



SCHOOL PROGRAM

THE DREAM

MARIE-PHILIP POULIN

(Grade 4-5)



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 and fitness. On each team, there are five skaters on the ice who are trying to score by shooting the puck off their stick, past the opposing team's goalie and into the net. An Olympic regulation game has three 20-minute periods. Since it is a tournament, there can't be a tie 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



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I wanted to be a role model for kids."*



THE STORY

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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 and there are thousands of kids who dream of being the next Team Canada star. Only the very best see that dream come true. Making dreams come true takes hard work and sacrifice. It takes excellence and dedication!

“I carried my dream with me every day,” recalls Marie-Philip. The hard work and refusal to give up made her dreams come true! She 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 women. These teams were in big cities and at universities.

Most of the players on Team Canada had honed their hockey skills by playing for a university team in the United States (US). It’s there that the best young players played. To fulfill her dream, Marie-Philip would need to play in this league.

But there was a problem. Marie-Philip grew up in the small town of Beauceville, Quebec. It is a beautiful town where almost everyone speaks only French. Hardly anyone speaks English there, and nor did Marie-Philip. All the American universities taught only in English. To reach her dream, she would have to learn to speak English.

“It’s hard to teach kids English while in Beauceville,” she explains. *“It’s outside of their comfort zone. But my teacher really helped, encouraging me to keep working hard. It was really difficult.”*

Marie-Philip knew that to reach her dreams, she would have to move away from home and learn English. When she was only 16 years old, she moved to the big city of Montreal to play for the Montreal Stars and to attend an English school.

“Switching to an English school when I had no idea how to speak English was hard,” she recalls. *“Sometimes there are things that you don’t like doing but they take you towards your dreams.”*

She trained hard and did her homework. Her teammates 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 can express myself in both English and French.”*

All the work on and off the ice paid off. She made the 2010 Olympic team and scored the winning goal in the gold medal match for Canada. She was the youngest player on the team. Marie-Philip also earned a scholarship to Boston University. Her dreams were coming true.

PyeongChang 2018 was a tough Olympic tournament. Canada and the United States again met in the final game, and the

Americans were out to even the score. Canada had won gold at the last four Olympic Games and had beaten the United States in the last two Olympic finals.

Marie-Philip was the team captain and did all she could to rally the team for the win. At the end of regulation time, it was a tie. It would go to a shootout. Could Canada win again?

The players each took their turn at shooting at the United States goalie. It was nerve-racking. But this time, the United States were determined to beat Canada. Despite playing their best, Team Canada had to settle for silver.

“We were a unified team and we left nothing on the ice,” says Marie-Philip. *“It wasn’t the result we wanted, but sometimes that happens in life.”*

As a role model to kids, Marie-Philip has a simple message. *“I tell students to have a dream. It doesn’t matter what...sports, music, the arts...anything. It’s important to have a dream to always go for it. Never abandon your dreams.”*



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www.olympic.ca/education

3. OUR STORY

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 paragraph that you can share with your classmates about your hero.**

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

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