In 1982, the first National Snowboard Race was held in Vermont. In 1992, the first World Championship Halfpipe Competition was held in California. It became an official sport in 1985, and the first World Cup for snowboarding was held in Austria the same year. In 1998, snowboarding made its debut at the Olympic Winter Games in Nagano.

Canada's first Olympic Medal in snowboarding was won at the 1998 Nagano Winter games by Ross Rebagliati. He won the gold medal in the giant slalom event. At the 2006 Olympic Winter Games in Torino, Dominique Maltais won a bronze medal.

There are six snowboarding events held at the Olympic Winter Games. They are Men's and Ladies' Halfpipe, Men's and Ladies' Parallel Giant Slalom, and Men's and Ladies' Snowboard Cross.

The Halfpipe competition takes place in a semi-circular ditch that is 9.1 meters deep. Competitors perform acrobatic aerial tricks while going from one side to the other and while in the air above the sides of the pipe. They are judged on style and difficulty.

The Parallel Giant Slalom is an exciting version of Alpine snowboarding. During this event, two boarders race downhill through a set of gates that require extremely tight turns. The snowboarders must exercise plenty of speed and technical skill in order to complete the course. The number of competitors is reduced to 16 after the qualification round. These competitors must battle it out on two side by side courses until there is a winner.

During the Snowboard Cross, the competitors must snowboard over a challenging course that includes jumps, ramps and other obstacles. The race is divided into heats. In each heat, four riders start as a pack and race over the course. The first two boarders to finish ahead of the others will continue to the next round.

Snowboarding can be a very dangerous sport. Snowboarders often receive various injuries while practising, during competitions or snowboarding for pleasure. The most common injuries to the body are wrist and ankle fractures, head injuries which may cause brain damage, and dislocated and broken shoulders. Today, modern snowboarders are required to wear protective gear while they are practising or competing. The equipment consists of a helmet, wrist guards, and padding or armour on other parts of the body to protect the hips, knees, spine, and shoulders. Goggles must be worn to protect the rider's vision and to prevent snow blindness. Special boots are worn to minimize movements.

Many young Canadians were heavily involved in the sport of snowboarding and did well in the Winter Olympics held in Vancouver, 2010. Jasey-Jay Anderson won gold in the Men's Parallel Giant Slalom; Mike Robertson won silver in Men's Snowboard Cross and Maëlle Ricken won gold in the Women's Snowboard Cross.



In which Olympic Snowboarding competition would each of the following events take place? Record the name of the competition on the line provided.

Snowboard Cross

Halfpipe

Parallel Giant Slalom

1. Snowboarders charged over the course filled with jumps and other obstacles that challenged them. _____
2. The snowboarder leapt into the air and performed a dazzling 360 degree turn.

3. As the two snowboarders zoomed down the hill, one barely made it through a gate.

4. In each heat, four boarders must travel over a difficult course and the first two to finish will continue on. _____
5. The winner of the race displayed great speed and technical ability while completing the course. _____
6. The spectators watched the snowboarder move from side to side along the ditch while performing tricks. _____
7. The pack of snowboarders took off like the wind, flying over ramps and banks of snow, while carving their way down the hill to the finish line. _____
8. The snowboarder was relieved to hear that he was one of the 16 competitors to continue to the final event. _____
9. The snowboarder stood nervously and listened to the score he received for his efforts.

10. During this event, one snowboarder had a disastrous fall and only three competitors crossed the finish line.





Olympic Sports

Curling



The game of curling is thought to have been invented in Scotland. Early rocks were flat-bottomed river stones that were sometimes notched or shaped. The thrower had little control over where the stone would go once thrown and relied more on luck than on skill. This game was played on the many frozen lakes, ponds, and rivers throughout Scotland's countryside as the ice conditions in the winter were very good.

Curling has been firmly established in Canada, the United States, and many European countries for many years. Its popularity has spread to Japan, Australia, New Zealand, China, and Korea.

In 1998, curling became a full-fledged medal sport in the Winter Olympics with Sandra Schmirler's team winning the gold medal for Canada, in the women's event and Mike Harris' team winning silver for Canada, in the men's event.

A. There are many curling terms used while the game is being played. In order to have a better understanding of the game, research using the Internet or the resource centre, to find out the meanings of the following curling terms.

1. Lead: _____

2. Second: _____

3. Third: _____

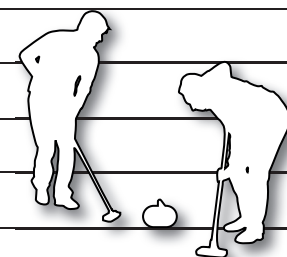
4. Skip: _____

5. Broom: _____

6. Button: _____

7. Curler: _____

8. Rink: _____





9. Rock: _____
- _____
10. Shot Rock: _____
- _____
11. Steal: _____
- _____
12. Bonspiel: _____
- _____
13. Guard: _____
- _____
14. House: _____
- _____
15. Hard!: _____
- _____

B. Choose the name of one of the following famous Canadian curlers to research using the Internet or the school resource centre. Find out five interesting facts about the one that you chose and record the information in a paragraph.

Sandra Schmirler	Rachel Homan	Jennifer Jones	Colleen Jones	Sherry Middaugh
Randy Ferbey	Jan Betker	Brad Gushue	Glenn Howard	Russ Howard



Ice hockey is considered the world's fastest team sport and is popular in countries such as Canada, the United States, Scandinavia, and Russia. Hockey is the official winter sport in Canada and involves people of all ages at different levels of playing. In the International Ice Hockey Federation, there are 66 countries that are members. Of this membership Canada, the Czech Republic, Finland, Russia, Slovakia, Sweden, and the United States are the only countries that have won Olympic medals in men's or women's hockey.

Let's take a look at Canada's role in the history of Olympic hockey:

- In 1920, hockey was played in early April as part of the Antwerp Olympic Summer Games. Canada won the gold medal easily.
- At the first Olympic Winter Games in 1924, which was held in Chamonix, France, Canada's hockey team won all five of its games and out scored its opponents 110 – 3.
- During the Lake Placid Winter Games in 1932, Canada needed a win or a tie to obtain another gold medal. Canada and the United States had to play to a draw in a marathon final game that was called after three scoreless overtime periods. Canada won the Gold for the most goals in the tournament and the United States the silver.
- The 1936 Winter Olympics took place in Garmisch-Partenkirchen, Germany, where Canada lost to Great Britain and finished second, winning the silver medal.
- In 1948, at the St. Moritz Winter Olympics, Canada and Czechoslovakia finished with identical 7-0-1 records. Canada won the gold medal on the number of goals scored in the tournament: 64-62.
- At the Winter Olympics in Oslo, Norway in 1952, Canada won the gold medal in hockey for the last time in the 20th Century.
- Things began to change at the 1956 Olympic Games in Cortina d'Ampezzo, Italy. The Soviet Union (Russia) entered its first Winter Olympics and won more medals than any other country, including the gold medal. Canada finished third behind the United States.
- The 1960 Winter Olympics Games were held in Squaw Valley, California. This is where the first "Miracle on Ice" took place. An unexpected American team defeated Canada, the Czechs, and the Soviets to win the first Olympic gold medal for the United States in hockey.
- In 1964, at the Innsbruck Winter Olympics, the Soviet Union won gold and began the year of international domination that lasted three decades. During this period of time, the Soviet hockey team won seven Olympic gold medals in eight Olympics.
- In 1972, Canada refused to send a hockey team to the Sapporo Winter Olympics. It also pulled out of international hockey in protest that the Soviets and other eastern bloc teams used professional players. The Soviet Union won the gold medal at the Olympics. Later that year, the Soviets



played against a team of Canadian NHL hockey stars in an exhibition series. Canadians were shocked by the excellent way the Soviets played even though Canada won the series by a single goal in the final game.

- In 1976, Canada did not send a hockey team to the Olympics Games in Innsbruck, Austria. Sweden also boycotted the games for the same reasons.
- The Winter Olympic Games were held in Lake Placid in 1980. During these games the "Miracle on Ice" took place for a second time. Another unexpected American team ended the tournament by beating the Soviets 4-3 and Finland 4-2 to win the gold medal. Canada finished in sixth place.
- The Calgary Winter Olympics took place in 1988. For the first time professional hockey players were allowed to play. Many could not become involved as the time of the Winter Games conflicted with their NHL playing schedule. During these games, Canada's hockey team placed 4th.
- At the Albertville Olympic Games in 1992, the Soviet Olympic team played under a new banner of the "Commonwealth of Independent States" as the USSR had dissolved a few months previous. It was during these games that the Soviet team won its final victory in one of the longest winning periods of any sport. All other Soviet Republics would compete under the name of their own country. At these games, Canada won the silver medal.
- In 1998, during the Nagano Winter Olympics, women's ice hockey made its debut. The United States won the first Olympic gold medal with Canada winning silver. The NHL allowed its players to play for their own national teams at the Olympics. Canada and the United States both finished out of the medals.
- In 2002, at the Salt Lake City Winter Olympics, Canada won gold in the men's and women's tournaments. The United States won both silver medals. The victory for the Canadian men's hockey team came 50 years to the day after its ice hockey gold at the 1952 Winter Games in Oslo, Norway.
- At the Turin Winter Olympics in 2006, Canada's women's hockey team won the gold. Sweden defeated the USA to take silver, giving the USA team the bronze. Canada's men's hockey team placed 7th in the standings.
- At the 2010 Vancouver Olympics and the 2014 Sochi Olympics, Canada's Mens' and Womens' Hockey Teams won gold medals.
- At the PyeongChang Olympics in 2018 the Men's Hocky Team won bronze and the Women's Team won silver medals.
- How do you think our hockey teams will do at the Milan-Cortina Olympics in Italy?





When and where did each Olympic event take place?

1. One country began its thirty year domination over international hockey.

2. Canada withdrew from international hockey and boycotted this Winter Olympic Games.

3. Two hockey teams played an extraordinarily long final game for a gold medal.

4. Canada and Sweden both boycotted the Winter Olympic Games.

5. Women's hockey teams made their debut and Canada's team won the silver medal.

6. Canada's women's and men's hockey teams came home victorious.

7. An American hockey team unexpectedly won the first gold medal in men's hockey for the first time.

8. The Soviet hockey team ended its long winning period in the sport.

9. Canada's women's hockey team won the gold and the men's hockey team placed 7th.

10. NHL players were allowed to play international hockey for the first time.

11. Canada won its last gold medal in the 20th century.

12. Canada was defeated by a small country that is not known for its hockey skills.

Famous Canadian Olympians

Hockey's Wonder Woman

Marie-Philip Poulin



Marie - Phillip Poulin is a Canadian professional ice hockey centre and captain for the Montreal Victoire of the Professional Women's Hockey League (PWHL). She was born on March 28, 1991 and was raised in Beauceville, Quebec. Marie began figure skating at the age of four but did not enjoy it. At the age of five she started to play hockey to be like her brother.

At the age of 16, she made her Team Canada debut on the Under-18 National Team playing hockey during a three game exhibition in Prince George, British Columbia between Canada and the United States in 2007. Marie scored four goals and had one assist in two games against Sweden's National Women's Team who had won the Olympic silver medal in 2006. These points put her at the top of the list for the national women's team.

At the Women's Under 18 Championships in Calgary in 2008, Marie was the leading scorer. Her team won a silver medal and Marie finished the tournament with eight goals and two assists. On Canada's Under 18 Team, Poulin became the leading scorer in its history with 31 points in 17 games. She helped Canada to win silver medals at the I.I.H.F. World Women's Under 18 Championships in 2008 and 2009.

In 2009, Marie played on the Canadian Senior National Team who had won the silver medal at the World Championships in Finland. At the 2010 Winter Olympics, Poulin scored both goals to give Canada a 2-0 win in the gold medal game against the United States.

At the 2014 Winter Olympics in Sochi, Russia, Poulin scored the game-tying and game winning goals in Canada's overtime game with the United States winning the gold medal.

After winning gold at the 2014 Olympics, Canada won silver at the next three World Championships and lost gold in the 2018 Olympics during the shootout. In 2019 Canada won a surprising bronze medal when Poulin's shot hit off the bar, went down, bounced over the line and quickly came back out.

Marie Philip Poulin is called "Captain Clutch" because she scores important goals when her team needs them most. In the 2022 Olympics, she scored the winning goal against the United States to help Canada win the gold medal. That victory gave her three Olympic gold medals, and she became the only hockey player in history to score in four different Olympic gold medal games.



Marie-Philip Poulin

Locate and record the answers to the following questions in sentences.

1. When did Poulin begin playing on the Under-18 National team?

2. How old was Marie when she started playing on the Under-18 National Team?

3. At which hockey tournament did Marie score eight goals and had two assists?

4. Which PWHL team does Marie-Philip Poulin play for and what position does she play?

5. Why did Marie not become a figure skater?

6. How did Marie impress people at the Women's Under 18 Championships in 2008?

7. Which team did Marie play for in 2009 and won a silver medal?

8. How did Marie help her team win the gold medal at the 2010 Winter Olympic Games?

9. Which country did Marie help to defeat at the 2010 and 2014 Winter Olympics to win gold medals?

10. Why is Marie-Phillip Poulin often called "Captain Clutch"?

Famous Canadian Olympians

Ice Hockey



Connor McDavid

Connor McDavid is a Canadian hockey player who is known as one of the best in the world. He was born on January 13, 1997, and he plays centre for the Edmonton Oilers. The Oilers chose him first overall in the 2015 NHL Draft, which means they believed he was the top young player that year.



Connor started playing hockey when he was very young, and he often played against older kids. His dad coached him, and Connor worked hard to improve his skills. As a child, he won four championships with his team, the York Simcoe Express. Later, he joined the Toronto Marlboros, where he won awards for being the best player in the league.

When Connor was only 15, he was given “exceptional player status.” This special rule allowed him to play in the Ontario Hockey League earlier than most players. He became a star right away. In his final OHL season, he scored 120 points and won many awards. He also played for Team Canada and helped win gold medals at two major international tournaments.

Connor joined the Edmonton Oilers in 2015, but his first season was tough because he broke his collarbone. Even though he missed three months, he was still named one of the best rookies in the NHL. The next year, at only 19 years old, he became the youngest captain in NHL history. Connor kept getting better and better. At age 20, he scored 100 points and won the Art Ross Trophy for being the top scorer in the NHL. In 2024, he led the Oilers to the Stanley Cup Final and won the Conn Smythe Trophy as the most valuable player in the playoffs.

Throughout his career, Connor has won many awards. He has been named an NHL All Star many times and has won the Fastest Skater competition four times. He has also won the Hart Trophy, given to the league’s most valuable player, three times — and once he won it unanimously, something only Wayne Gretzky had done before.

Connor will play for Team Canada at the 2026 Winter Olympics. Fans across the country are excited to see him represent Canada on one of the biggest stages in the world.



Connor McDavid

Answer the following questions in complete sentences.

1. What NHL team does Connor McDavid play for?

2. Why was Connor given "exceptional player status" at age 15?

3. How old was Connor when he became the youngest captain in NHL history?

4. What major award did Connor win during the 2024 Stanley Cup Playoffs?

5. Name one reason people consider Connor McDavid one of the best players in the world.



The luge, like the bobsled, originated in the town of St. Moritz, Switzerland, during the 19th century. The word "luge" is a French word for "racing sled." It was used by wealthy tourists to slide down the town's streets and on a special track to entertain themselves during their winter vacations. Luge events were first included in the Innsbruck Olympic Games in 1964.

The luge is a one or two person sled on which the athlete lies prone, with the face up and the feet pointing in the direction in which the sled will travel. The luger or

pilot exerts pressure on the runners with the calf of each leg or exerts pressure on the seat using opposite shoulders. The head of the luger acts like a rudder.

Lugers careen down the track feet first while lying on their backs. They have limited visibility because of their body position combined with the speeds of up to 128 kilometers per hour. The icy course is designed and constructed with banked curves, walled in straights, and hairpin turns. During the Olympics, a luger makes four runs on the course. One of the runs is at night, which makes this event extremely dangerous. At the 1964 Winter Games in Innsbruck, a Polish-born British slider named Kazimierz Kay-Skrzypeski was killed in a luge accident and later two German lugers were severely injured.

During a race, each run is timed and the luger must leave from the start handles within a certain time once the track has been declared to be clear. The luger must arrive at the finish line with the sled and in the correct sliding position. Lugers are no longer allowed to push their sleds across the finish line and will be disqualified if they do so. During the race, lugers are permitted to stop during a run, reposition the sled on the track, and continue on their way. If a track crew member or a fan touches the luger while righting the sled, the athlete will be disqualified.

During a luge run, several physical forces are demonstrated. One of these forces is friction, the force that slows down moving objects when two surfaces rub together. The force of friction is reduced in lugging by using slippery materials such as steel runners. The ice on the luge course does minimize friction on the surface. The luger's body weight adds pressure on the ice, melting it and creating a slippery layer of water that reduces friction. In 1968, a German Women's Olympic Team was disqualified for heating the runners on their sleds. Today, there is a rule that states the metal blades must be close in temperature to the temperature of the air.

Gravity is another physical force that plays a role in lugging. Gravity causes acceleration and helps the luge to move. The forward motion is balanced by the friction of air pushing against the luge. Designers must use aerodynamic principles to reduce "wind drag" caused by air friction. Tight rubberized suits, special helmets with rounded face shields, and smooth sleds with a low centre of gravity are used as well to reduce friction.

At the Olympics, there are single events for men and women and a doubles event for the men. The Men and Women Single events are timed over four runs, while the Men's Doubles event still only does two runs. Very few women participate in the doubles event.



Luge

Answer the following questions using sentences.

1. How does a luger control his sled on the track?



2. Why do you think this sport is dangerous?

3. What type of a person do you think enjoys this type of sport? List adjectives that would describe the person's personality and character.

4. What two physical forces play a role during a luge run?

5. What is friction?

6. What two things help to reduce friction on the luge run?

7. Friction is caused by rubbing two things together. Think of six ways that you can create friction.

8. How does gravity help the luge?

9. How has "wind drag" or air friction been reduced by designers?



Ski mountaineering, also called skimo, is a fast and exciting winter sport. It will be the only new sport added to the 2026 Winter Olympics in Milano Cortina. Many people are curious about it because it mixes skiing, climbing, and racing all in one event.

Skimo began in the Alps, a famous mountain range in Europe. For many years, people in the Alps used skis to travel up and down snowy mountains. Over time, this turned into a competitive sport. Today, skimo is growing

quickly around the world.

At the 2026 Olympics, skimo will include two sprint races (one for men and one for women) and a mixed relay, where teams of one man and one woman race together. These races are short but very intense. They take place on steep, snowy mountains with beautiful views.

Many athletes train hard for skimo. Some well known skimo racers include Emily Harrop from France, Anna Gibson and Cameron Smith from the United States, and Johanna Hiemer from Austria. They practice climbing uphill on skis, walking with skis on their backpacks, and skiing downhill at high speeds.

Skimo has become popular in many countries. The first Ski Mountaineering World Championships took place in 2002 in France. Since then, the event has been held every two years. There is also a World Cup series each year with several races in different countries. The sport is run by the International Ski Mountaineering Federation (ISMF), which includes 38 nations. Skimo was even part of the 2020 Winter Youth Olympics.

Italy is one of the strongest countries in skimo. Italian athletes have won many major races in the last decade, and the sport is especially loved in the Alpine regions of the country.

Skimo races are exciting because they include both climbing and skiing. The most common Olympic event is the sprint race. Even though it lasts only about three and a half minutes, it has many parts. First, athletes climb uphill on skis. Then they take off their skis, attach them to their backpacks, and climb a set of steps. After that, they put their skis back on and climb again. At the top, they remove the climbing skins from the bottom of their skis and race downhill to the finish line. The fastest racers move on through elimination rounds until the final race decides the medals.



Ski Mountaineering



The mixed relay is another Olympic event. Each racer completes two climbs and two downhill sections. They also have a part where they must walk uphill with their skis strapped to their backpacks. When one teammate finishes, they tag the next teammate to continue the race.

Skimo is special because it is a human powered sport. Athletes rely on their own strength to climb the mountain.

They use special equipment like lightweight skis, climbing skins, and backpacks designed for quick transitions. Races can be short, like the sprint, or very long—sometimes lasting up to five hours.

People of many skill levels enjoy skimo. Some races are for beginners, while others are for elite athletes. Skiers, snowboarders, and telemark skiers can all take part in certain events. Many people love skimo because it combines adventure, fitness, and the beauty of winter mountains.

Skimo has a long history. It was connected to the biathlon at the 1924 Winter Olympics in Chamonix. After many years away from the Games, skimo is finally returning in a modern form at the 2026 Winter Olympics. Today, it is extremely popular in Europe and is becoming a trendy winter sport in North America too.

Skimo is more than just a race—it is a way to explore nature, challenge yourself, and enjoy the snowy mountains in a whole new way.





Answer the following questions using sentences.

1. What two skills are combined in ski mountaineering?



Kelly Wolf

2. Why do athletes use special climbing skins on their skis?

3. What is the main goal of a ski mountaineering race?

4. Why do athletes need strong endurance for this sport?

5. What safety equipment do ski mountaineers often carry?

6. How is ski mountaineering different from regular downhill skiing?

7. Why is it important for athletes to understand mountain weather?

8. What does "transition" mean in ski mountaineering?

9. Why do some races include both uphill and downhill sections?



Ski Mountaineering

Taking a deep dive into the newest Winter Olympic sport

Or

<https://smcc.ski/>

After reading the information on the website write a few paragraphs sharing if you would or wouldn't try this new sport.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Women's Large Hill Ski Jumping is a brand new event at the 2026 Winter Olympics in Italy. This is the first time ever that women will jump from the large hill at the Games. The event will take place in Predazzo, a mountain town in the Val di Fiemme region of Italy.

What Is Large Hill Ski Jumping?

Ski jumping is a sport where athletes slide down a long, steep ramp and jump into the air. They try to fly as far as they can while keeping good balance and landing safely. In the large hill event, the hill is bigger and the jump is longer than in the normal hill event. This means athletes can fly even farther and faster.

Why Is 2026 Special?

Women have only been allowed to compete in ski jumping at the Olympics since 2014, and only on the normal hill. 2026 is the first year women get to compete on the large hill. This is a big step forward for the sport.

How the Event Works

- All athletes take two jumps.
- Judges score them on:
 - o How far they jump
 - o How good their body position is
 - o How well they land
- The scores from both jumps are added together to find the winner.

Who Will Be Competing?

Alexa Loutitt and Abigail Strate are Canada's top women's ski jumpers, set to compete in the new large hill event at the 2026 Winter Olympics. Loutitt is a World Champion, and Strate recently won silver in Lillehammer, showing they're ready to soar on the world stage.

Fun Facts

- Ski jumpers can fly over 300 feet in the air.
- They can travel faster than 55 mph going down the ramp.
- Wind can change a jump, so judges adjust scores to keep things fair.





Use the “Large Hill vs. Normal Hill” chart to answer the questions.

Part A: Multiple Choice

1. Which hill has the hill size listed as HS109?

- a. Normal Hill
- b. Large Hill
- c. Neither

2. Which hill usually has jump distances between 120–140 meters?

- a. Normal Hill
- b. Large Hill
- c. Both

3. Use the “Large Hill vs. Normal Hill” chart to answer the questions.

- a. Normal Hill
- b. Large Hill
- c. They are the same

4. When was the women’s normal hill event added to the Olympics?

- a. 2026
- b. 2014
- c. 2006

5. When will the women’s large hill event appear in the Olympics for the first time?

- a. 2026
- b. 2014
- c. 2030

Large Hill vs. Normal Hill		
Feature	Normal Hill	Large Hill
Hill Size	90 m (HS 97)	120 m (HS 128)
Jump Distance	Shorter jumps	Longer jumps
Speed	Around 55 mph	Around 60 mph
Difficulty	Hard	Harder because of longer flight
Women's Olympic	Added in 2014	Added in 2026

Part B: Short Answer

6. What is the hill size (HS) of the Normal Hill? _____
7. What is the hill size (HS) of the Large Hill? _____
8. How far do athletes usually jump on the Normal Hill? _____
9. How far do athletes usually jump on the Large Hill? _____
10. Why is the Large Hill considered harder? _____

Part C: Thinking Question

11. If you were a ski jumper, which hill would you choose to try first — Normal Hill or Large Hill? _____



The 2026 Winter Olympic Games will include some exciting new events that make the Games more fun to watch and more fair for athletes.

One of these new sports is **Dual Moguls**. In this event, two skiers race side by side down bumpy hills called moguls. They are judged on how well they turn, how high they jump, and how fast they reach the bottom. It is fast, thrilling, and full of action.

Another new event is **Women's Luge Doubles**. In luge, athletes lie on a small sled and slide down an icy track at very high speeds. For the first time, women will be able to compete in pairs, just like the men. This is an important step toward making sure women and men have equal chances to compete in the Olympics.



The third new event is the **Skeleton Mixed Team Event**. Skeleton is a sport where athletes race head first down an ice track on a small sled. In this new event, teams will include both men and women working together. This helps make the Olympics more inclusive and shows that teamwork can happen across genders.

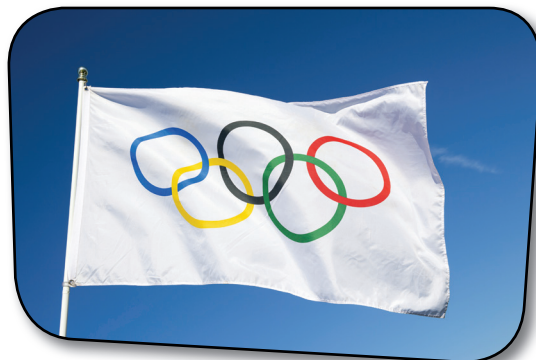
All of these new events will be part of the 2026 Winter Olympics in Milan and Cortina d'Ampezzo, Italy.



Use the reading passage to answer the questions below.

Part A: Understanding the New Sports

1. What happens in the Dual Moguls event?
 - a. Athletes race head first on sleds
 - b. Two skiers race side by side down bumpy hills
 - c. Two women slide together on a luge sled
2. Why is Women's Luge Doubles an important new event?
 - a. It is the first luge event ever
 - b. It lets women compete in pairs, just like men
 - c. It is the fastest sport in the Olympics
3. What makes the Skeleton Mixed Team Event different from regular skeleton?
 - a. Only men can compete
 - b. Only women can compete
 - c. Teams include both men and women
4. What are two goals of adding these new sports to the Olympics?



Part B: Short Answer Write in Complete Sentences

5. Which of the three new events do you think looks the most exciting? Why?
6. Do you think it is important for men and women to have equal chances to compete in sports? Explain your opinion.
7. If you could add another new winter sport to the Olympics, what would it be and why?



The concept, of the Paralympic Games, began fifty years ago in Stoke-Manderville Hospital in Aylesbury, England. A doctor, by the name of Ludwig Guttman believed sport was a method of therapy and used it to help build physical strength and self respect for disabled men and women. Dr. Guttman began creating athletic games for people who had been injured or wounded during World War II. In 1948, Dr. Gutman organized the first International Wheelchair Games to coincide with the 1948 London Summer Olympics.

Dr. Guttman had a dream that one day there would be a worldwide sports competition for disabled people and it would be held every four years in conjunction with the Olympic Games. In 1960, twelve years later, the first Paralympic Games were held in Rome, Italy and 400 athletes from 23 countries took part. In the beginning, only wheelchair athletes were invited. Today, the Paralympic Games include six major classifications of athletes. They are:



- visually impaired athletes
- athletes with physical disabilities
- amputee athletes
- athletes with Cerebral Palsy
- athletes with spinal column injuries
- athletes with other disabilities not mentioned (e.g. *Muscular Dystrophy*)

The Paralympics are held in the summer and winter and athletes have been competing in the them since 1976. Paralympic Games have been held with the Olympic Games since 1992. In the Winter Olympic Games today, there are five events for Paralympians. They are:

- Paralympic Alpine Skiing
- Sledge Hockey
- Paralympic Nordic Skiing
- Wheelchair Curling
- Paralympic Biathlon



State your Opinion

Give five good reasons why the Paralympic Games are important and should be held at the same time as the Olympic Games. Record your reasons in sentences to form a paragraph.

Paralympic Sports

Paralympic Events



Alpine Skiing

Paralympic athletes who compete in alpine skiing may have lost one or two of their limbs. Disabled skiers compete in three different classes: standing, sitting, and visually impaired. Alpine skiing athletes are classified according to their impairment. Visually impaired skiers use the same equipment as an able-bodied skier, but ski with a guide. Skiers who cannot stand at all use a mono-ski which is a seat attached to a single ski. The mono-ski has two short outriggers or forearm crutches with shortened skis attached at the base for balance and steering. Paralympic alpine events are Downhill, Slalom, Giant Slalom, and Super Combined. It is amazing to watch a skier without legs carving the mono-ski around gates and terrain at an amazing speed down a difficult course.

The Biathlon

In the Paralympic biathlon and cross-country skiing events, athletes are classified as standing, sitting or visually impaired and they compete against athletes with similar disabilities. A guide accompanies each visually impaired athlete. Skiers with a locomotive disability are able to use the same equipment as able-bodied skiers and are called standing skiers. Athletes who do not have legs (paraplegic) use a specially built chair attached to a pair of skis and are called sit skiers. The Biathlon combines cross-country skiing and rifle shooting similar to the Olympic Biathlon but paralympians always shoot from a prone position.



Athletes must hit two targets located at a distance of 10 metres. Each miss is penalized by an increase of the overall route time. The visually impaired athlete is assisted by acoustic signals which intensify in sound if the shooter is on target. During the competition, there are five events. Two are for men and three for women.



Cross-Country Skiing

Paralympic cross-country skiing racers use two basic methods. The classical method is when a skier moves the skis parallel to each other through previously made tracks in the snow. The free method is when skiers move themselves through the snow using the edges of their skis similar to the way a speed skater pushes off with the edge of the blade on ice. Sit skiers use their arms and poles to propel themselves along the parallel tracks in which the skis from their sledges sit.

Paralympic cross country skiers compete in men's and women's individual events over short, middle, and long distances which range from 2.5 km to 20 km in length. Skiers start their event every 30 seconds. During a cross-country relay event, each team member skis one leg of the race. Teams are made up of skiers from different categories. This event is not timed and the first team to cross the finish line wins. In the Paralympic cross-country skiing events, there are two relays, two sprints and six events with varying distances for men and women to ski.





Ice Sledge Hockey

Ice sledge hockey was invented at a Swedish rehabilitation centre in the 1960s by a group of disabled athletes who wanted to play hockey. The athletes designed and built a sledge. They took two regular ice hockey skates and attached them to a metal frame, leaving enough room underneath for the puck to slide through. Short poles were used to propel the athletes along the ice. The first ice sledge hockey game was held outdoors on a lake near Stockholm, Sweden. By 1969, Stockholm had a five-team ice sledge hockey league.

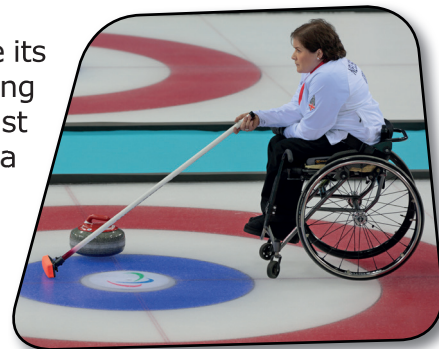
Ice sledge hockey made its debut at the 1994 Paralympic Games in Lillehammer. It follows all the International Hockey Federation Rules with a few exceptions. The players sit on aluminum or steel sledges fitted with two blades. In each hand, the players grip two double ended sticks. One end of each stick has a sharp pick that the players use to push themselves quickly over the ice. The other end has a curved blade used to pass and shoot the puck.

During the Paralympics, eight ice sledge hockey teams compete in round robin tournaments. The top teams advance to the play off rounds. Each team must have six players on the ice while play is in progress. During the game, each teams tries to get the puck past the other team's goaltender and into the net for a goal. Each game consists of three 15 minute periods. Sledge hockey is a fascinating sport to watch. It is amazing how fast the athletes can travel on their sledges using their sticks to control the puck. These players are great athletes.

Wheel Chair Curling

Wheelchair curling is a new sport for Paralympians and it made its debut at the Torino Paralympic Winter Games in 2006. Each curling team is made up of male and female athletes. Two teams play against each other. The players take turns pushing a 19.1 kg stone down a sheet of ice towards a group of rings or circles.

The object of the game is to get the stones as close to the centre or button as possible. Each game has eight ends. During each end, each team member slides two stones on the ice. The stones must be thrown or slid while the player's wheelchair is held stationary. The stone may be thrown by hand or an extended cue may be attached to the handle of the stone to push it along the ice. Since athletes are not able to sweep their stones to control their speed, their ability to throw the stone with the right amount of weight is an important strategy. The team with the most stones closest to the centre or button at the conclusion of eight ends is the winner.





Paralympic Sports

Paralympic Events

A. Answer each question with a sentence.

1. How are paralympic athletes classified for alpine skiing, the biathlon, and cross-country skiing?

2. What has been invented to help disabled athletes compete in paralympic events?

3. How are visually impaired athletes assisted while shooting at targets in the biathlon?

4. Why do you think biathlon athletes always shoot from a prone position?

5. What skill must a wheelchair curler have in order to be successful while playing a game?



B. Which paralympic sport is each sentence describing?

1. Athletes scurry quickly over the ice using sharp picks to propel themselves.

2. During this event, there were skiers that were standing, sitting and those with guides waiting to take off in the race through the woods.

3. When the athlete heard the soft signal, he knew he was not close to the centre of the target.

4. I watched as the skier zipped from side to side easily, slipping through the gates quickly and then I realized the skier was sitting down.

5. The stone thrown by the athlete slowly slid to the centre of the colourful set of rings.



Bibian Mentel Spee

Para snowboarding is an exciting winter sport where athletes with physical disabilities race down snowy hills on snowboards.

One of the most important leaders of this sport was Bibian Mentel Spee from the Netherlands. She worked hard to get Para snowboarding added to the Paralympic Winter Games.

Thanks to her efforts, the sport first appeared at the Sochi 2014 Games. In that event, 45 athletes from 20 countries competed in snowboard cross. Mentel Spee won gold for the women, and Evan Strong from the USA won gold for the men.

At the PyeongChang 2018 Games, Para snowboarding became its own full sport with 10 medal events. There were different categories for athletes with upper limb and lower limb disabilities. Bibian Mentel Spee and American rider Brenna Huckaby each won two gold medals. Mentel Spee's wins were especially inspiring because she was fighting cancer at the time.

The Beijing 2022 Games had 75 athletes from 21 countries. They competed in banked slalom and snowboard cross. China made history by winning all three medals in one men's event. Today, Brenna Huckaby is the most successful female Para snowboarder, and Matti Suur Hamari from Finland is the most decorated male athlete.

Para snowboarders use special equipment, such as prosthetic legs or adapted boards, to help them compete safely. The sport includes three main types of races: banked slalom, dual banked slalom, and snowboard cross. In banked slalom, riders race one at a time down a course with bumps and turns, and their best time counts. In snowboard cross, athletes first complete timed runs and then race head to head in heats. All events are designed so athletes can choose the best path and show their skill, speed, and balance.

Para snowboarding continues to grow around the world, inspiring people with its mix of courage, athletic ability, and determination.





Answer the questions below about Para Snowboarding.

Part A: Understanding Text

1. _____ Mentel-Spee helped Para snowboarding become part of the Paralympic Games.
2. Para snowboarding first appeared at the Paralympic Winter Games in _____.
3. At the Beijing 2022 Games, athletes competed in _____ slalom and _____ cross.
4. One successful Para snowboarder mentioned in the text is _____.
5. Para snowboarders may use special equipment such as _____.
6. In _____ slalom, athletes race one at a time and their best time counts.
7. Snowboard _____ includes head-to-head racing after timed runs.
8. Bibian Mentel-Spee's 2018 gold medals were inspiring because she was fighting _____.



Part B: Short Written Response

9. Describe one reason Para snowboarding is an exciting sport to watch.

10. Explain how Para snowboarding shows determination and courage.

Famous Canadian Paralympians



Viviane Forest

Para-Alpine Skier & Goalball Athlete

Locate and record the answers to the following questions about Vivianne Forest in complete sentences.

1. When and where was Vivianne Forest born?

2. What two sports has Viviane competed in at the Paralympic Games?

3. What major achievements makes Viviane unique in Canadian Paralympic history?

4. In which event did Viviane win a gold medal at the 2010 Winter Paralympics?

5. What eye condition does Viviane have, and how does it affect her vision?

6. Who guides Viviane during her alpine skiing races?

7. How many Paralympic medals has Viviane Forest won in total?



Famous Canadian Paralympians

Brian McKeever

Cross-Country Paralympic Skier

Using the internet:

Locate and record the answers to the following questions pertaining to Brian McKeever in sentences.

1. When and where was Brian McKeever born?

2. In which sport did McKeever participate at first?

3. What problem developed in 1997 and affected his ability in skiing?

4. When did McKeever join the Para-Nordic National Cross-Country Ski Team? Tell why.

5. Who became his skiing partner at the Paralympic Competitions?

6. Why was his one km race at the 2014 Paralympic Winter Games his most impressive race?

7. What Paralympic Winter Games record does Brian McKeever hold?

Famous Canadian Paralympians



Mark Arendz

Canadian Biathlon and Para-Nordic Skier

Using the internet to:

Locate and record the answers to the following questions pertaining to Mark Arendz in complete sentences.

1. When and where was Mark Arendz born?

2. What terrible event took place when Mark was seven?

3. What did doctors have to do at the hospital?

4. What happened at his first Paralympics in Vancouver in 2010?

5. Why were the 2014 Paralympic Winter Games in Sochi very busy for Mark?

6. How many medals did Mark win at the games in Sochi, Russia? What colour were they?

7. How did the citizens in Brookdale P.E.I., honour Mark after the Paralympic Games in Russia?



Lauren Woolstencroft

Alpine Paralympic Skier

Using the internet to:

Locate and record the answers to the following questions pertaining to Lauren Woolstencroft in complete sentences.

1. Where and when was Lauren Woolstencroft born?

2. What disability was Lauren born with?

3. In which sport did Lauren compete at the Paralympic Games?

4. At which Paralympic Games did Lauren win a record breaking number of gold medals?

5. How many gold medals did she win at those Games?

6. What made Lauren's performance at the 2010 Paralympics so historic?

7. What career did Lauren pursue after retiring from competitive skiing?



Famous Canadian Paralympians

Sonja Gaudet

Queen of Wheelchair Curling

Using the internet to:

Locate and record the answers to the following questions pertaining to Sonja Gaudet in complete sentences.

1. Where does Sonja Gaudet live with her family?

2. How did Sonja become a paralympic wheelchair curler?

3. How many Paralympic gold medals has she won?

4. Who did Sonja talk to for advice on how to live and play sports in a wheelchair? Why did she choose him?

5. In which Hall of Fame was Sonja inducted?

6. What honour was she given at the Sochi 2014 Winter Olympic Games?



Colette Bourgonje

Famous Sit-Skier

Using the internet to:

Locate and record the answers to the following questions pertaining to Colette Bourgonje in complete sentences.

1. What type of winter sport did Colette compete in?

2. How many paralympic competitions did she compete in?

3. What happened to Colette in 1980 that changed her way of competing at competitions?

4. In what event did Colette participate during the summer?

5. How many Winter Paralympic Games did Colette compete in?

6. How many Summer Paralympic Games did Colette compete in?

Famous Canadian Olympians

Canadian Figure Skaters



Marjorie Lajoie and Zachary Lagha

Marjorie Lajoie began skating when she was only three years old. She entered her first skating competition at age six. She loves figure skating because she must do difficult moves while making them look smooth and easy.

Marjorie is inspired by famous Canadian ice dancers Tessa Virtue and Scott Moir. She admires their hard work and their success on the world stage.

Her skating partner, Zachary Lagha, started skating when he was eight. He began ice dance at age twelve. Before that, he competed as a singles skater until he was fifteen.

At first, Zachary did not want to try ice dance. A coach suggested he skate with Marjorie, but he wasn't sure. His mother convinced him to try it "just for a club show," and he ended up loving it.

Marjorie and Zachary made their international debut in October 2015 at a Junior Grand Prix event. It was their first time competing outside of Canada.

A few months later, they won a silver medal at the 2016 Canadian Championships in junior ice dance. That same year, they represented Canada at the Winter Youth Olympic Games in Lillehammer. They finished fourth in ice dance and won a bronze medal in the mixed team event.

Over the next few years, they became one of Canada's top junior teams. They won three junior national titles in 2017, 2018, and 2019. They also qualified for two Junior Grand Prix Finals.

In 2019, they became world junior ice dance champions. They were only the second Canadian team in history to win this title.

They moved up to senior competition in the 2019–20 season. They earned a silver medal at the national championships and placed fifth at their first Four Continents Championships.

Famous Canadian Olympians

Canadian Figure Skaters



Marjorie Lajoie and Zachary Lagha

In 2021, they competed at their first senior World Championships. Later, at the 2022 Winter Olympics in Beijing, they made their Olympic debut.

Their success continued. In 2022, they won their first Grand Prix medals, earning two bronzes. In 2023, they won a bronze medal at

the Four Continents Championships.

In 2024, Marjorie suffered a concussion and missed some events. She returned just in time for the 2024 World Championships, where they placed fifth in both parts of the competition.

In 2024, they also qualified for the Grand Prix Final again and finished fourth. In early 2025, they won another national silver medal and a bronze at the Four Continents Championships.

In January 2026, they placed second at Skate Canada's national competition. This result helped them qualify for the 2026 Winter Olympic Games.



Marjorie Lajoie and Zachary Lagha

Tell in which year each of the following events took place in Marjorie Lajoie and Zachary Lagha's skating career.

1. In which year did Marjorie and Zachary make their international debut?

2. In which year did they win a silver medal at the Canadian Championships in junior ice dance? _____
3. In which year did they win a bronze medal at the Winter Youth Olympic Games mixed team event? _____
4. In which year did they become world junior ice dance champions?

5. In which year did they compete at their first senior World Championships?

6. In which year did they make their Olympic debut? _____
7. In which year did they win their first senior ISU Championship medal at Four Continents? _____
8. In which year did they qualify for the 2026 Winter Olympic Games?

Famous Canadian Olympians

Piper Gilles and Paul Poirier



Piper Gilles began skating with Paul Poirier in 2011. At first, they could not skate in international events because Piper was American and Paul was Canadian. In December 2013, Piper became a Canadian citizen. After that, they were allowed to skate in all competitions, including the Winter Olympics.

Gilles and Poirier became a strong ice dance team. In 2012, they won a gold medal at the U.S. Classic. They also placed well at other events, including Skate Canada International, the Four Continents Championships, and the World Championships.

At the 2014 Canadian Championships, they finished fourth because Paul had an ankle injury. This meant they did not get to go to the Olympics that year.

People began to see them as creative skaters. A special part of their 2015–16 short dance was turned into a new pattern dance called the Maple Leaf March.

During the 2017–18 season, they won a silver medal at the Canadian Championships and qualified for the 2018 Winter Olympics in Pyeongchang, South Korea. They finished eighth at their first Olympics.

In the 2018–19 season, they won two Grand Prix medals and placed seventh at the World Championships. Their free dance to the song “Vincent” was the first of their “programs for the people,” which they continued for the next three years.

The 2020 and 2022 Canadian Championships were cancelled because of the pandemic. In 2021, they won gold at the Skate Canada Challenge.

Gilles and Poirier went to their second Olympics in Beijing in 2022. They helped Canada finish fourth in the team event and placed seventh in ice dance. They later finished in the top five at the World Championships.

In the 2022–23 season, they won both of their ISU Grand Prix events and the Grand Prix Final. They missed some competitions in 2023 while Piper recovered from surgery for stage one ovarian cancer. They returned to win a bronze medal at the 2023 World Championships.

Gilles and Poirier won silver medals at the World Championships in both 2024 and 2025. They also won gold at the Four Continents Championships before each of those world events.

After winning the Canadian Championships again, they qualified for their third Olympics and will compete at the 2026 Winter Olympics in Milan-Cortina.

Famous Canadian Olympians

Piper Gilles and Paul Poirier

Record the word 'true' or the word 'false' on the line at the end of each sentence about Piper Gilles and Paul Poirier.

1. Piper and Paul started skating together in 2011. _____
2. Piper became a Canadian citizen in 2015.

3. Gilles and Poirier won a gold medal at the U.S. Classic in 2012.

4. Paul's ankle injury in 2014 caused them to miss the Olympics that year.

5. The Maple Leaf March is a pattern dance based on their 2015–16 short dance.

6. Gilles and Poirier finished first at the 2018 Winter Olympics.

7. Their free dance to "Vincent" was the start of their "programs for the people."

8. The 2020 and 2022 Canadian Championships were cancelled.

9. Piper had surgery for stage one ovarian cancer in 2023. _____
10. Gilles and Poirier will compete in their third Olympics in 2026. _____



Famous Canadian Olympians

Canadian Figure Skaters



Lia Pereira and Trennt Michaud

Lia started figure skating when she was 8 years old. She tried it because she always wanted to do the same things as her best friend. She liked being at the rink and enjoyed both the technical skills and the artistic side of skating. People nicknamed her the “curling stone” because she was fearless, skated very fast, and sometimes slid all the way across the ice when she lost her balance.

Trent began skating when he was 9. He had played Timbits hockey, but he wasn’t a strong skater, so he joined CanSkate to improve. That’s where he discovered how much he loved skating.

In August 2022, Lia Pereira was skating in junior women’s singles when Trennt Michaud asked her to try pairs skating with him. His old partner, Evelyn Walsh, had retired. Lia had only tried pairs once before, about five years earlier, when she was a novice skater.

A little more than six months after they became a team, Lia Pereira and Trennt Michaud competed at their first ISU World Figure Skating Championships together. It was Lia’s first year skating pairs at the senior level.

Before skating with Lia, Trennt and his former partner won three national silver medals. They also went to three world championships, including one in 2022, after being alternates for the Olympic team.

In early 2023, Lia and Trennt won a bronze medal at the national championships. This helped them qualify for the ISU Four Continents Championships, where they finished fourth, and the ISU World Championships, where they placed sixth. Lia also skated in the senior women’s event at the 2023 Canadian Championships and finished fifth, even though she had to skate four programs in just two days.

Famous Canadian Olympians

Canadian Figure Skaters

In fall 2023, Lia and Trennt competed in the ISU Grand Prix Series for the first time. They won one gold medal and one silver medal, which sent them to the ISU Grand Prix Final. They later won silver at the 2024 national championships and placed in the top eight at both the Four Continents Championships and the world championships.



During the 2024–25 season, they earned their first ISU Championship medal by winning bronze at the Four Continents Championships. This came after they worked hard to reset their season, both physically and mentally.

In 2026, they won their first national title and are now heading to the 2026 Milan Cortina Winter Olympics in Italy.

Famous Canadian Olympians

Canadian Figure Skaters

Lia Pereira and Trennt Michael

Use words from the reading to complete each sentence.

1. Lia Pereira was skating in junior women's _____ when Trennt asked her to try pairs.
2. Trennt's former partner, Evelyn Walsh, chose to _____.
3. Lia had only tried pairs once before, when she was a _____ skater.
4. In early 2023, Lia and Trennt won _____ at the national championships.
5. Their strong results helped them qualify for the ISU _____ Continents Championships.
6. In fall 2023, they won a gold and a _____ in the ISU Grand Prix Series.
7. During the 2024–25 season, they won _____ at the Four Continents Championships.
8. Lia and Trennt will compete at the 2026 Winter Olympics in _____.



Famous Canadian Olympians

Canadian Figure Skaters



Marie-Jade Lauriault and Romain Le Gac

Marie-Jade Lauriault and Romain Le Gac will skate for Canada at the 2026 Winter Olympics in Milano Cortina. This will be eight years after they first went to the Olympics in 2018, when they were skating for France.

Lauriault and Le Gac have been married since 2015. In 2020, they chose to skate for Canada instead of France. Lauriault was born and raised in Canada, and their training centre is also in Canada.

They have won three medals at the Canadian Championship in Ice Dancing: a bronze in 2023, a silver in 2024, and another bronze in 2026. They have also skated for Canada at the ISU Four Continents Championships three times. Their best result there was fifth place in 2024.

Maria-Jade Lauriault and Romain Le Gac earned a medal in their first ISU Grand Prix event for Canada. They won bronze at Skate America in 2022. In 2025, they won two more medals in the ISU Challenger Series: a gold at the Kinoshita Group Cup and a bronze at the Nebelhorn Trophy.

Before skating for Canada, they competed for France. They went to three ISU World Championships and placed as high as 13th in 2018. They also finished eighth at the ISU World Junior Championships in 2016 and placed 10th at the ISU European Championships in 2019.



Answer each question about Mariaand Romain Le Gac with a good sentence.

1. Who will Lauriault and Le Gac represent at the 2026 Winter Olympics?

2. When did Lauriault and Le Gac first compete at the Olympics?

3. What year did they decide to skate for Canada?

4. How many medals have they won at the Canadian Championships?

5. What was their best result at the ISU Four Continents Championships?

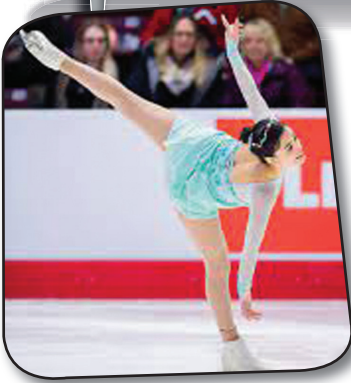
6. Where did they win a bronze medal in their first ISU Grand Prix event for Canada?

7. What medals did they win in the ISU Challenger Series in 2025?

8. What was their best result while skating for France at the ISU World Championships?

Famous Canadian Olympians

Madeline Schizas



Madeline started skating when she was 3 years old. She began competing in small local events when she was 6. Her first time on the ice was during a family vacation in San Francisco. Her dad taught her how to skate during public skating times before she started taking real lessons.

In 2018, Madeline finished sixth in the novice women's event at the Canadian Championships. The next year, she moved up to the junior level and won a silver medal at nationals. Later that fall, she skated in her first international junior competition at the Volvo Open Cup in Latvia. She qualified for the 2020 Canadian Championships by winning the senior women's event at the Skate Canada Challenge.

Madeline made a strong first impression at the 2021 ISU World Championships. She finished 13th, which earned Canada a spot for the 2022 Olympics. This was only her second senior international competition, so she had to learn quickly how to compete at the highest level.

Madeline became one of Canada's top skaters during the COVID 19 pandemic. She won bronze at her first senior national championships in 2020. She also won bronze at the International Challenge Cup, her first senior international event. She hoped to compete in the ISU Grand Prix in 2020, but the pandemic stopped that from happening. She did win gold at the virtual Skate Canada Challenge. When the 2021 Canadian Championships were cancelled, she was chosen to represent Canada at the 2021 World Championships.

In the fall of 2021, she competed in her first ISU Challenger Series event and placed ninth. She then made her Grand Prix debut at Skate Canada International, finishing eighth and becoming the top Canadian woman. At her second Grand Prix, she skated a clean short program and finished sixth overall. She won her first national title in 2022.

Madeline skated at the 2022 Winter Olympics in Beijing. She helped Canada finish fourth in the team event by placing second in both of her programs. She later finished 18th in the women's singles event. At the 2022 World Championships, she placed 12th.

In 2023, she earned her best Grand Prix result by finishing fourth at Skate Canada International. She also finished sixth at the ISU Four Continents Championships. In 2025, she placed sixth in the short program at the World Championships and finished just outside the top 10. Her result earned Canada one Olympic spot for the 2026 Winter Games in Milano Cortina.



Read each sentence carefully.

Part A: Record 'true' or 'false' at the end of each one.

1. Madeline started skating when she was 3 years old. _____
2. Her first time on the ice was during a trip to New York City. _____
3. Madeline won a silver medal at the 2019 junior nationals. _____
4. She finished 13th at the 2021 World Championships. _____
5. Madeline won her first national title in 2022. _____
6. She helped Canada finish fourth in the team event at the 2022 Olympics.

7. Madeline earned Canada one Olympic spot for 2026. _____

Part B: Record the number of syllables heard in each word.

1. Canadian _____
2. Ontario _____
3. International _____
4. Debut _____
5. Combination _____
6. Pandemic _____
7. Competitions _____
8. Champion _____

Famous Canadian Olympians

Canadian Figure Skaters



Stephen Gogolev

Stephen Gogolev began skating when he was just six years old. Before that, he enjoyed alpine skiing, but he decided to focus on figure skating even though it was harder for him at first.

When Stephen was ten, he won a gold medal at the 2015 Canada Winter Games. He was the youngest skater in his group. That same year, people saw videos of him landing very difficult jumps.

Stephen kept improving. In 2016, he became the novice national champion. In 2017, he won the junior national title.

In 2018, when he was only thirteen, Stephen competed at his first senior national championships. That same season, he won gold at the ISU Junior Grand Prix Final.

In 2019, Stephen won a silver medal in the senior men's event at the Canadian Championships. He also finished fifth at the World Junior Championships. He later competed at junior worlds again in 2020 and 2022.

Stephen moved into senior international competitions in 2021. He skated at the Warsaw Cup and then entered his first senior Grand Prix events in 2022.

In 2023, Stephen placed fourth at the Canadian Championships. He then skated at the Four Continents Championships and won his first senior international medal, a bronze, at the Autumn Classic.

Stephen faced a serious back injury starting in 2022. It caused him to miss many events, including the 2024 and 2025 Canadian Championships and a Grand Prix assignment.

Stephen made a strong comeback in the 2025–26 season. He won several medals, including gold at the Nebelhorn Trophy. He earned his first senior national title in 2026 and is now preparing to skate at the Milano Cortina 2026 Olympic Games.

Famous Canadian Olympians

Canadian Figure Skaters



Stephen Gogolev

Number the events in the order that they took place in Stephen Gogolev's life and skating career.

_____ Stephen won his first senior national title in 2026.

_____ He competed at the Four Continents Championships in 2023.

_____ Stephen won gold at the 2015 Canada Winter Games.

_____ He began skating at age 6.

_____ He won gold at the ISU Junior Grand Prix Final in 2018–19.

_____ He made his senior international debut at the Warsaw Cup in 2021.

_____ Stephen became the novice national champion in 2016.

_____ He won bronze at the Autumn Classic.

_____ He dealt with a recurring back injury starting in 2022.

_____ He won the junior national title in 2017.

_____ He won gold at the Nebelhorn Trophy in 2025.

_____ He won silver at the 2019 Canadian Championships.

Famous Canadian Olympians

Canadian Figure Skaters



Deanna Stellato-Dudek and Maxime Deschamps

Deanna Stellato Dudek started figure skating when she was just six years old. She even has a cute maltipoo dog named Goldy who cheers her up after long days of training. When Deanna was young, she was a very strong singles skater. In 2000, she won a silver medal at the ISU World Junior Championships for the United States.

But later that year, she hurt her hip. It was one of many injuries she had faced, and she decided to retire from skating.

Years passed, and in 2016, Deanna was working as an aesthetician. During a team building activity, someone asked, "What would you do if you knew you couldn't fail?" Deanna surprised herself when she answered, "Win an Olympic gold medal." That moment changed her life. Two weeks later, she found her old skates in the basement and returned to the ice.

Coaches suggested she try pairs skating, which meant learning many new skills. She teamed up with American skater Nathan Bartholomay. Together, they won bronze medals at the 2018 and 2019 U.S. Championships. After that, their partnership ended, but Deanna wasn't ready to give up.

Maxime Deschamps began skating even earlier than Deanna. He learned to skate at age four and started competing at age five. At first, he wanted to play hockey, but by age eight he chose figure skating instead. Maxime loved the feeling of freedom on the ice and the mix of strength and artistry. He has also spoken openly about having ADHD, showing others that challenges don't have to stop you from reaching your goals.

Maxime skated with eight different partners over the years. From 2014 to 2018, he competed in many senior international events. Even though things were often difficult, he stayed in the sport because he believed he had more to achieve.

Famous Canadian Olympians

Canadian Figure Skaters

Deanna Stellato-Dudek and Maxime Deschamps

In 2019, Deanna and Maxime tried skating together. Right away, they felt something special. Deanna moved from the United States to Montreal so they could train full time. This was only three years after she had returned to skating following sixteen years away from the sport.



They competed at their first national championships as a pair in 2020 and made their international debut in 2021. In 2022, they won bronze at the Canadian Championships and placed fourth at the ISU Four Continents Championships.

Their success continued. In the fall of 2022, they joined the ISU Grand Prix series, winning two medals, including a gold at the Grand Prix de France. They earned their first Canadian national title in 2023 and finished fourth at the ISU World Championships.

The 2023–24 season was their best yet. They won both of their Grand Prix events, earned bronze at the Grand Prix Final, and won gold at the 2024 Four Continents Championships. Then, they made history. At age 40, Deanna became the oldest woman ever to win a world title in figure skating when she and Maxime won gold at the 2024 ISU World Championships in Montreal.

Their journey continued into 2024–25. They won more Grand Prix medals, and Deanna became a Canadian citizen in December 2024. They won their third national title in 2025 and earned silver at the Four Continents Championships. In 2026, their strong results at the Canadian Championships earned them the chance to represent Canada at the Winter Olympics in Italy.



Deanna Stellato-Dudek and Maxime Deschamps
Pairs Figure Skaters

Answer each question in complete sentences.

1. Why did Deanna retire from skating when she was younger?

2. What important moment in 2016 inspired Deanna to return to skating?

3. What historic achievement did Deanna make at the 2024 World Championships?

4. Why did Maxime choose figure skating instead of hockey?

5. What personal challenge has Maxime spoken openly about?

6. Why did Maxime continue skating even after facing many obstacles?

7. What made Deanna and Maxime feel their partnership had potential when they first tried skating together?

8. What major opportunity did they earn for 2026 because of their results at the Canadian Championship?

Olympic Winter Games

2026 Milan and Cortina Olympic Games



Milan and Cortina's Olympic Torch

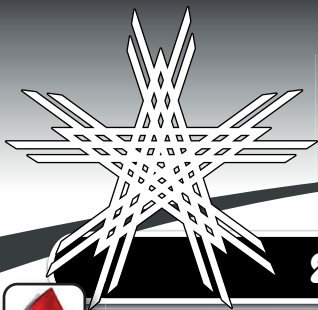
The Olympic torch relay began on November 26, 2025, in Olympia, Greece. This is where the flame was first lit. The relay will end on February 6, 2026, in Milan, Italy, on the same day as the opening ceremony of the Winter Olympics. During the relay, the flame will travel through many places in Greece and then visit all

110 provinces of Italy. It will make 60 stops over 63 days and travel about 12,000 kilometres.

The Olympic torch was shown for the first time at the same moment in two cities: Milan in Italy and Osaka in Japan. It was revealed at two special locations, including the Italian pavilion at Expo 2025. The Olympic torch is light blue, while the Paralympic torch is bronze. The torch is called "Essential." It was designed in Italy and made mostly from recycled aluminum and bronze. It can be refilled up to ten times so fewer torches need to be made.

After the flame was lit in Olympia, there was a special handover ceremony in Athens on December 4, 2025. Then the flame travelled to Rome and began its journey through all 110 provinces of Italy. A total of 10,001 people will carry the torch. The torch will be in Naples for Christmas, in Bari for New Year's Eve, and in Cortina d'Ampezzo on January 26 to remember the 70th anniversary of the 1956 Winter Olympics.





Olympic Winter Games

2026 Milan and Cortina Olympic Games



Milan and Cortina's Olympic Torch

At every Olympic Games a torch is created to light the way for the many athletes.

A. Record the word 'true' or the word 'false' on the line after each statement.

1. _____ The Olympic torch relay ends in Milan, Italy.
2. _____ The Olympic torch is bronze and the Paralympic torch is light blue.
3. _____ The torch can be refilled up to ten times.
4. _____ The flame will visit all 110 provinces of Italy.

B. Locate and record synonyms for the following word.

1. relay _____
2. ceremony _____
3. reveal _____
4. journey _____
5. province _____
6. recycled _____
7. commemorate _____



Milan and Cortina's Olympic Mascots

Tina and Milo are the official mascots of the Milano Cortina 2026 Winter Olympic and Paralympic Games. They are both stoats, which are small animals also known as ermine. Their cute designs were chosen to represent the spirit, excitement, and teamwork of the Winter Games.

The mascots were created through a huge public contest in Italy. More than 1,600 drawings were sent in by students aged 6 to 14. After a public vote, Tina and Milo were chosen as the winners. Their names come from two Italian cities: Cortina d'Ampezzo, which inspired the name Tina, and Milan, which inspired the name Milo.

Tina and Milo are brother and sister. Tina is the Olympic mascot. She has a white coat and comes from the snowy mountains. She moved to the city because she loves exploring and learning new things. Milo is the Paralympic mascot. He has a brown coat and was born without one of his legs. Instead of letting that stop him, he uses his strong tail to help him move. Milo shows courage, strength, and determination.

The students who designed the mascots chose stoats because they are symbols of innocence and purity. They also liked that Tina and Milo have different coat colors. This difference represents duality and diversity, which means that people can be different but still belong together. The mascots remind everyone that the Olympics and Paralympics welcome athletes from all over the world.

Tina and Milo are not alone. They are joined by a group of six friendly snowdrop flowers called the Flo. These characters were based on the runner up designs from the mascot contest. The Flo are small, cheerful, and full of personality. They stand for hope and resilience, which means staying strong even when things are hard.

Together, Tina, Milo, and the Flo help share the message of the 2026 Winter Games. They show that teamwork, kindness, and courage matter just as much as winning. Their story inspires children and adults to believe in themselves and cheer for others.



Milan and Cortina's Olympic Mascots

At every Olympic Games a mascot is chosen to represent the athletes.

Find out the answers to the following questions about Milan and Cortin's Winter Olympic Mascot. Record each answer in a sentence.

1. What kind of animals are Tina and Milo?

2. Who created the designs for the mascots?

3. Where did Tina and Milo get their names?

4. How does Milo move without one of his legs?

5. What do the different coat colors of Tina and Milo represent?

6. Who are the Flo, and what do they symbolize?



Olympic Stadium's for the 2026 Winter Games

The 2026 Winter Olympics will use many stadiums and sports venues that already exist in northern Italy. Some of these places were used long ago during the 1956 Winter Olympics in Cortina d'Ampezzo. Others were used for the 2013 Winter Universiade in Trentino. Most ice events will take place in the city of Milan, while snow and sliding events will happen in areas such as Cortina, Valtellina, and the Fiemme Valley.



The opening ceremony will be held at Stadio San Siro in Milan. San Siro is the largest stadium in all of Italy, with more than 75,000 seats. It is famous for being the home of two major football teams, AC Milan and Inter Milan. The stadium is so well known that people call it "La Scala of Football," showing how important it is to the sport.

The closing ceremony will take place at the Verona Arena. This arena is a very old Roman amphitheatre located in the center of Verona. It is one of the best preserved ancient buildings in Italy because people have worked hard to restore it for hundreds of years. Today, the Verona Arena is used for concerts and opera shows, especially during the summer. During the Winter Olympics, it will become the final celebration place for athletes and fans.





1. Where were some of the older venues for the 2026 Winter Olympics originally used?

2. Which city will host most of the ice events?

3. What is special about Stadio San Siro's size?

4. What two football teams use Stadio San Siro as their home stadium?

5. Why is the Verona Arena considered well preserved?

6. What event will the Verona Arena host during the 2026 Winter Olympics?



Milan and Cortina's Winter Olympic Medals

The official medals for the 2026 Winter Games were revealed on July 15, 2025, in the city of Venice, Italy. They were created by the Istituto Poligrafico e Zecca dello Stato, an important Italian organization that designs and produces national symbols like coins and passports. Each medal is made of two halves that fit together. This design represents the long journey of both Olympic and Paralympic athletes, as well as the support of coaches, families, and teammates who help them along the way. The idea behind the medals is to show that no athlete reaches their goal alone.

The medals have a simple but powerful design. One side shows the famous five Olympic rings, which stand for the unity of athletes from around the world. The other side has an inscription that explains the event and honors the place where the Games are held. The medals are meant to remind everyone of teamwork, emotion, and the pride that comes from reaching the highest level of sport. They also celebrate the history and culture of Italy, the host country.



OLYMPIC MEDALS



PARALYMPIC MEDALS



Milan and Cortina's Winter Olympic Medals

At the Olympic Games, three different medals are given to three athletes that place first, second or third in a sport.

Record the missing word from each sentence to complete each one.

1. The medals were revealed in the city of _____.
2. Each medal is made of two _____ that fit together.
3. The medals were created by the _____ (IPZS).
4. One side of the medal shows the five Olympic _____.
5. The other side has an inscription that explains the _____.
6. The medals are meant to remind people of teamwork and _____.



**PARALYMPIC BRONZE MEDAL
SHOWING THE SPORT**



**OLYMPIC GOLD MEDAL
SHOWING THE SPORT**

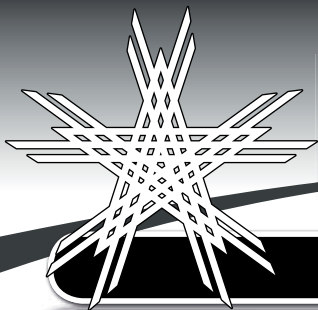






On the chart, list the names of the sports and the names of the events that you would like to track. Record your findings.

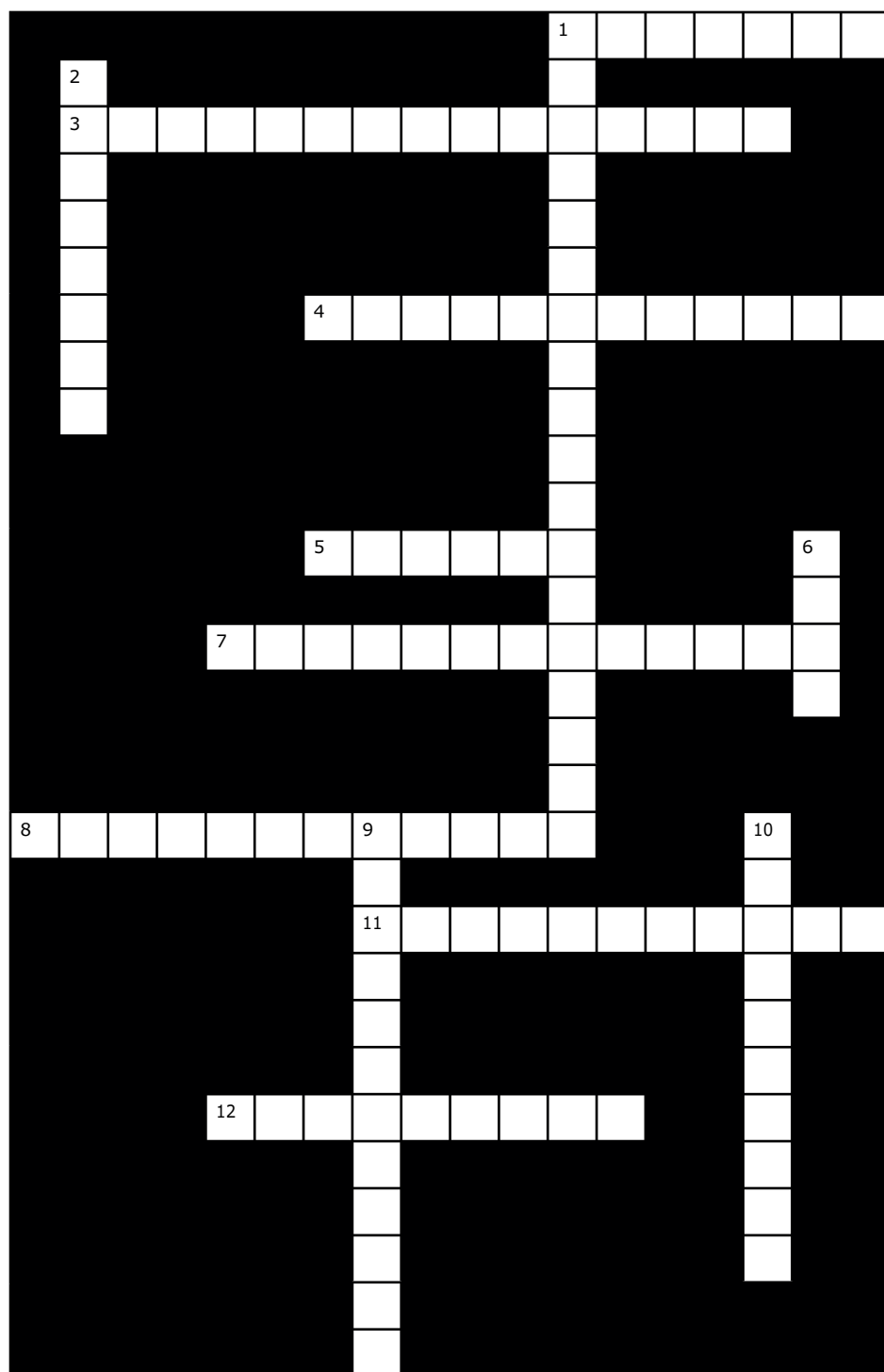
EBOTM7103 ISBN 978-1-4877-1741-4 



Olympic Winter Games

Gold Medal Crossword

Read the clues carefully and complete the crossword puzzle with the names of Olympic Sports.



Across:

1. throwing stones on the ice
3. a game played by disabled athletes
4. performing tricks on a board
5. Canada's national winter game
7. athletic and artistic movements on the ice
8. racing on an oval
11. games for disabled athletes
12. travels on an ice track

Down:

1. a way to travel long distances over snow
2. skiing and shooting sport
6. a race for one on an ice track
9. travelling down a mountain slope
10. flying high in the air





Circle the name of each famous Canadian Winter Olympian. In the puzzle, there are the names of 20 athletes. Record the number that you found. _____

Mikael Kingsbury	Patrick Chan	Ivanie Blondin	Marielle Thompson
Greg Westlake	Tessa Virtue	Charles Hamelin	Justine Dufour-Lapointe
Marie Philip - Poulin	Megan Duhamel	Mark McMorris	Eric Radford
Kaillie Humphries	Scott Moir	Robbi Weldon	Alex Harvey
Marianne St.-Gelaais	Sonja Gaudet	Max Parrot	Kimberly Joines

E M A R I A N N E S T G E L A I S V H G M V P X K Y L Z G A H
 A I D O F B T A O N E R I C R A D F O R D J Q I P C M U J T B
 D K E B F G O Z P Y S O N J A G A U D E T K L R J S D N E S T
 B A C B A V R C G Q S X W I W J K M E G A N D U H A M E L F Q
 Y E X I W B R P Q U A R O S T X U Y V W Z L N M L N M O P Q R
 M L Z W C A A S T R V N O S P M O H T E L L E I R A M V U T S
 A K B E F D P A T R I C K C H A N A B S A C W Q R X A S Y T U
 R I C L E D X F E G R H I F H L G K Z T A B D S U X R W Y Z A
 I N O D N G A H L F T E M I J E B C D L B C T E V F K G H Q R
 E S C O T T M O I R U I B J K X C C H A R L E S H A M E L I N
 P B N N U Y Z A F I E D E L M H N D O K P Q D P R L C J I V L
 H U X O W V C K B G J H R Y X A W V E E U T O E S M M N K A M
 I R Z A P B F L U K E J L M Q R N O O F P V Q U F G O Q O N P
 L Y W A V Q C B D T E R Y S L V P N R M G W X R T R R H S I T
 I G K H X J R F G C V D J T U E A M S B L H Y Z S N R K J E U
 P S T R I Y Q S Z H E I O W X Y F G E N C Q I A I K I P I B Y
 P V A U W B X Z T P Y O I Z Y H N I M J O P D J B J S H O L W
 O C B Z Y X R S T U V W N X Y Z M N O P Q R K O K C D E G O X
 U A C D S E W F V G U H E I T J S K R L Q M P L H L F G F N Y
 L O M R L D K E J F I G S E I R H P M U H E I L L I A K E D Z
 I N P Q T B U A V Z W H X Y H G I F J E K B L Y M U N M N I A
 N J U S T I N E D U F O U R L A P O I N T E C A V N T R O N B
 C X D W E V F U G T H S I R J Q K P L O M N D X Z W P S Q D C

Answer Key

History of the Olympics (Page 10)

1. He wanted to bring peace to the land.
2. The race was called the stade and it was run barefoot on a dirt track.
3. The king chose Olympia because it was a religious sanctuary that honoured the god Zeus.
4. The events were chariot races, bareback races, discus, javelin, jumping, running, wrestling, long distance racing, a short race, stade, boxing, pankration, foot race wearing a helmet and carrying a heavy shield.
5. Answers will vary.

The Rebirth of the Olympic Games (Page 12)

1. Baron Pierre de Coubertin was the founder of the IOC.
2. He felt that the soldiers of his country were not physically fit.
3. He wanted to know how other countries handled physical education.
4. Answers will vary. They probably were the only people who had time and the money.
5. He decided to revive the Olympic Games.
6. The games were to be held in Athens, Greece, because this is where the games began.
7. The ancient Panathenian Stadium had to be rebuilt because the location was in ruins.
8. There were foot races, lawn tennis, swimming, diving, fencing, bicycle races, rowing and a yacht race.
9. The first place winners were given a wreath of wild olive leaves and the second place winners were given laurel wreaths. All of the prize winners received diplomas and medals.
10. Answers will vary.

Winter Olympic Games (Page 15)

Part A: 1. Innsbruck, Austria, 1964 2. Innsbruck, Austria, 1976 3. Grenoble, France, 1968 4. St. Moritz, Switzerland, 1928 5. Salt Lake City, U.S.A., 2002 6. Lake Placid, U.S.A., 1980 7. St. Moritz, Switzerland, 1948 8. Nagano, Japan, 1998

Part B: 1. United States 2. Chamoix, France 3. snow and mountains 4. Switzerland, Austria, Italy, Canada, Japan 5. France

Mapping Olympic Hosts (Page 17)

On the map should be recorded the following places: France: 2; Switzerland: 2; United States: 3; Germany: 1; Norway: 2; Italy: 2; Austria: 2; Japan: 2; Yugoslavia: 1; Canada: 2; Russia: 1, South Korea: 1, China: 1

The Olympic Flame and Cauldron (Page 19)

1. A fire was kept burning during the Ancient Games. Fire was an ancient Greek religious symbol.
2. The flame is lit at the site of the ancient Olympics in Greece. The rays of sun hit the mirror causing a combustible material to ignite. The torch is then lit from the fire.
3. runners, boat, rowers, airplane, horseback, laser beam, under water, canoe, camel, the Concorde
4. Answers will vary.
5. Answers will vary.
6. Answers will vary.

Olympic Symbols (Page 21)

1. Answers will vary. (Souvenirs, advertisements, raise money, promote the Olympics, raise pride and knowledge of athletes.
2. a) The five rings represent the five continents and the colours of the rings are found in all the national flags of the world.
b) Each ring represents an ideal that each athlete should feel about competing and competition.
c) passion, faith, victory, work ethics, sportsmanship
3. Answers will vary.
4. Designs will vary.

Opening and Closing Ceremonies at the Olympic Games (Page 24)

1. Opening Ceremony 2. Closing Ceremony 3. Opening Ceremony 4. Opening Ceremony 5. Closing Ceremony 6. Closing Ceremony 7. Closing Ceremony 8. Opening Ceremony 9. Opening Ceremony 10. Opening Ceremony

Cross Country Skiing (Pages 25-26)

1. Its motions use every major muscle group and it burns the most calories per hour while executing it.
2. 1km sprint; 2 x 1km Team Sprint; 10km and 30km Pursuit; 30km and 50km Mass Start; 4 x 5km and 4 x 10km Relay
3. It began in Scandinavian countries in prehistoric times. It was a way to move from place to place and for hunting animals.
4. a) His name was Jackrabbit Johannsen.
b) He organized races; worked at events; served as a guide and coach; was a consultant for skiing organizations.
5. skis, poles, bindings, boots, waxes
6. Answers will vary.

Alpine Skiing (Pages 27-28)

1. a) Downhill: It has the longest course and the highest speeds. Each skier skis once down a single course. The skier with the fastest time wins.
 - b) Super-G: This is also called the super giant slalom. The course is shorter than the downhill but longer than a giant slalom course. Each skier has one run down the course. The skier with the fastest time wins.
 - c) Giant Slalom: This event is also called the G.S. It is similar to the slalom but has fewer turns that are wider and smoother. Each skier has two runs down two different courses on the same slope on the same day. The fastest total time determines the winner.
 - d) Slalom: This race has the shortest course and the quickest turns. Each skier has two runs down two different courses on the same day. The fastest total time determines the winner.
 - e) Combined: The combined event consists of three races. One is downhill while two are slalom runs. The fastest total time determines the winner.
- B.
1. Nancy Green:
Grenoble; 1968; Giant Slalom; Gold
Grenoble; 1968; Slalom; Silver
Grenoble; 1968; Combined; Gold
 2. Anne Heggtveit:
Squaw Valley; 1960; Slalom; Gold
 3. Kathy Kreiner:
Innsbruck; 1976; Giant Slalom; Gold
 4. Erik Guay: Turin; 2006; Downhill; no medal;
Vancouver; 2010; Super G; Downhill; no medal;
Sochi; Super G; no medal
 5. Steve Podborski:
Lake Placid; 1980; Downhill; Bronze
 6. Ed Podivinsky:
Lillehammer; 1994; Downhill; Bronze
 7. Lucille Wheeler:
Cortina; 1956; Downhill; Bronze
 8. Lauren Woolstencroft: Paralympian Salt Lake City; 2002; Super G; Gold
Salt Lake City; 2002; Slalom; Gold
Salt Lake City; 2002; G Slalom; Bronze
Turin; 2006; G Slalom; Gold
Turin; 2006; Super G; Silver
 9. Karen Percy:
Calgary; 1998; Downhill; Bronze
Calgary; 1998; Super G; Bronze
 10. Kerrin Lee-Gratner:
Albertville; 1992; Downhill; Gold

Alpine Skiing (Page 29)

1. alpine skiing: downhill skiing
2. base: the bottom of the mountain or the average depth of snow on a mountain

3. bunny slope: the most gentle sloping hill on the mountain used by beginners
4. carving: making turns on the skis with the edge cutting into the hill
5. catching some air: going fast enough to have both skis off the snow after riding over a small hill or mogul
6. cruising: making a long run at a fast speed
7. mashed potatoes: wet, heavy snow
8. milk run: the first run of the day
9. moguls: mounds of snow made on ungroomed runs
10. powder: light, ungroomed snow
11. schussing: skiing straight downhill in a full tuck position
12. snowplow: a way of stopping on skis, the tips of the skis are almost touching as the back tips are bowed outward

Biathlon (Page 30)

1. It consists of a race in which competitors ski around a cross-country track. The distance is broken into two or four shooting rounds.
2. A competitor needs skis, poles, a rifle and ammunition.
3. The competitor must hit all five targets while standing or lying down.
4. The competitor has to ski a penalty loop for each target missed or have one minute added to his/her total time.
5. The free technique is used the most because it is the fastest.
6. The events are Sprint, Individual, Pursuit, Mass Start, and Relay.

Bobsleigh (Page 32)

Part A:

1. 924 2. Squaw Valley 3. English 4. St. Moritz 5. 2002

Part B:

Circled Words: heavy, awkward, old-fashioned, slower, wooden, difficult to manoeuvre, dangerous, plain, uncomfortable

Underlined Words: modern, metal, light, fibreglass, sleek, streamlined, aerodynamic, safer, easier to drive, faster, colourful

The circled words should be listed under Early Bobsleighs on the chart. The underlined words should be listed under Modern Bobsleighs on the chart.

Long Track Speed Skating (Page 34)

1. Canada's first recorded ice skating race
2. Speed skaters skate in a crouched
3. The blade of the clap skate
4. It all began on the frozen
5. Ice skating has been a popular
6. Modern day competitors involved in the
7. Men compete in races that are



8. All speed skating races are completed
9. Canadian speed skaters have become increasingly

Long Track Speed Skating (Page 35)

1. Gaetan Boucher:
Lake Placid; 1980; 1000m; Silver
Sarajevo; 1984; 500m; Bronze
Sarajevo; 1984; 1000m; Gold
Sarajevo; 1984; 1500m; Gold
2. Cathy Priestner:
Innsbruck; 1976; 500m; Silver
3. Ted Jan-Bloeman:
Pyeong Chang; 2018; 500m; Silver
4. Clara Hughes:
Salt Lake City; 2002; 5000m; Bronze
Turin; 2006; 5000m; Gold
Turin; 2006; Team Pursuit; Silver
5. Cindy Klassen:
Salt Lake City; 2002; 3000m; Bronze
Turin; 2006; Team Pursuit; Silver
Turin; 2006; 1000m; Silver
Turin; 2006; 5000m; Bronze
Turin; 2006; 3000m; Bronze
6. Catriona Le May Doan:
Nagano; 1998; 500m; Gold Nagano;
1998; 1000m; Bronze Salt Lake City;
2002; 500m; Gold

Short Track Speed Skating (Page 37)

Part A:

False 2. True 3. False 4. False 5. True 6. False 7. False
8. True 9. True 10. False

Part B:

Answers will vary.

Canada's Short Track Speed Skating Teams

(Page 39)

1. The teams are strong and powerful.
2. They capture the most medals of any sport in Canada.
3. They have won up to 70 speed skating medals.
4. Cindy Kalsne has won six medals in long track speed skating.
5. It is Kim Boutin.
6. There are eight skaters.

Ivanie Blondin (Page 40)

1. She was born on April 2, 1990 in Ottawa,
2. Long distance speed skating, 3000m and 5000m.
3. World Single Distances Speed Skating Championships
4. She failed to qualify in the short track for the 2010 Olympic Games in Vancouver.
5. Mike Rivet, her coach in Gloucester.
6. Mass Start Event

7. She stated "I would have preferred the gold medal, but finishing first at this stage of my career remains a big accomplishment for me, so I'm super pumped with second place. I'm ecstatic with the result, which follows a fantastic season.

Mass Start Speed Skating

Unlike traditional long-track or short-track speed skating, in which four to six skaters at a time race around the oval in a time trial format, mass start involves **up to 24 skaters facing off against one another at the same time** in a mad dash to complete 16 laps the fastest.

Charles Hamelin (Page 42)

1. False 2. True 3. True 4. False 5. False 6. True 7. True
8. False 9. True 10. True

Freestyle Skiing (Page 44)

Part A:

1. It was considered a dangerous sport by many people.
2. It would be filled with thrilling and difficult moves. Answers may vary.
3. Answers will vary.
4. It was a spectator sport at the Calgary Winter Olympics.

Part B:

1. Tuck 2. Pike 3. Take Off 4. Triple 5. Back scratcher
6. Cassock 7. Helicopter 8. Carving 9. Zuznik

Michaël Kingsbury (Page 46)

1. He has won 13 World Cup titles in Moguls, 9 in Free Style, 100 World Cup wins, Olympic Medals.
2. Alexandre Bolodeau.
3. He stumbled and lost time in his final run.
4. Kingsbury's dream was to beat Bilodeau in the mogul events.
5. His dream came true in 2013 at the FIS World Ski Championships.

Canada's Skiers (Page 49)

1. Mikaël Kingsbury
2. Tristan Walker
3. Erik Read
4. Eliot Grondin
5. Marielle Thompson
6. Dahria Beatty
7. Laurence St. Germain
8. Marielle Thompson
9. Tristan Walker
10. Mikaël Kingsbury

Nordic Combined (Page 51)

1. Individual, Gundersen, Sprint, Team
2. Nordic, Norway, transportation

3. Team, skiers, jumps, normal, relay
4. Sondre, Norheim, father, modern
5. events, ski, jumping, cross – country
6. Sprint, jump, hill, metres, ski, race
7. equipment, bindings, skis, curved
8. downhill, competitor, traditional, competition, younger
9. Telemark, slalom, clubs, competitions
10. event, jumps, normal, length, style

Canada's Cross Country Skiing (Page 53)

1. It began in Norway.
2. Wood was used on people's feet to help them walk on snow.
3. There are twelve events.
4. It has won 121 medals.
5. It has won 47 gold medals.
6. Her name is Maret Bjorgen.

Canada's Top Cross Country Skier: Alex Harvey (Page 55)

1. True 2. False 3. False 4. True 5. False 6. False 7. True
8. True 9. False 10. True

Ski Jumping (Page 57)

Part A: Sequential Order of Sentences:
5,7,1,6,2,4,8,3,10,9

Part B: Something to Think About

1. All the energy for a jump comes from gravitational energy acquired by going to the top of the hill.
2. They get in low crouch, point their arms forward and bend their heads downward.
3. They give the skier more lift toward the end of the flight.

Snowboarding (Page 59)

1. Snowboard Cross-country
2. Halfpipe
3. Parallel Giant Slalom
4. Snowboard Cross
5. Parallel Giant Slalom
6. Half Pipe
7. Snowboard Cross
8. Parallel Giant Slalom
9. Half Pipe
10. Snowboard Cross

Curling (Page 60–61)

Part A:

1. Lead: throws the first two stones of an end; sweeps for other team members.
2. Second: throws the third and fourth stones; sweeps for other players.

3. Third: throws fifth and sixth stones; sweeps for the second and the lead.
4. Skip: captain of the team; determines game strategy; throws the last two rocks of the end
5. Broom: used for sweeping the ice to make a stone travel further and curl less
6. Button: the centre of the house or the bullseye
7. Curler: player on a curling team
8. Rink: a curling team named after the skip; a place where curling is played
9. Rock: device thrown by curlers during a game; made of granite and weighs 19.6 kg
10. Shot Rock: the rock in the house closest to the button
11. Steal: Scoring an end without the hammer
12. Bonspiel: the name for a match or a curling tournament
13. Guard: a rock is placed in front of another rock to protect it from being knocked out by the other team
14. House: the three concentric circles where points are scored
15. Hard!: a command shouted by the skip to tell the sweepers to sweep harder and faster

Part B: Answers will vary.

Ice Hockey (Page 64)

1. 1964, Innsbruck W.O.
2. 1972, Sapporo Winter Olympics
3. 1932 Lake Placid Winter Olympics
4. 1976, Innsbruck, Austria
5. 1998, Nagano Winter Olympics
6. 2010, Vancouver Olympics
2014 Sochi Olympics
7. 1960, Squaw Valley
Olympic Games
8. 1980, Lake Placid
9. 2006, Turin Winter Games
10. 1988, Calgary Winter Olympics
11. 2010, Vancouver Olympics
12. 1936, Garmish Partenken-chen, Germany

Marie – Philip Poulin (Page 66)

1. In 2007
2. 16
3. Women's Under 18 Championships in Calgary
4. Montreal Victoire, centre
5. She wanted to play hockey and be like her brother
6. She scored eight goals and had two assists
7. The Canadian Senior National Team

8. Scored both goals
9. The United States
10. Because she scores important goals when her team needs them most.

Connor McDavid (Page 68)

1. He plays for the Edmonton Oilers.
2. Because he was so skilled that he was allowed to play in the OHL early.
3. He was 19 years old.
4. He won the Conn Smythe Trophy.
5. Answers may vary: his speed, scoring ability, awards, 100 point seasons, etc.

Luge (Page 70)

1. He exerts pressure on the runners with the calf of each leg and uses his shoulders to apply pressure on the sled and uses his head for a rudder.
2. Answers will vary.
3. Answers will vary.
4. They are friction and gravity.
5. Friction is the force that slows down moving objects when two surfaces rub together.
6. Friction is reduced by slippery runners and water from the melting ice.
7. Answers will vary. Possible Answers: walking, riding a bike, using a skateboard, rubbing your hands together, using a towel to dry yourself, sitting in a chair, brushing your teeth, combing or brushing your hair, erasing with your pencil, moving the mouse on your computer, filing your nails etc.
8. Gravity causes the luge to move and go faster.
9. Scientists have created tight, smooth suits, special helmets with rounded face shields and smooth sleds with a low centre of gravity.

Ski Mountaineering (Page 73)

1. It combines climbing uphill and skiing downhill on snowy mountains.
2. Climbing skins help athletes grip the snow so they don't slide backward while going uphill.
3. The goal is to complete the course as fast as possible, including all climbs and descents.
4. Athletes need endurance because they climb long distances uphill and race for a long time.
5. They often carry helmets, avalanche gear, and emergency supplies.
6. Ski mountaineering includes climbing uphill, not just skiing down, and it takes place on natural mountain terrain.
7. Weather can change quickly in the mountains, so athletes must stay safe and prepared.

8. A transition is when athletes switch from climbing mode to skiing mode, or the other way around.
9. Because the sport is designed to test both climbing strength and downhill skiing skill.

Ski Mountaineering (Page 74)

Answers will vary.

Women's Large Hill Ski Jumping (Page 76)

1. a) Normal Hill
2. b) Large Hill
3. b) Large Hill
4. b) 2014
5. a) 2026
6. HS109 (K point 98 m)
7. HS123 (K point 128 m)
8. About 90–100 meters
9. About 120–140 meters
10. Because the jumps are longer and the speeds are higher.
11. Answers will vary.

New Sports at the 2026 Winter Games (Page 78)

1. b) Two skiers race side by side down bumpy hills
2. b) It lets women compete in pairs, just like men
3. c) Teams include both men and women
4. To support gender equality and to include new and exciting sports
5. Answers will vary
6. Answers will vary
7. Answers will vary

Paralympic Games (Page 79)

Reasons must form a good paragraph.

Paralympic Events (Page 82)

Part A:

1. They are classified as standing, sitting, and visually impaired athletes.
2. The invention of the mono-ski, the skiing sledge and the ice hockey sledge has helped.
3. They listen to acoustic signals which get louder if the shooter is on target.
4. Many athletes cannot stand to shoot.
5. It is important that the athlete use the right amount of weight when sliding the stone.

Part B:

1. Ice Sledge Hockey
2. Cross-Country Skiing
3. The Biathlon
4. Alpine Skiing
5. Wheelchair Curling

Para Snowboarding (Page 84)

Part A:

1. Bibian Mentel-Spee
2. 2014
3. Banked slalom and snowboard cross
4. Brenna Huckaby or Matti Suur-Hamari
5. Prosthetics or modified/adapted equipment
6. Banked slalom
7. Snowboard cross
8. Cancer

Part B:

9. Answers will vary. Example: It is exciting because athletes race fast down snowy hills.
10. Answers will vary. Example: Athletes work hard and compete even when they face physical challenges

Viviane Forest (Page 85)

1. Born on May 15, 1979, in Montreal, Quebec.
2. Competed in goalball and para alpine skiing.
3. She is the first Canadian athlete to win gold at both the Summer and Winter Paralympic Games.
4. She won gold in the downhill event at the 2010 Winter Paralympics in Vancouver.
5. Retinitis pigmentosa, which causes severe vision loss and makes it difficult to see details and movement.
6. She skis with a sighted guide, who gives her directions through a headset while racing.
7. Won nine Paralympic medals in total (Summer + Winter).

Brian McKeever (Page 86)

1. June 8, 1979 in Calgary, Alberta
2. men's cross-country skiing
3. He had inherited a disease in his eyes and was losing his eyesight.
4. He joined the team in 2001 because he was declared legally blind.
5. His brother Robin McKeever was his skiing partner.
6. He fell at the start but got up quickly and passed all of his competitors to win the gold medal.
7. He has won the most gold medals at the Paralympic Games

Mark Arendz (Page 87)

1. March 3, 1990 in Charlottetown P.E.I.
2. His arm up to his shoulder got caught in the blades of a grain auger.
3. They had to amputate his arm.
4. He participated in six races but did not win one.

5. He competed in five events.
6. He won two medals. One was silver and one was bronze.
7. They named a ski trail after him.

Lauren Woolstencroft (Page 88)

1. Born on November 24, 1981, in Calgary, Alberta.
2. She was born without her left arm below the elbow and missing several toes on both feet.
3. Para alpine skiing, slalom, giant slalom, downhill.
4. 2010 Winter Paralympics in Vancouver.
5. Five gold medals at the 2010 Games.
6. First Paralympian ever to win five gold medals at a single Winter Games.
7. Electrical engineer/worked in the tech and energy sectors

Sonja Gaudet (Page 89)

1. Vernon, British Columbia
2. She fell off a horse and injured her spine.
3. She has won three.
4. It was Rick Hansen.
5. Canadian Curling Hall of Fame
6. She carried Canada's flag during the Opening Ceremonies.

Colette Bourgonje (Page 90)

1. She participated in sit-skiing.
2. She competed in 10 competitions.
3. She was hit by a car which left her a paraplegic and had to use a wheelchair.
4. She liked to compete in wheelchair racing.
5. She competed in seven Winter Paralympics
6. She competed in three.

Canadian Figure Skaters (Page 93)

Marjorie Lajoie and Zachary Lagha

1. 2015 2. 2016 3. 2016 4. 2019 5. 2021 6. 2022 7. 2023 8. 2026

Piper Gilles/Paul Poirier (Page 95)

1. True 2. False (2013) 3. True 4. True 5. True 6. False (8th) 7. True 8. True 9. True 10. True

Lia Pereira/Trennt Michaud (Page 98)

1. singles 2. retire 3. novice 4. bronze 5. Four 6. silver 7. bronze 8. Italy

Marie-Jade Lauriault and Romain Le Gac (Page 100)

1. Lauriault and Le Gac will represent Canada at the 2026 Winter Olympics.
2. They first competed at the Olympics in 2018.
3. They decided to skate for Canada in 2020.

4. They have won three medals at the Canadian Championships.
5. Their best result at the ISU Four Continents Championships was fifth place in 2024.
6. They won a bronze medal at Skate America in 2022.
7. They won a gold at the Kinoshita Group Cup and a bronze at the Nebelhorn Trophy in 2025.
8. Their best result at the ISU World Championships for France was 13th place in 2018.

Madeline Schizas (Page 102)

Part A:

1. True 2. False 3. True 4. True 5. True 6. True 7. True

Part B:

1. (4) 2. (4) 3. (5) 4. (2) 5. (4) 6. (3) 7. (4) 8. (3)

Stephen Goglev (Page 104)

Sequential Order

12, 9, 2, 1, 5, 7, 3, 10, 8, 4, 11, 6

Deanna Stellato-Dudek and Maxime Deschamps (Page 107)

1. She retired because she had many injuries, including a strained hip.
2. A team building question made her realize she wanted to try for an Olympic gold medal.
3. She became the oldest woman ever to win a world figure skating title.
4. He chose figure skating because he loved the freedom on the ice and the mix of athleticism and artistry.
5. He has spoken openly about having ADHD.
6. He continued because he felt he hadn't reached his full potential and loved the sport.
7. They both immediately felt that their skating styles worked well together and that the partnership had strong potential.
8. They earned the chance to represent Canada at the 2026 Winter Olympics in Italy.

Milan and Cortina's Olympic Torch (Page 109)

Part A:

1. True 2. False 3. True 4. True

Part B:

1. relay → pass, handoff
2. ceremony → event, celebration
3. reveal → show, display
4. journey → trip, travel
5. province → region, area
6. recycled → reused, repurposed
7. commemorate → honor, remember

Winter Olympic Mascot (Page 111)

1. Tina and Milo are stoats, which are also called ermine.
2. Italian students aged 6 to 14 created the designs for the mascots.
3. Tina was named after Cortina d'Ampezzo, and Milo was named after Milan.
4. Milo uses his tail to help him walk.
5. Their different coat colors represent duality and diversity.
6. The Flo are six snowdrop flowers who symbolize hope and resilience.

Winter Olympic Stadium (Page 113)

1. They were originally used in the 1956 Winter Olympics and the 2013 Winter Universiade.
2. Most of the ice events will be hosted in Milan.
3. Stadio San Siro is special because it is the largest stadium in Italy.
4. AC Milan and Inter Milan
5. It has been restored for many years.
6. Verona Arena will host the closing ceremony.

Winter Olympic Medals (Page 115)

1. Venice
2. halves
3. Istituto Poligrafico e Zecca dello Stato
4. rings
5. event
6. emotion

Overall Medal Count by Individual Sport (Page 116)

Results will vary.

Overall Country Medal Standings (Page 117)

Results will vary.

Overall Medals by Sports or Events (Page 118)

Results will vary.

Gold Medal Crossword (Page 119)

Across:

1. curling
3. Ice Sledge Hockey
4. snowboarding
5. hockey
7. Figure Skating
8. Speed Skating
11. Paralympics
12. Bobsleigh

Down:

1. Cross – Country Skiing
2. Biathlon
6. Luge
9. Alpine Skiing
10. Ski Jumping

Search for the Famous Canadian Athletes (Page 120)

