

Clara Hughes: An Olympic Delinquent

Let's Prepare

A. What is the most difficult thing you ever tried to do? Why was it difficult? Share your experience.

The most difficult thing I ever tried to do was...

B. Match the word with the definition.

- | | |
|----------------|--|
| 1. opportunity | a. person representing their country at the Olympics |
| 2. delinquent | b. won't give up, won't stop until they succeed |
| 3. recruited | c. to be successful at something |
| 4. issues | d. to make someone more likely to do something |
| 5. disorder | e. a person who breaks the law, gets into trouble |
| 6. pull it off | f. to be searched for and asked to join a group |
| 7. flagbearer | g. problems in life |
| 8. unrelenting | h. a chance to do something |

Let's Watch

A. Complete the chart with details from the video.



What Inspired Clara In Sport?

What Problems Did Clara Develop?

Clara Hughes Is An Inspiration Because ...

B. It's not about medals, it's about ...

- a. not giving up b. excellence, trying c. the lifestyle

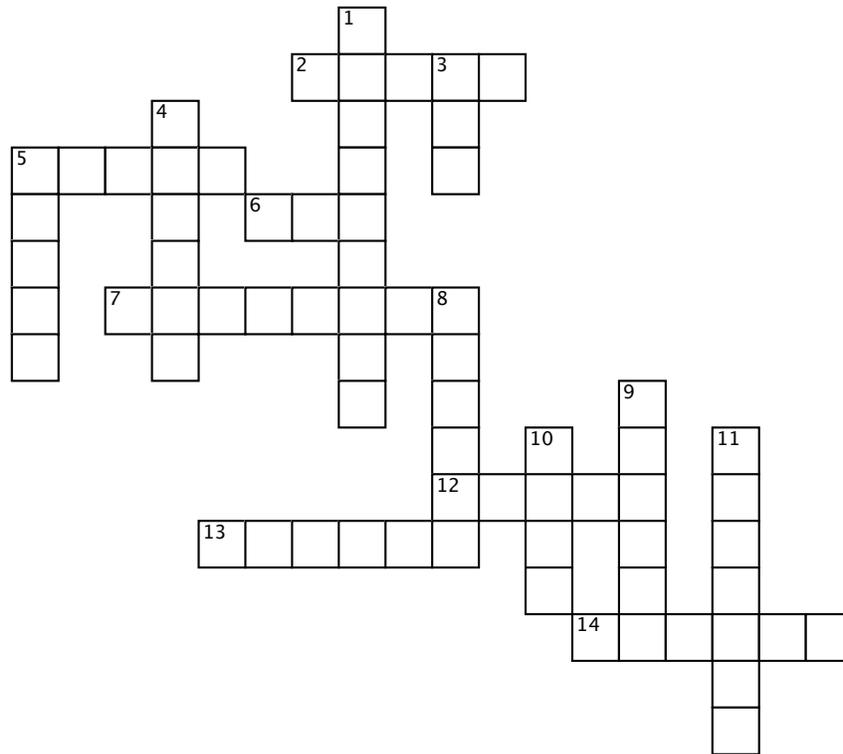
C. The most important thing Clara has ever done is ...

- a. being a mom b. raising money c. talking about depression

- DISCUSS:**
1. What are the keys to success as an Olympic athlete?
 2. If you could do a Winter Olympic sport which one would it be?
 3. What quality do you most admire about Clara Hughes?
 4. What goals do you have and want to reach?

• Crossword •

Clara Hughes



Crossword Clues

All the answers to the clues are words from Clara Hughes' life.

ACROSS

2. a person who helps athletes train
5. we do this at night because we are tired
6. opposite of thin
7. a world-wide sports event that happens in the summer and the winter
12. prepare for a sports event
13. January, March, June, December
14. make a decision

DOWN

1. Canada, United States, Mexico, Germany
3. we do this when we are very sad
4. the Olympics has bronze, silver, and gold ones
5. take something that does not belong to you
8. skating, cycling, baseball, hockey
9. give money to a charity
10. opposite of light
11. a person who rides a bicycle

Clara Hughes - Six-time Canadian Olympic medalist

Winter sport? Summer sport? Clara Hughes is an athlete for all seasons. She's one of the biggest stories to emerge in Canadian sports. A six-time Olympic medalist in cycling and speed skating, she's the only athlete in history to win multiple medals in both Summer and Winter Games. Clara was the Canadian flag bearer for the 2010 Vancouver Games opening ceremony, proudly leading the home team to its historic medal-winning performance; she also represented Canada with distinction in London 2012. But there's far more to Clara than athletic achievements.

For Clara, success means more than earning medals. It means having a voice and using the opportunity to reach out and help others. When she uses this voice, it's loud and clear.



After winning gold in 2006, Clara donated \$10,000 of her personal savings to the Right to Play programs. This donation challenged Canadians to support the cause, raising over half a million dollars for the international humanitarian organization that uses sports for development. In 2010, she donated her \$10,000 medal bonus to the Vancouver inner city school program Take a Hike, which uses adventure-based learning to give youth at risk a better direction in life.

She is the national spokesperson for Bell Let's Talk Day and a passionate advocate for mental health. By sharing past struggles with depression, Clara uses her own story to spread the word that help is available, recovery is possible, and people with mental health issues can and do lead full, happy, and productive lives.

She is an Officer of the Order of Canada and a member of the Order of Manitoba, holds honorary doctorates from various Canadian universities, and has been awarded the International Olympic Committee's prestigious Sport and the Community award for her commitment to promoting the values of sports and play around the world. Clara also has a star on Canada's Walk of Fame and was recently named one of the Top 100 Most Powerful Women in Canada by the Women's Executive Network (WXN).

Clara has taken her commitment to mental health to the next level with Clara's Big Ride for Bell Let's Talk. In spring 2014, Clara traveled more than 11,000 km around the country, visiting 105 communities in 110 days to continue to raise awareness about mental health and drive positive, long-term change in the way Canadians perceive mental illness. Clara Hughes is also the author of the memoir, *Open Heart, Open Mind*, released in September 2015.

Clara Hughes inspires me because ...

Name:

Date:



THE STORY OF _____

A FAMOUS WINTER OLYMPIAN

Research the story of a Winter Olympian. What important events happened in that person's life?

Personal Information

Family Life

Major Accomplishments

3 Interesting Facts

Early Life

Famous Quote

What Their Life Teaches Us

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Let's Watch

A. Complete the chart with details from the video.



What Inspired Clara In Sport?

She watched the 1988 Winter Olympics and saw Gaetan Boucher fail to win the Olympic gold despite trying so hard

What Problems Did Clara Develop?

She developed an eating disorder, anorexia and eventually depression.

Clara Hughes Is An Inspiration Because ...

She gave back after her sporting career. She was unrelenting, cycling across the country and speaking about her life and mental health.

B. It's not about medals, it's about ...

a. not giving up

b. excellence, trying

c. the lifestyle

C. The most important thing Clara has ever done is ...

a. being a mom

b. raising money

c. talking about depression

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