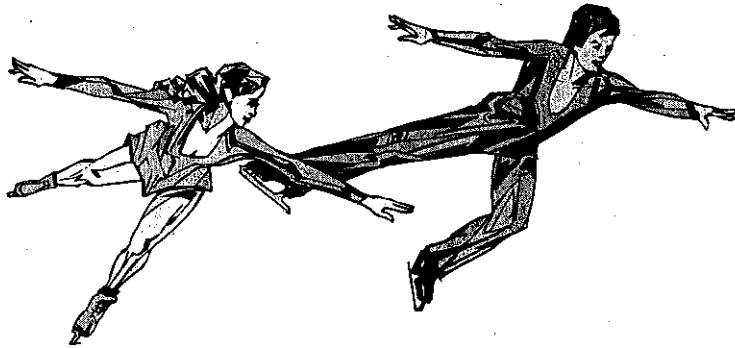


Ice Skating in the Olympics



Go to your public, school, and classroom libraries and check your home for any books about ice skating and the winter Olympics. Collect all the different materials you can on this topic and bring them to school. Read and research all you can about baseball. Keep a bibliography on all the books you read and record them on your "Olympic Ice Skating" chart.

Memorize the Olympic Creed. Share it with the class and help them learn it too. Explain what you think the Creed means.



Olympic Creed:

The most important thing in the Olympic Games is not to win, but to take part, just as the most important thing in life is not the triumph, but the struggle. The important thing is not to have conquered, but to have fought well.

Go ice skating. Write a poem about your first ice skating experience. Have a photograph taken of you skating to include with your poem.

Make a time line of famous Olympic ice skaters (focus on one field, such as pairs, men's, or women's skating). Your time line should include the skaters' names and dates of their Olympic performances and any special facts. Consider doing your timeline in a special shape, such as a string of skates on a figure eight. Be sure to identify significant changes and events in the sport of ice skating.

Select your favorite Olympic ice skater. Find out everything about your skater. Write a biography for children featuring your favorite skater. Read



some other kids biographies to help you organize your book. Some good ones are *A Day in the Life of...* or *A Picture Book of...* by David Adler.

If possible, tour one of the Olympic Training Centers in Colorado Springs, Colorado, Chula Vista, California, Lake Placid, New York or Marquette, Michigan. Use your "Interview Planning Sheet" to help you prepare your questions. Example questions include:

- What is a daily training schedule like?
- How do athletes build their strength and speed?
- What specific events do female skaters compete in?
- What does it take to become an Olympic champion?

If it is not possible to physically visit a training center, view the U.S. Olympic Team web site at <http://www.olympic-usa.org> to learn more about training for the Olympics.

Create a training schedule for yourself. Be sure to include menus that reflect your goals as an athlete.

Make a wire sculpture of a skater performing. You might consider doing a sequence that shows the skater at several different times during the performance.

Select a piece of music that could be used in either the short or long program competition. Do a basic plan of the choreography for the piece. Be sure to include the required elements.

