



SCHOOL PROGRAM

THE PERFORMANCE

THE OLYMPIC MOGULS TEAM

(Grade 4-5)



SPORT DESCRIPTION

Mogul athletes ski over large bumps at a fast pace. As they race through a bumpy course, they must perform two tricks in the air. They are judged on their turns and their two tricks. Their time also counts as part of the overall score. The competition starts with a qualifying round and then to the final three rounds. The field is cut each round until it is just the top six skiers left to battle for the medals.

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

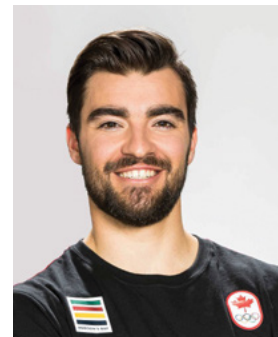
ANDI NAUDE, MIKAËL KINGSBURY AND PHILIPPE MARQUIS



Andi Naude
Freestyle Skiing



Mikaël 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

THE OLYMPIC MOGULS TEAM

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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! Everything depends on your performance on the biggest sporting stage in the world.

Mikaël Kingsbury was only nine years old when he started dreaming of competing at the Olympics in moguls. He drew a picture of the Olympic rings on a piece of paper and wrote, *"I will win."* This hung over his bed until this year. It was a constant reminder that one day he would have to perform his best while the world was watching.

Mikaël wasn't the only Canadian aiming for moguls gold at the 2018 Winter Olympics. His teammates Philippe Marquis and Andi Naude also hoped for the performances of their lives. But success came in different shapes and sizes for these three athletes.

Andi is a moguls skier who is known for her skill and daring. For Andi, performance means taking the risks others are too scared to take. She always attempts the most difficult tricks in competition. She is a big performer! *"I am trying to push the boundaries by doing harder tricks than the other athletes,"* she says.

At the 2018 Olympics, she began the finals in first place. Andi decided to try a difficult backflip and she landed it perfectly. But then she lost her balance, missed a mogul and skied off course. She was disqualified.

"I couldn't believe it!" Still, she has no regrets of doing the most difficult routine. She believes in striving to do her very best. *"I wouldn't have taken the easier road,"* she says. *"I wouldn't be happy with myself any other way."*

A month before the Games, disaster struck! Philippe Marquis badly injured his knee. He tore his ACL. This is a very serious knee injury that usually takes months to heal. But Philippe was determined to go to the 2018 Olympics.

"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, performance meant doing what everyone thought was impossible.

16 years after writing his *"I will win"* message, Mikaël Kingsbury had experienced a lot of success in moguls skiing. He won an Olympic silver medal at the Sochi Olympic Winter Games in 2014. But this time he wanted gold.

He was the leader in the first round in PyeongChang, before slipping to fourth in the first run of the finals. On his third and

final run Mikaël 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 realized my dream today and it's the best day of my life,"* Kingsbury said.

All three teammates supported each other as they made their big performance. 2018 Olympic success was different for each of them. Mikaël reached his dream of winning gold. Philippe proved he could do the impossible. Andi pushed her limits and was courageous.

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

It is the pursuit of high performance that motivates these Olympians. *"We often see excellence as the final result, but I think it's important to see it in the little wins,"* says Philippe. *"Excellence for us is to be the best we can be."*



3. OUR PERFORMANCE

a. Many of our heroes have had to learn how to perform under pressure. Use the Internet to learn how your favorite athlete, musician, or actor deals with their performance nerves. **Find a tip that you can share with your class.** As a class, **make a list of tips to deal with performance nerves.**

b. Some athletes have superstitions and do funny 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? **Write a paragraph about why you think people have these superstitions.**

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**