



SCHOOL PROGRAM

THE DREAM

MARIE-PHILIP POULIN

(Grade 6 and up)



SPORT DESCRIPTION

Hockey is known as the fastest game on earth. That's because the players wear skates and race up and down the ice rink at speeds of up to 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

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



THE STORY

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(Grade 6 and up)

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. It’s very competitive and very few see that dream come true. Making dreams come true takes hard work and sacrifice. It requires an unusual dedication to becoming excellent!

But Marie-Philip did more than dream of excellence. She pursued it with all the perseverance and determination she could muster. *“I carried my dream with me every day,”* recalls Marie-Philip. Her diligence paid off, and in the end, her dreams came true! She has played at three Olympic Games and scored the winning goals in two gold medal finals.

To fulfill this dream meant that Marie-Philip would have to find the best opportunities to develop into a skilled player. These opportunities would require her to do well at school, so she could play hockey at university.

Most of the players on the women’s national team have honed their hockey skills by playing in the United States on a university team. It’s there that they get top level competition against the best young players in the world. To fulfill her dream, Marie-Philip would need to play in this league.

But there was a problem. All the American universities taught only in English. Marie-Philip was raised in the small town of Beauceville, Quebec where almost everyone

spoke only French. Hardly anyone spoke English and nor did Marie-Philip. Her hockey dreams depended on more than just practicing her skating and shooting. They depended on her mastering English.

“It’s hard to teach kids English while in Beauceville,” she explains. *“It’s outside of their comfort zone. But my English 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 go to an English school. 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 goals.”*

It wasn’t easy! But her teammates respected her efforts. They were a support during her pursuit. *“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.”*

Her hard 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. In another few years she would be the Team Canada captain.

PyeongChang 2018 was a tough Olympic

tournament. Canada and the USA met again in the final game. The United States were out to even the score. Canada had won gold at the last four Olympic Games. They had beaten the American in the last two Olympic finals.

As team captain, Marie-Philip did all she could to motivate the team for the critical game. They played with passion and skill, but at the end of regulation time, it was a tie. It would go to a shoot-out. With their fans glued to their television sets, would Canada be able to rally for the win?

The players each took their turn at shooting at the two goalies. It was nerve-racking. But this time, the United States were determined to beat their nemesis. 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 and to always go for it. Never abandon your dreams.”*



3. OUR STORY

a. Now, illustrate the story about their dreams with a picture of them reaching their dream.

b. 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.