



SCHOOL PROGRAM

THE JOURNEY

KIM BOUTIN

(Grade 2-3)



SPORT DESCRIPTION

Short track speed skaters need strength, speed, and endurance. They also need strategy. They must outsmart the other athletes. They must pass at just the right time to win the race. It's often the smartest skaters who win in short track speed skating.

The oval track is only 111 meters around. The corners are tight. With four to six skaters usually racing at a time, there are lots of falls as skaters lose control. There is lots of bumping and pushing. The passing skater can't cut in or block the other skaters. If they do, they will be disqualified.



ABOUT THE ATHLETE

KIM BOUTIN:

Born: December 16, 1994

Age: 23

Height: 165cm

Weight: 58kg

Birthplace: Sherbrooke, Quebec

Sport: Speed Skating - Short Track

Games: PyeongChang 2018

*"Sport is a school for life, says Kim Boutin.
The Olympics are part of my journey."*





THE STORY

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Just making the Olympic Games is a long journey. An athlete must stick with their goals through hard times. They must stay focused through the ups and downs. It all pays off when you finally make it to the Games, even more when you win a medal at your first Games.

That's what happened for short track speed skater Kim Boutin at the 2018 Olympic Winter Games. She placed fourth in the women's 500 metre final. She was thrilled. Then the great news came. The Korean skater in the final was disqualified. She cut in on Kim on one of the last corners. The judges said this was against the rules. Kim would get the bronze medal.

She was very happy! But one hour before the medal ceremony she checked her social media messages.

Kim was afraid! People were threatening to hurt her. *"I was so scared. I didn't want to continue with the Games."*

Bravely, she went to the ceremony. The emotions were almost too much. How could she keep focused on her next race? Was she really in danger?

She had to stay calm. She had to reach out to those who could support her. It was a big comfort to know that her team was behind her. They were a big help. But the courage she needed to continue racing came from within.

"There is a strength inside each of us," says Kim. "My strength was my belief that I could stay focused on my goals and skate well when it counted."

Long before this crisis, Kim spent time to learn her strengths. Three years before, she took six months away from skating. She needed time away from the sport. Time to think.

She had to figure out if she wanted to skate or quit. She had to know what she valued. She asked for help to sort through her questions. This helped her become mentally strong. She didn't

know it at the time, but this time prepared her for the threats.

Her friends helped her get ready to race again. She believed in her strengths. Kim got ready on the start line for the 1500 metre event. She raced through the early rounds to make the final. Again, she faced the Korean for a medal. Again, she would have some of the Korean fans wishing her to fail.

But Kim was strong. She skated bravely and again won a bronze medal. She was no longer afraid. A few days later, she won silver in the 1000 metres.

Winning an Olympic medal is very special. Winning two Olympic medals in your life is rare. Kim won three in the same Olympic Games. WOW!

"I got lots of messages. The ones that stuck were the ones that hurt," recalls Kim. "I decided to focus on the good messages. These came from people who liked me. I chose not to focus on the bad ones from people that said they didn't like me."

"It's not as important to have self confidence as it is to know your strength. Focus on your strengths."



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