



SCHOOL PROGRAM

THE PERFORMANCE

THE OLYMPIC MOGULS TEAM

(Grade 2-3)



SPORT DESCRIPTION

Mogul athletes ski over large bumps at a fast pace. As they race through a bumpy course, they must do two tricks. They are judged on their turns and their tricks. Their time also counts as part of the score. The competition starts with a qualifying round. The top skiers proceed to the final three rounds. The field is cut each round. In the final round only the best six skiers left to compete for gold.

Canada is one of the best countries in the world at mogul skiing. We have won 6 gold medals and 3 silvers.



ABOUT THE ATHLETES

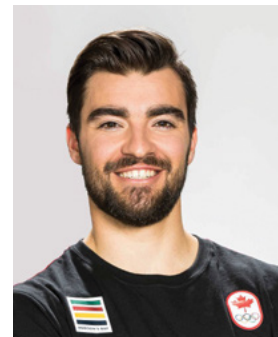
ANDI NAUDE, MIKAËL KINGSBURY AND PHILIPPE MARQUIS



Andi Naude
Freestyle Skiing



Mikael Kingsbury
Freestyle Skiing



Philippe Marquis
Freestyle Skiing

"We often think of excellence as only the result. But I think it's important to see it in the little wins along the way, says Philippe."



THE STORY

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It doesn't matter how long you've dreamed of gold. It doesn't matter how much you've trained to be number one. On the day of the Olympic final, you must perform big! It all comes down to performance on the day.

Mikaël Kingsbury was nine years old when he started dreaming of the Olympics. He drew a picture of the Olympic rings along with the words *"I will win."* He hung this over his bed until this year. It reminded him that one day he would have to perform his best.

Mikaël wasn't the only Canadian aiming to perform big at the Olympic moguls. His teammates Philippe Marquis and Andi Naude also wanted their best day when it counted most.

Andi is known for her skill and daring. She always attempts the hardest tricks. *"I am trying to push the limits by doing harder tricks than the other athletes,"* she says.

At the 2018 Olympics, she began the finals in first place. Andi tried a dangerous backflip. It is one of the hardest tricks. Most other skiers are afraid to even try it. She landed it perfectly. Then things went bad. She lost her balance. She missed a mogul. She skied off course. She was disqualified.

Still, she has no regrets of doing the most difficult jump. She believes in doing her very best. *"I wouldn't have taken the*

easier road," she says. *"I wouldn't be happy with myself any other way."* For Andi, performing her best was doing what others were too scared to do.

A month before the Games, disaster struck! Philippe Marquis fell and badly hurt his knee. He tore his ACL. This is a very bad knee injury that usually takes months to heal. But it was the Olympic Games, and Philippe wasn't going to quit.

"I am a bit of an optimist," he says. *"This became a new challenge."* He wrote positive messages on his ski equipment. On his glove straps he wrote, *"Keep fighting,"* and *"What ACL?"*

No one could believe it when Philippe made it to the Olympic final. It had only been a few weeks since the big injury. It was incredible! *"It was a bit of a miracle to make the final,"* he says. *"I always focused on the possible. The others didn't believe I could do it, but I always believed."* For Philippe, performing his best was doing the impossible.

It was a long time since Mikaël Kingsbury wrote his *"I will win"* sign. Now he was ready to go for Olympic gold. He was in the lead after the first round. But he slipped to fourth in the first run of the finals. Could he still get gold?

On his third and final run, he raced the fastest time. He moved back into first. The final skier could not beat his time. After

years of dreaming of gold, he had finally won the Olympics. *"I just reached my dream today. It's the best day of my life."* For Mikaël, performing his best was to win gold.

The 2018 Olympics was a win for all three skiers. Mikaël won gold. Philippe proved he could do the impossible. Andi pushed her limits and was the bravest.

"You can't be afraid of making mistakes," Andi says. *"If you fall that's just another chance to learn. If you have a goal and it's doing what you love in the end it will pay off. I feel quite proud that I went out there and did what I had to do. I would not change that for anything."*

Athletes must perform when it counts. *"We often think of excellence as only the result. But I think it's important to see it in the little wins along the way,"* says Philippe.



3. OUR PERFORMANCE

a. Use the Internet to learn how your favorite athlete or actor deals with their performance nerves. Do they have any tricks?

b. Some athletes have superstitions. They do special things for good luck. **Make a list of all the things that kids in your class or on your sports team do for good luck.** Use the Internet to find more pre-game rituals. Do you think these work?

c. Some teams have cheers that they do before every game. The cheer helps them to focus on giving their best performance. **In groups, create a special pre-game cheer.** Perform the group cheers for the class