



SCHOOL PROGRAM PROGRAMME SCOLAIRE

BE OLYMPIC • SOIS OLYMPIQUE



The Dufour-Lapointe Sisters



Maxime, Justine, Chloe



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FRIENDSHIP



There are no more famous Canadian Olympic siblings than Maxime, Chloe, and Justine Dufour-Lapointe. The three sisters stormed onto the world freestyle skiing scene more than a decade ago and captivated the hearts of Canadians as they raced to the top of podiums around the world. It was obvious to their fans that the three sisters had a deep and lasting friendship. The world could see that these women were there for each other through good times and difficult times.

This learning resource tells their story and explains what being close friends involved.

As they traveled the world, trained together, worked through conflict, celebrated victories, and consoled defeats, they grew closer and closer as friends and siblings.

When you have a close relationship with a sibling or best friend, you have someone that will be there with you during the best and worst times. These friendships develop through bringing out each other's best, respecting differences, talking through conflict, and supporting the other person. This resource gets students thinking about what it means to be this sort of sibling or friend.



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CANADIAN OLYMPIC SCHOOL PROGRAM: 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.

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.



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LEARNING ACTIVITIES

CONNECTING: Building a foundation for new learning
(All Grades)

Think of your favorite sibling or best friend. On a piece of paper, write down five reasons why they are a good friend. As a class, discuss some of things that make someone a good friend or close sibling.

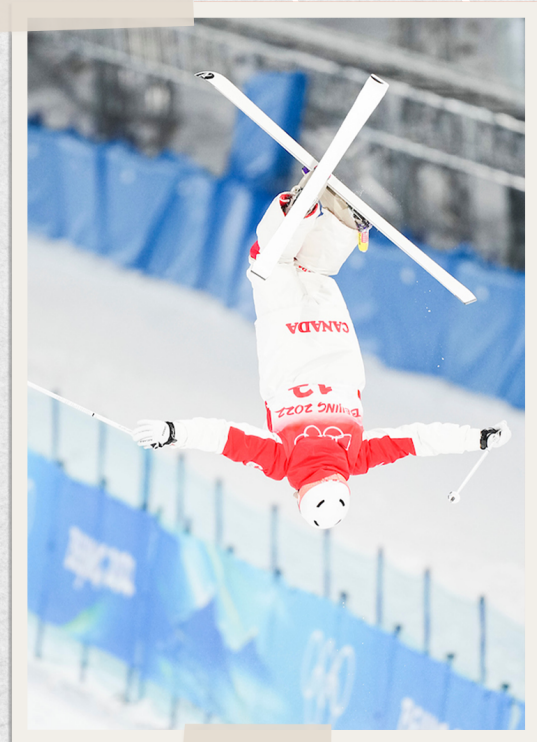
PROCESSING: Using strategies to acquire and use knowledge
(All Grades)

Ask the students to read the story silently on their own.
Reread the story with the students.
Use these discussion questions to guide the class in processing the story.

1. How do you know that the sisters are close friends?
2. How do you think the sisters managed being close friends and competitors?
3. The sisters spoke of talking through conflicts. How do you try to work through conflict with your friends? What works and what doesn't work?
4. What do you do to support your friends or siblings when they are sad or disappointed? How do you like to be supported when you are feeling sad?

TRANSFORMING: Showing understanding in a new way
(All Grades: *worksheet developed for each reading level*)

Ask the students to use the worksheet to reflect on the four tips of being a good friend.



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THE DUFOUR-LAPOINTE SISTERS

FRIENDSHIP

The sounds of “Oh Canada” ring out at the Sochi 2014 Olympic Winter Games.

Justine Dufour-Lapointe has won the gold medal for women’s moguls. The silver medal goes to her sister Chloe. They hold hands as a strong symbol of sisterhood.

Their older sister, Maxime, placed 12th. It was a dream day for the Dufour-Lapointe family.

The sisters started skiing when they were young. Their mother would get Justine to ski down the hill by promising her chocolate.

Maxime loved a challenge. Soon she was following her friends onto the harder runs. These runs had moguls.

Moguls are big bumps on a steep hill. Skiers weave between the bumps. It is exciting and risky. Maxime loved the thrill. Soon she was competing.

Chloe saw how well Maxime did at moguls. She wanted to try it. It was fun to compete.

At first, Justine only liked the social parts of skiing. She was not serious about training or racing. That changed when she saw Chloe ski at the Olympic Games in Vancouver. She wanted to go to the Olympics also.

It wasn’t long before the three sisters were winning medals, racing for Team Canada, and traveling to World Cup races.



They were always there to help each other. “It was a shared sport,” says Maxime. “Anywhere in the world, we always felt at home being together.”

The training was hard. Being together as sisters helped.

“There was always one of us that wanted to train harder than the others,” recalls Chloe. “We knew how to motivate each other.”

Sometimes close friends and siblings fight. Living close together at training camps or before races can strain even the best of friendships. When they disagreed, they talked it out.

“We could have difficult talks. We knew that our sisters loved and respected us,” remembers Justine.

“Sitting down and talking things through drew us closer,” adds Maxime.

They understood that they were each different people. They came to respect the differences. That helped them to be there for each other during the good times and the tough times.

“We always felt that we had a shoulder to cry on or someone to celebrate with,” explains Justine.

They needed this close bond at the Beijing 2022 Olympics. Justine entered as a former gold and silver medallist.

Chloe was ready for her last Olympic competition. The pressure was on. The sisters were ready.

Justine raced down the first set of moguls. She landed well after her first jump. But disaster struck as she skied down the second set of moguls. She crashed!

Her hopes of a medal were gone. Gathering herself, she completed the run. There was no way she was going to quit.

“I knew I had to finish. It needed all the courage I had left,” says Justine.

Chloe was told of the crash. Right away she felt her sister’s pain.

Chloe rushed over to Justine and hugged her. She told Justine to be proud of her successes.

Maxime was also there. She also comforted Justine. The three sisters hugged and cried.

Maxime helped Justine get ready to speak to the media. She told her to speak from her heart.

“I never gave up on my dream. I fought so hard to get there. I did everything I could to do my best and it was a bad day.”

Life isn’t always easy. When you have a brother, sister, or a good friend, you’ll always have someone to share the good times and tough times.

This is what the Dufour-Lapointe sisters are all about.

F R I E N D S H I P





BEING A GOOD FRIEND OR SIBLING

The Dufour-Lapointe sisters are best friends. Use this worksheet to help reflect on the Dufour-Lapointe sisters' tips on friendship.

1. Good friends bring out the best in each other

Good friends are happy when the other person succeeds. They encourage their friend to do their best.

What are three things that you can say to bring out the best in your friend?

2. Good friends respect each other's differences

We are all different. We can't expect our friends to be the same as us. We have to accept them for who they are.

What are some differences between you and your friend?



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3. Good friends talk through conflict.

Sometimes friends disagree. Talking through these disagreements can help. It makes the friendship stronger.

Think of a time when you and a friend had a fight. What could you have said to help resolve the conflict?

4. Good friends are there for both the good times and bad times.

Draw a memory of when you were able to help a sibling or friend when they were sad. What did you say to comfort them?



THE DUFOUR-LAPOINTE SISTERS

FRIENDSHIP

The sounds of “Oh Canada” ring out at the Sochi 2014 Olympic Winter Games. Justine Dufour-Lapointe climbs to the top of the podium to get her gold medal for women’s moguls. The silver medal goes to her sister Chloe. They hold hands as a strong symbol of sisterhood. Their older sister, Maxime, placed 12th. It was a successful day for the three of them.

The sisters were young when they started skiing with their family. Their mother would coax Justine down the hill with the promise of chocolate. Maxime was too adventurous to refuse a challenge. Soon she was following her friends onto the harder runs filled with moguls.

Moguls are big bumps on a steep hill. Skiers must make their way between them. It is exciting and more than a little risky. Maxime loved the thrill and soon was competing.

In competition, mogul skiers are timed as they race down between the bumps and perform two jumps. Their run is judged on style. The result combines their time and their score. Maxime’s success inspired her younger sister Chloe to join the fun.

At first, Justine preferred the social parts of skiing. She was not serious about competing. That changed when she saw Chloe ski at the Olympic Games in Vancouver.



It wasn't long before the three Dufour-Lapointe sisters were at the top of the medal podiums, making national teams, and traveling to World Cup races.

They were always there to support and motivate each other. "It was a shared experience," explains Maxime. "No matter where we were in the world, we always felt at home being together."

The training was difficult, but being together as sisters helped. "There was always one of us that was more motivated than the others," recalls Chloe. "We knew how to talk to each other to get the others motivated."

Anyone with a close friend or a sibling knows that sometimes there are disagreements. Living close together at training camps or at competitions can be hard on even the best of friendships. When conflict happened, they were able to talk it out.

"We could have had hard discussions, because it was coming from a place of love and respect," remembers Justine.

"Sitting down and talking things through drew us closer," adds Maxime.

They realized that they were each different people. They came to respect the differences. That acceptance, helped them to be there for each other during the good times and the tough times.

"We always felt that we had a shoulder to cry on or someone to celebrate with," explains Justine.

Never were the emotions of being sisters more tested than at the Beijing 2022 Olympics. Justine entered having had a rough season. But as a gold and silver Olympic medallist, she was a favourite. Chloe was ready for what would be her last Olympic competition. The pressure was on, but the sisters were ready.

Justine raced down the first set of moguls in the first final, and launched into her first jump. She landed well and skied toward the second set of moguls. Disaster hit! She crashed!

She had lost her pole and her hopes of a medal were gone. She got up and asked for help retrieving her pole. Gathering herself, she completed the run. There was no way she was going to quit.

"I knew I had to finish. It needed all the courage I had left," says Justine.

Chloe was told of the crash. Right away she felt her sister's pain. Even though she was skiing in the competition, Chloe found Justine and hugged her. She told Justine to be proud of her successes.

Maxime was also there as an athlete mentor. The three sisters hugged, cried, and prepared to face the media. Maxime helped Justine to be ready to speak from her heart and let Canadians see her emotions.

Justine's message was simple: "I never gave up on my dream, and fought so hard to get there. I did everything I could to do my best and it was a bad day."

Life isn't always easy. When you have a brother, sister, or a good friend, you'll always have someone to share the good times and tough times. You will always have someone to push you upward and celebrate the victories. This is what the Dufour-Lapointe sisters are all about.

F R I E N D S H I P





BEING A GOOD FRIEND OR SIBLING

The Dufour-Lapointe sisters are best friends. Use this worksheet to help reflect on the Dufour-Lapointe sisters' tips on friendship.

1. Good friends bring out the best in each other

Siblings and good friends inspire, motivate, and celebrate each other's successes.

What are three things that you can say or do to bring out the best in your sibling or friend?

2. Good friends respect each other's differences

Since we are all different, we can't expect our friends and siblings to think like us or be the same as us. We need to accept them for who they are as unique people.

What are some differences between you and your closest sibling or friend?



SCHOOL PROGRAM

BE A GOOD FRIEND



3. Good friends talk through conflict.

Sometimes friends and siblings disagree. Talking these over helps strengthen the relationship.

Think of a time when you and a sibling or friend had a fight. What could you have said to help resolve the conflict?

4. Good friends are there for both the good times and bad times.

Describe a memory of how you were able to help a sibling or friend when they were sad. What did you say to comfort them?



THE DUFOUR-LAPOINTE SISTERS



FRIENDSHIP

The sounds of “Oh Canada” ring out at the Sochi 2014 Olympic Winter Games as Justine Dufour-Lapointe climbs to the top of the podium to receive her gold medal for women’s moguls. The silver medallist is to her right, her sister Chloe. They reach out and hold hands as a strong symbol of sisterhood. Their older sister, Maxime, placed 12th. It was an incredibly successful day for the three of them.

The sisters were young when they started skiing with their family. Their mother would bribe Justine down the hill with the promise of chocolate. Maxime was too adventurous to refuse a challenge, soon she was following her friends onto the harder runs filled with moguls.

Moguls are big bumps on a steep hill and the skier must navigate their way between them. It is exciting and more than a little risky. The thrill appealed to Maxime and soon she was competing.

In competition, mogul skiers are timed as they race down between the bumps and perform two jumps. Their run is judged on style and the result combines their time and their score. Maxime’s success inspired her younger sister Chloe to join the fun.

At first, Justine preferred the social parts of skiing, and was not serious about competing.



However, seeing Chloe at the Olympic Games in Vancouver, sparked the dream to compete at Olympics. It wasn't long before the three Dufour-Lapointe sisters were at the top of the medal podiums, making national teams, and traveling the world to World Cup races.

They were always there to support and motivate each other. "It was a shared experience," explains Maxime. "It made us feel surrounded and never alone. No matter where we were in the world, we always felt at home being together."

The training was difficult, but being together as sisters helped. "There was always one of us that was more motivated than the others, and we knew how to talk to each other to get the others motivated," recalls Chloe. "We would often make a joke about it."

As anyone with a close friend or a sibling knows, sometimes there are disagreements. Living close together at training camps or at competitions can strain even the best of friendships. When conflict happened, they were able to talk it out.

"We could have had hard discussions, because it was coming from a place of love and respect," remembers Justine.

"Sitting down and talking things through drew us closer," adds Maxime.

A key to being close was recognizing that they were each different people. They came to respect the differences. That acceptance, helped them to be there for each other during the good times and the tough times.

"We always felt that we had a shoulder to cry on or someone to celebrate with," explains Justine.

Never were the emotions of being sisters more tested than at the Beijing 2022 Olympics. Justine entered having had an inconsistent season, but she was still a favourite as a gold and silver Olympic medallist. Chloe was

ready for what would be her last Olympic competition. The pressure was on, but the sisters were ready.

Skiing in the first final, Justine raced down the first set of moguls and launched into her first jump. She landed well and proceeded to navigate the second set of moguls. Disaster hit on the second turn when she crashed. Her hopes for a medal had ended. She got up and asked for help retrieving her pole. She gathered herself, and completed the run. There was no way she was going to quit.

"I knew I had to finish. It needed all the courage I had left," says Justine.

Chloe was told of the crash and immediately felt her sister's pain. Even though she was skiing in the competition, Chloe found Justine and helped to console her. She told Justine to be proud of her accomplishments.

Maxime was also there as an athlete mentor and the three sisters hugged, cried, and prepared to face the media. Maxime helped Justine to be ready to speak from her heart and let Canadians see her emotions.

Justine's message to Canadians was simple: "I never gave up on my dream, and fought so hard to get there. I did everything I could to do my best and it was a bad day."

In life, there will be good times and more challenging times. When you have a brother, sister, or a good friend, you'll always have someone to share the hardship, push you upward and celebrate the victories. This is what the Dufour-Lapointe sisters are all about.

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