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KIDS GUIDE TO THE 2022 OLYMPIC & PARALYMPIC WINTER GAMES



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2022 OLYMPIC
& PARALYMPIC
WINTER GAMES***





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NBC Sports Next,
a division of NBC Sports
Minneapolis, MN

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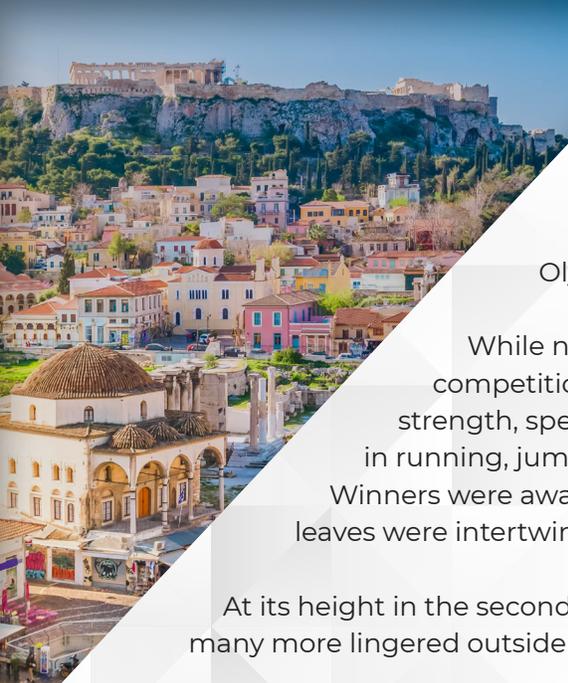
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***OVERVIEW OF THE
OLYMPIC WINTER
GAMES***



ANCIENT GAMES



The origin of the ancient Olympic Games is lost in history, but some say that it began as a commemoration of the god Zeus' defeat of Cronus in a wrestling match for the possession of Earth. Other legends state that Heracles, son of Zeus and the mortal woman Alcmene, founded the Games. Regardless of which event inspired the Games, the first recorded mention of the Olympics was in 776 BCE. The Olympic Games would continue to be held in Olympia, a city in western Greece, until 393 ACE.

While nominally a religious festival honoring the gods, a major part was the competition between young men who wanted to show off their physical fitness, strength, speed, and cunning. For five days, spectators would watch athletes compete in running, jumping, and throwing events, plus boxing, wrestling, and chariot racing. Winners were awarded a crown of olive leaves, also known as "kotinos." The olive branch and leaves were intertwined to form a circle or a horseshoe and placed on the victor's head.

At its height in the second century ACE, 40,000 spectators would pack the Olympic stadium while many more lingered outside enjoying the festivities.

In 393 ACE, Emperor Theodosius I, a Christian, banned all pagan festivals, ending the Olympic tradition after nearly 12 centuries.

Scan the QR code to learn more about the ancient games.



FUN FACTS ABOUT THE ANCIENT GAMES

1

Unlike in modern times, everything stopped for the Olympics—even wars. Warring Greek city-states would call a month-long truce leading up to and during the Games so travelers could safely attend.

2

The ancient Olympic Games were held every four years and always at the same site, the valley of Olympia on the southwestern coast of the Greek peninsula.

3

The English word 'stadium' comes from the Greek word "stade," which referred to a foot race of about 190 meters that was part of the Games.

MAP OF ANCIENT GREECE



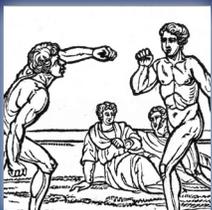
Mediterranean Sea



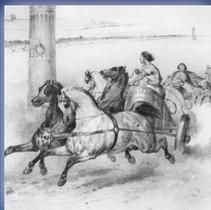
*It is 4,738 miles
from Athens to Beijing.*

THE ORIGINAL SPORTS

Winter temperatures in Greece don't usually fall below 50 degrees making the original sports of the 'Games' all summer sports. Below are the six sports that were contested during the ancient Games.



BOXING



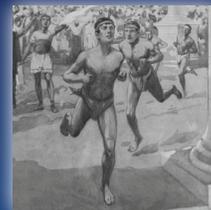
**CHARIOT
RACING**



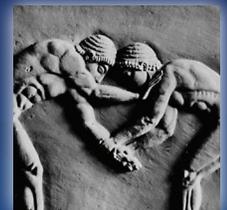
**DISCUS, JAVELIN,
LONG JUMP**



PANKRATION

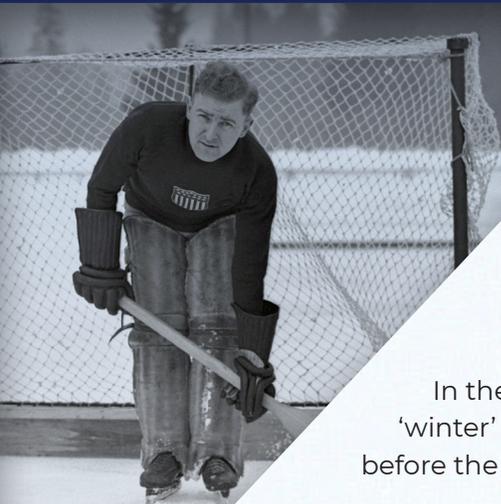


RUNNING



WRESTLING

MODERN GAMES



In 1859, an Olympic-like event was first held in a square in Athens, then again in 1870 and 1875, with attendance reaching 30,000 in 1870. However, these first “Games” were all standalone events.

In 1892, Pierre de Coubertin, a French educator & historian, proposed a regularly recurring Olympic event. The International Olympic Committee (IOC) was created, and an internationally rotating Olympic Games would occur every four years.

In the early years of the Games, there wasn't a distinction between ‘summer’ and ‘winter’ sports. In fact, figure skating and ice hockey were both a part of the Games before the first Winter Olympics were officially held in 1924.

In 1924, International Winter Sports Week was held in Chamonix, France. At the time, this event wasn't part of an official Olympic Winter Games, but in 1925, the Olympic Winter Games were officially ratified with this event being considered the first Games.

In 1932, the Olympic Winter Games were held in the United States for the first time in Lake Placid, New York. Seventeen nations and 252 athletes competed in 7 sports. The United States again hosted the Olympic Winter Games in 1960 in Squaw Valley.

The United States bid for a third Winter Games for 1976 and they were awarded to Denver, Colorado. However, because of the secrecy with which the bidding process was handled, Coloradans voted in a three-to-two margin to make funding the event a violation of the Colorado State Constitution, resulting in the Games being given to Innsbruck, Austria.

In 1994, the Winter Games were moved to the second calendar year following the beginning of an Olympiad. This broke the tradition of holding the Winter Games a few months earlier and in a different city than the summer Olympic Games.



Tickets for various Winter Olympic Games events

CREATION OF THE PARALYMPIC GAMES



Sports specifically for people with disabilities have been around since the 1880s. For example, in Berlin, there were a series of sports clubs specifically for deaf athletes. However, it wasn't until after World War II that an adaptive sport movement started to take shape.

Dr. Ludwig Guttman, a refugee from Germany, was living outside of London working with the injured airmen returning from the war. Most of his patients had lower spinal injuries and needed to use wheelchairs. It was 1948, and London was hosting the Olympics. He had the idea to hold sporting events for these men as a way to speed up their recovery. Sixteen injured servicemen and women in wheelchairs competed in archery competitions, thus marking the beginning of the Paralympic Movement.

The first "Games" were held in 1948 and were called the International Stoke Mandeville Games. A team of veterans from the Netherlands competed against the British teams. The 9th Stoke Mandeville Games were considered the first Paralympic Games, and they took place alongside the Olympic Games in Rome in 1960. Twenty-three nations and 400 athletes participated. The first Games consisted of eight sports: athletics, wheelchair basketball, swimming, table tennis, archery, snooker, darts, and wheelchair fencing.

The first Paralympic Winter Games took place in 1976 in Sweden, and just like the Summer Games were held every four years. Sixteen countries participated, and there were new events for visually impaired athletes and amputees.

It wasn't until 1989 that the International Paralympic Committee (IPC) was formed—its mission was to oversee the Games. Thanks to an agreement between the IOC and IPC, starting at the 1988 Seoul Summer Olympics and the 1992 Olympic Winter Games in Albertville, France, the Paralympics have taken place in the same cities and venues as the Olympics.

In 2020, the United States Olympic Committee (USOC) changed its name to the United States Olympic and Paralympic Committee (USOPC) to highlight the integral nature of the Paralympics and the athletes to Team USA. The Tokyo Games also marked the first Olympic Games when US Paralympic athletes and Olympic athletes were awarded equal payment for their medals.



Scan the QR code to learn more about the creation of the Paralympic Games.



PARALYMPIC GAMES TIMELINE

- 1904** American gymnast George Eyser won three gold medals, two silvers, and a bronze at the St. Louis Olympic Games competing with a wooden leg.
- 1944** Cuttmann established a spinal injuries center at the Stoke Mandeville Hospital in Great Britain.
- 1948** First Stoke Mandeville Games.
- 1960** First Paralympic Games in Rome.
- 1976** For the first time, amputees and visually impaired athletes competed.
- 1988** The Paralympics and Olympics were for the first time held in the same city (Seoul, South Korea).
- 1992** First Winter Paralympics to use the same facilities as the Winter Olympics.
- 1994** Paralympic motto, 'Mind, Body, Spirit.' introduced.
- 2010** Over 230,000 tickets were sold to the Vancouver Paralympics — a record!
- 2022** Beijing is the first city to have hosted both the summer and winter editions of the Paralympic Games.



EXPLORE FURTHER

The word Paralympics uses a prefix to change its meaning. What other sport-related words use either prefixes (word part at the beginning) or suffixes (word part at the end) to change the word's meaning?

OLYMPIC RINGS & PARALYMPIC AGITOS



OLYMPIC RINGS

The Olympic Rings date back to 1913. The logo first appeared at the top of a letter written by Pierre de Coubertin, the founder of the modern Olympic Games. In the letter, he wrote, “These five rings represent the five parts of the world now won over to the cause of Olympism and ready to accept its fertile rivalries.”

The rings are interlaced to symbolize the meeting of the world’s athletes during each edition of the Olympic Games in a spirit of good friendship and fair and equal competition.

PARALYMPIC LOGO

While most Paralympic Games had their own design specific to those Games, it wasn’t until 2006 that the symbol you see today was introduced. Early attempts included wheel-like objects to reference wheelchair athletics. However, the design needed to change after the 1976 Games introduced new sports for athletes with different impairments.

In the 1980s, two new directions were tried. The first was five interlocking Olympic-like rings.

The second debuted for the 1988 Games in Korea. It contained five ‘pa’ 파 (meaning wave) in two rows, also similar to the Olympic Rings. This design was used until 1994, when it was deemed too similar to the Olympic Rings. It was then reduced to three pa.

This new design was used until 2008, when the Agitos was introduced. The Agitos (Latin for “I move”) is a modernized update of the pa designs. It streamlined the pa into the more graceful three agitos circling a single point. This circling a center point represents bringing athletes from all corners of the world together to compete.

COLOR SCHEMES

Over time, the colors of the Rings & the Agitos have been harmonized and now share three of the same shades—red, blue and green.

The additional two colors plus the white background of the Olympic Rings were chosen because they represented the colors of the flags of all nations in 1913 when the design was created.



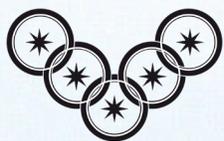
Scan the QR code to learn more about the Olympic Rings & Paralympic Agitos.

THE OLYMPIC RINGS & PARALYMPIC AGITOS TIMELINE



1913

Introduced in 1913, the original design has only had slight changes over the last century.



1960

This marked the first official Paralympic Games but it wasn't until the next Games that there was an emblem designed for the Paralympic movement.



1986

In 1986, the official representation of the rings was updated slightly to include spacing between each ring.



1988

The first Paralympic logo was created for the Seoul Games in 1988. It is based on a traditional Korean decorative text element called a 'pa.'



1994

In 1994, the Paralympic logo was updated to use only three 'pa' as the five pa version was considered too similar to the Olympic logo.



2006

The Agitos was first used for the Closing Ceremony of the 2006 Paralympic Games in Athens. The new symbol appeared on the flag that was handed from the Athens Organizing Committee to the Beijing Organizing Committee.



2010

In 2010, the IOC approved a return to the interlocking ring design used prior to 1986.



2019

The current version of the Agitos was updated in 2019. The shapes were made to look more harmonious, and the colors were updated to match the Olympic logo.

THE OLYMPIC TORCH & FLAME



Today the lighting of the Olympic flame is an integral part of the Games and provides a connection to its ancient history. However, it didn't make its first appearance until 32 years after the first modern Olympic Games, and another eight years passed before the flame first appeared at the first Olympic Winter Games. In these first appearances, the flame was lit over the stadium with much less fanfare than today.

Before the 1936 Games in Berlin, a German university lecturer, sports enthusiast, and head of Berlin's Olympic Organizing Committee proposed a great torch relay from Olympia to the site of the current Games. The torch would then be used to light the Olympic flame and open the Games. However, it was not until the 1952 Games in Oslo, Norway, that the torch relay became a standard part of the Olympic Winter Games. The first relay consisted of 94 participants entirely on skis and lasted less than two days across 200 miles.

THE BEIJING 2022 TORCH DESIGN

Beijing is the first city to host the Olympic Games and Olympic Winter Games, and the torch pays tribute to that with scroll design elements that echo the shape of the cauldron of the 2008 Olympic Games. The torch is primarily red and silver. This is a metaphor for fire and ice, symbolizing bringing light and heat to the land of ice and snow. The torch is mainly fueled by hydrogen, keeping with the goal of reducing emissions produced by the Olympic Winter Games.

The Olympic flame arrived in Beijing on October 20, 2021. In addition, the Olympic Museum loaned every previous torch to be displayed in an Olympic museum in Beijing through the end of the Paralympic Games.

2022 OLYMPIC & PARALYMPIC TORCHES

One notable difference between the two is that the Paralympic torch is engraved with the words "Beijing 2022 Paralympic Winter Games" in Braille



DESIGN YOUR OWN TORCH

Share your torch design with us! Tag @SportsEngine on social and use #KidsGuideTorch to show us your art!

📷 www.instagram.com/nbcsportsengine

📘 www.facebook.com/sportsengine

🐦 www.twitter.com/sportsengine

Scan to learn more about
the olympic torch & flame.



*The current torch is fueled by
hydrogen and made of carbon fiber.*

DID YOU KNOW?

- ▶ The Sochi 2014 Olympic Torch traveled to space—one leg of the relay involved a spacewalk by Russian cosmonauts.
- ▶ If the Olympic flame has to be transported on an airplane, it is placed in a special security lamp that operates like a miner's lamp.
- ▶ The first Winter Games torch relay route was 'symbolic', not 'Olympic' because it didn't start at Olympia. Instead, it commemorated the origins of skiing.

MEDALS



Carrying on the tradition from the ancient Olympic Games, winners were crowned with an olive wreath as well as silver or bronze medals for the first and second place winners. The 1904 Games were the first at which winners received gold, silver, and bronze medals for 1st, 2nd, and 3rd place.

A more standardized design was used for the Games of the Olympiad (Summer Olympics) beginning in 1928, while the Winter Games continued to have a wide variety of designs. In fact, the first Winter Games in Chamonix, France, did not even have the Olympic Rings on its medals. Other unique designs include the 1992 Albertville medal mainly made of crystal, the 1994 Lillehammer medal cast in granite, and the 2006 Torino medal shaped like a donut.

BEIJING 2022 MEDALS

The Chinese characters engraved on the medals “北京2022年第24届冬季奥林匹克运动会” translate to “Beijing 2022: 24th Winter Olympic Games.”



FUN FACTS ABOUT THE MEDALS

1

The largest medals ever awarded were those awarded at the 2006 Torino Games measuring over 4 inches. It had an opening at the center, designed to represent the place where the heart beats.

2

Norway, Austria, and Liechtenstein have won more medals at the Olympic Winter Games than at the Games of the Olympiad.

3

The United States is the only country to have won a gold medal at every Winter Games.

DESIGN YOUR OWN MEDAL

Share your medal design with us! Tag @SportsEngine on social and use #KidsGuideMedal to show us your art!

📷 www.instagram.com/hbcsportsengine

📘 www.facebook.com/sportsengine

🐦 www.twitter.com/sportsengine

Scan the QR code to
learn more about the medals.



MEDALS FROM THE PAST



1924

Chamonix,
France



1936

Garmisch-
Partenkirchen,
Germany



1964

Innsbruck,
Austria



1972

Sapporo,
Japan



1984

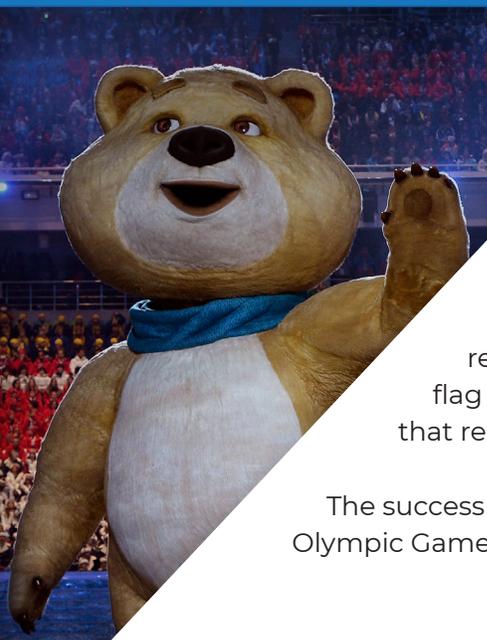
Sarajevo,
Bosnia



2002

Salt Lake City,
United States

THE MASCOTS



The Olympic and Paralympic mascots are fictional characters—usually an animal native to the area or human figures—who represent a host country's cultural heritage.

The first Olympic mascot was born at the Grenoble Olympic Games in 1968. It was named “Shuss” and was a man on skis, designed in an abstract form and painted the colors of France (blue, red, and white). The 1972 Olympics in Munich introduced Waldi, a Dachshund dog—a popular breed in Bavaria. Waldi represented the attributes required for athletes—resistance, tenacity, and agility. He was colored three of the colors of the Olympic flag (blue, yellow, green). From 1972 onward, every Olympics has featured a mascot that represents something of the host city.

The success of those first mascots ensured the adoption of mascots as a symbol of the Olympic Games and developed into an institution.

MEET THE MASCOTS

For 2022, “Bing Dwen Dwen” for the Olympic Games and “Shuey Rhon Rhon” for the Paralympic Games were created. They are a panda and an animated red lantern, two characters woven into China's history. Bing Dwen Dwen, the panda, wears an outer shell made of ice that resembles an astronaut suit, symbolizing the future. Shuey Rhon Rhon was inspired by a Chinese lantern. “Shuey” sounds the same as the Chinese word for snow. The first “Rhon” means “to include, to tolerate.” The second “Rhon” means “to melt, to fuse” and “warm.” Together the mascot's name promotes inclusion for people with impairments, and more dialogue and understanding between the cultures of the world.



SHUEY RHON RHON

BING DWEN DWEN



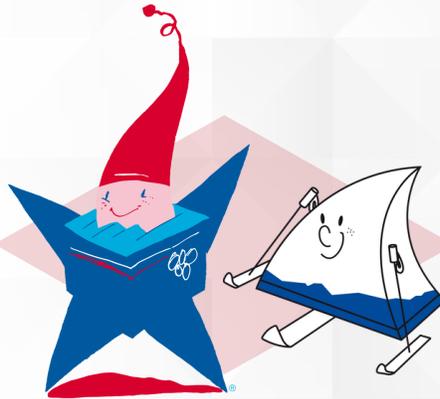
Scan the QR code to learn more about the mascots.

MASCOT TIMELINE FOR THE OLYMPIC & PARALYMPIC GAMES



1988

Hidy and Howdy
Calgary, Canada



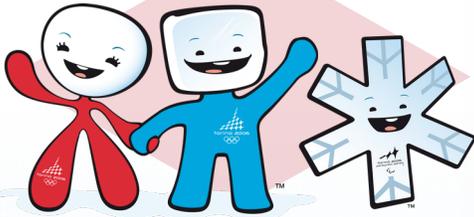
1992

Magique and Alpy
Albertville, France



1994

Haakon and Kristin
Lillehammer, Norway



2006

Gliz and Neve and Aster
Turin, Italy



2010

Quatchi and Miga and Sumi
Vancouver, Canada



2018

Soohorang and Bandabi
Pyeongchang, South Korea



The word mascot comes from the French word 'mascotte' which means 'lucky charm.'

DISCUSSION QUESTION

What is your favorite mascot? Why?

PARALYMPIC CLASSIFICATION



In the same way that some Olympic sports group athletes by gender or weight, Paralympic sports group athletes by impairment. This process is called classification. It helps ensure that the competition is as fair and equal as possible.

There are 10 major classification groups, including (but not limited to) limb deficiency, short stature, visual impairment, nervous system damage, impaired muscle power, and intellectual impairment. These are further reduced to three larger impairment groups: physical, visual, and intellectual.

In addition, each sport has an additional layer of classification that aids in creating parity within individual events. For example, in alpine skiing, there are eight subgroups for standing skiers—three for leg impairment, four for arm impairment, and one for a combination of leg and arm impairments.

CLASSIFICATION QUESTIONS

Paralympic athletes are classified through an evaluation that attempts to answer the following three questions.

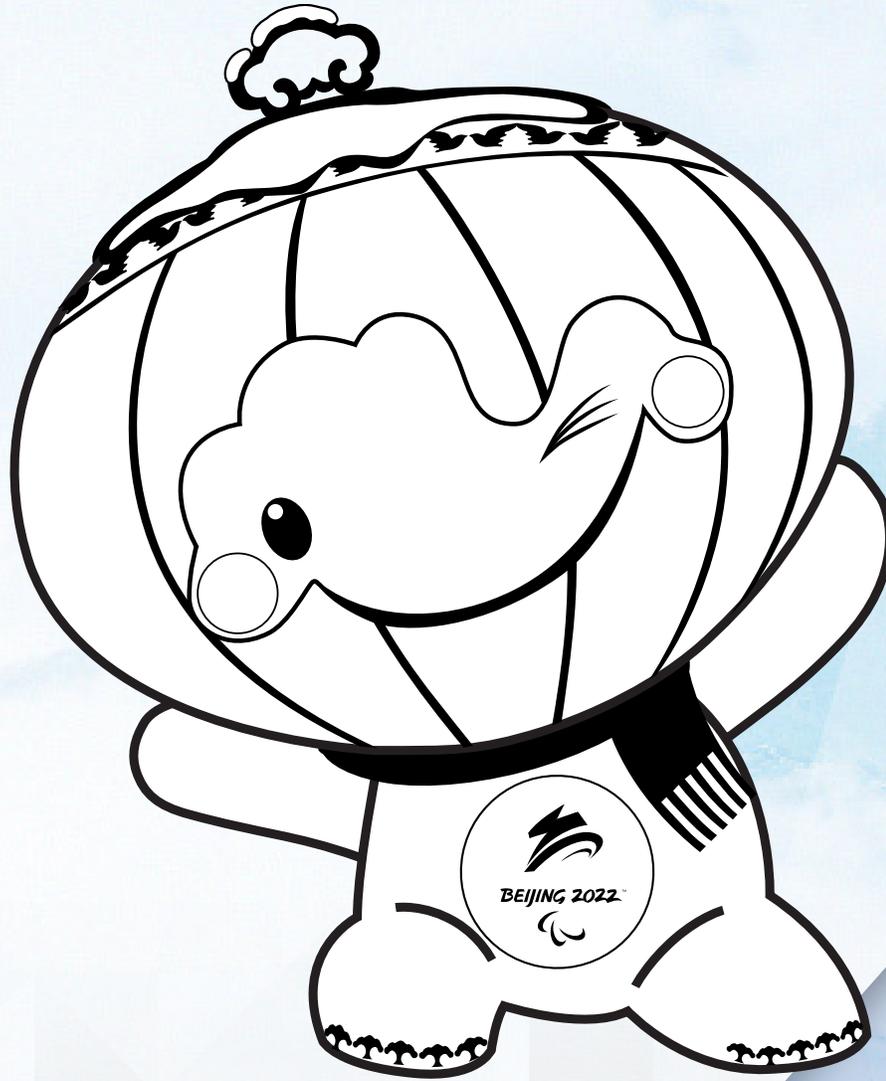
- 1 Does the athlete have an Eligible Impairment for this sport?
- 2 Does the athlete's Eligible Impairment meet the Minimum Impairment Criteria of the sport?
- 3 Which Sport Class should the athlete be allocated in based on the extent to which the athlete is able to execute specific tasks and activities fundamental to the sport?



Scan to learn more about classification.

COLOR THE PARALYMPIC MASCOT SHUEY RHON RHON

Color Shuey Rhon Rhon using only the colors of the Olympic Rings (red, orange, yellow, green, & blue). Bonus! Trace Shuey Rhon Rhon on your own paper and color them using only the colors of your state flag.



Can you list the classification group (physical, visual, or intellectual) for each Paralympic sport?

DID YOU KNOW?

- ▶ Each international federation creates its sports classification system to determine who is eligible and how athletes are grouped together.
- ▶ Sport classes don't always have athletes with the same impairments. If different impairments cause similar limitations, athletes may compete together.

COMPETING COUNTRIES



Did you know that there are more teams competing in the Beijing Olympics than there are countries? And the United States falls into this category! In addition to athletes competing under the stars and stripes, Puerto Rico will be sending one athlete to compete in Alpine Skiing even though it is a territory of the United States.

Scan to learn more about why Puerto Rico competes independently from the United States.



THE RUSSIAN OLYMPIC COMMITTEE

Performance-enhancing drugs are not allowed for athletes competing at the Olympic Games. Any athlete that is found to be non-compliant can be stripped of their medals and banned from future competition. But what happens when an entire country is found to be non-compliant?

In 2015, information was uncovered that the Russian Federation was involved in helping athletes evade detection during drug tests. This resulted in a ban of Russia from competing in any Olympic Games until after the 2022 Winter Games.

As a compromise to competitors not involved in the scandal, Russian athletes can compete as part of the Russian Olympic Committee (ROC). Medalists won't have the Russian flag flown, nor will the Russian national anthem be played during any gold medal award ceremonies.

What do you think of this punishment? Is it fair to the athletes of the rest of the world? How about the athletes in Russia who weren't involved?



The US Anti-Doping Agency (USADA) is the organization responsible for verifying Olympic & Paralympic athletes compete without the use of performance enhancing drugs. USADA promotes clean sport through scientific research and education and outreach initiatives focused on awareness and prevention. Learn more at www.usada.org

LABEL THE COUNTRIES

On the world map below, color in each country that is competing at the Beijing Winter Olympics in **RED**. For each country that has hosted a Winter Olympic Games, color it **BLUE**.



Do you notice anything in particular about the countries that have hosted a Winter Games?

DID YOU KNOW?

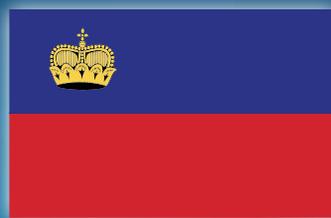
The four smallest countries, by population, competing in the Winter Games are San Marino, Monaco, Liechtenstein, and Andorra. Combined, they do not even equal the population of the 5th smallest country, Malta.



SAN MARINO



MONACO



LIECHTENSTEIN



ANDORRA

PARTICIPATING SPORTS



The winter Olympic program has a much smaller selection of sports represented. There are only 15 distinct Olympic sports, while the Paralympic program has only six distinct sports. But wait, you may think—"I know there are more than six Paralympic Sports." It's true! What you see happening on television are events in each sport. Confused? Read on.

WHAT IS A SPORT?

Sports are divided into events. How do you tell the difference? Sports are actually the 'thing' governed by an International Federation, and an event is what an athlete is actually ranked in. For example, alpine skiing is a sport, and the women's super-G is an event. Whew!

HOW TO BECOME AN OLYMPIC SPORT

Many sports want to get Olympic recognition. It is a way for them to increase their appeal worldwide and showcase elite athletes. But how does a sport make the cut for the Olympics?

The first step is recognition by the International Olympic Committee (IOC). Once formally recognized, a sport is admitted to the International Sport Federation (IF). For example, both bandy and ski mountaineering have this status. Once recognized, it must comply with anti-doping rules and follow the rules of the Olympic Charter.

Next, the federation must submit a five-part proposal stating why this sport should be added to the program. This proposal includes things like the history of the sport, its commitment to gender equality, its popularity internationally, and how it upholds Olympic ideals.

The latest two sports added to the Winter Games were snowboarding (1998) and Skeleton (2002). If admitted, it isn't necessarily permanent. Sports are reviewed regularly and may be removed for various reasons.



LIST THE SPORTS

Unscramble the words below to reveal the fifteen Olympic Sports and the six Paralympic Sports.

Olympic

LINEPA SKNIIG _____

BHTNOAIL _____

LBSEODB _____

OSOCNTRSYUR GINIKS _____

ULRIGNC _____

RIFEUG GTKSNAI _____

YTSLFREEE IGISKN _____

KYHEOC _____

EGLU _____

DNCROI EOMDCBIN _____

TORHS AKTCR _____

TEOLKNSE _____

ISK NPMJUGI _____

WRGODONNISBA _____

DEESP STKAGNI _____

Paralympic

RAPA APNEIL IKSGIN _____

AAPR ANHOILTB _____

APRA CCONTSSOURYR IISGKN _____

APRA DRNOSOBIGWNA _____

DSLE OCYEHK _____

CWALERIHHE NGILRUC _____



Research the demonstration sports below and share an interesting thing you learned.

DID YOU KNOW?

While not part of the this Olympics, a demonstration sport is one that is showcased for promotion rather than competition. Past demonstration sports include horse skijoring (1928), sled dog racing (1932), and bandy (1952).

OPENING CEREMONY



The Opening Ceremony has been part of the Olympic Games since their modern inception in 1896. However, those first Games' Opening Ceremony bears little resemblance to the pomp and circumstance of today. One tradition that continues to carry on is the playing of the Olympic anthem, which was composed for the 1896 Games. Many of the other elements were slowly added over time.

The parade of athletes entering the stadium (called the Parade of Nations) is considered the highlight for most spectators. Led by each country's flag bearers, the athletes walk into the stadium together to help open the Games. Tradition dictates that each country enter alphabetically based on the host nation's native language. This is why sometimes the order is unexpected. There are two exceptions to this rule. The first country to enter is always Greece as a nod to it being the birthplace of the Games, and the last country to enter is always the host country, in this case, China.

HOW CAN I WATCH THE 2022 BEIJING WINTER OLYMPICS?

NBC is home to the Olympics, so tune into your local NBC station for primetime coverage starting on February 4th at 8 p.m. EDT (5 p.m. PDT).

China will be 13 hours ahead of the Eastern Time Zone, and 16 hours ahead of the Pacific Time Zone so in a similar fashion to the Tokyo Games, viewers can expect live coverage of the Opening Ceremony to be available on the networks of NBC and its digital platforms, in the morning.

Find the full Winter Olympics schedule at www.nbcolympics.com/schedule.

WATCH EVERYTHING ON **peacock**

In a first, Peacock will livestream every event of the Winter Olympics Games. This will provide fans with a comprehensive Olympics destination for all of the live action from alpine skiing to speed skating. Premium tier customers will also enjoy the Opening and Closing Ceremonies, NBC's nightly primetime show, full replays of all competition available immediately upon conclusion, exclusive daily studio programming, medal ceremonies, extensive highlight clips, and more.

To learn more about Peacock and how to sign up visit www.peacocktv.com.



Scan the QR code to learn more about the opening ceremony.

ELEMENTS OF THE OPENING CEREMONY

While watching the Opening Ceremony, make note of each of the activities below and put them in the proper order that you see them.

- _____ Entry by the head of state
- _____ Playing of the Chinese national anthem
- _____ Raising the Olympic flag and playing the Olympic anthem
- _____ The artistic program
- _____ The head of state declares the Games open
- _____ The parade of nations
- _____ The taking of the Olympic oath by a coach
- _____ The taking of the Olympic oath by an athlete



The Olympic hymn was first performed at the 1896 Games, but not again until the 1960 Winter Games.

OBSERVATIONS

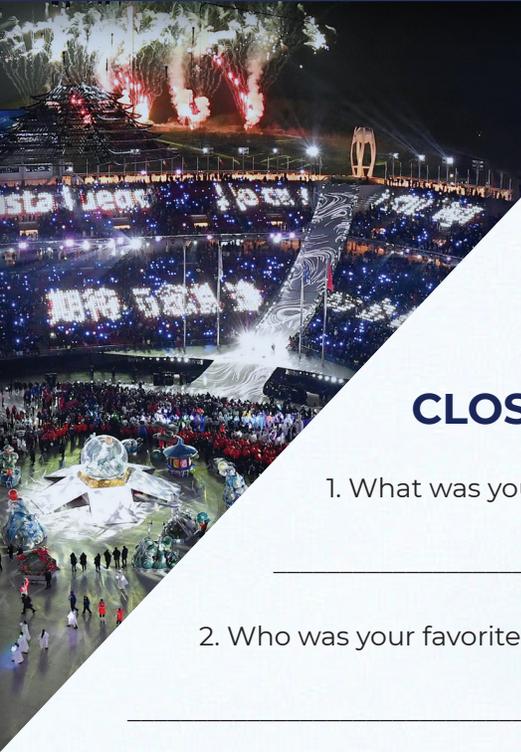
Now that you've watched the Opening Ceremony, answer the questions below.

1. Describe the Olympic flag. _____

2. How many countries are competing at the Olympic Winter Games in Beijing? _____

3. How many sports are in the Olympic Winter Games? _____

CLOSING CEREMONY



The Closing Ceremony marks the end of the Games. It has been part of the modern Games since the first Games in 1896. However, the Parade of Athletes didn't come into existence until 1956. It is one final chance for the athletes to come together and celebrate as 'one nation' and reaffirm the Olympic spirit and values of Citius—Altius—Fortius (or Faster—Higher—Stronger).

CLOSING THOUGHTS

1. What was your favorite part of the Games? _____

2. Who was your favorite athlete? Why? _____

3. What sport did you enjoy watching the most? _____

4. What sport did you find the most confusing? _____



Scan the QR code to learn more about the closing ceremony.

ELEMENTS OF THE CLOSING CEREMONY

While watching the Closing Ceremony, make note of each of the activities below and put them in the proper order that you see them.

- _____ Parade of Athletes
- _____ Moment of Remembrance
- _____ Playing the National Anthem
- _____ Organizing Committee of the Olympic Games President's Speech & IOC President's Speech
- _____ Entry of each nation's flag
- _____ Extinguishing the Olympic Flame
- _____ Introduction of the Athletes' Commission's newly elected members
- _____ Next host city artistic segment
- _____ Victory celebration
- _____ Lowering the Olympic flag and flag handover ceremony
- _____ Playing of the Greek National anthem
- _____ Entry and welcome



The athletes enter the stadium as a group to symbolizes how sport brings people together.

OBSERVATIONS

Now that you've watched the Closing Ceremony, answer the questions below.

1. What made the Closing Ceremony unique? _____

2. Who carried the flag after it was lowered and to whom was it given? _____

COLORING BREAK



CREATE YOUR OWN WINTER GAMES MASTERPIECE

From the performances of the Opening Ceremony to the colorful cheer of the mascots, the Winter Games are full of artistic expression. It's time for you to create a little Olympic magic of your own! Use your imagination to color in this wintry scene with Bing Dwen Dwen and Shuey Rhon Rhon.



SHARE WITH US

Tag @SportsEngine on social and use #KidsGuideColoringContest to show us your art and enter to win a special prize!

📷 www.instagram.com/nbcspportsengine

📘 www.facebook.com/sportsengine

🐦 www.twitter.com/sportsengine

BEIJING 2022

***PARTICIPATING
SPORTS***



ABOUT THE SPORT

Though cross-country skiing dates back 4,000 years, alpine skiing developed in just the mid-19th century after binding technology was created. Ski bindings allowed for ease navigating down snow-covered slopes. Skiers follow the mountain's fall line as they navigate down, turning the skis from one direction to the other to control speed. The 'run' usually results in an 'S' pattern down the slope.

Eleven events, including alpine combined, downhill, giant slalom, slalom, Super-G, and one mixed-gender event, will be contested at the Winter Games. Each will take place northwest of Beijing.



RYAN COCHRAN-SIEGLE

PyeongChang Olympic Athlete

Ryan Cochran-Siegle comes from a family of strong, elite skiers. His mother was a gold medalist in slalom in 1972, and her siblings Bob, Marilyn, and Lindy also represented the United States in the Winter Games.

Watch all of the action on the networks of NBCUniversal including



NBC SPORTS DIGITAL



USA network

DID YOU KNOW?

Even with scoring to the hundredths of a second, there still have been six ties in alpine skiing's Olympic history (two for bronze, three for silver, and one for gold).



WORD SCRAMBLE

ECRVA _____

SCSSHU _____

LILDOHWN _____

ERPUSG _____

LLAF NIEL _____

TKUC _____

TEGA _____

AXW _____

Scan for more about alpine skiing!

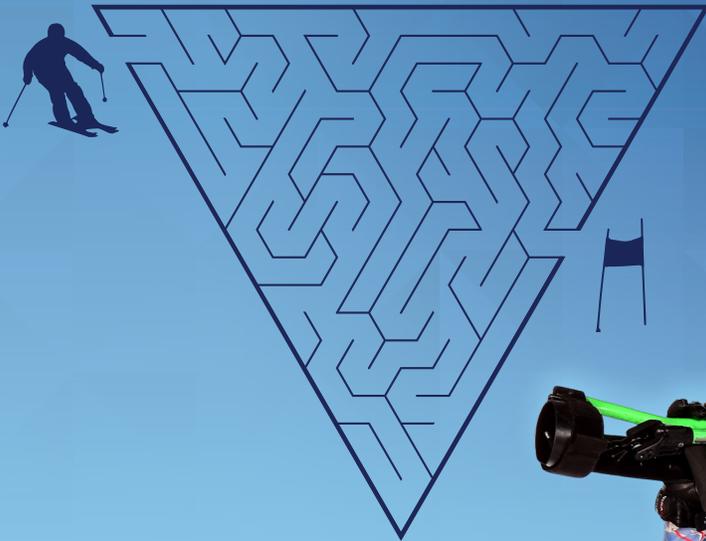


PARA ALPINE SKIING

HOW THE SPORT BEGAN

Para alpine skiing includes similar events to able-bodied alpine skiing. The sport developed post-World War II with injured servicemen returning to the sport they loved. Adaptations are made for spinal injury, cerebral palsy, amputation, and vision impairments. Athletes compete in three groups based on their functional ability: standing, blind/visually impaired and sitting. Athletes with visual impairments ski with sighted guides who help navigate the course route.

SKIING MAZE



Want to know more?
Visit US Ski & Snowboard at
www.us Skiandsnowboard.org
and U.S. Paralympics Alpine Ski at
www.teamusa.org/usparaalpineskiing



▶ ANDREW KURKA

Paralympic Gold
& Silver Medalist

An Alaskan state champion wrestler, at 13 an ATV accident injured Kurka's spinal cord, ending his Olympic dream.

Two years later he tried a mono-ski and was a natural. He went on to qualify for the 2014 and 2018 Paralympics.



Watch all of the
action on the networks
of NBCUniversal including



FUN FACT



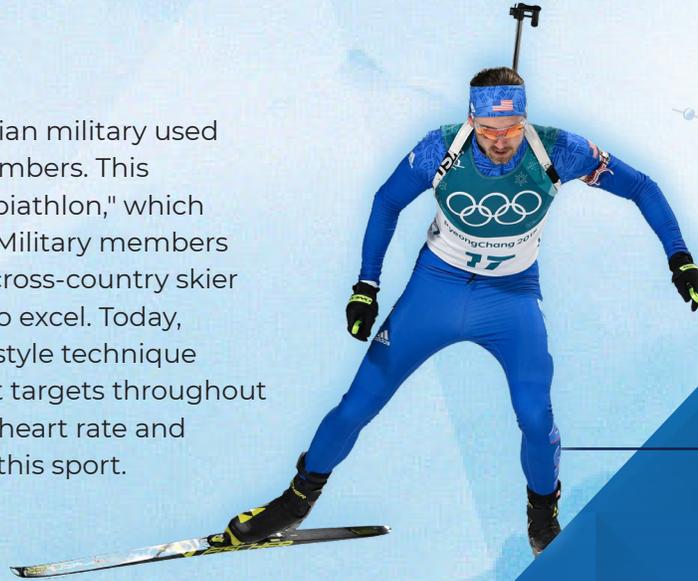
Mikaela Shiffrin landed her own Wheaties box after ending the Team USA Slalom drought by winning gold in Sochi.





ABOUT THE SPORT

During the 18th century, the Norwegian military used skiing and shooting to train their members. This combined training was known as a "biathlon," which translates from Greek as "two tests." Military members had to combine the endurance of a cross-country skier with calm precision marksmanship to excel. Today, athletes cross-country ski in the freestyle technique (skate) and use small bore rifles to hit targets throughout the race. Their ability to control their heart rate and quickly navigate the course is key to this sport.



SEAN DOHERTY

Innsbruck Youth Olympic Bronze Medalist

Doherty became the youngest member of the 2014 U.S. Olympic Biathlon Team at the age of 18. When he isn't competing he is an avid woodturner creating a variety of bowls and other items.

Check out his work at www.seandohertybiathlete.com/shop/

Watch all of the action on the networks of NBCUniversal including



DID YOU KNOW?

Biathlon has been part of every Youth Olympic Games since the 2012 inaugural Games in Innsbruck, Austria.

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

WORD SEARCH

- ARM SLING
- CLICKS
- FIRING LANE
- PENALTY LOOP
- SHOOTING MAT
- SKATING
- STANDING
- ZERO

Scan for more about biathlon!



ABOUT THE SPORT

Para biathlon, also called para nordic skiing, is the collective name for two different sports: shooting and cross-country skiing. Para biathlon combines the fast pace of cross country skiing with the precision of rifle shooting. It was introduced at the 1988 Innsbruck Winter Paralympics for athletes with physical disabilities. Visually impaired athletes began competing at the 1992 Albertville Winter Paralympics, and women's events were added to the Paralympic program at Lillehammer in 1994.

DISCUSSION QUESTION

Biathletes are not allowed to remove their skis when they enter the shooting portions of the event. Why do you think that is?

Want to know more? Visit US Biathlon at www.teamusa.org/us-biathlon and U.S. Paralympics Nordic Ski at www.teamusa.org/usparanordicskiing



OKSANA MASTERS

Ten-time Paralympic Medalist

Masters has excelled in both winter and summer sports, winning five nordic skiing medals in PyeongChang and two in Sochi, a bronze medal at the 2012 London Paralympics in rowing and, two gold medals in cycling at the Tokyo Games.



Watch all of the action on the networks of NBCUniversal including



FUN FACTS



A shooting range sits in a biathlon course. Targets are the size of a small blueberry.



Russia, Germany and Ukraine have earned the most Paralympic medals in Para biathlon.



ABOUT THE SPORT

Bobsled involves making timed runs down narrow, twisting, banked, iced tracks in a gravity-powered sled. Front runners and a hand brake help control the sled. Bobsled is traditionally raced by teams of two or four athletes, and Beijing marks the Olympic debut of women's monobob, featuring one athlete per sled. Athletes push their sleds until they pass an electronic eye. All team members must cross the finish line with the sled, and if a sled crashes, it is eliminated from the competition. The winner is the sled with the lowest total time over all runs combined. In case of a tie, both teams are awarded the same placement.



ELANA MEYERS TAYLOR

Three-time Olympic Medalist

Meyers Taylor is making her fourth Olympic appearance and first as a mother. She has won a medal in each of the previous three Games and has an opportunity to become the first bobsledder ever to win four career medals for the U.S.

Watch all of the action on the networks of NBCUniversal including



DID YOU KNOW?

Men's bobsled made its Olympic debut at the 1924 Winter Games in Chamonix, France. It took another seventy-eight years before the women's event was added.

WORD SCRAMBLE

NAKRMBEA _____

NGDOLIA _____

DVREIR _____

ILOTP _____

AHTE _____

UHPS EATTLHE _____

IHGH ILNE _____

UESNRNR _____

OLW LNIE _____

ILDERS _____

FUN FACTS



Bobsled was not contested at the 1960 Olympic Winter Games because a run was not built.



Today's bobsleds are built by aerospace engineers, mostly under a veil of secrecy.



Sleds can attain speeds over 90 mph.

Want to know more? Visit USA Bobsled & Skeleton Federation at www.teamusa.org/usa-bobsled-skeleton-federation



COLOR THE MASCOT BING DWEN DWEN

Bing hopped into Team USA's bobsled. Look online and color the sled just like the one you find.

Scan for more about bobsled!



DID YOU KNOW?

The Jamaican bobsled team financed its training by selling shirts and reggae records. The team would later have its story told in the 1993 movie *Cool Runnings*.



CROSS-COUNTRY SKIING

ABOUT THE SPORT

A sport born out of the need to travel over snow-covered terrain, cross-country skiing has been part of alpine life for over a 1,000 years. Modern-day cross-country skiing developed as a sport at the end of the 19th century when the modern binding was created by adding a strap around the heel. Cross-country skiing is one of the original sports of the first Olympic Winter Games in 1924. Yet, the events have changed over time. Twelve events, including sprint & distance races using either the classical or freestyle technique and the skiathon & team relays which will use both skiing styles, will be contested at the Winter Games.



JESSIE DIGGINS

PyeongChang
Olympic Gold Medalist

Diggins is the most decorated American cross-country skier. In PyeongChang, she brought home the first-ever cross-country gold for Team USA (and the first women's cross-country skiing Olympic medal).

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NBCUniversal including



DID YOU KNOW?

Depending on the event and year, skiers race using a classical style (straight stride keeping the skis parallel) or freestyle (a skating motion).



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

WORD SEARCH

- | | |
|-----------|--------------|
| CLASSICAL | HARRIES |
| FREESTYLE | KICK WAX |
| GLIDE WAX | PISTE |
| GRIP WAX | SCRAMBLE LEG |

Scan for more about
cross-country skiing!



PARA CROSS-COUNTRY SKIING

ABOUT THE SPORT

Introduced at the 1976 Paralympic Winter Games in Örnsköldsvik, Sweden, para cross-country skiing has accommodations for athletes with a physical disability in the upper and lower limbs (standing), a disability in the lower limbs or trunk (sitting), or with a visual impairment (visually impaired). In the case of a lower limb disability, a sled mounted on cross-country skis (sit-ski) is used instead of skis. These athletes rely entirely on upper body strength when racing. All athletes can use poles. Some visually impaired athletes may use a guide. Para cross-country skiing is practiced by athletes in 24 countries.

COMPARE & CONTRAST

There are two types of cross-country skiing: freestyle and classical. Can you describe the similarities and differences between the two?

Want to know more?
Visit US Ski & Snowboard at
www.us skiandsnowboard.org
and U.S. Paralympics Nordic Ski at
www.teamusa.org/usparanordicskiing



DAN CROSSEN

Six-time Paralympic Medalist

A former U.S. Navy Seal, Cossen was one of the breakout athletes of the 2018 PyeongChang Paralympics, leaving the Games with six medals. He was also the first male Nordic skier from the U.S. to win a Paralympic gold medal.



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of NBCUniversal including



FUN FACT



An outrigger (for balance) was developed in the 1940s by Paul Leimkuehler, a U.S. WWII amputee.



ABOUT THE SPORT

Curling is thought to have begun in the Scottish highlands in the 16th century. Scottish immigrants popularized the sport in North America in the 18th century. The first official curling club in North America was founded in Montreal, Canada, in 1807. The World Curling Federation was created in 1966. Two teams of four players slide granite stones across a sheet of ice toward a target segmented into four concentric circles. The goal is to score the most points by getting the most stones closest to the center circle. Games usually consist of eight or ten ends (ends are like innings in baseball).



JOHN SHUSTER

Two-time Olympic Medalist

The U.S. men's curling team won bronze in Torino, Italy in 2006, but finished off the podium for the next two Olympics. Shuster and his team brought home gold in 2018 and look to repeat the win in Beijing.

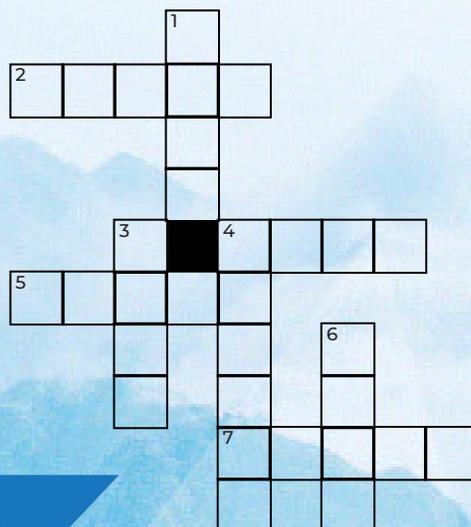
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DID YOU KNOW?

The curling rule book says, "Curlers play to win but never to humble their opponents...the spirit of the game demands good sportsmanship, kindly feeling and honorable conduct."

CROSSWORD PUZZLE



ACROSS

- 2 An item used to sweep the ice
- 4 A rock delivered outside the intended line
- 5 The circular scoring area
- 7 The term for a rock that has been thrown too hard

DOWN

- 1 Also known as a stone
- 3 The curve the stone makes as it travels down the ice
- 4 The amount of force with which a rock is shot
- 6 A scoring shot

Scan for more about curling!



WHEELCHAIR CURLING

ABOUT THE SPORT

Wheelchair curling is an adaptation for athletes with a disability affecting their lower limbs or gait. It is played using the same rocks and on the same ice as curling, though the stones are thrown from a stationary wheelchair. Eligibility is limited to people using a wheelchair for daily mobility. Because it is not an aerobic sport, it is well suited for people with a wide variety of motor impairments. It was added as a Paralympic sport at the 2006 Torino Winter Paralympics in Italy. Wheelchair curling is a mixed team discipline meaning each team must include both male and female players.

CURLING MAZE

Sweep your rock into the center of the "house" in one shot.



Want to know more? Visit USA Curling at www.usacurling.org



◆ OYUNA URANCHIMEG

Beijing Paralympic Debut

Uranchimeg discovered wheelchair curling in 2000 after an accident while visiting Minnesota. Rehabilitation options in the U.S. were much better than in her native Mongolia, so she decided to stay and was later joined by her family.



Watch all of the action on the networks of NBCUniversal including



FUN FACTS



Players slide stones towards the target. The center of the target is known as the 'house.'



Unlike able-bodied curling, there is no sweeping, which means each throw must be more precise.



ABOUT THE SPORT

Like skiing, ice skating was part of survival in Northern Europe for centuries. Archaeologists have found evidence that wood, bone, and antlers were used as skate blades. It wasn't until the 1500s that wooden blades gave way to iron blades. Skating became a popular winter activity, and the first skating club was founded in Edinburgh, Scotland in 1642. Olympic events include singles, pairs, ice dancing, and a team event. Ice dancing focuses on intricate footwork timed to music rather than throws and jumps, which are more prominent in singles and pairs.



NATHAN CHEN

PyeongChang
Olympic Medalist

Chen was favored for an Olympic medal at his first Games, but the then-18-year-old struggled under pressure. He recovered during his free skate and became the first skater to land six quadruple jumps in a single program.

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NBC
SPORTS
DIGITAL



USA
network



DID YOU KNOW?

Figure skating is the oldest sport on the Olympic Winter Games program. It was contested at the London Olympics of 1908 and again in 1920 at Antwerp. Both of these Olympics were considered Summer Olympics.

WORD SCRAMBLE

AELX _____ RMIRRO TKSIAGN _____

MAECL SNIP _____ CWOASLH _____

RECVSRSSOO _____ RSAILP _____

DDEOUTNCI _____ OET OLOP _____

FLTI _____ IZTWLEZ _____

FUN FACTS



Several kings of England, Marie Antoinette, and Napoleon III were all avid skaters.



The U.S. has the most Olympic figure skating medals with 51. Russia is second with 27 medals.



Sarah Hughes graced the Wheaties box in 2002 after winning a gold medal at 16 years old.

COLOR THE MASCOT BING DWEN DWEN

Bing is skating their program and you can hear Shuey cheering in the background. Add the stands and Shuey behind Bing.



Scan for more
about figure skating!



DID YOU KNOW?

The name "figure skating" comes from the intricate designs skaters make on the ice. One of those figures was a figure eight, but by the 1990s, "figures" were no longer part of Olympic competition.



ABOUT THE SPORT

Freestyle skiing has been around since the 1930s, but it was mainly restricted to exhibition-type shows. The first competition was held in 1966, and the sport grew in popularity. In 1979, the International Ski Federation made the sport official in order to control the more dangerous elements. In 1988, freestyle skiing made its Olympic debut with three demonstration events: aerials, moguls, and ballet. Then in 1992, it was added as a medal sport with moguls as the sole event. Aerials, big air, slopestyle, halfpipe, moguls, and ski cross will all be contested in Beijing.



ALEX HALL

PyeongChang
Olympic Athlete

Hall isn't afraid to push the boundaries of his sport. In 2016, he landed the first switch triple cork 1800 (three off-axis flips and five complete spins) at a big air contest called 'One Hit Wonder Down Under.'

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NBC SPORTS DIGITAL



USA network



DID YOU KNOW?

Ski cross is one of the more 'extreme' disciplines. Popularized by the X Games, the event has a mass start and tests skiers' skills with a variety of high-banked turns, big-air jumps, and other difficult terrain to navigate.

WORD SEARCH

- AIR
- BACK FULL
- CARVING
- DAFFY
- INRUN
- KICKER
- SWITCH
- UNNATURAL

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

FUN FACTS



Freestyle skiing was initially known as "hot-dogging" because athletes performed unique stunts.



About 350 million people visit ski resorts or areas throughout the world each year.



Along with alpine and nordic skiing, freestyle is the third (and newest) discipline.

COLOR THE MASCOT BING DWEN DWEN

Bing just got new skis in bright pink. Color the skis and add the USA Ski & Snowboard logo to their chest.



Want to know more?
Visit US Ski & Snowboard at
www.usskiandsnowboard.org



Scan for more
about freestyle skiing!



DID YOU KNOW?

In slopestyle and halfpipe, skiers use twin-tip skis. This type of ski became widely popular in 1998 and was designed to enable a skier to take off and land backward while jumping and ski backward (switch) down a slope.

ABOUT THE SPORT

Hockey originated in Canada in the early 19th century. It is believed to have evolved from simple stick and ball games in Europe that were played around that time. The first indoor game was played on March 3, 1875, between McGill University students. Hockey has been part of every Winter Olympics. However, the event has changed throughout its history. During the 1920 Games, seven players per team were allowed on the ice at a time, and the game had two twenty-minute periods. The 1998 Nagano Games were the first to include active NHL players.



HILARY KNIGHT

Three-time Olympic Medalist

Knight started playing hockey at the age of six with her three younger brothers. Neither of her parents were skaters, but her passion and enthusiasm inspired them to learn. Her mother, Cynthia, even joined an over-40 hockey league.

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DID YOU KNOW?

Hockey skates are made of steel, but they aren't 'sharp.' Instead, they have a groove down the center of the blade that gives it two sharp edges. This groove allows skaters to dig into the ice to stop, start, or change direction more quickly.

COMPARE & CONTRAST

What are the differences and similarities between a regular hockey stick and a hockey stick used in para ice hockey?

Scan for more about ice hockey!



ABOUT THE SPORT

Developed in Stockholm, Sweden in the early 1960s, para ice hockey, or sled hockey, made its Paralympic debut at the 1994 Winter Games in Lillehammer, Norway. It has become one of the most-watched paralympic sports because of its fast-paced and highly physical action. Competition is open to athletes with a physical impairment in the lower part of the body. The sleds use a double-blade that allows the puck to pass underneath them, and players use sticks with a metal pick-end and a blade-end. The metal pick-end helps to propel the sled around the ice. The blade end is for shooting. Games consist of three 15-minute periods.

WORD SCRAMBLE

LBEU ELNI _____

AWABEYAKR _____

ASREEC _____

REOHCFKCE _____

AHT CRTKI _____

INCIG _____

LPAS THSO _____

Want to know more
Visit USA Hockey at
www.usahockey.com



BRODY ROYBAL

Two-time Paralympic
Gold Medalist

Roybal was the youngest member of the U.S. Sled Hockey team at only 15 when he joined. He is a true multi-sport athlete, wrestling and playing softball, basketball, and sled hockey all throughout school.



Watch all of the
action on the networks
of NBCUniversal including



FUN FACT



Like wheelchair curling, sled hockey is also a mixed gender sport.



Zamboni is a brand not a machine. The machine is called an ice resurfacer.





ABOUT THE SPORT

Competitive luge (French for 'sled') racing hails from the alpine countries of Europe. The sled rides along a course on steel runners. Competitors lie inside the sled's body, where they control the direction and speed of the sled with their calves. Sliders wear specially-designed race suits to reduce wind resistance, and all race clothing must conform tightly to the body. Athletes even wear specially-made 'booties' so their feet "point" to reduce wind resistance. Mechanical braking devices are prohibited. Depending on the event, either two or four runs are taken and the fastest total times determine the winner.



CHRIS MAZDZER

PyeongChang Silver Medalist

Mazdzer struggled before the 2018 PyeongChang Olympics and was not expected to earn a medal. However, he surprised the world when he became the first non-European to win a medal (silver) in the men's singles event.

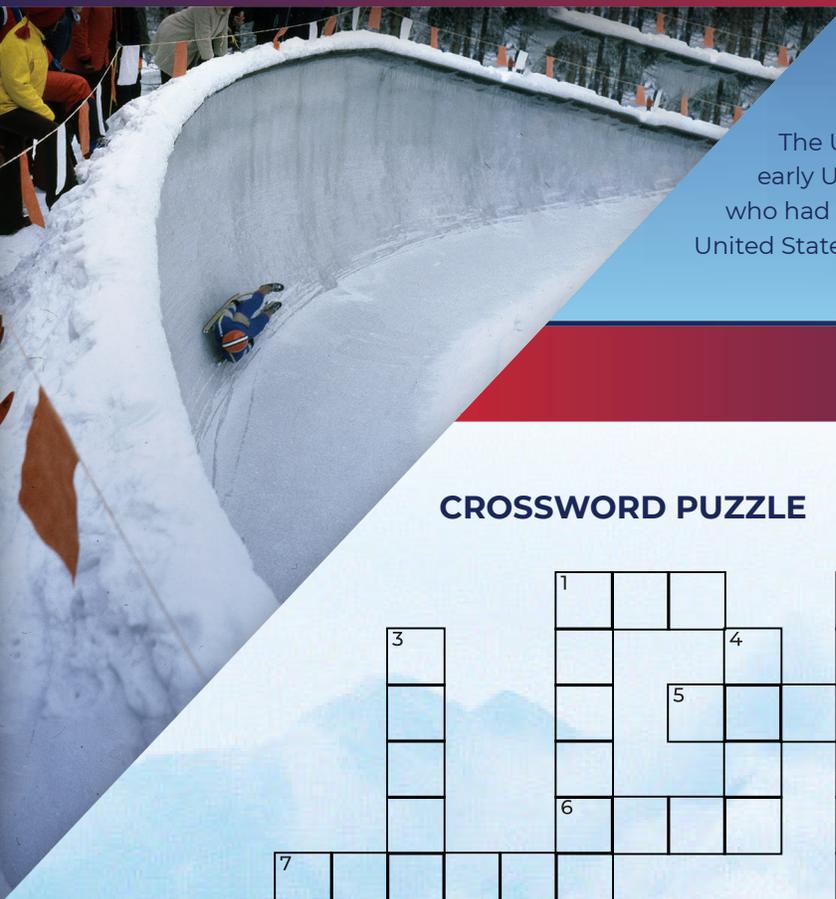
Watch all of the action on the networks of NBCUniversal including



NBC SPORTS DIGITAL



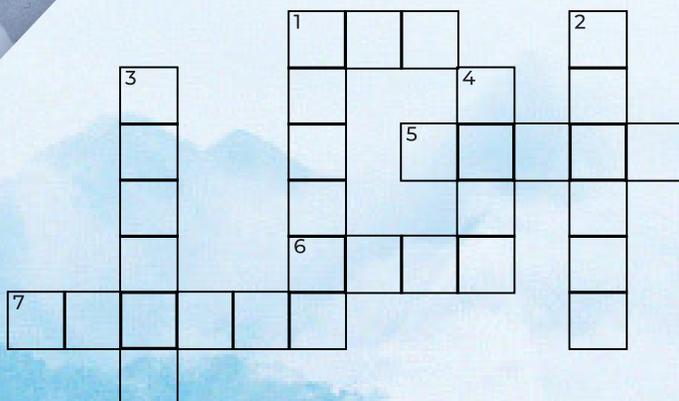
USA network



DID YOU KNOW?

The U.S. had no formal luge program until 1979. Many of the early U.S. Olympic luge teams were made up of American soldiers who had been stationed in Europe. Their only training option in the United States was the 1932 Olympic bobsled run in Lake Placid.

CROSSWORD PUZZLE



ACROSS

- The aerodynamic shell attached to the bottom of the racing sled
- The German word for fiberglass or wood runner
- The trajectory a sled takes down the track
- The part of a sled that connects the two runners together

DOWN

- The act of accelerating the sled forward after the start
- The steel pieces on which the sled rides
- The luge racing shoe
- The French word for sled

FUN FACTS



Lugers' gloves have small spikes on the fingertips, which help them push off the starting line.



USA Luge was formed in 1979 to govern the sport in the United States.



To stop the sled, athletes lift up the front and push the back of the runners into the ice.



COLOR THE MASCOT BING DWEN DWEN

Bing Dwen Dwen just hopped on to the toboggan, but he forgot a helmet! Color Bing and add a helmet nearby.



Want to know more?
Visit USA Luge at
www.teamusa.org/usa-luge

Scan for more
about luge!



DID YOU KNOW?

The average time of a luge run is 40 to 60 seconds with 14 to 20 curves. The sleds can reach speeds of nearly 90 mph. At those speeds, athletes can experience G-forces equivalent to a fighter pilot.

ABOUT THE SPORT

This sport consists of ski jumping and cross-country skiing. Nordic combined was a premier attraction after its founding. The competition displayed athletic expertise before either cross-country skiing or ski jumping were contested separately. Because the two disciplines are scored differently (time vs. distance), a conversion table helps spectators easily track athlete placement.



AKITO WATABE

Two-time Olympic Silver Medalist

For Watabe, skiing is a family affair. In PyeongChang, he competed with his brother Yoshito in Nordic combined, while his wife Yurie competed in ski half pipe. Now the father of a 1-year old, there may be another skier in his future.

Watch all of the action on the networks of NBCUniversal including



NBC SPORTS DIGITAL



USA network

DID YOU KNOW?

Apollo 17 crewmember Harrison Schmitt said that astronauts heading to the moon should learn the art of cross-country skiing as the technique would help them learn to 'walk' in low gravity.



WORD SEARCH

- ANCHOR LEG
- FALL LINE
- GLIDE WAX
- INRUN
- OUTRUN
- SPEED TRAP
- TAKEOFF
- VERTICAL

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

FUN FACTS



Athletes can cover distances of up to 350 feet in their jumps—more than a football field.



Skis used for jumping are frequently over 8 feet long and nearly twice as wide as normal skis.



The snow-covered track or course that is used for racing is called a 'piste.'

Want to know more?
Visit US Ski & Snowboard at
www.us skiandsnowboard.org



COLOR THE MASCOT BING DWEN DWEN

Bing Dwen Dwen just won a Gold medal! Add the podium below them and give Bing some color.

Scan for more
about nordic combined!



DID YOU KNOW?

On race day, technicians choose ski wax based on temperature, snow type, and humidity. The right wax improves glide and protects the skis.



ABOUT THE SPORT

Short track is a sport in which athletes race in packs and try to outskate and outwit competitors within their heats. The winner is the first to cross the finish line. Though races are timed, time is secondary to placement, as only the top two skaters move on to the next round unless extra skaters are advanced due to penalties. Races take place on a 111-meter oval. Events include individual 500, 1000, and 1500-meter races, and three relays—3000 meters for women, 5000 meters for men, and a 2000-meter mixed team race. Start position for the opening round is drawn at random, and there are no official lanes to skate in.



MAAME BINEY

PyeongChang Olympic Athlete

Biney was born in Ghana and moved to the US when she was five—by the age of six she started speed skating. While still in high school, she qualified for the PyeongChang Games becoming the first Black woman to qualify for Team USA in short track speed skating.

Watch all of the action on the networks of NBCUniversal including



NBC SPORTS DIGITAL



USA network



DID YOU KNOW?

Australian skater Steven Bradbury won gold in speed skating at the Salt Lake City Olympic Winter Games in 2002 because the three racers in front of him fell at the end of the final lap.

WORD SEARCH

- BLOCKS
- BURN OUT
- CROSSOVER
- DRAFTING
- EXCHANGE
- FALSE START
- KICKING OUT
- TRACK MARK

DMFSGNITFARDUU
 RKWDBZUVFAHJBK
 WNXBVSPAGIQDMJ
 HCLFALSESTARTK
 SVAWNBUECGBYLA
 TRACKMARKZLCMW
 HCRBKFXBURNOUT
 MQTCHBXDRUPBJD
 REVOSSORCCKAAB
 IPPNTUOGNIKCIK
 GKWBLOCKSKKEGA
 HDFLUFEGNAHCXE

FUN FACTS



The first competition happened in 1909, but the sport did not earn Olympic medal status until 1992.



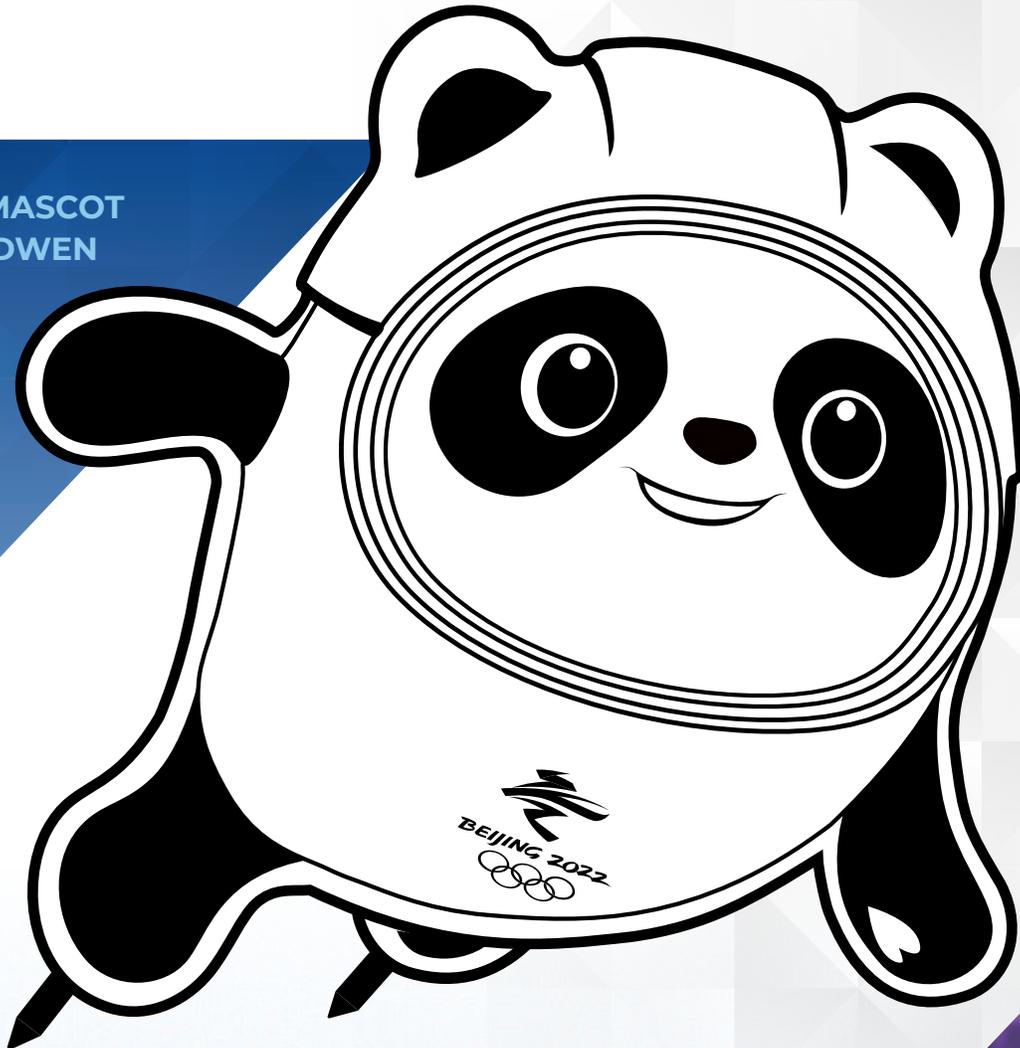
Blades are placed off-center so the boot does not touch the ice when a skater leans into a turn.



At 15, Apolo Ohno became the youngest speed skater in history to take the title of U.S. champion in short track

COLOR THE MASCOT BING DWEN DWEN

Bing Dwen Dwen is coming into the home stretch of the 500m short track event. Add the oval track below them.



Scan for more
about short track!



DID YOU KNOW?

At the 2010 Games, Latvian Haralds Silovs became the first Olympian to participate in short track (1500m) and long track (5000m) speed skating—he also competed in both events in a single day!

ABOUT THE SPORT

From 1884 to 1885, British vacationers built the first twisting toboggan run in the Swiss town of St. Moritz. This event marks the invention of the original form of skeleton or tobogganing.

It made its Olympic debut in 1928 and was featured again in 1948, but it was not contested next until 2002. In skeleton, racers must lie on their stomachs, head-first while sliding down the course on their sled. Like bobsled, the race begins with a running start once the gates open. While skeleton is the slowest sliding sport, the sleds can still reach 80 miles per hour.



JOHN DALY

Three-time Olympic Athlete

Daly started in sliding sports at the recommendation of his 6th-grade gym teacher, whose son had done luge. He loved the speed and rush of the sport. He originally made the luge team, but switched to skeleton in 2001.

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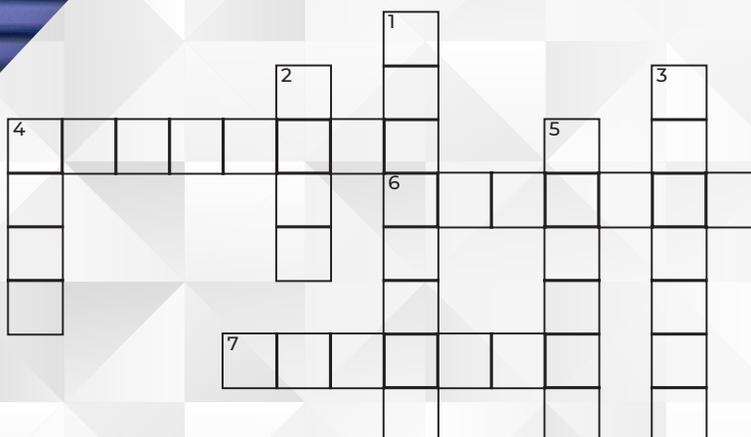
USA network

DID YOU KNOW?

Germany, which has the most all-time Olympic gold medals in bobsled and luge, has none in skeleton. Germany has never won a medal of any color in men's skeleton.



CROSSWORD PUZZLE



ACROSS

- 4 A route that takes the sled close to the top lip of a turn
- 6 A route that takes a sled closer to the lower edge of the track around a turn
- 7 Short for gravitational force

DOWN

- 1 A name for the sled used in the sport
- 2 The root a sled takes down the track
- 3 The solid pieces of steel on which the sled rides
- 4 A single run down a skeleton track during a race
- 5 A skeleton athlete

FUN FACTS



Times are displayed to a hundredth of a second, but recorded to the millisecond.



Sled frames must be made of steel, and steering or braking mechanisms are not allowed.



Only one skeleton athlete has ever won two Olympic gold medals: Great Britain's Lizzy Yarnold (2014, 2018).

Want to know more? Visit USA Bobsled & Skeleton Federation at www.teamusa.org/usa-bobsled-skeleton-federation



COLOR THE MASCOT BING DWEN DWEN

Bing's Italian grandfather won the gold medal in 1948. Using the colors of the Italian flag, color Bing Dwen Dwen.

Scan for more about skeleton!



DID YOU KNOW?

The run in St. Moritz-Celerina is the world's only natural bobsleigh track and it is also its oldest. It was the host track for the 1928 and 1948 Olympic Winter Games.





ABOUT THE SPORT

In ski jumping, athletes attempt to jump the furthest distance on specially-designed ramps. Scoring is based on distance jumped and a maximum of 60 style points earned, along with points compensating for gate selection and wind strength/direction. Landing short of the landing point (K-point) will result in point deductions, while points are added for landing beyond the critical point. The jumper with the highest total score from two rounds is the winner.



PIOTR ŻYŁA

Sochi Olympic Athlete

Reigning world champion. In 2014, Żyła missed the podium in the team event by one place. Outside athletics, he owns Heho, a company that sells colorful winter hats, scarves & socks. He has over 1.1 million followers on Facebook!

Watch all of the action on the networks of NBCUniversal including



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DID YOU KNOW?

Today, skiers jump using a V-formation for their skis. Tests have shown that this creates nearly 30% more lift (airtime), allowing jumps of over 350 feet.

WORD SEARCH

- | | |
|-------------|------------|
| INRUN | OUTRUN |
| K POINT | TAKEOFF |
| LARGE HILL | V POSITION |
| NORMAL HILL | |

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

FUN FACTS



Ski Jumpers often start from a seat below the starting gate so they can earn extra points.



Jumpers lean so far forward when in flight that their head is between their skis.

Want to know more?
Visit US Ski & Snowboard at
www.usскиandsnowboard.org



COLOR THE MASCOT BING DWEN DWEN

Bing Dwen Dwen just left the tower
and is traveling at 60 mph. Color
them in making them look 'fast.'

Scan for more
about ski jumping!



DID YOU KNOW?

Elite ski jumpers keep their skills sharp in the off-season by practicing on ramps made with porcelain and plastic landing zones.

ABOUT THE SPORT

Unlike skiing, snowboarding has riders stand on the snowboard with feet positioned perpendicular to the board and its direction. It also differs from skiing in that no poles are used, and the riders generally wear softer, mid-flexing boots for support. Today, there are five different disciplines of snowboarding at the Olympics: halfpipe, slopestyle and big air, disciplines in which athletes are judged on their tricks, and the head-to-head racing disciplines of snowboard cross and parallel giant slalom.



CHLOE KIM

PyeongChang
Olympic Champion

Although too young to compete in Sochi, Kim won gold at the 2018 Olympics in women's halfpipe. Kim has been on the cover of Sports Illustrated, and even has her own Barbie doll that hit shelves in 2018.

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on the networks of
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network

DID YOU KNOW?

Depending on the type of snowboarding you plan to do, there are different types of boards, including freeride, freestyle, and racing.



DRAWING SKILLS

Trace the snowboarder
without lifting up
your pencil.



Scan for more
about snowboarding!



ABOUT THE SPORT

Para snowboarding includes two events, snowboard cross and banked slalom. Athletes compete in three categories based on their functional ability—SB-LL1 and SB-LL2 for lower-limb impaired riders and SB-UL for upper-limb impaired athletes. Snowboarders use equipment that is adapted to their needs. This system, called classification, ensures the success of an athlete is determined by skill, fitness, power, endurance, tactical ability and mental focus. Classification groups eligible athletes in sport classes according to their activity limitation in that sport.

WORD SCRAMBLE

OEYLLAPO _____

NBOE _____

CNANNO _____

LEXF _____

EALFIPHP _____

BJI _____

TEOYSLPSLE _____

Want to know more?
Visit US Ski & Snowboard at
www.sskiandsnowboard.org and
U.S. Paralympics Alpine Ski at
www.teamusa.org/usparasnowboarding



BRENNA HUCKABY

PyeongChang 2X
Paralympic Gold Medalist

Huckaby made history as the first Paralympian to appear in Sports Illustrated Swimsuit saying, "I want to help change the stigma behind disabilities. I want other [girls], regardless of their body, to know they are powerful."



Watch all of the
action on the networks
of NBCUniversal including



FUN FACT



12 Paralympic gold medals have been awarded in the sport, the U.S. claiming the most with six.



ABOUT THE SPORT

Skating dates back over 1,000 years with roots in Northern Europe when people used bone skates to cross frozen rivers and lakes. With the development of iron blades in the 16th century, skating began to diverge into two disciplines—figure skating and speed skating. The first speed skating club was the Skating Club of Edinburgh in Scotland, and the first competition was a 15-mile race held on the Fens in England in 1793. Long track speed skating events kicked off in 1863 in Oslo, Norway. In long track events, competitors are timed while crossing a set distance ranging from 500 meters to 10,000 meters.



ERIN JACKSON

PyeongChang
Olympic Athlete

Erin Jackson qualified for the 2018 PyeongChang Games after only four months of training on ice. In November 2021, she became the first Black woman ever to win a (long track) speed skating World Cup event.

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on the networks of
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DID YOU KNOW?

Speed skaters' blades detach from the back of the skate, allowing it to stay in contact with the ice longer. These are known as Clap Skates. This new type of skate resulted in five world records at the 1998 Games in Nagano, Japan.

WORD SCRAMBLE

NRALUDOL _____

ASFEL ARTTS _____

TREBSHCAKCT _____

ISRPA _____

PALC K TSAES _____

LASAOMG _____

SVSEOCRRO _____

TPNSIR _____

FUN FACTS



Racers wear skin-tight suits that have an aerodynamic hood and thumb loops to reduce drag.



Although not an Olympic event, marathon speed skaters race over 100 miles along frozen canals of the Netherlands.

COLOR THE MASCOT BING DWEN DWEN

Bing Dwen Dwen is out on the oval getting ready for the event. Color them in the colors of Team USA.



Scan for more
about speed skating!



DID YOU KNOW?

Most races are done in pairs, but one exception, mass start, is raced "pack-style," with competitors all starting together.

ANSWER GUIDE



ANSWER GUIDE

Modern Games - Page 4

Explore Further

1. Eddie Eagan (USA) - Boxing (1920) & Bobsled (1932)
2. Jacob Tullin Thams (Norway) - Ski Jumping (1924) & Yachting (1936)
3. Christa Luding-Rothenburger (East Germany) - Speed Skating (1984) & Cycling (1988)
4. Clara Hughes (Canada) - Cycling (1996) & Speed Skating (2004)
5. Lauren Williams (USA) - 100m (2004) & Bobsled (2014)
6. Eddy Alvarez (USA) - Speed Skating (2014) & Baseball (2020)

NOTE: Gillis Grafström from Sweden won medals in the Summer and Winter Games in 1920 & 1924. However, the 1920 Summer Games had figure skating as part of the program where he received a gold medal.

Paralympic Classification - Page 16

Classification Groups By Sport

1. Para alpine skiing - Physical (standing & sitting) and visual
2. Para biathlon - Physical and visual
3. Para cross-country skiing - Physical (standing & sitting) and visual
4. Para snowboarding - Physical (leg & arm impairments)
5. Sled hockey - Physical (lower body)
6. Wheelchair curling - Physical (lower body—those who use a wheelchair daily)

Competing Countries - Page 18

For all map solutions, go to: sportsengine.com/competing-countries-map.pdf

Host Countries

Chamonix, France—1924, St. Moritz, Switzerland—1928, Lake Placid, New York—1932, Garmisch Partenkirchen, Germany—1936, San Moritz, Switzerland—1948, Oslo, Norway—1952, Cortina d'Ampezzo, Italy—1956, Squaw Valley, California—1960, Innsbruck, Austria—1964, Grenoble, France—1968, Sapporo, Japan -1972, Innsbruck, Austria—1976, Lake Placid, NY—1980, Sarajevo Yugoslavia—1984, Calgary, Canada—1988, Albertville, France—1992, Lillehammer, Norway—1994, Nagano, Japan—1998, Salt Lake City, UT—2002, Turin, Italy—2006, Vancouver, Canada—2010, Sochi Russia—2014, Pyeongchang, South Korea—2018, Beijing, China—2022

Beijing 2022 Competing Countries

Albania, Andorra, Argentina, Armenia, Australia, Austria, Azerbaijan, Belarus, Belgium, Bolivia, Bosnia and Herzegovina, Brazil, Bulgaria, Canada, Chile, China, Colombia, Croatia, Cyprus, Czech Republic, Denmark, East Timor, Ecuador, Eritrea, Estonia, Finland, France, Georgia, Germany, Great Britain, Greece, Haiti, Hong Kong, Hungary, Iceland, India, Iran, Ireland, Israel, Italy, Japan, Kazakhstan, Kenya, Kosovo, Kyrgyzstan, Latvia, Lebanon, Liechtenstein, Lithuania, Luxembourg, Madagascar, Malaysia, Malta, Mexico, Monaco, Mongolia, Montenegro, Morocco, Netherlands, New Zealand, Nigeria, North Macedonia, Norway, Pakistan, Peru, Philippines, Poland, Portugal, Puerto Rico, Russian Olympic Committee (ROC), Romania, San Marino, Saudi Arabia, Serbia, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland, Chinese Taipei, Thailand, Turkey, Ukraine, United States, Uzbekistan

Participating Sports - Page 20

For all participating sports puzzle solutions, go to: sportsengine.com/participatingsports-puzzles.pdf

Opening Ceremony - Page 22

Observations

1. 80 countries or 84 Olympic Committees. Technically Chinese Taipei (Taiwan), Hong Kong, Puerto Rico, and ROC (Russian Olympic Committee) are not countries
2. 15 Olympic sports and 6 Paralympic sports. There will be 109 different Olympic events and 78 different Paralympic events.

Closing Ceremony - Page 24

Observations

1. The flag will be handed to the host city of the next Olympic Winter Games, Milano Cortina, Italy

Alpine Skiing - Page 29-30

For all alpine skiing & para alpine skiing puzzle solutions, go to: sportsengine.com/alpine-para-alpine-puzzles.pdf

Biathlon - Page 31-32

For all Biathlon & para biathlon puzzle solutions, go to: sportsengine.com/biathlon-para-biathlon-puzzles.pdf

Discussion Question

1. Depending on the point in the race, athletes may either be prone (laying down) or standing for their shot. Because race times are tenths of a second apart, a competitor doesn't have the time to remove their skis.

ANSWER GUIDE

Bobsled - Page 33-34

For all bobsled puzzle solutions, go to: sportsengine.com/bobsled-puzzles.pdf

Cross-Country Skiing - Page 35-36

For all cross-country skiing & para cross-country skiing puzzle solutions, go to: sportsengine.com/cross-country-para-cross-country-puzzles.pdf

Compare and Contrast

1. The classic cross country ski method is generally considered easier for beginners, is only suited to groomed trails, and is less strenuous. Skate cross country ski is generally faster and provides a better workout for the athlete. Skate style is very much like inline skating. Classic skis are generally longer and have a wide tip.

Curling - Page 37-38

For all curling & wheelchair curling puzzle solutions, go to: sportsengine.com/curling-wheelchair-curling-puzzles.pdf

Figure Skating - Page 39-40

For all figure skating puzzle solutions, go to: sportsengine.com/figure-skating-puzzles.pdf

Freestyle Skiing - Page 41-42

For all freestyle skiing puzzle solutions, go to: sportsengine.com/freestyle-skiing-puzzles.pdf

Ice Hockey - Page 43-44

For all Hockey & Sled Hockey puzzle solutions, go to: sportsengine.com/hockey-sled-hockey-puzzles.pdf

Compare and Contrast

1. Sled (sledge) hockey athletes use two sticks at the same time. The sticks are dual purpose. One end is curved and used to handle the puck and the other is pointed and is used to dig into the ice to propel the athlete forward. Sticks are just over a foot long except for the goalie who has a slightly longer stick.

Luge - Page 45-46

For all luge puzzle solutions, go to: sportsengine.com/luge-puzzles.pdf

Nordic Combined - Page 47-48

For all nordic combined puzzle solutions, go to: sportsengine.com/nordic-combined-puzzles.pdf

Short Track - Page 49-50

For all short track puzzle solutions, go to: sportsengine.com/short-track-puzzles.pdf

Skeleton - Page 51-52

For all skeleton puzzle solutions, go to: sportsengine.com/skeleton-puzzles.pdf

Ski Jumping - Page 53-54

For all ski jumping puzzle solutions, go to: sportsengine.com/ski-jumping-puzzles.pdf

Snowboarding - Page 55-56

For all snowboarding & para snowboarding puzzle solutions, go to: sportsengine.com/snowboarding-para-snowboarding-puzzles.pdf

Speed Skating - Page 57-58

For all speed skating puzzle solutions, go to: sportsengine.com/speed-skating-puzzles.pdf

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