WHAT IS THE OLYMPIC MOVEMENT?

The Olympic Movement is no different than any global movement in that it becomes concrete from an established set of ideals. In this case, the ideals were based on the educational philosophies of Baron Pierre de Coubertin. He believed that the education of youth should not be bound to books, but should include sport, culture and art. His philosophy, later called Olympism, was the bedrock of the modern Olympic Movement. In 1894, he created the Olympic Movement to advance his philosophies, and in 1896 the first modern Olympic Games were held in Athens, Greece.

De Coubertin envisioned a marriage between sport and art. Youth of the world (at that time only male youth) would gather for competition in both sport and the arts. In the early years, medals were given for both competition categories. This made Olympism’s aims of balancing intellectual, cultural and physical development more evident to all. Although the practice of giving medals for painting and poetry didn’t last long, the philosophy adopted by Olympism is still alive and well today in the Olympic Movement. In fact, Olympism is featured in the Fundamental Principles of the Olympic Charter:

OLYMPISM IS A PHILOSOPHY OF LIFE; EXALTING AND COMBINING IN BALANCED WHOLE QUALITIES OF BODY, WILL AND MIND. BLENDING SPORT WITH CULTURE AND EDUCATION, OLYMPISM SEeks TO CREATE A WAY OF LIFE BASED ON THE JOY FOUND IN EFFORT, THE EDUCATIONAL VALUE OF GOOD EXAMPLE, AND RESPECT FOR UNIVERSAL, FUNDAMENTAL ETHICAL PRINCIPLES.

(Source: http://www.olympic.org/ioc)
DEFINING OLYMPISM AND THE OLYMPIC VALUES

The goal of Olympism is to place sport at the centre of the development of a person, with a view to promoting a peaceful society concerned with the preservation of human dignity and respect.

The practice of sport is a human right. Every individual must have the possibility of practicing sport, without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.

DEFINING THE OLYMPIC VALUES

Striving for Excellence
It stands for giving our best, on the field of play or in the professional arena. It is not only about winning, but also about participating, making progress towards personal goals, striving to be and to do our best in our daily lives and benefiting from the healthy combination of a strong body, will and mind.

Celebrating Friendship
It encourages us to consider sport as a tool for mutual understanding among individuals and people from all over the world. The Olympic Games inspire humanity to overcome political, economic, gender, racial and religious differences and to forge friendships regardless of those differences.

Demonstrating Respect
It incorporates respect for oneself, for one’s body, for others, for the rules and regulations, and for sport and the environment. Related to sport, respect stands for fair play and for the fight against doping and other unethical behaviour.
CANADIAN OLYMPIC COMMITTEE VALUES

LOOKING AT THE VALUES OF THE CANADIAN OLYMPIC COMMITTEE

The Canadian Olympic Committee’s Olympic Values have been established to remind athletes and their supporters that the life skills and experiences obtained through athletic preparation, competition and teamwork are far more valuable than any medal ever awarded.

Excellence
We believe in the right for all people to pursue their personal level of excellence.

Fun
We believe in sport being fun.

Leadership
We believe those who participate in sport have a responsibility to teach and apply the values of the Olympic Movement, involving others in the Olympic experience and inspiring and empowering them to reach their potential.

Peace
We believe in sport as a vehicle to promote understanding and harmony within and among nations.

Fairness
We believe in fairness on and off the field of play, as characterized by equality, integrity and trust.

Respect
We believe in free and open communication and respect for the views, role and contribution of all.

Human Development
We believe that the short- and long-term physical, social, mental and spiritual well-being of all should be enhanced through appropriate behaviour and practices. We also believe that the visual and performing arts complement sport in the development of that well-being.

ACTIVITY
CONNECTING: VALUES PLACEMATS

Move students into six small working groups. Write one of the following questions on six large sheets of paper (flip chart / Bristol boards):

1. What does respect look like?
2. How can sport be a tool for peace?
3. What does it mean to be a leader?
4. What does it feel like to reach excellence or your personal best in any activity?
5. What makes sport fun?
6. What does it mean to play fair?

- Students have three minutes with their group to write or sketch key ideas for each question.
- On the teacher’s signal, pass all the sheets clockwise so that each group can respond to a new question. Continue this until all groups have had a chance to work on each placemat.
- Note: A carousel activity, where the students move to a posted sheet on the wall, encourages more physical activity. Students are timed to quickly walk to the next “placemat”.
- With their final placemat, the group chooses one idea and reads the question and response to the rest of the class.
WHAT DOES IT MEAN TO GIVE YOUR EVERYTHING?

The Sochi 2014 Olympic Winter Games were transformative for Canada. Watching Canadian athletes continue to push themselves to new levels of success, honour and tenacity after such a successful home Games four years prior brought Olympic momentum in Canada to an unprecedented level. Canadians were engaged as the Olympic spirit spread across the country.

With this burst of Olympic energy came the ambition to do more: to truly tell the story of what it takes to be an Olympian and, in doing so, forge a fierce, unbreakable, year-round connection between the Canadian public and the athletes who give their everything to represent Canada at the Olympic Games and on the podium. With that, the “Give Your Everything / Tout Donner” campaign took hold across the country.

As stewards of the Olympic Movement in Canada, the Canadian Olympic Committee is uniquely positioned to shine a spotlight on the intense effort that drives a high-performance athlete to go that extra mile and continually improve their performance. The willingness for Canadian Olympians to share their journey with others, so that they can better understand what it truly means to be a high performance athlete is the basis of the “Give Your Everything/ Tout Donner” campaign. The journey of becoming and being an Olympian is not an easy journey, similar to personal challenges that people experience every day. Learning to overcome them is critical in becoming resilient.

“TO ME, GIVING YOUR EVERYTHING IS ABOUT COMING TOGETHER AS A TRUE TEAM TO REPRESENT YOUR COUNTRY. IN ALPINE SKIING FOR EXAMPLE, CANADIANS, UPON COMPLETION OF A RUN, WILL CALL BACK UP AND LET OTHER TEAM MEMBERS KNOW HOW THEY CAN BEAT THEIR TIME. THERE IS THIS KIND OF UNMATCHED SUPPORT WITHIN THE ENTIRE CANADIAN TEAM.”

-Steve Podborski, Canadian Olympic Team Sochi 2014 Chef de Mission


-Kaillie Humphries, Bobsleigh
“Give Your Everything” is not just a reflection of athlete commitment; it is a call to action for Canadians to connect with athletes and with sport; an invitation to be inspired by the extraordinary lengths to which Canadian Olympians go in pursuit of excellence and to adopt and maintain healthy, active lifestyles.

“24 SECONDS. ONCE YOU’RE AT THE OLYMPICS, AFTER 4 YEARS OF TRAINING, IT ALL COMES DOWN TO THOSE 24 SECONDS. IT DEMANDS ALL YOUR PREPARATION, ALL YOUR ATTENTION. THAT’S WHEN YOU NEED TO GIVE YOUR EVERYTHING.

-Alexandre Bilodeau

In addition to celebrating the amazing sense of determination and will of Canadian athletes on the road to the Olympic Games, our goal is to inspire partners, fans, students and the general public to embrace the call to action of Give Your Everything, in sport, in school, in work and in day-to-day life.

LEARN HOW CANADIAN OLYMPIANS GAVE THEIR EVERYTHING AT THE SOCHI 2014 OLYMPIC WINTER GAMES BY EXPLORING WWW.OLYMPIC.CA

ACTIVITY

HAVE STUDENTS WRITE A PERSONAL REFLECTION OF WHAT IT MEANS TO “GIVE YOUR EVERYTHING” IN,

- SPORT
- SCHOOL
- DAY-TO-DAY LIFE

In small groups, have students discuss their personal reflections and identify common themes.

Have students think about what they are passionate about, what activities or things they like to do for personal satisfaction and fun. What are they naturally good at? What do they like to do in their free time? What are their favourite pastimes, activities, etc. Have students discuss what it would mean for them to Give Their Everything to reach their goals. Who are the people (family members and friends) that they like to do these activities with and why?
Being an Olympian means never stopping to strive towards Giving Your Everything and becoming the best on the world stage. Indeed, many athletes who competed in Sochi barely had any time to pause and reflect on the Olympic Games before they were off competing in other international competitions. But while Canada’s Winter Olympians are already looking ahead to the 2018 Olympic Winter Games in Pyeongchang, they deserve one more look back at their incredible performances during the Sochi 2014 Olympic Winter Games.

In Sochi, we saw Canadian athletes’ true colours shine brighter than ever in their successes, bravery and sportsmanship. From day one, when we saw the Dufour-Lapointe sisters dazzle the world with their talent and sincerity, to day seventeen when we saw the Men’s Hockey Team successfully defend their Olympic gold medal from Vancouver, the Canadian Olympic Team did not disappoint.

We saw teamwork and a positive attitude pay off big time in women’s ski cross. As Olympic Champion Marielle Thompson put it, “We’re just having fun all day. I know (silver medalist) Kelsey (Serwa) and I tried to help each other all the way down the course.” We saw Alexandre Bilodeau delight spectators with his superb talent and humble personality. “I don’t believe it yet,” Bilodeau said after successfully defending his gold medal in men’s

“THAT’S THE STUFF YOU DON’T THINK ABOUT WHEN YOU’RE RACING, BUT IT’S AWESOME. WHAT A FEELING – A MEDAL AT THE OLYMPIC GAMES! IT’S ALL PRETTY HUMBLING. I FEEL AWESOME. IT’S BEEN A CRAZY ROAD TO GET HERE. ABOUT FOUR WEEKS AGO I COULD NOT GET OUT OF BED WITH A BACK INJURY AND I DIDN’T KNOW IF I WOULD BE ABLE SKI AT ALL THIS SEASON. TO BE STANDING HERE NOW, IT’S HONESTLY UNBELIEVABLE. I JUST FEEL REALLY THANKFUL AND BLESSED. IT DOESN’T FEEL LIKE IT IS MY MEDAL BECAUSE THERE ARE SO MANY PEOPLE WHO HELPED ME GET TO THIS POINT AND HELP SUPPORT ME AND STUCK WITH ME THROUGHOUT THE YEARS. IT IS THEIR MEDAL.”

- Jan Hudec after winning a bronze medal in the Men’s Super G, Canada’s first men’s alpine skiing medal in 20 years
show the world what it truly means to be Canadian, and to be a member of a team.

Looking back at the magic of Sochi and the moments worth celebrating forever, it’s important to remember how they came to be. These images are not examples of what Canada’s athletes can accomplish on a particular day; they are examples of what can be accomplished by any Canadian, any day.

moguls from Vancouver. “It’s been a dream since I was a little kid and it’s come true.”

We saw history being made as Jennifer Jones’ rink went undefeated to win gold in women’s curling, while Brad Jacob’s rink joined them atop the podium on the men’s side. We saw pure individual determination with Mark McMorris battling through a broken rib to win Canada’s first medal at the Sochi Olympics in snowboard slopestyle. We saw Canada’s women’s hockey team pull out one of the most determined come-from-behind victories in recent history – “No matter what was going to happen, we were going to fight until the end, and we would never give up,” said captain Caroline Ouellette after the game.

And we saw the true spirit of Canadian camaraderie as Gilmore Junio gave up his spot in the men’s 1000m long track speed skating event to teammate and future silver medalist Denny Morrison. The reasoning? As Gilmore put it: “it was in the best interest of the team.”

That was what truly set the Canadian team apart in Sochi. On top of all the individual displays of excellence, the moments of glory and perseverance, Team Canada came together as one to show the world what it truly means to be Canadian, and to be a member of a team.

- Dominique Maltais on her road to redemption, winning a silver medal in women’s snowboard cross after failing to medal in Vancouver

- “I WANTED TO SHOW THE WORLD HOW GOOD I CAN BE AND HOW FAST I CAN BE ON THE COURSE. THE LAST FOUR YEARS I’VE BEEN IMPROVING MYSELF AND FOCUSING TO GET FASTER ON THIS KIND OF TRACK, JUST FOR TODAY, AND I MADE IT HAPPEN. I’M REALLY, REALLY HAPPY.”

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