



SCHOOL PROGRAM

THE DREAM

MARIE-PHILIP POULIN

(Grade 2-3)



SPORT DESCRIPTION

Hockey is often called the fastest game on earth. The players wear skates as they chase a puck up and down the ice rink. They can go at speeds of 30 km/hr. It takes great skill. You must be very fit. There are five skaters on the ice for each team. They try to score by shooting the puck off their stick and into the other team's net. The goalie tries to block the shot.

An Olympic hockey game has three 20-minute periods. Since it is a tournament, there can't be any tied game. Ties are broken by playing an overtime period and sometimes by having a shootout. The countries play against the teams in their group. The top teams move on in the tournament to the quarterfinals, semifinals, and then the medal rounds.



ABOUT THE ATHLETE

MARIE-PHILIP POULIN:

Born: March 28, 1991

Age: 27

Height: 170cm

Weight: 73kg

Birthplace: Quebec City, Quebec

Sport: Ice Hockey

Games: PyeongChang 2018
Sochi 2014
Vancouver 2010

*"It was my dream to play hockey for Canada.
I wanted to be a role model for kids."*



THE STORY

MARIE-PHILIP POULIN

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As a young girl, Marie-Philip Poulin had a big dream.

"It was my dream to play hockey for Canada. I wanted to be a role model for kids."

Canada loves hockey! Many kids have the dream of playing on Team Canada. But this dream only comes true for the best players. You must be an excellent player. You must work hard.

"I carried my dream with me every day," Marie-Philip recalls. She worked very hard. She never gave up on her dream.

Her dream came true! She has played at three Olympic Games and scored the winning goals in two gold medal finals.

When she was young, she played on boys' teams. But she knew that to reach her dream she had to play with and against other girls. Those teams were in big cities and at universities.

Most of the players on Team Canada had played on university teams in the United States. That's where the best young athletes played. Marie-Philip needed to play for one of these teams. But she had a problem.

She grew up in a small town in Quebec. Most people there only speak French. Hardly anyone speaks English there. To go to a American university, you must speak English. She would have to learn to speak English.

"It's hard to teach kids English in Beauceville," she explains. "It's outside of their comfort zone. But my English teacher really helped by telling me to keep working hard."

Marie-Philip knew she would have to move away from home. She had to learn at an English school. When she was only 16 years old, she moved to Montreal. She played on her first women's team, the Montreal Stars. She went to an English school.

"Switching schools was hard. I had no idea how to speak English," she recalls. "Sometimes there are things that you don't like doing but they take you towards your goals."

She trained hard and did her homework. Her teammates helped. They respected her for not giving up.

It wasn't easy! *"There were moments that were really difficult, and I wanted to give up. But you just keep going for the dream. Now I know English and French."*

Her hard work on and off the ice paid off. She was the youngest player to make the team for the Vancouver 2010 Olympic Winter Games. She scored the winning goal in the final game. The team won gold! She also got to go to Boston University. Her studying had paid off!

Eight years later, Marie-Philip was the team captain at the 2018 Olympic Winter Games. The final game would be

Team Canada against the rival Team USA. Canada beat the US team for gold in the last two Olympic finals. The US wanted to win badly this time!

Marie-Philip tried her best to get the team ready for the big game. They had to respect each other and give it their all. Everyone had to play their best game ever.

The game ended in a tie. It would go to a shoot-out. Could Canada win again? The players and fans were very nervous.

Marie-Philip did all she could to help the team win the gold. But the US scored the winning goal. Team Canada had to be happy with a silver medal.

"We left nothing on the ice," says Marie-Philip. "We wanted gold, but sometimes that happens. I am proud of the team."

Marie-Philip tells kids *"It's important to have a dream and to always go for it. Never give up on your dreams."*



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LEARNING

ACTIVITIES

(Grade 2-3)

1. MARIE-PHILIP'S DREAM

a. Marie-Philip says that it's important to have a dream. She says you should go for your dreams and never give up.

Write three sentences that describe what she did to go for her dream.

b. **Draw a picture of her reaching her dream.**



2.MY DREAM

a. Write three sentences about your dream(s).

b. Draw a picture of what it will look like when you reach your dream.

3. OUR DREAM

a. Do you have a hero? Maybe they are a famous athlete, musician, scientist, actor, or leader. Use the internet to learn about what they did as a kid. When did they start to set big dreams? **Write three sentences about your hero.**

b. Ask your parents, grandparents, or siblings about their dreams. What do they dream of doing or being? **Draw a picture of them reaching their dream.**

c. Ask each member in your family to write their dream on a sticky note. **Post the sticky note on the bathroom mirror.** That way they see their dream every morning and every night.