

ATHLETE STORIES



SCHOOL PROGRAM

# A STORY ABOUT CONTINUOUS IMPROVEMENT

Donovan Bailey was born in Jamaica, and immigrated to Canada with his family when he was twelve years old. His parents raised their children with strong values and work ethic. This upbringing had a significant impact on Donovan. His father taught him the importance of setting goals, remaining focused, and doing his best. He brought this same approach to his sports.

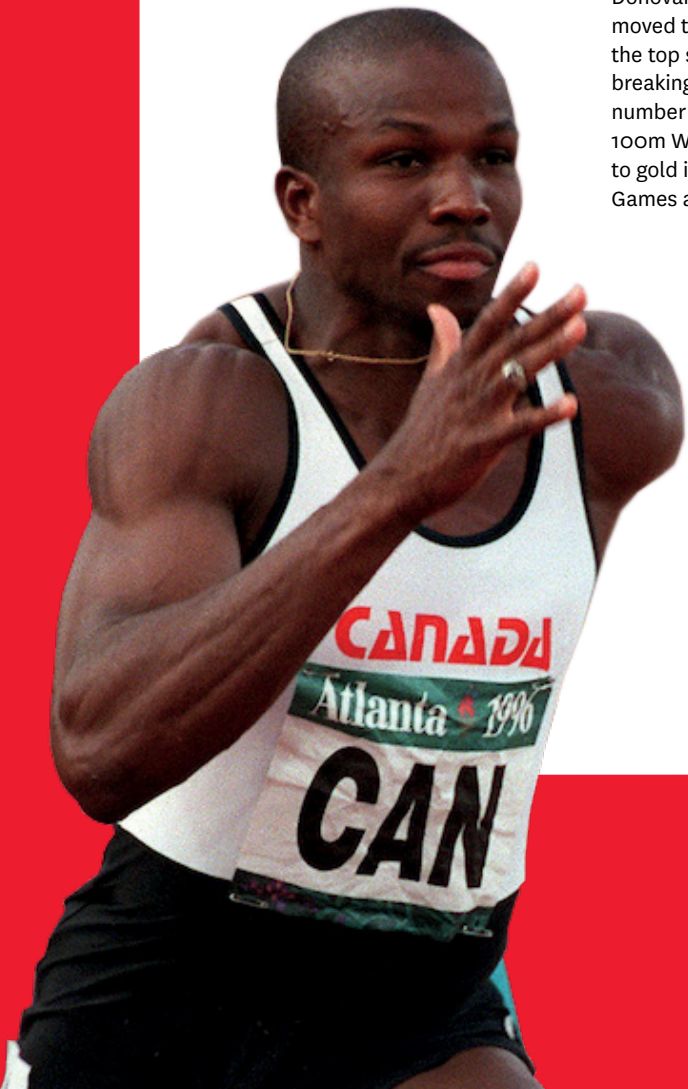
Before he moved to Canada, Donovan was one of the top sprinters in Jamaica for his age. During high school, it was plain to see that he had a bright future in track and field, but his career took off when he relocated to train with legendary coach, Dan Pfaff.

Donovan's improvements were dramatic under Pfaff's coaching. He moved to Louisiana in March 1994, and by June of that year was one of the top sprinters in the world. He opened his 1995 track season by breaking the Canadian record. Later that season, he became the number one sprinter in the world, winning Canada's first individual 100m World Championship title. He then anchored the national team to gold in the 4x100m relay. He headed to the Atlanta 1996 Olympic Games as the favourite.

Overcoming a mid-season injury, Donovan raced to gold and a new world record in Atlanta. Many call his performance one of the most iconic Canadian sports moments ever.

In a sport where success is measured to the 1/100th of a second, the life of a sprinter is all about chasing small improvements. Even small adjustments to technique, diet, or training can make the difference between gold and silver. Donovan's quest to constantly improve on the little things helped him progress to be the fastest sprinter of his time.

This resource encourages students to focus on continuous improvement. The messages to students are to embrace their passions, to never give up, and strive to continually improve on their best.



# TEACHING VALUES THROUGH OLYMPIC STORIES

Olympic stories of triumph and disappointment can engage learners in discussions about important value issues. Through the stories and challenges of Olympic athletes, children and youth can explore and connect values to their lives, and perhaps begin to see their world in new and different ways.



## TEACHING GUIDE FOR EDUCATORS

Current curriculum theory emphasizes the importance of reinforcing values education messages through narratives, storytelling, art, posters, drama, and physical movement, activities based on the stories, events, ceremonies and symbols of the Olympic Games stories have school-wide relevance.

## THE OLYMPIC VALUES

The core Olympic Values are identified as Excellence, Respect and Friendship. The narratives which follow highlight these values. When you engage your learners with these narratives you will be expanding their moral and physical understanding and capabilities.

## PRINCIPLES OF LEARNING

The following principles of learning are highlighted in order to engage students actively in the values education process:

1. Learning is an active and not a passive activity. Students need to be actively engaged in discussion, sharing their ideas in small groups and exploring differing points of view.
2. People learn in different ways. Some people learn best by reading; some people learn best by listening; some people learn best by moving around. The activities associated with these narratives' present different ways of learning.
3. Learning is both an individual and a cooperative activity. Young people need opportunities to work together as well as independently. They also need to practice cooperative behaviours in order to learn competitive behaviours.

## STAGES OF THE LEARNING SEQUENCE

Successful learning is built upon a carefully scaffolded series of steps that **connect** to students' prior understanding, actively **process** or practice new information, and finally **transform** their understandings into powerful demonstrations of learning.

Each values story is presented at three reading levels: Grades 2-3, Grades 4-5, and Grades 6 -7. The accompanying activities are sufficiently open-ended to address a diverse range of learning styles and proficiencies. They focus on six main facets of understanding:

Explaining, Interpreting, Applying, Taking Perspective, Empathizing, and Developing Self-Knowledge. These critical thinking skills are woven into all three stages of the learning sequence in order to promote deep understanding of the values and concepts.



## CONNECTING

### BUILDING A FOUNDATION FOR NEW LEARNING

**We all have things that we love to do. Usually, these activities are ones that we are passionate about and at which we have experienced some sense of success.**

#### Draw It (Grades 2-3)

In their writing journals, students draw a picture of an activity they love to do. Ask them to write a sentence that describes what they love about that activity.

For example, they could draw a picture of them playing soccer and write a sentence of how they feel when they score a goal.

#### Partner Talk (Grades 4-7)

In pairs, students share a few things that they love to do, explaining to their partner what they love about the activity.

For example, students might share their passion for cooking and the joy they experience when someone else tastes their creation. They might love skiing and the feeling of going fast. Perhaps they like playing an instrument and the satisfaction of being able to play their favourite songs.

#### Class Discussion (All Grades)

Students share what they love about their favourite activities. Highlight how many of the things that they love about an activity require some level of competence. Often the greater the competence they have, the more they get to experience that feeling.

If you are better at piano, you can experience more of the joy of being able to play your favourite songs.

## PROCESSING

### USING STRATEGIES TO ACQUIRE AND USE KNOWLEDGE

**Ask the students to read the story silently on their own.**

**Reread the story with the students.**

#### Lessons Learned (Grades 2-5)

Make a class list of the lessons that Donovan learned from his dad and discuss how those lessons helped him to win the Olympic 100m.

#### Winning Values (Grades 6-7)

Even from a young age, Donovan's parents were instilling the values that he needed to be a champion. In their journals, students write about the values that he learned and how they contributed to his success.



## TRANSFORMING

### SHOWING UNDERSTANDING IN A NEW WAY

Donovan and his coach were always trying to find ways to get faster. Being passionate about sprinting meant being completely focused on improving the little things that would help him win gold. This included developing the right mindset that would be needed to beat his best.

#### Always Improving (Grades 2-3)

Students return to the picture that they drew in their journals and list five things that they could do to improve their ability to do their favourite activity.

For example, they might decide to take lessons, practice more, join a club, have more confidence, submit a story to a writing contest, etc.

#### Winning Values (Grades 4-7)

On a large piece of paper, students write out five values that they have learned from the adults in their lives. They draw a picture next to each value of how this value can help them improve in an activity or passion that is important to them.

# LEARNING ACTIVITIES



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# DONOVAN BAILEY

GR.2-3

## ATHLETICS

When Donovan Bailey was twelve, his family moved from Jamaica to Ontario. His parents loved their children very much. But the move to Canada was hard. They were new to Canada.

His dad always focused on his goals. He taught his children to work hard. He told them not to give up.

*“My father was always positive,”* recalls Donovan. *“Nothing would keep him from a goal.”*

His dad wanted to buy a house near great schools. Donovan saw how hard his father worked to reach that goal. He saw how his dad never gave up.

His dad taught him that he had to always do his best. He had to keep improving. Donovan brought this approach to his sports and school work.

Before he moved to Canada, Donovan had been one of the top sprinters in Jamaica for his age. He was very fast as a kid. But he would have to improve a lot to be the world’s fastest man.

Even the little things mattered. He had to eat well and get enough sleep. His doctor made sure he stayed healthy. He and his coach were always looking for ways to get faster.

*“I would step back every year and decide how I could get better the next year.”*

Donovan was the favorite to win the 100m gold medal at the Atlanta Olympic Games. He had won the World Championships the year before. His competitors knew he was the man to beat.

Before the Olympics, he had been winning the big races. He was getting faster with each race. And then, disaster struck!

Donovan was racing in France a few weeks before the Olympics. The race was neck and neck as the finish approached. He lunged for the finish line. He won the race, but hurt his groin. The injury was so bad that he had to be helped off the track.

Donovan knew he had a short time to heal before the most important race of his life. He focused on his goal like his father had taught him.

He stayed positive. His coach and doctor focused on getting him back into top form.

*“I was going to the Games, and I was going to win. My belief never changed.”*

Time was ticking. Would his injury be better in time for the race?

It was hot and humid on the night of the Olympic 100m final. Over 80,000 fans watched inside the Olympic Stadium. Millions more watched on TV.

The runners false started three times. They were called back to the start each time to try again for a clean start. It was tense!

On the fourth start the race was underway. The sprinters dashed down the track.

Donovan was behind at halfway. Slowly, he began to overtake the others. He pulled into the lead and crossed the finish in first. The crowd cheered loudly! The finish clock flashed 9.84 seconds...a new world record!

His win was one of Canada’s greatest sports moments. His time is still the Canadian record.

Donovan doesn’t sprint these days. But he’s just as busy as ever. He owns a company that develops real estate. He is also a TV sports commentator. He has a charity that helps youth and raises money to fight cancer.

# IMPROVEMENT



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# DONOVAN BAILEY

GR.4-5

## ATHLETICS

Donovan Bailey was only twelve years old when his family immigrated from Jamaica to Oakville, Ontario. His parents, especially his dad, faced many obstacles. They were new to Canada. But his dad always focused on his goals. He taught his children to work hard even when they faced challenges.

*“My father was always positive,”* recalls Donovan. *“Nothing would keep him from a goal.”*

Coming from generations of land owners, his dad’s goal was to buy a house. He wanted the family to live near great schools. Donovan saw just how hard his father worked to reach that goal. He saw how his dad stayed positive. He never gave up.

His parents raised their kids with strong values. They believed in hard work and doing well at school. This upbringing had a deep effect on Donovan. His father taught him that he had to always do his best, and that his best had to keep improving. He brought this same approach to his sports.

Before he moved to Canada, Donovan was one of the top sprinters in Jamaica for his age. As he matured, it was plain to see that he had something special. He would improve to be the greatest sprinter of his time.

Improvement was now being measured to the 1/100th of a second. He had to work hard to chip even fractions of a second off his best time. Even the little things like nutrition, sleep, technique, and physical therapy made a difference. He and his coach were always looking for ways to get faster.

*“Every year at the end of the season, I would take a step back and decide how to be better the next year.”*

Heading into the Atlanta 1996 Olympic Games, Donovan was the favourite to win gold. He had won the World Championships the year before. His competitors knew he was the man to beat. During the early season meets, he was winning big races and getting faster with each race. And then, disaster struck!

A few weeks before the Olympics Donovan raced in France. It was a close race and he lunged at the finish to claim the win. Though victorious, the lunge injured his groin. The injury was so bad that he had to be helped off the track.

Donovan knew he had a short time to heal before the most important race of his life. Like his father had taught him, he focused on his goals. He stayed positive. His coach and physical therapist focused on getting him back into top form.

*“I was going to the Games, and I was going to win. My belief never changed.”*

But time was ticking. Track and field fans around the world were wondering if he would recover in time to beat the best sprinters in the world.

It was hot and humid on the night of the Olympic 100m final. Inside the Olympic Stadium, over 80,000 spectators watched. Millions more watched on TV around the world. Three times, the runners false started. Each time, they were called back to try again for a clean start. The tension mounted. One runner was even disqualified for having too many false starts.

When the starting gun fired for the fourth time, the race was underway. Seven sprinters were barreling down the track. Donovan was trailing with 50 meters to go. But gradually, he began to pass the others. He overtook the field of world class sprinters and claimed the Olympic gold medal. As the crowds cheered, the finish clock flashed 9.84 seconds. It was the fastest time in history ...a new world record.

His win is considered to be one of Canada’s greatest sports moments ever. His time is still the Canadian record.

Donovan Bailey continues to succeed. His company owns real estate developments. He is also a TV sports commentator. He leads The Bailey Foundation to mentor youth and raise awareness for cancer. Donovan continues to speak out against systematic racism.

# IMPROVEMENT



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# DONOVAN BAILEY

GR.6-7

## ATHLETICS

Donovan Bailey grew up in a loving and strict household. Immigrating from Jamaica when he was twelve years old, he and his family settled in Oakville, Ontario. His parents, especially his dad, faced many obstacles as an immigrant Black man in Canada. Despite these obstacles, Donovan's dad always focused on his goals, and he taught his children to work hard even when they faced challenges.

*"My father was always positive," recalls Donovan. "Nothing would keep him from a goal."*

Coming from generations of land owners and entrepreneurs, his dad's goal was to buy a house in a great school district. Donovan saw just how hard his father worked to reach that goal. He saw how his dad stayed positive and determined.

His parents raised their kids with strong values and work ethic. They believed in hard work and doing well at school. This upbringing had a deep effect on Donovan. His father taught him that he had to always do his best, and that his best had to be continuously improving. He brought this same approach to his sports.

Before he moved to Canada, Donovan was one of the top sprinters in Jamaica for his age. As he matured, it was plain to see that he had something special. He would improve to be the greatest sprinter of his time. Improvement was now being measured to the 1/100th of a second. Continuous improvement meant chipping fractions of a second off his best time. Even the little things like technique, nutrition, sleep, and physical therapy made a difference. He and his coach were always looking for ways to get faster.

*"Every year at the end of the season, I would take a step back, mentally dissect the year and decide how to build it back better for the year to come."*

Heading into the Atlanta 1996 Olympic Games, Donovan was the favourite to win gold. He was already the World Champion from the previous year and all his competitors knew he was the man to beat. During the early season meets, he was winning big races and getting faster with each race. And then, disaster struck!

A few weeks before the Olympics Donovan raced in France. When he lunged at the finish line to grab the win, he injured his groin. The injury was so bad that he had to be helped off the track.

Donovan knew he had a short time to heal before the most important race of his life. Like his father had taught him, he focused on his goals. He stayed positive. His coach and physical therapist focused on getting him back into top form.

*"I was going to the Games, and I was going to win. My belief never changed."*

But time was ticking. Track and field fans around the world were wondering if he would recover in time to beat the best sprinters in the world.

It was hot and humid on the night of the Olympic 100m final. Inside the Olympic Stadium, over 80,000 spectators watched three false starts in the men's Olympic 100m final. Millions more watched on television around the world. With each false start, the field was reassembled, and the tension grew. One runner was even disqualified for having too many false starts.

When the starting gun fired for the fourth time, the race was underway, and the seven sprinters were barreling down the track. Donovan was trailing with 50 meters to go. But gradually, he began to accelerate past the others. He overtook the field of world class sprinters and claimed the Olympic gold medal. As the crowds erupted in cheers, the finish clock flashed 9.84 seconds, the fastest time in history ...a new world record.

His win is considered to be one of Canada's greatest sports moments ever. Twenty-five years later, his time remains the Canadian record and is still one of the fastest all-time performances over 100m.

Donovan Bailey continues to succeed. His company owns real estate developments. He is also a TV sports analyst, announcing races with today's top athletes. He leads The Bailey Foundation to mentor youth and raise awareness for cancer and Alzheimer's research. He also continues to speak out against systematic racism.

# IMPROVEMENT



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# EFFORTS AND CREATIVITY

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