



TORONTO STAR

CLASSROOM CONNECTION

Student Activity Guide: Winter Sports

Welcome To *OH CANADA! GO CANADA!*

This year is going to be really exciting for winter sports—in Canada and around the world. There are so many incredible winter tournaments this year, all the way up to the international winter sports events in Pyeongchang, South Korea this February/March. You can learn about the exciting world of international winter sports, by completing these activities. Use the information found in your Toronto Star and on the Internet, to learn about other countries and cultures—and become more aware of the global village in which we all live.



TORONTO STAR

CLASSROOM CONNECTION

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What do you know about International Winter Sports?

1. Name three events that use skis.
2. Which skating event uses skates with the longest blades?
3. Which event requires a target?
4. Name a winter sport that requires artistic abilities.
5. Name a non-skating event that uses skating techniques.
6. Which event is won through tournament play?
7. Which sport has an “offside” rule?
8. Which winter sport uses an oval track?
9. Which winter sport uses gates?
10. Which is the longest and fastest of the alpine events?
11. In which competition do competitors throw “rocks”?
12. In which type of skiing is the pole the longest?
13. Which sport uses the most energy and burns the most calories?
14. Which event has either two-person or four-person teams?
15. What is the name of the governing body that oversees international ice hockey events?

Biathlon originates from the Greek word for "two contests". Today, it is interpreted as a joining of two sports: cross-country skiing and rifle shooting.

This Year's Winter Sports Lineup

Use the Internet to find out about some of the international winter sports competitions that are taking place this year. Name at least four athletes competing in the event, and the country they represent. Show your findings in the chart below.

| Name of Event | Name of Athlete | Country | Your Source (website) |
|---------------|-----------------|---------|-----------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Four new disciplines in existing sports will take place at the 2018 winter games. Research online to find out the names of the new events and list them below. Give a short description of each event.

Which one of these new events do you think will be the most interesting? Why?

WINTER SPORTS FACT

A typical Sledge Hockey player has a wrist-shot speed of between 100 and 110 km/h.

How Does Your City Compare?

Compare your city to Pyeongchang County in South Korea. Make a chart like the one below to help organize your information. Do some research in the library and online to find three things you think are very similar to your city and three things you think are different.



| Point of comparison | Your city | Pyeongchang |
|--------------------------|-----------|-------------|
| Example- Today's Weather | | |
| | | |
| | | |

Freedom of the Press

Freedom of the Press is a fundamental freedom listed in the Canadian Charter of Rights and Freedoms. Read section 2 of the Charter to learn more about your fundamental freedoms.

<http://laws.justice.gc.ca/eng/Const/page-15.html>

Imagine what newspapers would be like if they were not allowed to criticize governments, businesses or public figures, or to report on controversial topics. In some countries that is the way it is. Articles in the press are censored so that negative articles about the government do not appear.

Select a country that is participating in an international winter sports event, which you think would restrict freedom of the press.

See for yourself what censorship is like. Note all of the things in today's Star that you think would not be permitted in a newspaper in that country.

In your opinion, how would readers be affected if Canadian newspapers were subjected to this kind of censorship?

Testing using heart rate monitors shows that a curling athlete can burn up to 1,800 calories in a two-hour game.

Funding for Canada's Athletes

Read this story about funding for Canadian athletes:

<https://www.thestar.com/sports/amateur/2017/07/21/ottawa-extends-funding-for-nextgen-olympic-athletes.html>

Athletes require funds to finance their training and participation in international events. There are many ways of raising funds to support them.

What do you think?

- | | | |
|--|-----|----|
| Should governments give full funding to elite athletes from tax dollars? | YES | NO |
| Should all funds be raised by citizens in the athletes' communities? | YES | NO |
| Should athletes be expected to pay half of their expenses? | YES | NO |
| Should there be a mix of the above? | YES | NO |

Support your answer with evidence found in the story.



Canadian athletes have competed in all Winter Olympic Games since the inaugural Winter Games in 1924.

Sports Injuries

Identify two winter sports that you think could be dangerous. What are the risks? What do athletes do to help minimize these risks?

| Sport | Risks | Precautions taken to prevent injury |
|-------|-------|-------------------------------------|
| | | |
| | | |

Find an article about an athlete who has been injured. How was he/she injured? In your opinion, could the injury have been prevented? If so, how?

What is the athlete doing to recover from the injury?

Bobsledders wear burn vests like auto racers wear, under their brightly coloured racing suits.

How Much Is That?

Go to the Bank of Canada's World Currency Converter:

<https://www.bankofcanada.ca/rates/exchange/currency-converter/>

Compare the value of the currency from five other countries that are competing in an international winter sports event, to the currency of Canada.

Convert the equivalent of \$1,000 CDN, into currency for each of five participating countries.

Share your findings below.

| Country | Currency | Value in Canadian dollars | Value in foreign currency |
|---------|----------|---------------------------|---------------------------|
| 1 | | \$1,000 | |
| 2 | | \$1,000 | |
| 3 | | \$1,000 | |
| 4 | | \$1,000 | |
| 5 | | \$1,000 | |

Look at the advertisements in the Star and locate two items that you think an athlete might need. What is the total cost of the two items in Canadian dollars?

| Item | Cost CDN \$ |
|------------|-------------|
| 1 | |
| 2 | |
| Total cost | |

Use the online currency converter to determine the total cost of these items in all five currencies.

The sport of bobsleigh didn't begin until the late 19th century, when the Swiss attached a steering mechanism to a toboggan.

Take a Trip

You have decided to fly to attend an international winter sports event.

Figure out how far you will travel when making the round trip to the city hosting the event.

Search in the Toronto Star Travel section or online for the cost of airfare from your city to Seoul, South Korea.

What is the cost of the flight in Canadian dollars?

Get Fit – Stay Fit

Physical fitness is an important health issue. There is concern that many young people don't get enough exercise and are in poor physical condition.

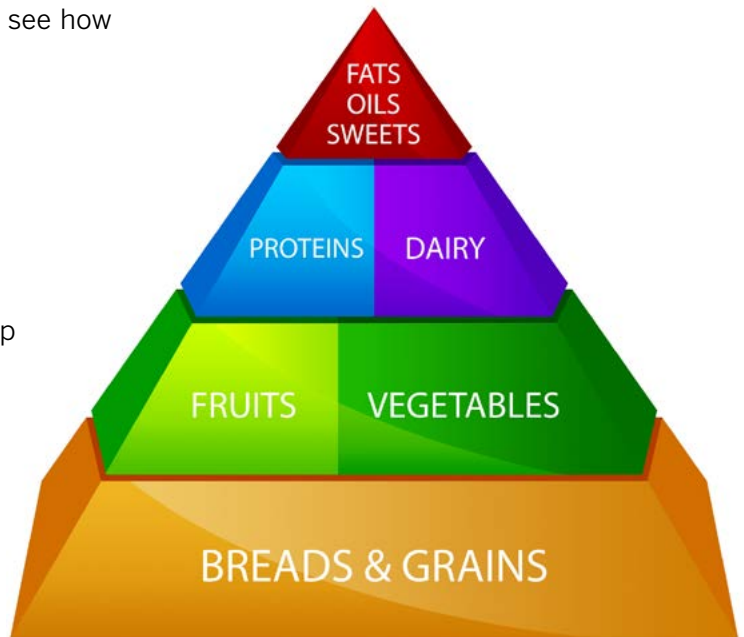
You and two others have been asked to create a full-page ad as part of a 'Get Fit' campaign targeting young people. Select two Canadian athletes to use in the ad as spokespersons for the campaign.

Examine several advertisements in the Star to see how they are designed.

Create your ad using your computer.

Making Healthy Choices

The health choices that athletes make can help or hinder their performances. Find an article about an athlete whose choices have helped his/her performance. Find an article about an athlete whose choices have hurt his/her performance. How could the athlete who made bad choices improve his/her situation?



Canadians won 25 medals in Sochi during the 2014 games, including 10 gold, to finish fourth in the overall medal count.

Top Canadian Contenders

Read this story from thestar.com:

HEADLINE: Canada will win 31 medals at Pyeongchang Olympics, forecaster says

<https://www.thestar.com/sports/amateur/2017/11/01/canada-will-win-31-medals-at-pyeongchang-olympics-forecaster-says.html>

Using information from the Star, predict which Canadian athletes are top contenders for medals at international winter sports events this year. Give reasons for your choices.

Record your predictions and follow the competition in the Star.

| Sport | Athlete | Reasons |
|-------|---------|---------|
| 1 | | |
| 2 | | |
| 3 | | |

How Accurate Were Your Predictions?



Writing the News

You have been assigned to write a news story about the most exciting thing that has happened at the competition so far. The lead or first paragraph of the news story should answer most of the 5Ws. Read some news stories in the Toronto Star and use one of them as a model for your writing. Answer these questions before writing your news story.

Who?

What?

Where?

When?

Why?

Write the lead paragraph for your story in the space below. Make sure it includes the 5Ws and is not more than 30 words in length.

Write the rest of the story on another piece of paper. Include all of the important details.



Two-person bobsleigh teams can push and complete the 50-metre sprint at the start line while loading into the 220-kilogram sleds, in less than 5.0 seconds in men's races and within 5.2 seconds in women's events.

Zoned Out

When competing in international sports competition, some athletes will need to overcome differences in time, climate, altitude, food and air quality.

Search online to find examples of athletes who will be travelling from a different climate or time zone to compete in an international winter sports event.

List changes these athletes will have to make in order to adjust, and the effects these changes may have on their performance.

Do some research to find out what athletes have done to overcome these problems.

Which athletes travelled through the most time zones?



NEW YORK



HONG KONG



TOKYO



SYDNEY



LONDON



PARIS



BERLIN



MOSCOW

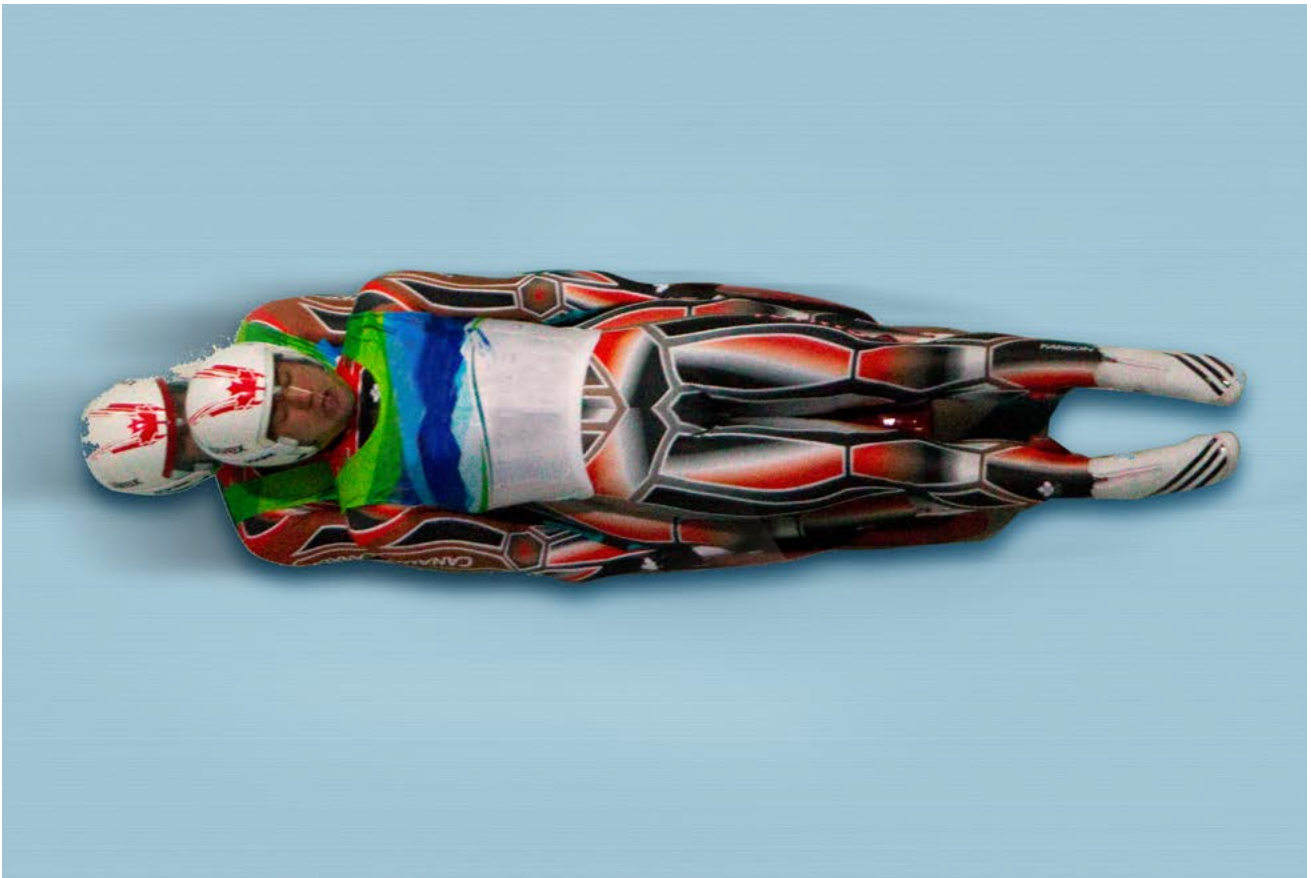
Luge is the French word for "sled." The sport, as we know it today, first occurred on an artificial track in Oslo in 1955.

What Would You Do?

Establish five-person committees for these problem-solving activities.

Select one of the hypothetical situations below. Your group will present its solutions to the class for further discussion:

- 1) The weather is warm on opening day and all the snow melts.
- 2) All the gold medals are stolen.
- 3) It is discovered that a participating country is bribing two judges.
- 4) Airports and roads are closed by a snowstorm and ticket-holders cannot get to the events.
- 5) Many of the athletes get food poisoning and have to be taken to hospital.
- 6) A medal winner makes a sign of protest during the awards ceremony.



WINTER SPORTS FACT

At the 1932 Lake Placid Games, snow had to be brought by the truckload from other states to help repair the cross-country trails. Artificial snow-making equipment did not exist in 1932.

Covering the Event

Watch an international winter sports competition on television.

Assume that you are a newspaper reporter at the event. Take notes or record your comments.

Write a news story about the event.

Be sure to answer the 5Ws and H (who, what, where, when, why and how).

Ask a classmate to edit your story.

Display your story in your classroom for others to read.

WINTER SPORTS FACT

Athletes in short-track speed skating reach speeds of up to 45 km/h in the women's races and 48 km/h in men's events.

How Far Is That?

Use newspaper articles to find distances jumped in a ski jumping event.

What was the total distance jumped by the top five competitors?

How long was the longest jump?

How long was the shortest jump?

What was the difference between the two?

Event

| Athlete | Country | Distance jumped |
|---------|---------|-----------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |

WINTER SPORTS FACT

Jumping skis have no metal edges, and most have grooves running along the bottom to keep them tracking straight on the upper part of the hill, which is actually a large jumping ramp called the in-run.

A Race Against the Clock

A speed skating race of great interest to people all over the world takes place in Pyeongchang, South Korea at 2:00 in the afternoon. What time will people in the following cities be able to watch the race live on television?

| City | Time |
|-----------------------------|------|
| Toronto, Canada | |
| Helsinki, Finland | |
| Tokyo, Japan | |
| Paris, France | |
| Vancouver, British Columbia | |

WINTER SPORTS FACT

Short-track athletes can experience G-forces of 2.5 times their body weight when skating the corners.

WATCH IT! <https://www.youtube.com/watch?v=zF550XnNTxY>

Winning: A Life-Changing Event

Success does not come easily to athletes competing at an international level. It demands hours of training and personal sacrifices to accomplish goals.

Consider the impact on the family unit as a whole and on individual members, as well as the expectations on the athlete by the media and the general public. What are some of the effects of notoriety and loss of privacy associated with fame? Note some changes that might occur in a gold medal winner's life.

Mogul skiers sew brightly coloured designs onto the knees of their pants to show off their fast knee action.

Well-Equipped for the Job

Imagine that you are the skis, skates, bobsleigh or any other piece of equipment of a competitor in an international winter sports event. Write, from the point of view of the equipment, your thoughts and feelings before, during and after the event.



Some alpine skiers in the Downhill and Super G disciplines bring up to 20 pairs of skis with them to each World Cup race.

Will There Be a New Record?

Choose five different international winter sports events. Use your Star and the Internet to find the name of the record holder and the record for these five events. Are any of the record holders competing this year?

| Event | Record | Record holder | Country |
|-------|--------|---------------|---------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |

In your opinion, do you think a new record will be set at a competition this year? Why or why not?

Mogul skiers are judged on: how they ski through the bumps; their fancy stunts when they jump; and their speed to the finish line.

Lost in Action

In some events, things happen to the equipment that is used. Hockey sticks get broken, hockey pucks disappear during a game and skis are damaged.

Write a humorous obituary for such a piece of lost or broken sports equipment.



A hockey puck is made of vulcanized rubber, weighing in at six ounces and is three inches in diameter. Pucks are frozen before entering play to make them more bounce resistant.



Aerobic Athletics

List three international winter sports that you think require the most aerobic activity. Do some research to learn how the training techniques differ for each sport.

| Sports requiring the MOST aerobic activity | Sports requiring the LEAST aerobic activity |
|---|--|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| Reasons for my choices | Reasons for my choices |

International calibre cross-country skiers have larger, more powerful hearts that are capable of expelling more blood per contraction than the heart of the average person. During exhaustive exercise, these cross-country skiers have cardiac output of 35 litres per minute. An average person has cardiac output of slightly more than 20 litres per minute.

Evolution of International Winter Sports

Use the Internet to look for examples of international winter sports that have changed over the past 25 years or that weren't around 25 years ago. Make a two-column chart showing the changes that have occurred. In the left-hand column, list at least three sports. In the right-hand column, explain how technology has changed the sport. Consider changes such as: equipment, rules, the athletes themselves, and the popularity of the sport.

Which sport has changed the most?

Which sport has changed the least? Why?

In your opinion, have the changes been good or bad? Explain.

What changes do you foresee in these sports in the future?



WINTER SPORTS FACT

Early hockey goalies wore ordinary shin pads. In 1896, G.H. Merritt, a Winnipeg goalie, began using white cricket pads to protect his shins and the style was soon copied by all goalies.

Poetry in Motion

Compose a five-line poem, like the example below, about an international winter sports competition in which each line answers one of the questions: Who? What? Where? When? Why?

Share your poem with others.

Graceful skier

Speeding recklessly

Down the mogul-dotted hill

As snow flutters to the ground

Striving for glory.

WINTER SPORTS FACT

Snowboarders earn points in the halfpipe by grabbing their boards. Grabs have names, such as: stalefish, indy, and tail.



WINTER SPORTS FACT

Speed skaters hold their hands behind their backs in order to be more aerodynamic.

Sports Lingo

Every sport has a special language of its own. However, often terms used in the sport have a different meaning in everyday language.

- Hat trick: three goals scored in a hockey game by the same player.
- Hog line: a line across a sheet of curling ice.

When delivering the curling stone, a player must release the stone before it crosses the hog line.
Choose a term from an international winter sports event. On a separate sheet of paper, draw a picture to show the literal meaning of the term.

WINTER SPORTS FACT

The word "mogul" comes from the Austrian word "mugel," which means "small hill" or "mound."

Something to Tweet about



You have just won a silver medal at an international winter sports competition. In the space provided below, write a tweet containing up to 280 characters. The tweet should express how you feel about your accomplishment. Include a suitable hashtag.

WINTER SPORTS FACT

The maximum height reached by a freestyle aerialist with a high degree of difficulty is about 60 feet.

Thoughts on Sportsmanship

Beside each statement write the number from 1 to 5 that indicates your opinion.

1. Strongly Agree **2.** Agree **3.** Partly Agree **4.** Disagree **5.** Strongly Disagree

- | | | | | | |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | "Winning isn't everything, it's the only thing." |
| 1 | 2 | 3 | 4 | 5 | "It's not whether you win or lose, it's how you play the game." |
| 1 | 2 | 3 | 4 | 5 | "If you play your best, you're a winner every time." |
| 1 | 2 | 3 | 4 | 5 | "In order for someone to win, someone else must lose." |
| 1 | 2 | 3 | 4 | 5 | "Winning needs no excuse. Losing has all the excuses in the world." |
| 1 | 2 | 3 | 4 | 5 | "Success is not in never failing, but in rising every time you fall." |
| 1 | 2 | 3 | 4 | 5 | "The reward of a thing well done, is to have done it." |

WORD SEARCH

Search the letters below to find the winter sports events listed on the snowboard. Words can run in all directions – up, down, right, left, backwards even diagonally and can even share common letters. One of these words has already been found.

L A I T B V G C S I T D J V D M M O C W L E A H C
 K R G Y H N M O K H F P A N E L I W U N B F P G J
 O U A E T G C J Q E L Q K G V J K U R V O K A E M
 D K V R I S P X G N I I K S E N I P L A N B S U Z
 H Q O J X Q D R A O B W O N S S T B I A T H L O N
 M T F P N K J K L M J M W O Y B K U N S G T U Z I
 K N Q K N C H D I H R E P T S C L S G X N K G O T
 B O I R K G K E A U M X O E U N U N W P A D E T M
 S Q Q T V B Z G R B V J T L V F I X U S V H L C K
 W K N D M R E V A M L I N E W I R T L I F C N S S
 I V Y E O Q H L O K U F O K K G V A W G P J O P V
 R D N N S X N M P E M P S S U U H Z S B S U E W L
 Q S W I I C E H O C K E Y Q S R Q D W O V E R N I
 U M K B W M L O N M R R V Z P E Y B I B D V O T T
 B T U M H X P B R S T W Q K T S Q X S S Q T L J S
 Q V J O U Q F T Y N V P N D W K R U K L R B U I O
 K E P C O E N R U U K T B U H A Y A W E X O P S E
 M F W C P L U O S Q E A S F T T T V O I S S A K R
 E R J I M V C T K P F C I J S I Q W T G D V C L B
 A G U D O S S M H R I M J V N N O R F H Q T H R N
 C P L R S K I J U M P I N G U G V N P R N D N S D
 R I R O V P N K S W M J R O W S U H X K B K F C O
 N S R N Z O A L F C X S J I L M Q A J T M S J K E
 P C Q P N E P F B O G N I I K S E L Y T S E E R F

FIND THE SPORT

- ALPINE SKIING
- BIATHLON
- BOBSLEIGH
- CROSS COUNTRY SKIING
- CURLING
- FIGURE SKATING
- FREESTYLE SKIING
- ICE HOCKEY
- ~~LUGE~~
- NORDIC COMBINED
- SKELETON
- SKI JUMPING
- SNOWBOARD
- SPEED SKATING



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