



## SCHOOL PROGRAM

# THE JOY

## BRITTANY PHELAN AND KELSEY SERWA

(Grade 2-3)



### SPORT DESCRIPTION

In ski cross, skiers race down a snowy course with jumps, banks, rollers, and turns. Four skiers race each other to see who can get to the finish line the fastest. The top two skiers then proceed to the next round. This continues until the best racers face off in the final.

It's a dangerous race. Skiers often bump each other on the corners. This can cause falls. Sometimes a skier falls and takes down other skiers. Years of training can be ruined by another skier's fall. Tactics are key! You must find the right time to use the course features to help you pass the others.

Ski cross has only been in the Olympic Games since 2010. Canada has already won four gold medals!



### ABOUT THE ATHLETE

#### BRITTANY PHELAN AND KELSEY SERWA:

Two-time Olympic medallist **Kelsey Serwa**, 28, from Kelowna, British Columbia won gold at PyeongChang 2018, leading Canada's second straight 1-2 finish in women's ski cross as she shared the podium with silver medallist teammate **Brittany Phelan**, 26, from Mont-Tremblant, Quebec.

*"We won the Olympics together, gushed Kelsey. I think it's that friendship that brought us to this spot."*



# THE STORY

## BRITTANY PHELAN AND KELSEY SERWA

(Grade 2-3)

As they stood at the bottom of the ski cross course, it was pure joy. Kelsey Serwa had won gold and her best friend Brittany Phelan had grabbed silver. Their smiles were a mile wide!

*“We won the Olympics together,” gushed Kelsey. “I think it’s that friendship that brought us to this spot.”*

Kelsey is from British Columbia. *“As a kid, I didn’t dream of being an Olympian. It seemed so far out of reach.”*

Brittany grew up on the other side of the country. She was raised in Quebec.

*“I started dreaming of going to the Olympics when I was 4 years old. I always I wanted to be an Olympic ski racer.”*

They started as alpine skiers. But they both changed to the sport of ski cross. When they met, it didn’t take long for them to become best friends.

*“Kelsey has taught me a lot about ski cross,”* Brittany says.

To win a medal, they had to be confident. To be confident, they had to train hard.

*“Britt always says, ‘You don’t have to be nervous when you train hard,’”* Kelsey says.

Sometimes they fell and got hurt. Together they worked hard to get better and return to skiing. This made them persistent. They would not give up.

*“You need to believe in yourself deep down,”* says Kelsey. *“This helps you get back up time and time again. That’s*

*what persistence is. Every challenge was another chance to reach our goal.”*

Leading up to PyeongChang 2018, they were always training together. They pushed each other on and off the hill. They were a team and even the hard work was fun. They wanted the team to win gold. They were motivated by the other’s hard work.

*“No one works harder than Kelsey does,”* says Brittany.

*“Except Britt,”* Kelsey laughs.

They left for the Olympic Games in the best shape of their lives. In the sport of ski cross, a lot of things can go wrong. Anything can happen and maybe ruin the race you’ve trained to win. They could only do their best on race day.

They had to race against each other, but they still acted like best friends. They awoke at 5 a.m. on race day so they could help each other study the course.

Just before the start, they bumped fists. They shouted their cheer. “Here we go!” They were ready to win!

Off the start, all the skiers were bunched. Kelsey raced to the front. Her lead opened.

Brittany was stuck in fourth place. There were two other skiers blocking her way. Could she get by them before the finish? Suddenly, the two bumped against each other. This slowed them down.

*“I saw my chance and I took it,”* Brittany

says. She raced past them both. She was now in second place. She was right behind her best friend.

*“Once we were over the last jump,”* recalls Britt, *“I was like, ‘we did it!’”*

Kelsey won the gold medal and Brittany won the silver.

Their friendship pushed them to work harder for the gold medal. Their work ethic made them the top two in the world. Brittany says this work ethic helps off the snow as well.

*“There’s a lot of other things I’m not as good. I’m not good at computer work,”* she says. *“I don’t like it at all. But I take my work ethic into all I do. I work really hard at the things I don’t enjoy.”*

It’s pure joy when you have a friend to bring out your best. They encourage you to work harder and to be a better person.







## 3. OUR JOY

a. Sharing good times with friends and family is fun. **Draw a picture of a time when you had fun with someone in your family.** Give them the picture to say thank you for such a good time.

b. When things don't go well, we need our friends even more. Being a good friend means being extra nice when others are hurting. **In pairs, do a short play about comforting a friend when they are sad. Perform the play for the class.**

