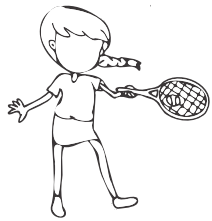
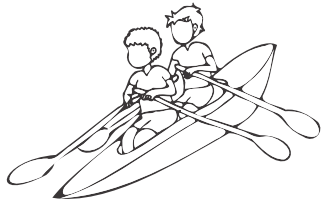
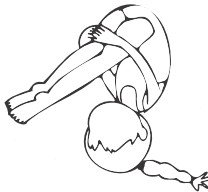
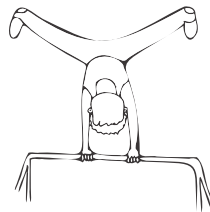
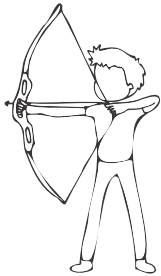


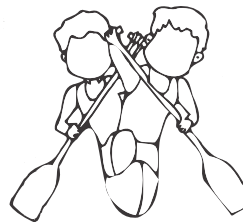
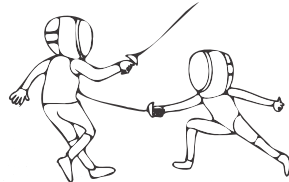
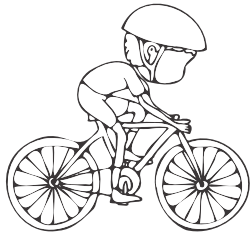
TEAM



CANADA



SCHOOL PROGRAM



A COLOURING BOOK OF THE SUMMER OLYMPIC SPORTS

GO CANADA GO!

To the next generation of athletes,

Enjoy the days on the playground with friends and the time spent training along side your teammates.

Strive to become the best version of YOU and don't be afraid to dream BIG.

This coloring book is dedicated to each and every one of you. Together, let us color outside the lines, discover new sports, and cheer on the athletes at the Paris 2024 Olympic Games.

Thank you for all your cheers,

A handwritten signature in black ink, appearing to read 'Kelsey Mitchell', written in a cursive style.

Kelsey Mitchell

2020 Olympic Champion - Track Cycling



How the sport works.



Draw and colour yourself in as a Team Canada athlete.

The days you can watch the sport at the Olympics.

The name of the sport.

JULY ?? - AUGUST ??

?????



SCHOOL PROGRAM



S O C C E R

The objective of soccer is for one team to put the ball in their opponent's goal as many times as possible while defending their own goal.

A soccer game features two teams, each with 11 players on the field.

Except for the goalkeeper, all players are not allowed to touch the ball with their hands and arms.

Each game lasts approximately 90 minutes.

JULY 24 - AUGUST 10

The objective of rugby is to get the ball to the goal line located at the opposing team's end of the field.

This is done by running, passing and kicking the ball. In rugby, the ball must be passed backwards between players as they advance towards their opponents' try line.

At the Olympics, Rugby Sevens will be played.

JULY 24 - 30

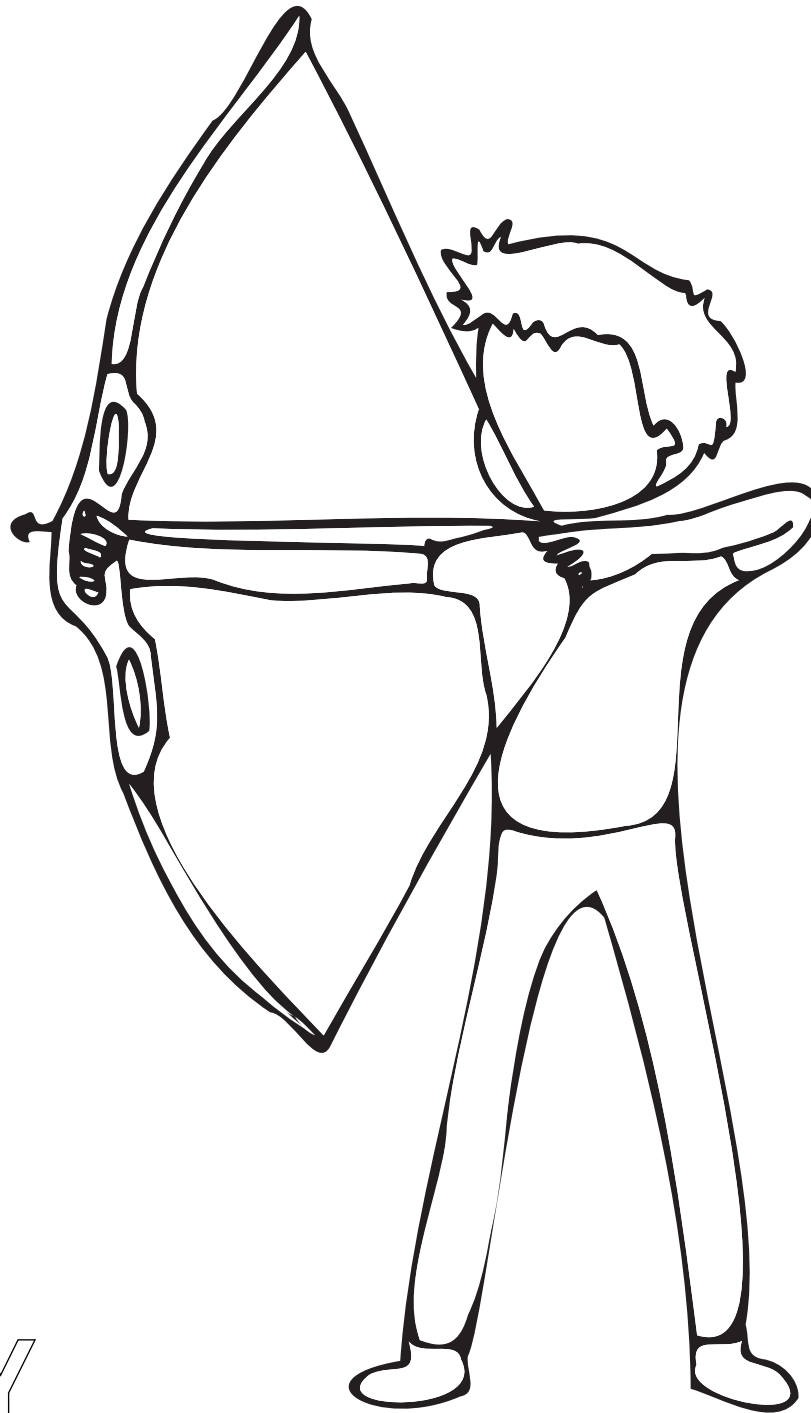


SCHOOL PROGRAM

RUGBY



SCHOOL PROGRAM



ARCHERY

Athletes or teams face off in a single elimination tournament. Each individual match is best-of-5 sets of three arrows. After each set of three arrows, the archer with the highest score earns two points. The first archer to reach 6 points wins the match. If a match is tied at five, each archer shoots one arrow to see who can get closest to the centre of the target for the win.

JULY 25 - AUGUST 4

Handball features physical contact and end-to-end action with high jumps, powerful throws, and spectacular agility.

The aim is to score the most goals, by throwing a small ball past the defending goaltender into a net using only the hands to pass and dribble.

Each team has 6 outfield players and a goaltender.

JULY 25 - AUGUST 11



HANDBALL



SCHOOL PROGRAM



Boxing is run as a single elimination bracket. At the end of each round, each judge must determine who won that round. Among the things the judges assess are the number of quality blows to the target area, domination of the bout, competitiveness, superiority of tactics and technique as well as any infringement of the rules.

BOXING

JULY 27 - AUGUST 10

The objective of the game is to put the ball through the basketball hoop more times than the opposing team.

There are two teams on the court at a time, each trying to score on the opposing team's basket.

Each game consists of four 10-minute quarters and the international court is slightly smaller than that of the NBA.

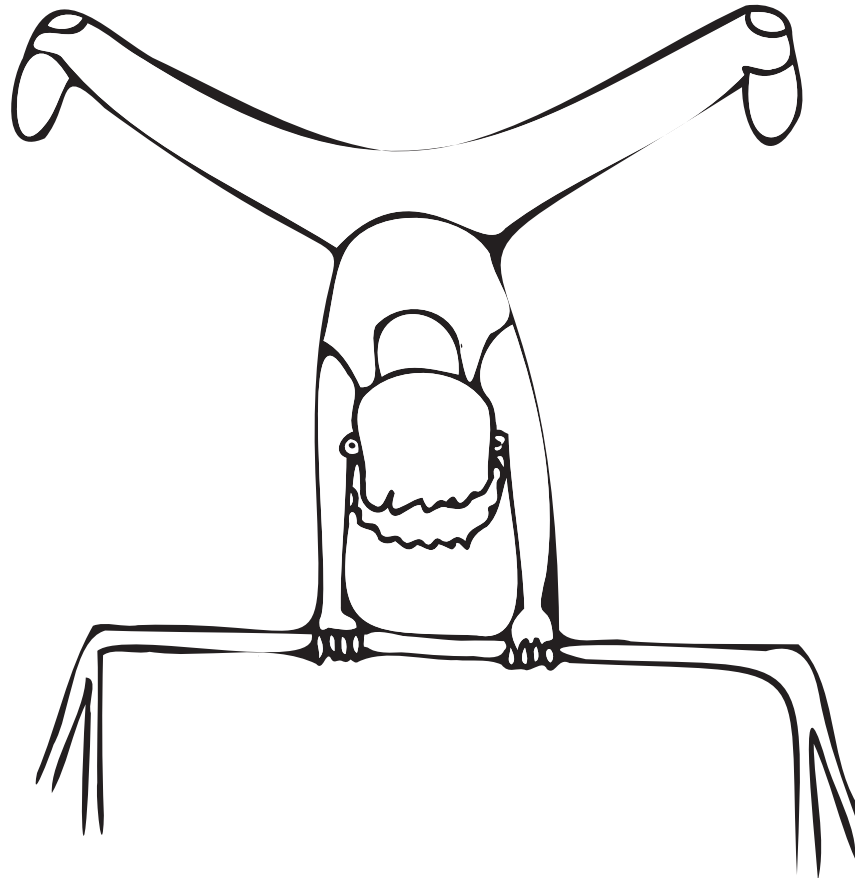


BASKETBALL

JULY 27 - AUGUST 11



SCHOOL PROGRAM



ARTISTIC GYMNASTICS

Men:
Floor Exercise,
Pommel Horse,
Rings, Vault, Parallel
Bars, Horizontal Bar
Women:
Vault, Uneven Bars,
Beam, Floor Exercise
There are two panels
of judges that score
each routine.
One panel judges
the difficulty and the
other deducts from
10.0 for errors and
faults.

JULY 27 - AUGUST 5

Beach volleyball takes the complexity of the indoor game and adds the difficulty of playing in sand, as well as having to rely on only one teammate. All matches are a best-of-three sets. The first two sets go to 21 points, while a third and deciding set goes to 15 points. Teams can score a point by winning a rally, regardless of who served.



BEACH VOLLEYBALL

JULY 27 - AUGUST 10



SCHOOL PROGRAM



CANOE/KAYAK

SLALOM

A two-run qualification round, where only a competitor's best time is counted. Best time's advance to the one-run semifinal. From there, the top 10 boats move on to the one-run final. In each run, paddlers navigate their way through a series of 18 to 25 gates suspended above the water. Six of those gates must be navigated in an upstream direction.

JULY 27 - AUGUST 5

3V3 Basketball is played on a court half the size of a standard court. There is just one basket for both teams to aim for. A team will win a game if they score 21 points or the team with the most points at the end of the 10-minute period. The shot clock is only 12 seconds and field goals count for just one or two points.



SCHOOL PROGRAM

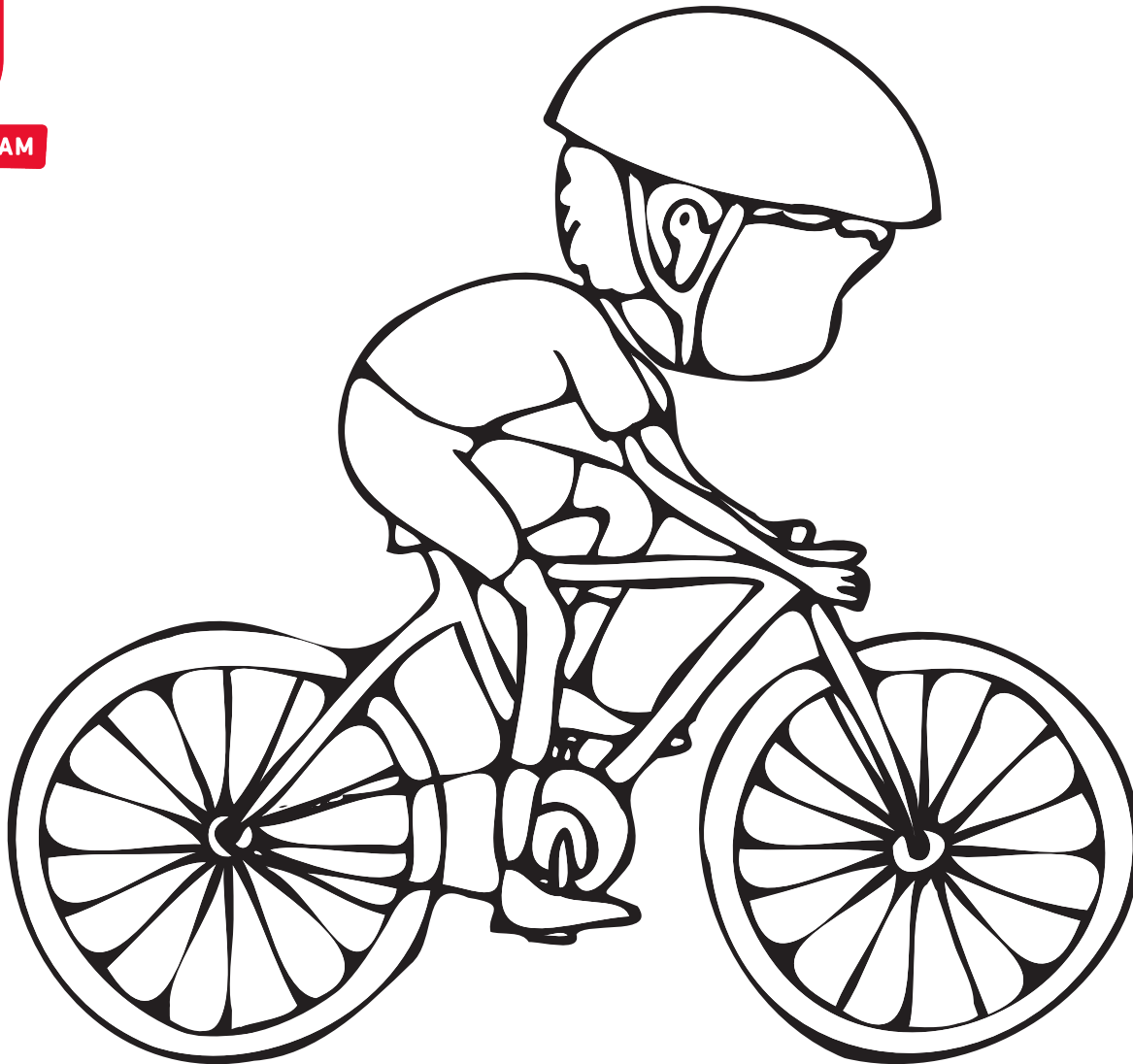
3V3

BASKETBALL

JULY 27 - AUGUST 11



SCHOOL PROGRAM



ROAD CYCLING

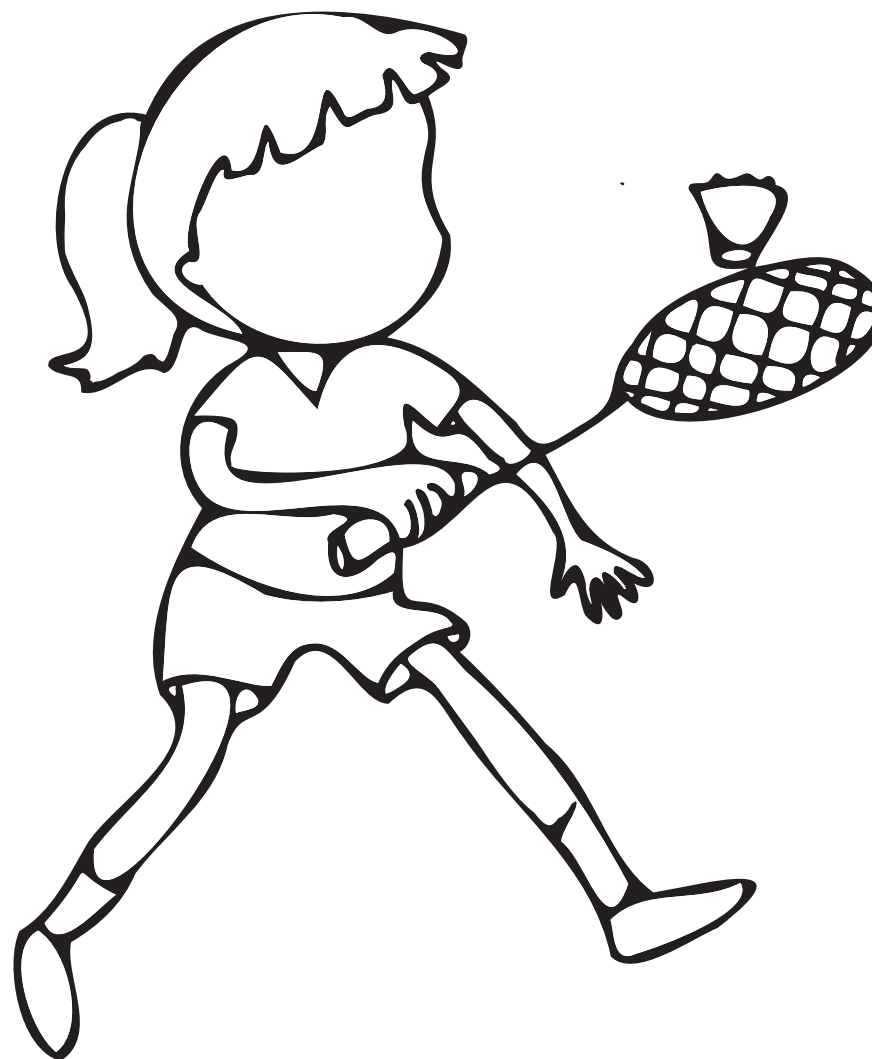
The road race is a mass start. The men's event will cover 273km while the women's event will cover 158km. Cyclists compete to be the first to the finish line.

In the individual time trial, riders depart one at a time at set intervals and are timed against the clock.

A distance of 32.4km for both men and women. Fastest time, wins.

JULY 27 - AUGUST 4

In badminton, athletes try to score points by hitting a shuttlecock over a raised net and onto the floor of the opponent's court. The five badminton events include men's and women's singles, men's and women's doubles, as well as mixed doubles. All feature two stages of competition: Group Play and Knock-Out. Each game is played to 21.

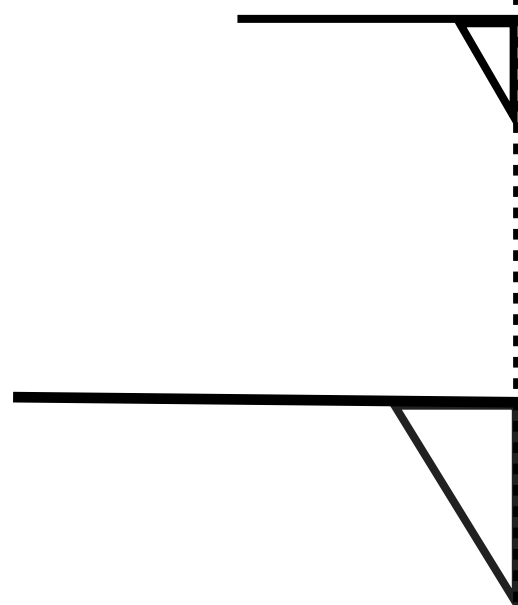
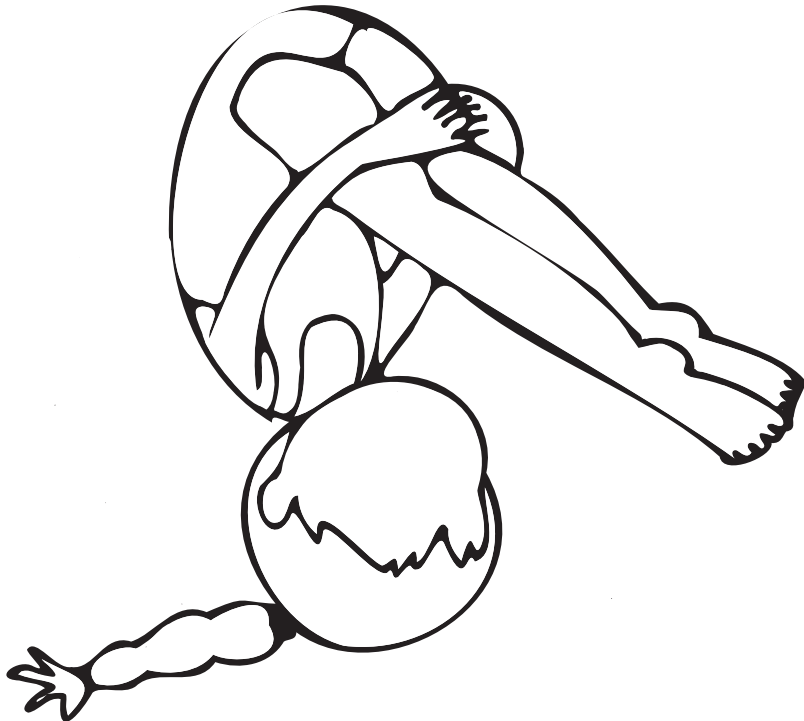
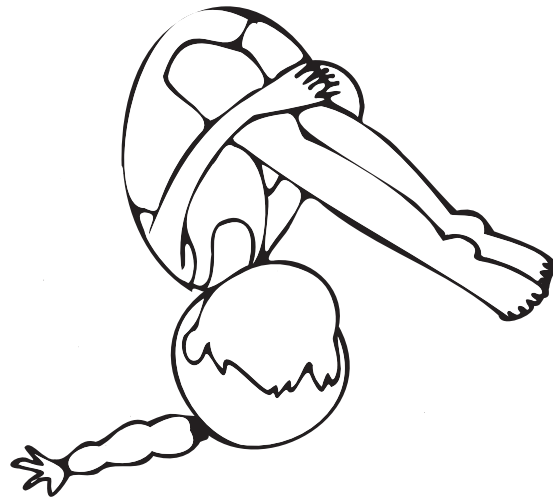


JULY 27 - AUGUST 5

BADMINTON



SCHOOL PROGRAM



Olympic diving uses two types of boards: 3m springboard and 10m platform.

There are individual and synchronized events.

The combination of the dive category, air position, number of somersaults, and number of twists is used to assign a degree of difficulty, which is then multiplied by the score given by the judges.

DIVING

JULY 27 - AUGUST 10

Field hockey is a unique game that combines physicality, athleticism and mental strategy. Players control the ball using a hooked stick and are not allowed to use any part of their body to propel the ball. Only the goalkeepers may kick the ball or stop it with the body. Players must be inside their opponents' D-shaped shooting circle to score.



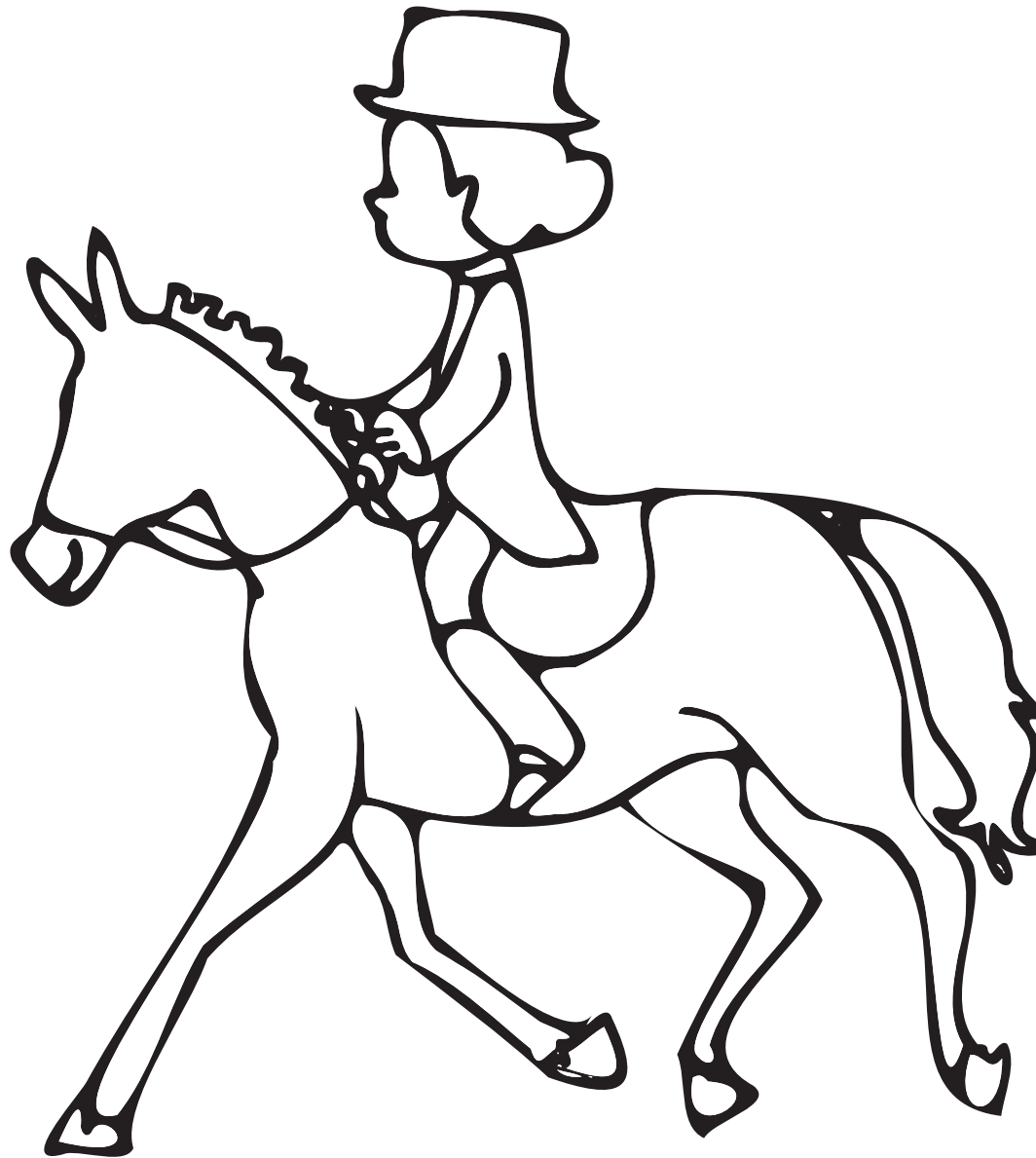
SCHOOL PROGRAM

JULY 27 - AUGUST 9

FIELD HOCKEY



SCHOOL PROGRAM



EQUESTRIAN

Jumping features highly technical courses with a series of obstacles that vary in height and width. Riders must complete the course in a set time or receive one fault per second they go over.

With Dressage, the modern objective is to demonstrate the development of the horse's three natural paces (walk, trot, canter) and how the horse responds to the rider's commands.

JULY 27 - AUGUST 6

Judo was built on 3 major techniques: throwing, groundwork, and striking. The aim in judo is to control the opponent. To do so, athletes apply principles of balance and leverage to throw opponents to the mat on their backs, immobilize opponents on any part of their backs, apply armlocks to the elbow and choke opponents. There is no kicking or punching in judo.



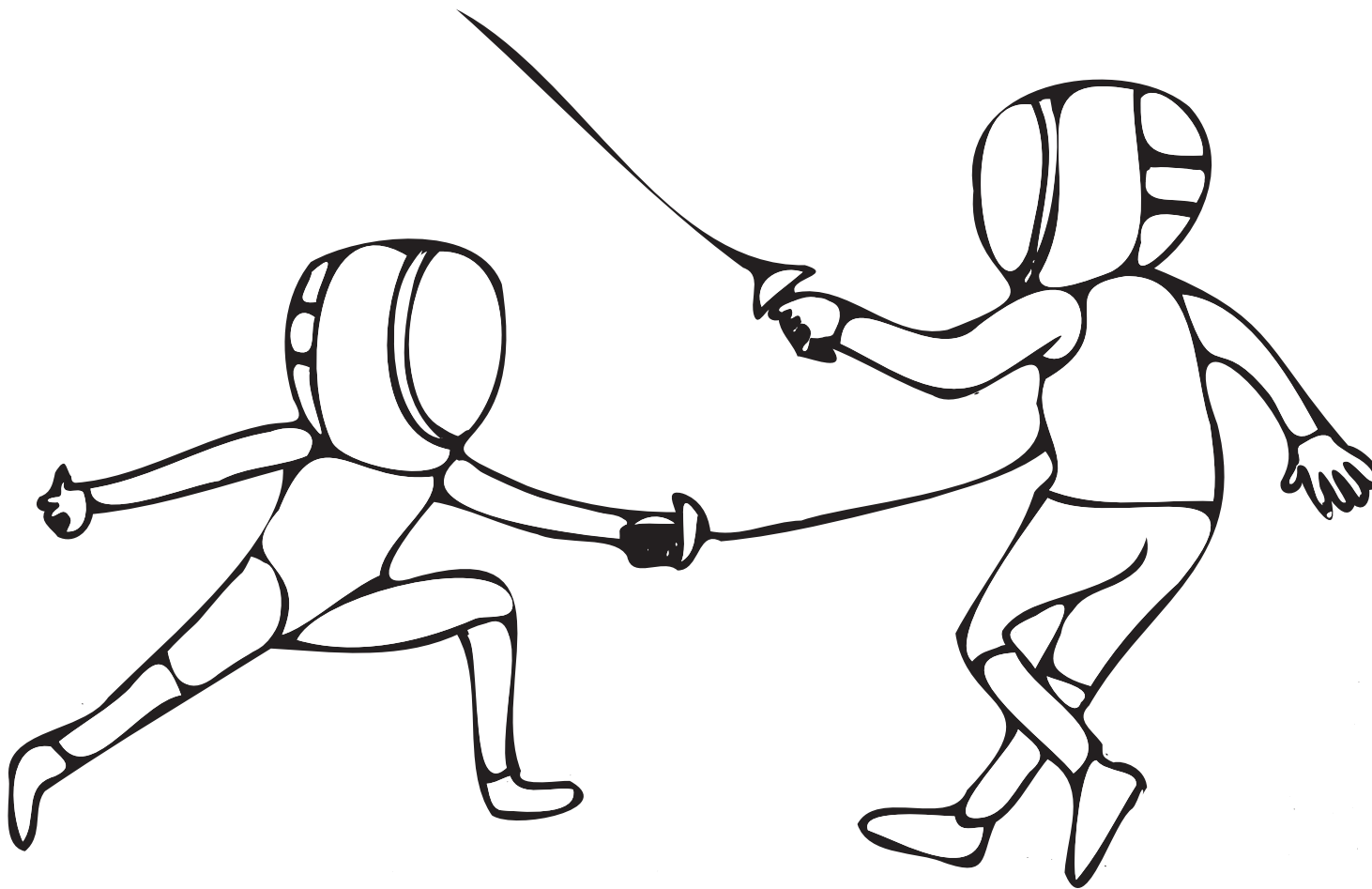
SCHOOL PROGRAM

JULY 27 - AUGUST 3

JUDO



SCHOOL PROGRAM



FENCING

Fencing is based on speed and skill. There are 12 events on the Olympic program, with men's and women's individual and team events for each of the three weapons.

Foil: The foil is a light, thrusting sword.

Épée: The épée is a dueling sword that is slightly heavier and more tapered than the foil.

Sabre: The sabre was originally a military sword intended for thrusting and cutting.

JULY 27 - AUGUST 4



SCHOOL PROGRAM

The 14 rowing events on the Olympic program can be divided into two groups: scull events (single sculls, double sculls, quadruple sculls, lightweight double sculls) and sweep events (pair, four, eight). Each race covers a distance of 2000m on a six-lane course. In sculling, each rower pulls two oars. In sweeping, each rower pulls one oar. Rowing events are contested by individuals and crews of 2, 4, or 8.

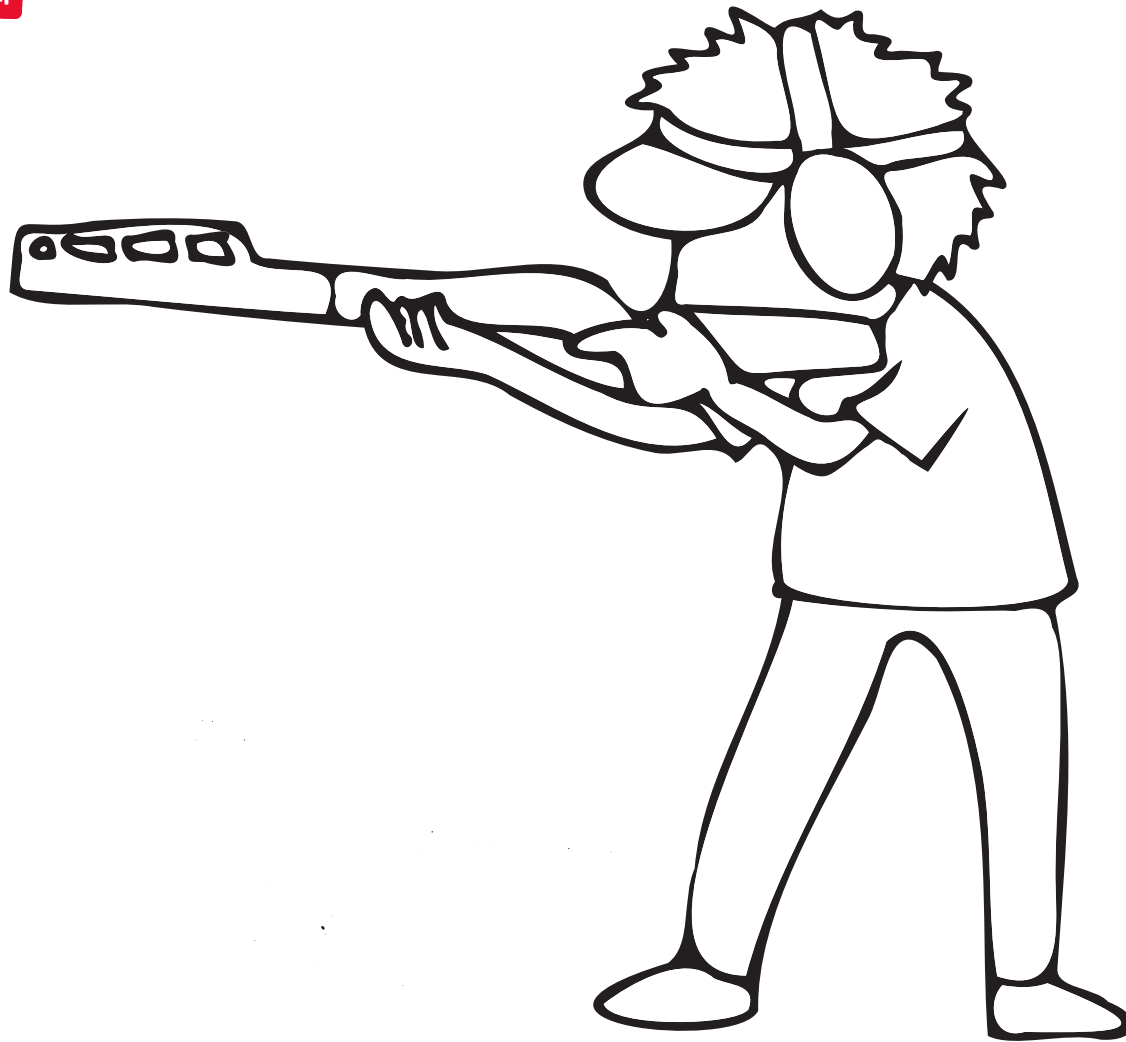


JULY 27 - AUGUST 3

ROWING



SCHOOL PROGRAM



SHOOTING

Three types of firearms are used in Olympic shooting competitions: rifles, pistols, and shotguns. In the rifle and pistol events, athletes shoot at stationary targets in a range.

In shotgun events, they take aim at moving targets.

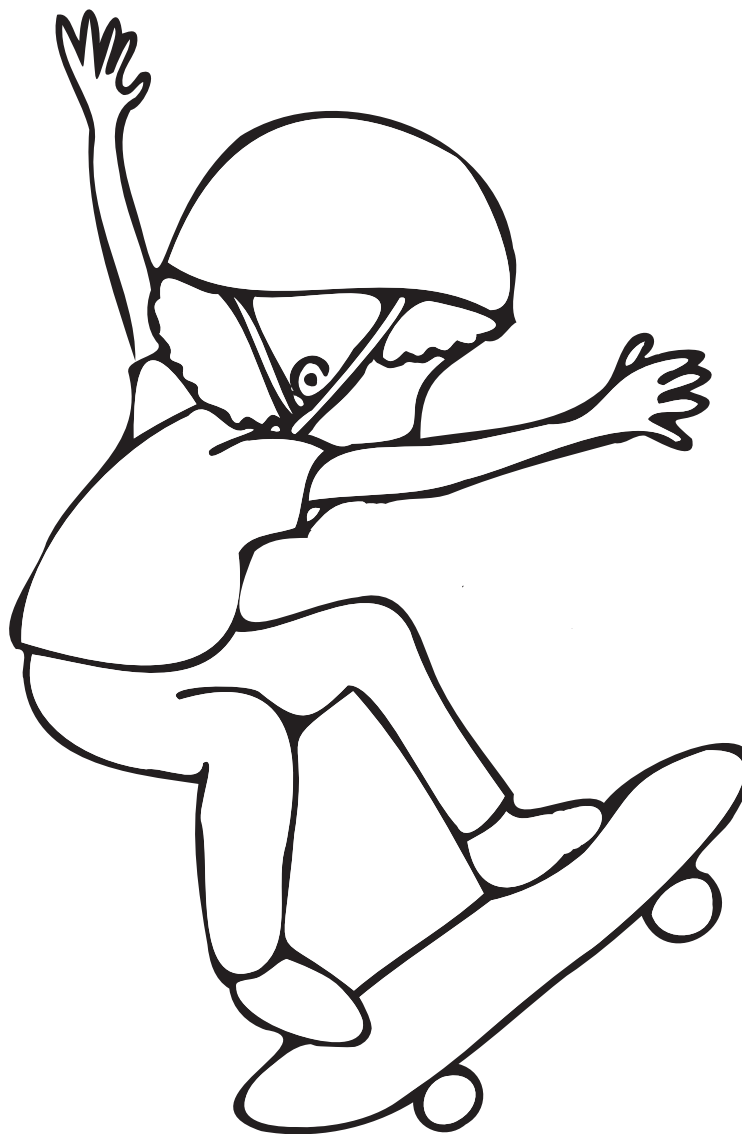
In rifle and pistol shooting, athletes aim at a 10-ring target.

In shotgun events, the target is a flying plate known as a clay.

JULY 27 - AUGUST 5

Skateboarding will feature 2 disciplines: park and street. Street competitions take place on a straight course that includes stairs, handrails, curbs, etc. One competitor takes to the course at a time, showcasing their range of skills. Park competitions are held on a hollowed-out course. Speed, flow of performance, timing, and stability are all considered in the scoring.

JULY 27 - AUGUST 7



SKATEBOARDING



SCHOOL PROGRAM



SURFING

Surfing will feature shortboard competitions. Surfers will compete in heats, normally lasting 20-25 minutes.

Within that heat time, a surfer's two highest scores count towards their heat total.

A panel of judges scores the athletes on each wave they ride. Judges are looking for athletes to perform radical controlled manoeuvres with speed, power, and flow.

JULY 27 - 30



SCHOOL PROGRAM

The competition will feature singles and team events for men and women.

All singles matches are best-of-7 games while doubles matches are best-of-5 games.

A game is won by the first player or pair scoring 11 points.

If both sides reach 10 points, then the game is won by the first player or pair to gain a lead of two points.

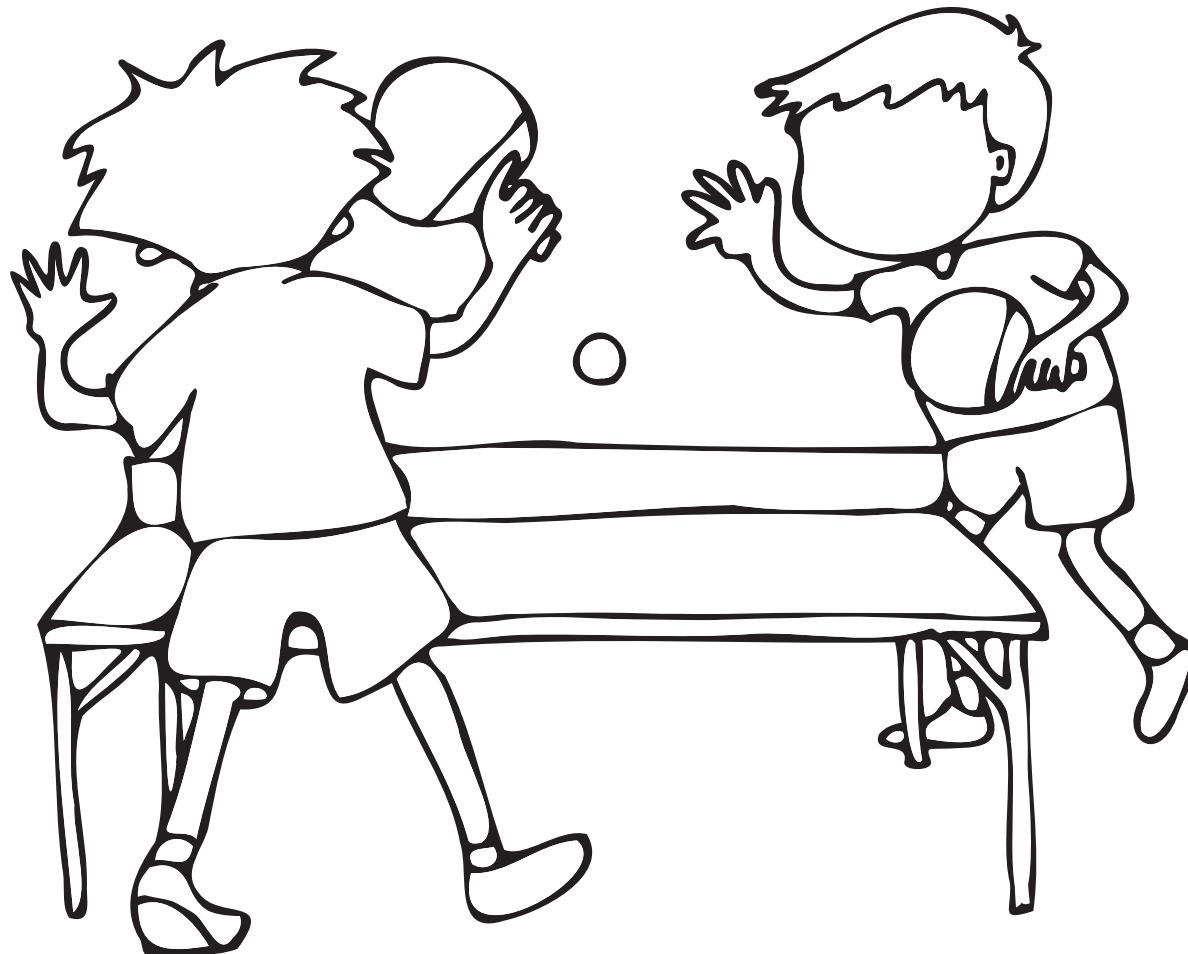


TABLE TENNIS

JULY 27 - AUGUST 10



SCHOOL PROGRAM



SWIMMING

There are 37 medal events in swimming: both individual and relay events as well as pool and open water events.

There are four swimming styles: freestyle, backstroke, breaststroke, and butterfly.

Distances range from 50m - 1500m in the pool and up to 10km in open-water (known as marathon swimming).

JULY 27 - AUGUST 4

Volleyball is an indoor game played between two teams of six. The objective is to send a ball over the top of a net and have it land in the opposition's half of the court.

After the ball is served, each team may touch it up to three times before it must be hit back over the net. All matches are best-of-5 sets. The first four sets are played to 25 points, while a fifth and deciding set is played to 15 points.

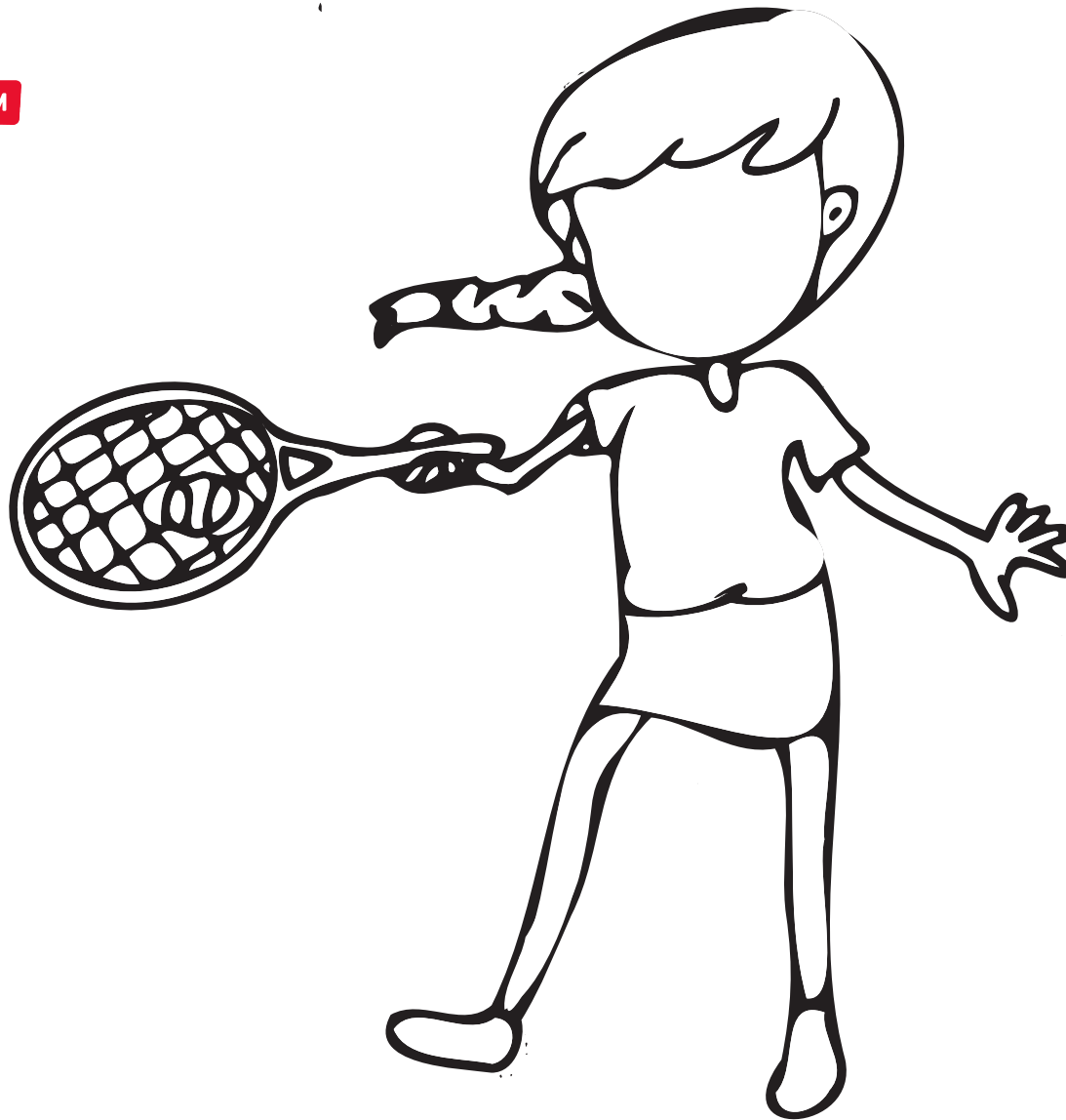


VOLLEYBALL

JULY 27 - AUGUST 11



SCHOOL PROGRAM



TENNIS

The objective of tennis is to hit the ball with a racket over a net and into the opponent's area.

A point is won when the opponent either cannot return the ball or hits it out of bounds upon return.

One point won is "15", two points won is "30", and three points won is "40".

The first player to win four points wins a game. The first player to win six games and lead by two games wins a set.

JULY 27 - AUGUST 4

In water polo, the objective is to throw a ball into the opposite team's net. The players must tread water or swim the entire game. All games are divided into four 8-minute periods.

Each period begins with the teams lined up along their ends. At the whistle, they sprint for mid-pool where the ball is floating. The team that takes control of the ball has 30 seconds to shoot or lose possession.

JULY 27 - AUGUST 11

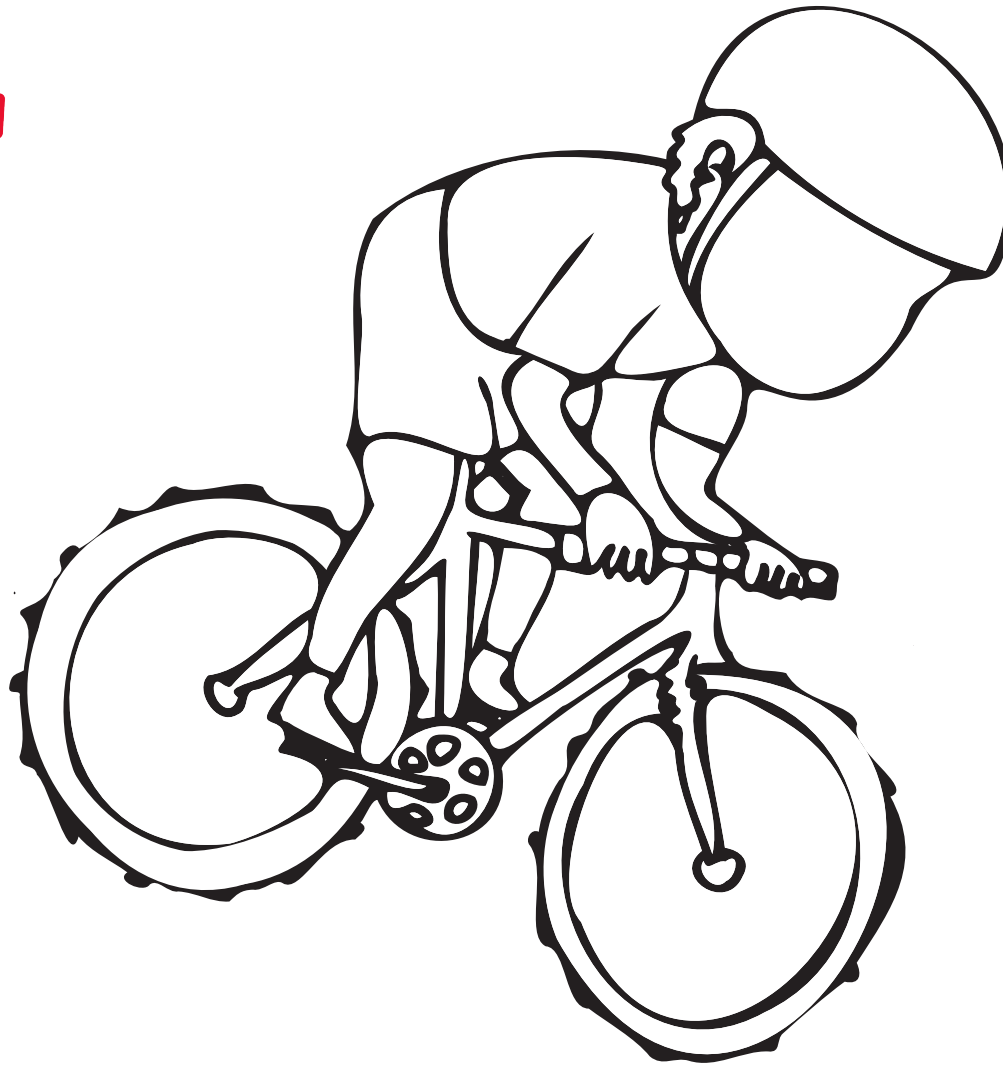


SCHOOL PROGRAM

WATER POLO



SCHOOL PROGRAM



MOUNTAIN BIKING

Both the men's and women's events begin with a mass start of a circuit that is roughly 4 kilometres in length. Riders will do several laps of the circuit so that a race takes one hour 30 minutes to one hour 45 minutes to complete. Cross-country circuits must include a variety of terrain, such as road sections, forest tracks, fields, and gravel paths, as well as significant amounts of climbing and descending.

JULY 28 - 29

All the boats in an event are on the water at the same time. The winner of a race is the first boat to cross the finish line after navigating a large triangle-shaped course. The events are RS:X (windsurfer), 470 (two-person dinghy), Laser/Laser Radial (one-person dinghy), 49er/49er FX (skiff), men's Finn (one-person heavyweight dinghy) and mixed Nacra 17 Foiling (multihull).

JULY 28 - AUGUST 8



SCHOOL PROGRAM

SAILING



SCHOOL PROGRAM



BMX FREESTYLE

BMX Freestyle will feature 9 competitors performing a series of figures within a skate park. Each rider will perform two 1-minute runs. A panel of judges will give each rider a score between 0.00 and 99.99 based on a rider's sequence of tricks and how they use the course along with the amount of risk in their runs.

JULY 30 - 31

The triathlon course will have a 1.5km swim, a 40km bike ride and a 10km run. The swimming leg begins with a mass start from either land or a pontoon. As athletes finish the swim, they proceed to the transition area to prepare for the cycling leg, followed by the running leg. The first athlete to cross the finish line is the winner.



SCHOOL PROGRAM

JULY 30 - AUGUST 5

TRIATHLON



SCHOOL PROGRAM



In BMX racing, riders compete on short tracks that include jumps, bumps and tight, banked corners. The racing events begin with solo timed runs for the 24 riders to determine seedings and groupings for the elimination rounds, in which eight riders compete side-by-side to the finish. The final race is then a one-run, winner-take-all.

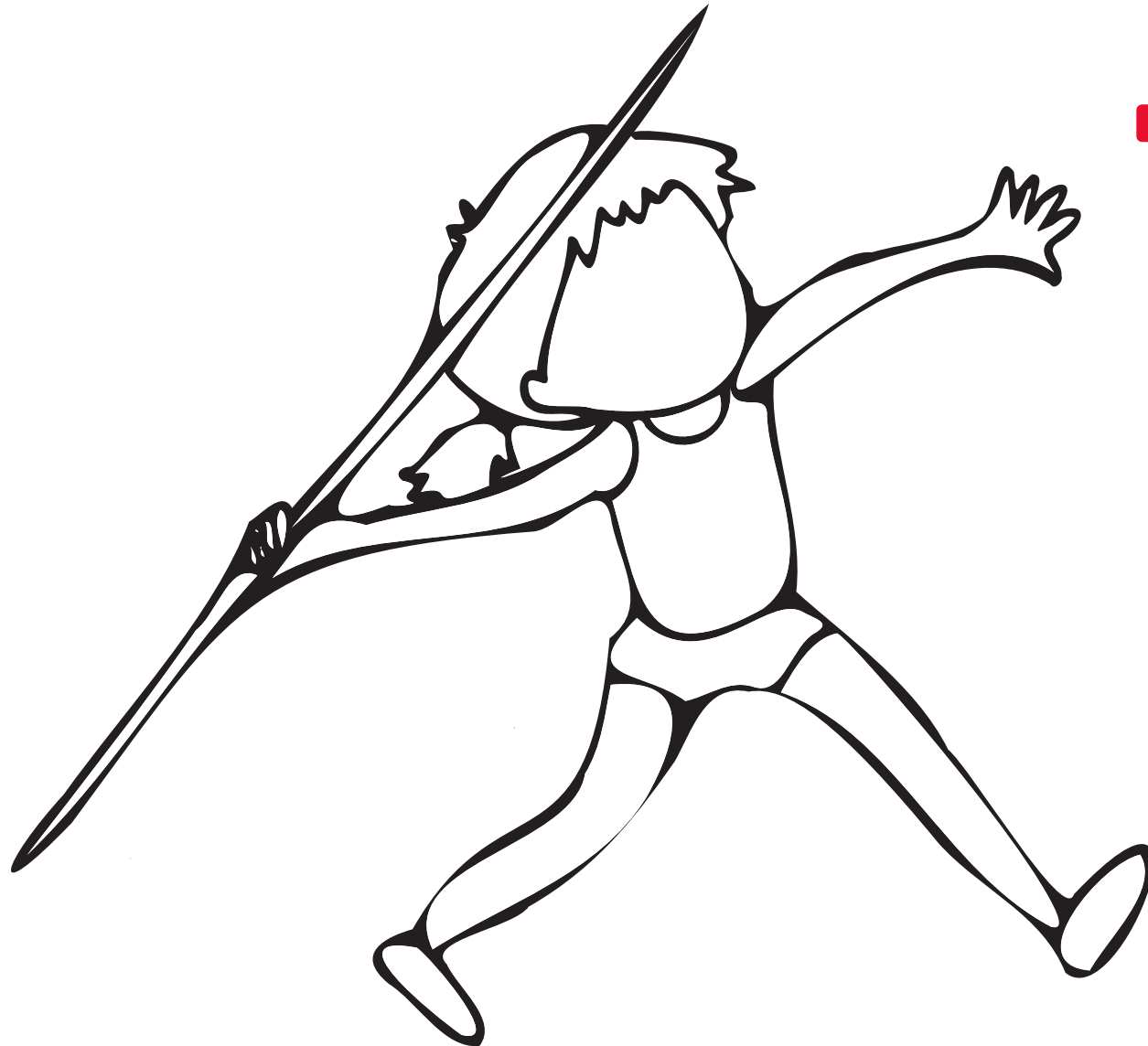
BMX RACING

AUGUST 1 - 2

There are 48 athletics events at the Olympics. The events can be divided into five groups:

- Track events, (running, hurdles, steeplechase)
- Throwing events (shot put, discus, hammer, javelin)
- Jumping events (high jump, pole vault, long jump, triple jump)
- Combined events (decathlon, heptathlon)
- Road events (marathon, race walk)

AUGUST 1 - 11



SCHOOL PROGRAM

ATHLETICS



SCHOOL PROGRAM



GOLF

The objective of golf is to hit a ball from a teeing ground into a hole.

Golfers will use different clubs to hit the ball, depending on the terrain and distance to the hole. To win, golfers will play 18-holes, 4 times, over 4 days, and the golfer with the least number of hits/strokes to complete 72 holes, wins the tournament.

AUGUST 1 - 10

There are two events on the Olympic program: duet and team.

Both events feature two types of routines: technical and free. Technical routines include required elements which must be performed in a specific order while free routines may consist of any figures and strokes.

Both routines exhibit the defining aspect of unified movement in time to music.

AUGUST 5 - 10

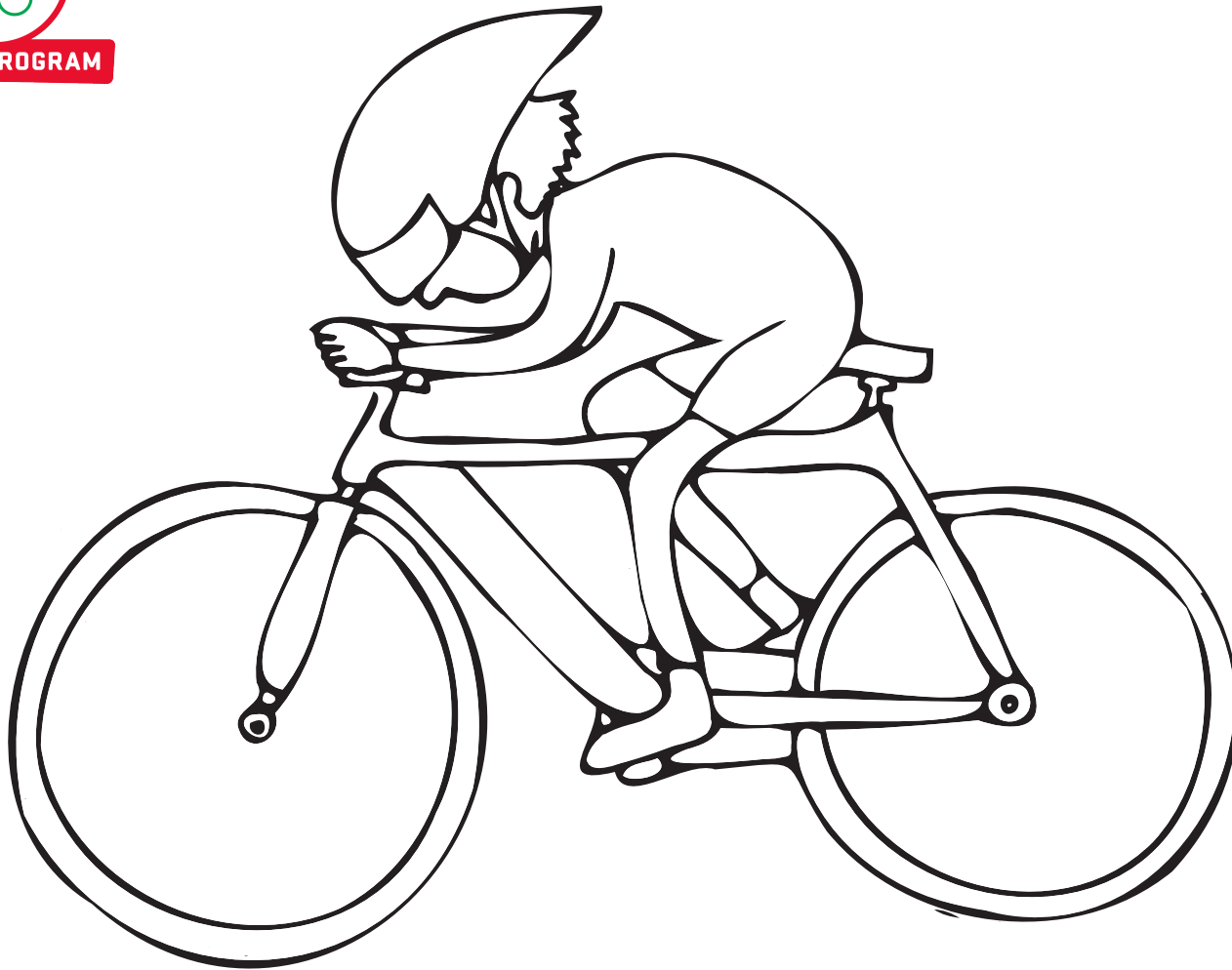


SCHOOL PROGRAM

ARTISTIC SWIMMING



SCHOOL PROGRAM



TRACK CYCLING

Track cycling is divided into two main categories: sprint and endurance. Sprint consists of team sprint, keirin, match sprint and Endurance consists of team pursuit, omnium, Madison. All events are done on a 250m velodrome with banked turns of 40-45 degrees. Cyclists reach speeds up to 70-75km/hr on a fixed gear bike, with no brakes.

AUGUST 5 - 11

There are 6 men and women freestyle events, and 6 men's Greco-Roman events

Freestyle wrestling allows for the grasping of an opponent's legs, for an opponent to be tripped, and for the legs and the upper body to be used in any action.

Greco-Roman wrestling prohibits grasping below the hips, the tripping of an opponent, and the use of legs in any action.

AUGUST 5 - 11



SCHOOL PROGRAM

WRESTLING

Three disciplines -
Speed climbing,
bouldering, and lead
climbing.

Speed climbing,
competitors race two
at a time to scale a
fixed route on a 15-
metre high wall.

Bouldering,
competitors scale as
many fixed routes on
a 4.5-metre wall as
they can within 4-
minutes.

Lead climbing,
competitors scale as
high as they can
within a six-minute
time limit.

AUGUST 5 - 10

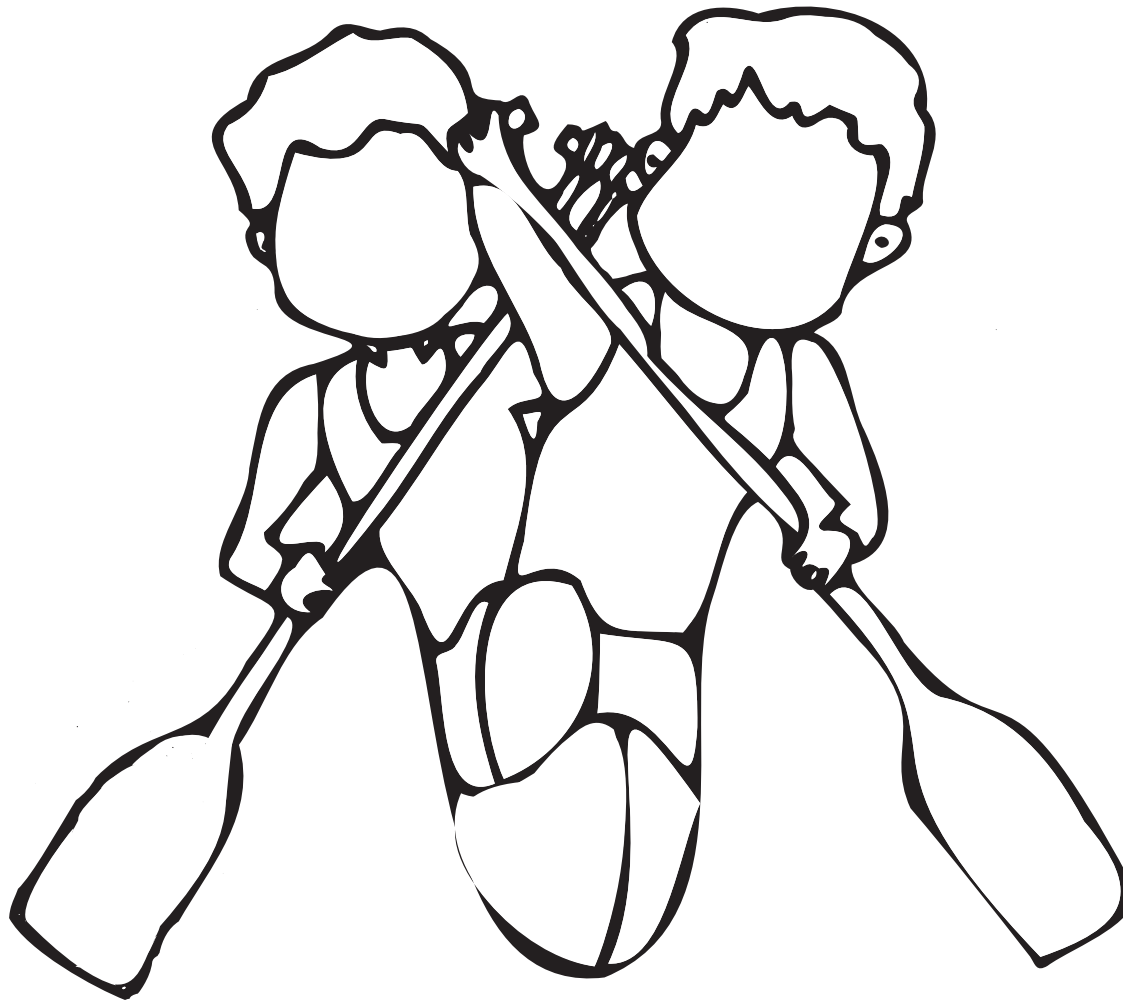


SCHOOL PROGRAM

SPORT
CLIMBING



SCHOOL PROGRAM



CANOE/KAYAK

SPRINT

The kayak events include distances of 200m-500m with 1-4 athletes in each boat.

The canoe events range from 200m-1000m, having 1-2 athletes in each boat.

In canoe events, the athletes assume a kneeling position and use a single-bladed paddle to propel and steer their boat.

In kayak events, the athletes use a double-bladed paddle while sitting in the boat, which they steer with a small rudder.

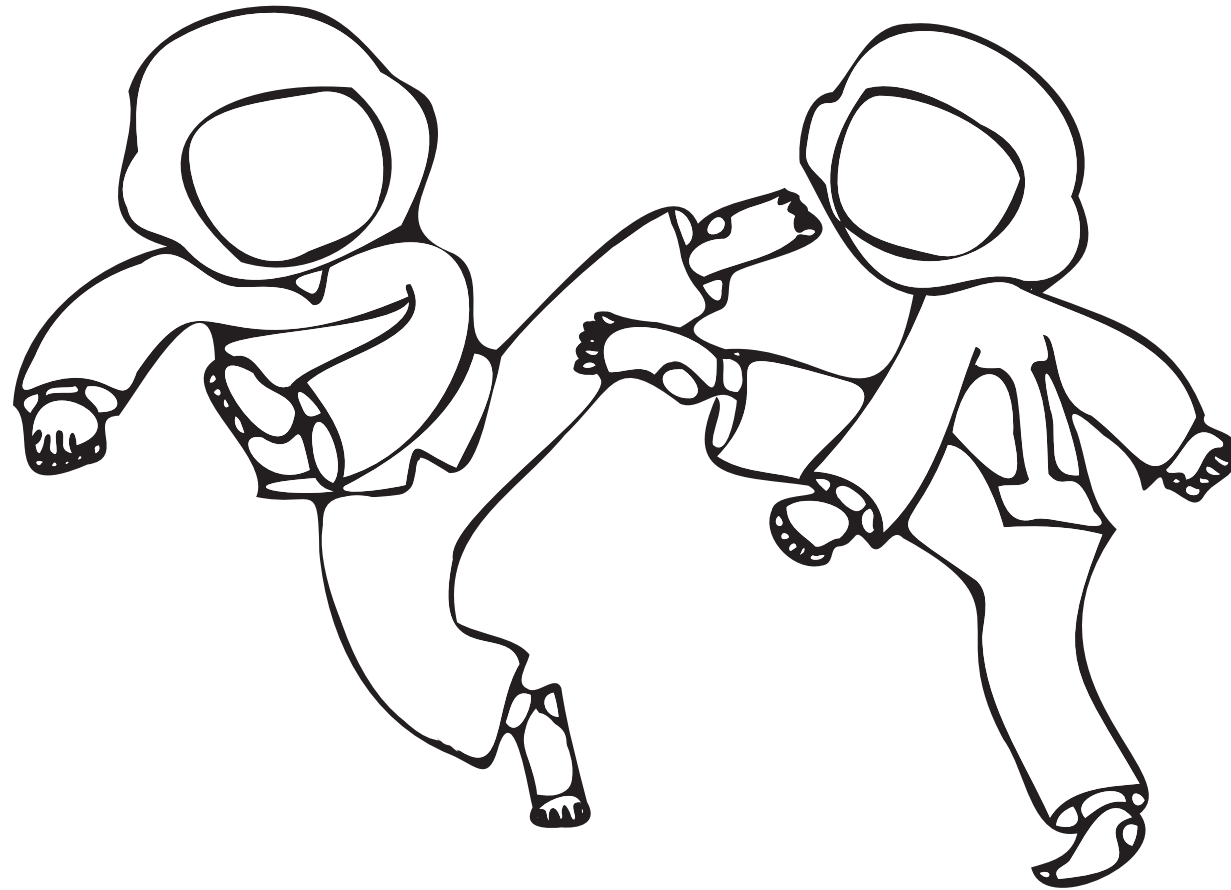
AUGUST 6 - 10



SCHOOL PROGRAM

Taekwondo is a sport of power, accuracy and control in which competitors earn points by landing kicks to their opponent's head and body.

The highest points can be scored by a turning kick to the head. The match score is the sum of the points from three rounds. All events are held as single elimination tournaments, until only two athletes remain.



AUGUST 7 - 10

TAEKWONDO



SCHOOL PROGRAM



WEIGHTLIFTING

Weightlifting is the ultimate test of strength as competitors lift a barbell which consists of a steel bar onto which different coloured weight discs are loaded.

There are two different types of lifts performed: the snatch and the clean and jerk.

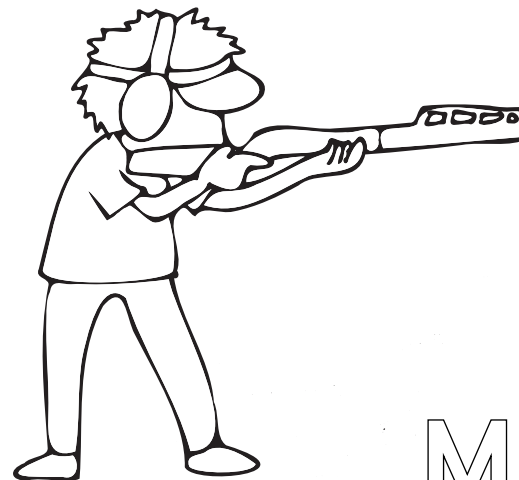
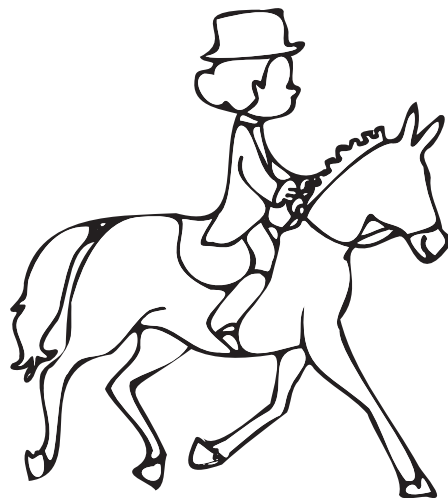
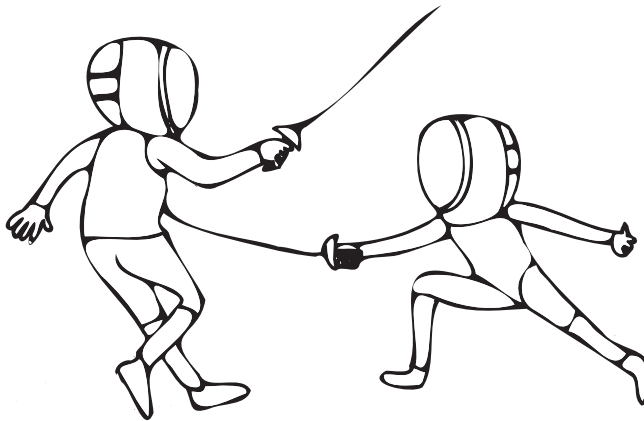
With three attempts at each, the best snatch and best clean and jerk for each lifter are added together to determine the final results.

AUGUST 7 - 11

Modern pentathlon includes five sports (fencing, swimming, riding, shooting, and running) all done on the same day.

Competitors accumulate points for their results as they move from sport to sport. For the final running and shooting event, athletes begin with a staggered start – based on their accumulated points. The first athlete to cross the finish line at the end of this combined event, is the winner.

AUGUST 8 - 11

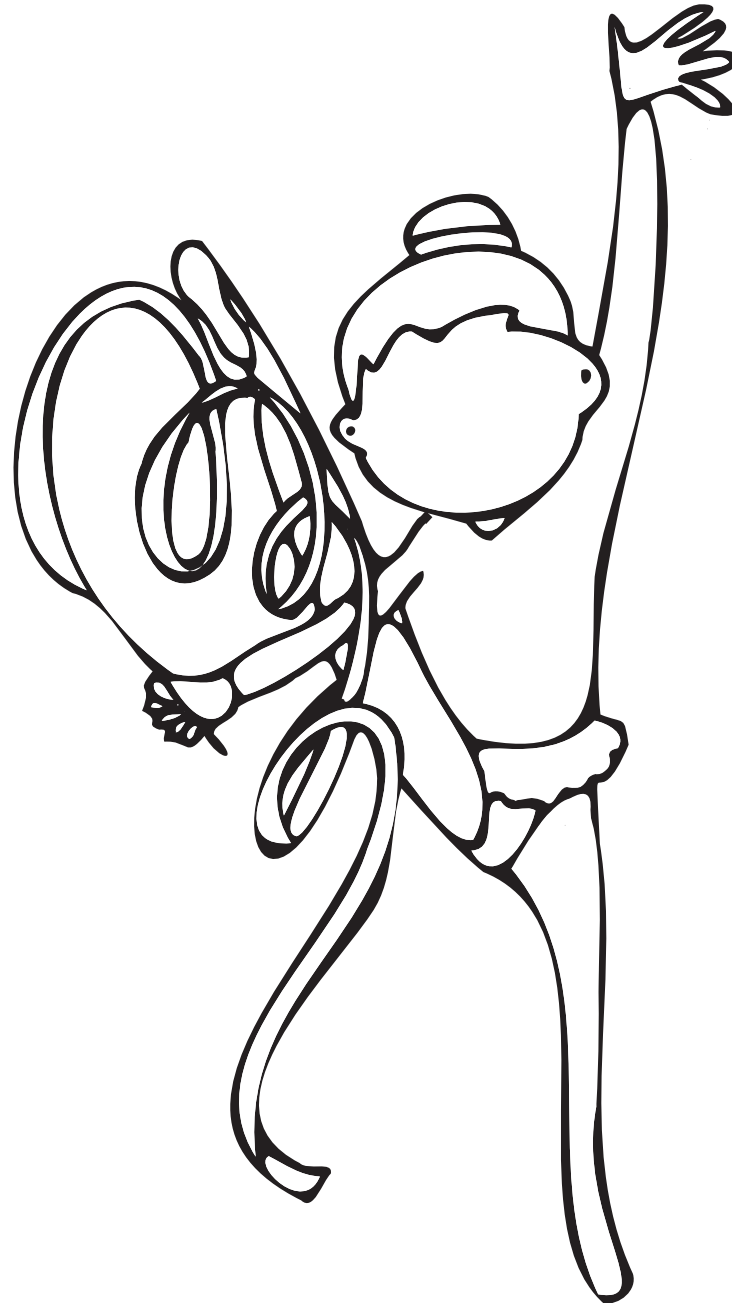


SCHOOL PROGRAM

MODERN PENTATHLON



SCHOOL PROGRAM



RYTHMIC GYMNASTICS

Gymnasts must keep a handheld apparatuses in constant motion, moving them with as much variety and speed as possible while performing leaps, jumps, turns, and balances. There are 2 events: individual all-around and the group all-around. The apparatus' consist of a ribbon, hoop, ball, or club. Gymnasts are scored on difficulty of routine and execution.

AUGUST 8 - 10

At its' Olympic debut, Breaking will feature two events: one for men and one for women.

16 B-Boys and 16 B-Girls will face-off, in head to head solo battles. A variety of power moves will be performed while improvising and adapting to the DJ's music. A panel of judges will then determine who will be crowned with the first Olympic Breaking title.

AUGUST 9 - 10



SCHOOL PROGRAM

BREAKING

