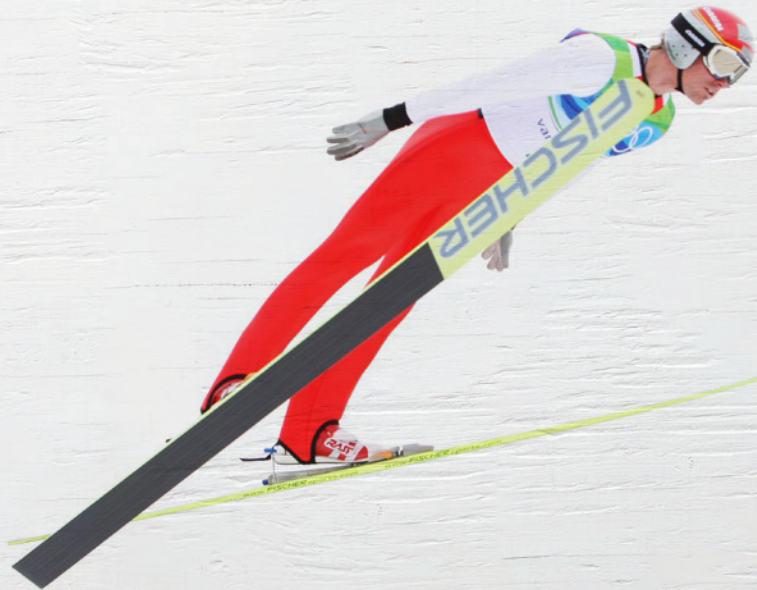




SCHOOL PROGRAM

MY VANCOUVER 2010 OLYMPIC JOURNAL



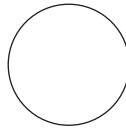


FEBRUARY 12

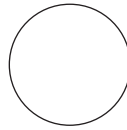


ski jumping

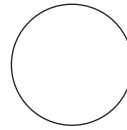
CANADA'S MEDAL COUNT



Gold



Silver



Bronze



HIGHLIGHT

The Opening Ceremony

On February 12th, 2010, over 5,500 athletes and team officials from more than 82 countries paraded into the BC Place Stadium to watch the last of the Olympic torchbearers light the Olympic cauldron. The Olympic Flame remained lit for the duration of the Games. Being the only athlete to ever win multiple medals at both the Summer and Winter Olympic Games, Clara Hughes was given the honour of carrying the Canadian flag into the Opening Ceremony.

Journal Topic

What do the Olympic Games mean to you?

Five horizontal lines for writing a journal entry.



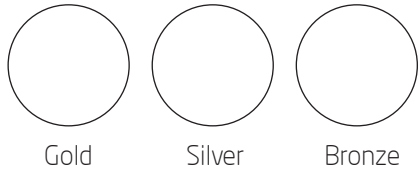
SCHOOL PROGRAM



FEBRUARY 13 /
FEBRUARY 14

ALPINE SKIING, BIATHLON, SKI JUMPING, LUGE, SHORT TRACK SPEED SKATING, ICE HOCKEY,
FREESTYLE SKIING, LONG TRACK SPEED SKATING, NORDIC COMBINED, FIGURE SKATING

CANADA'S MEDAL COUNT



Gold

Silver

Bronze

HIGHLIGHT

Jenn Heil

- Born: April 11, 1983 (Edmonton, AB)
- Sport: Freestyle Skiing (Moguls)

Jenn started skiing when she was just two years old, and by her mid-teens she was a national champion. The Montreal-based athlete captured Canada's first-ever Olympic medal in women's moguls when she won gold at the Torino 2006 Olympic Winter Games. On February 13, 2010, fans cheered as Jenn made her way down the mountain. Her performance earned her the silver medal, winning Canada's first medal of the Vancouver 2010 Olympic Winter Games.



Journal Topic

What do you think it takes to be an Olympic athlete? If you could be an Olympian at any sport, which sport would you choose and why?



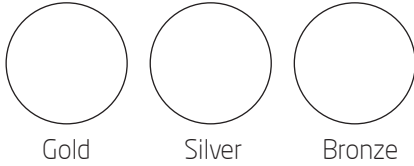
SCHOOL PROGRAM



FEBRUARY 15

CROSS-COUNTRY SKIING, LUGE, FIGURE SKATING, SNOWBOARD, ICE HOCKEY, LONG TRACK SPEED SKATING

CANADA'S MEDAL COUNT



HIGHLIGHT

CHRISTINE NESBITT

- Born: May 17, 1985 (Melbourne, Australia)
- Sport: Long Track Speed Skating (1,000m, 1,500m, Team Pursuit)

Growing up in London, Ontario, Christine loved short track speed skating. She wanted to move to Montreal to train with the national team, but she wasn't accepted into university there. Instead of getting discouraged, she moved to Calgary and started doing long track speed skating. It didn't take long for her to succeed. She won a silver medal at the Torino 2006 Olympic Winter Games. She headed into Vancouver 2010 as the reigning 1000m world champion and a favourite for gold. Christine won Canada's only individual gold medal at the Richmond Olympic Oval when she fulfilled her potential with a victory in the 1000m



Journal Topic

If an Olympian came to your school to speak about fair play, what do you think that they would say? What would they say about fair play as it relates to your school?



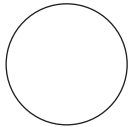
SCHOOL PROGRAM



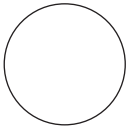
FEBRUARY 16

alpine skiing, BIATHLON, Luge, CURLING, Figure SKATING, SNOWBOARD, ice HOCKEY, LONG TRACK speed SKATING

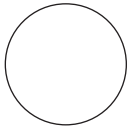
CANADA'S MEDAL COUNT



Gold



Silver



Bronze

HIGHLIGHT

Maëlle Ricker

- Born: December 2, 1978 (North Vancouver, BC)
- Sport: Snowboard

Maëlle started snowboarding at the age of 13, thanks to her older brother. She made her Olympic debut at the Nagano 1998 Olympic Winter Games in the snowboard halfpipe event. Maëlle put her name in the history books at Vancouver 2010 as the first Canadian woman to ever win Olympic gold on home soil.



Journal Topic

As I watch the Olympic Winter Games, I feel inspired to...



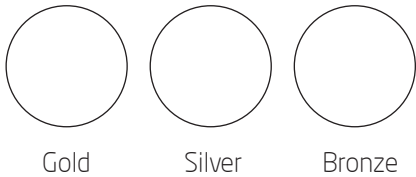
SCHOOL PROGRAM



FEBRUARY 17

ALPINE SKIING, CROSS-COUNTRY SKIING, LUGE, CURLING, SHORT TRACK SPEED SKATING, SNOWBOARD, ICE HOCKEY, LONG TRACK SPEED SKATING

CANADA'S MEDAL COUNT



Gold

Silver

Bronze

HIGHLIGHT

Gillian Apps

- Born: November 2, 1983 (Toronto, ON)
- Sport: Ice Hockey

When Gillian started playing ice hockey, she was admittedly a terrible player. She only continued because it was fun. But the longer she played, the more she came to love the sport. Little by little she started to improve and become one of the best forwards in the world. Gillian made her Olympic debut at Turin 2006 where she recorded seven goals and seven assists in five games. Gillian added a second Olympic gold medal at Vancouver 2010 Olympic Winter Games where she recorded three goals and four assists.



Journal Topic

Write a cheer or poem for the Canadian Team or for your favourite Canadian Olympian.



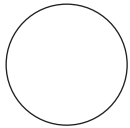
SCHOOL PROGRAM



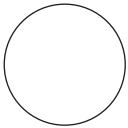
FEBRUARY 18

BIATHLON, SKELETON, CURLING, FIGURE SKATING, SNOWBOARD, ICE HOCKEY, LONG TRACK SPEED SKATING

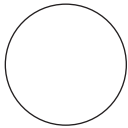
CANADA'S MEDAL COUNT



Gold



Silver



Bronze

HIGHLIGHT

PATRICK CHAN

- Born: December 31, 1990 (Ottawa, ON)
- Sport: Figure Skating (Men's Singles)

Up until 2010, Patrick's life revolved around skating and going to high school. But with high school finished, this Toronto-based skater had only one thing on his mind—the Vancouver Olympic Winter Games. After capturing a silver medal at the 2009 World Skating Championships, he was Canada's great hope in men's figure skating. In his Olympic debut as a 19-year old, Patrick skated in front of a loud and adoring crowd in Vancouver, finishing in a strong 5th place.



Journal Topic

Many Olympians persevere through injuries, bad competitions and other setbacks. To be successful, they don't give up on their goal. Write a letter to yourself about a goal or dream that you have. Encourage yourself to not give up.



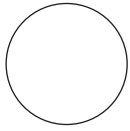
SCHOOL PROGRAM



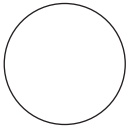
FEBRUARY 19

alpine skiing, ski jumping, cross-country skiing, skeleton, curling, figure skating, snowboard, ice hockey, long track speed skating

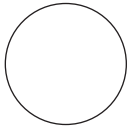
CANADA'S MEDAL COUNT



Gold



Silver



Bronze

HIGHLIGHT

Jon Montgomery

- Born: May 6, 1979 (Russell, Manitoba)
- Sport: Skeleton

Jon had his Olympic dream sparked by the men's hockey team winning gold at Salt Lake City 2002. That same year he saw a skeleton race while on a self-guided tour with his parents. He signed up for a Discover Skeleton school and fell in love with the sport. During the Vancouver 2010 Olympic Winter Games, he was the fastest slider winning the gold medal.



Journal Topic

You need to love what you are doing to be motivated to train hard. Write about one of your passions.



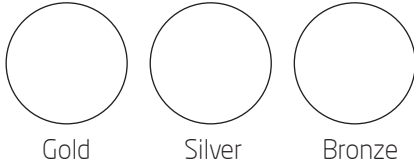
SCHOOL PROGRAM



FEBRUARY 20/
FEBRUARY 21

ALPINE SKIING, SKI JUMPING, CROSS-COUNTRY SKIING, BOBSLEIGH, BIATHLON, CURLING, FIGURE SKATING, FREESTYLE SKIING, ICE HOCKEY, LONG TRACK SPEED SKATING

CANADA'S MEDAL COUNT



HIGHLIGHT #1
JAROME IGINLA

- Born: July 1, 1977 (Edmonton, AB)
- Sport: Ice Hockey

Jarome's grandfather introduced him to the sport of ice hockey when he was seven years old. Within a few years he was playing Junior A and was drafted in the first round by the Dallas Stars. Jarome's first Olympic experience was in 2002 when he played on Canada's gold medal team. At the Vancouver 2010 Olympic Games, he recorded five goals and two assists. In the gold medal game versus the United States, Jarome made a pass to Sidney Crosby that led to the "Golden Goal" overtime win.

HIGHLIGHT #2
CHARLES HAMELIN

- Born: April 14, 1984 (Levis, QC)
- Sport: Short Track Speed Skating (500m, 1,000m, 1,500m, 5,000m relay)

Charles went to his younger brother's speed skating practice, and quickly became interested in the sport. The next season, he joined the speed skating club and his dad started coaching. Success came fast. During Vancouver 2010, Charles was Canada's only multiple gold medalist, winning gold in the 500m event and the 5000m relay event.



Journal Topic

The Vancouver 2010 Olympic Winter Games brought together 82 nations of the world in peace and friendship. What can you do to promote peace and friendship in your home, classroom and/or school?



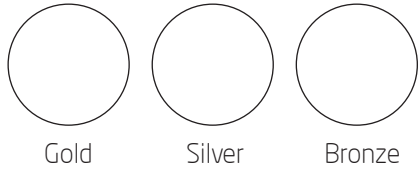
SCHOOL PROGRAM



FEBRUARY 22

SKI JUMPING, CROSS-COUNTRY SKIING, CURLING, FIGURE SKATING, FREESTYLE SKIING, ICE HOCKEY

CANADA'S MEDAL COUNT



HIGHLIGHT

TESSA VIRTUE & SCOTT MOIR

- Born: May 17, 1989 (London, ON) and September 2, 1987 (London, ON)
- Sport: Figure Skating (Ice Dance)

Tessa and Scott began skating together before they were 10 years old. Within a few years, they had won their first national championship. Tess and Scott produced one of the most memorable moments of Vancouver 2010 when they captured gold in front of the supportive home crowd. They became the first North American ice dancers to be crowned Olympic champions. At PyeongChang 2018, Tessa and Scott became the most decorated figure skaters in Olympic history. Winning gold medals in both the ice dance and team events, they are the first figure skaters to own five career Olympic medals."



Journal Topic

Sometimes things don't go according to plan and Olympians have a bad day. The years of training for the Olympic Games can result in a disappointing performance. What would you tell an Olympian to encourage them after a disappointing competition?



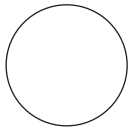
SCHOOL PROGRAM



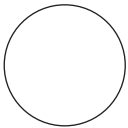
FEBRUARY 23

BIATHLON, BOBSLEIGH, CURLING, FIGURE SKATING, FREESTYLE SKIING, ICE HOCKEY, LONG TRACK SPEED SKATING, NORDIC COMBINED

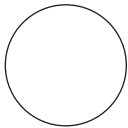
CANADA'S MEDAL COUNT



Gold



Silver



Bronze

HIGHLIGHT

KEVIN MARTIN

- Born: July 31, 1966 (Killam, AB)
- Sport: Curling

Kevin is no stranger to the Olympic Winter Games. As skip for the Canadian Olympic team, 2010 was his third Games. During the Vancouver 2010 Olympic Winter Games, Martin and his team went unbeaten to win the gold medal.



Journal Topic

What is more important: winning or doing your best? Why?



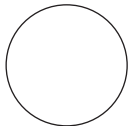
SCHOOL PROGRAM



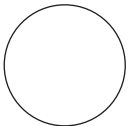
FEBRUARY 24

BIATHLON, BOBSLEIGH, CURLING, FIGURE SKATING, FREESTYLE SKIING, ICE HOCKEY, LONG TRACK SPEED SKATING, NORDIC COMBINED

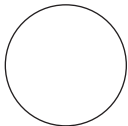
CANADA'S MEDAL COUNT



Gold



Silver



Bronze

HIGHLIGHT

CLARA HUGHES

- Born: September 27, 1972 (Winnipeg, MB)
- Sport: Long Track Speed Skating (3,000m & 5,000m)

Clara is the only Canadian to win multiple medals at both the Summer and Winter Olympic Games. As a cyclist, she won two bronze medals at the Atlanta 1996 Olympic Games. But her biggest success has come as a long track speed skater. During the Vancouver 2010 Olympic Winter Games, Clara had one of the best races of her career to win bronze in the 5,000m event.



Journal Topic

If you could be an Olympian at any sport, which sport would you choose and why?

Handwriting lines for the journal topic response.



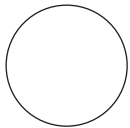
SCHOOL PROGRAM



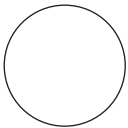
FEBRUARY 25

NORDIC COMBINED, CROSS-COUNTRY SKIING, CURLING, FIGURE SKATING, FREESTYLE SKIING, ICE HOCKEY

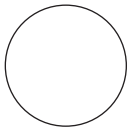
CANADA'S MEDAL COUNT



Gold



Silver



Bronze

HIGHLIGHT

JOANNIE ROCHETTE

- Born: January 13, 1986 (Montreal, QC)
- Sport: Figure Skating (Ladies Singles)

Joannie strapped on skates before she was two years old. At a very young age, she fell in love with figure skating. By the time she was in her mid-teens, Joannie was winning national titles. Winning silver at the 2009 World Championships, Joannie was a podium favourite for the Olympic Winter Games. Showing incredible strength during her performance, Joannie Rochette captured the bronze medal. This was Canada's first Olympic medal in the women's event since Calgary 1988.



Journal Topic

Of all of the Olympians you have watched compete, who is your favorite and why? What do you think you can learn from this athlete?



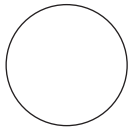
SCHOOL PROGRAM



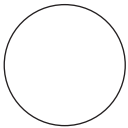
FEBRUARY 26

ALPINE SKIING, BIATHLON, BOBSLEIGH, CURLING, SHORT TRACK SPEED SKATING, SNOWBOARD, ICE HOCKEY, LONG TRACK SPEED SKATING

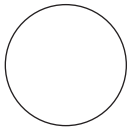
CANADA'S MEDAL COUNT



Gold



Silver



Bronze

HIGHLIGHT

PIERRE LUEDERS & LASCELLES BROWN

- Born: September 26, 1970 (Edmonton, AB) and October 12, 1974 (Clarendon, Jamaica)
- Sport: Bobsleigh

During Torino 2006, this dynamic duo claimed silver in the two-man bobsleigh. At Vancouver 2010, they were in separate sleds racing for gold. The 2010 season is Pierre's twentieth on the national bobsleigh team and his fourth Olympic Winter Games. During Vancouver 2010, Pierre had a 5th place finish in both the two-man and four-man event. Vancouver 2010 were Lascelles third Games. He won his second Olympic medal, capturing bronze in the four-man event.



Journal Topic

All of the athletes who competed at Vancouver 2010 were dedicated to doing their best. In fact, they were all trying to make their best even better. Write about what this attitude means to you. How can you improve your best at the things that you do?



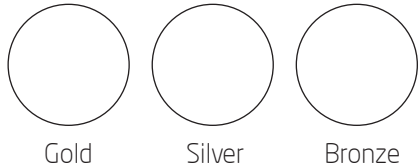
SCHOOL PROGRAM



ALPINE SKIING, CROSS-COUNTRY SKIING, BOBSLEIGH, CURLING, FIGURE SKATING, SNOWBOARD, ICE HOCKEY, LONG TRACK SPEED SKATING

FEBRUARY 27 / FEBRUARY 28

CANADA'S MEDAL COUNT



Gold Silver Bronze

HIGHLIGHT #1 JASEY-JAY ANDERSON

- Born: April 13, 1975 (Montreal, QC)
· Sport: Snowboard (Parallel Giant Slalom)

In parallel giant slalom, two snowboarders race each other through a slalom course. Jasey-Jay learned to snowboard on the slopes of Mt. Tremblant. His hard work has led him to six Olympic Winter Games. The Vancouver 2010 Olympic Winter Games were a highlight when he won a long-awaited gold medal.

HIGHLIGHT #2 ALEX HARVEY

- Born: September 7, 1988 (Quebec City, QC)
· Cross-Country Skiing (50km Mass Start)

Not since his father, Pierre Harvey, has a male Canadian cross-country skier done as well as Alex. In 2009, he had a breakthrough year. Not only was it his first year on the national team, but he won two World Cup medals. The first of these medals came at a race where his dad was doing the television commentary. In his first Olympic appearance at Vancouver 2010 Olympic Winter Games, Alex contributed to the best-ever Olympic results by a team of male Canadian cross-country skiers.

Journal Topic

There were many highlights at the Vancouver 2010 Olympic Winter Games. What are three Olympic moments that stand out for you? Why?

Series of horizontal lines for writing journal entries.

