

2010 Winter Olympics

Beginning February 12, 2010, the world's eyes will turn to Vancouver, British Columbia in Canada. Why? It will be the start of the 2010 Winter Olympics.

For the athletes coming to compete, however, they have had their eyes on Vancouver for years. Training day in and day out to excel at their sport. Champions like Anton Ohno discipline themselves to practice, practice, practice.

Championship Training

Five-time Olympic medalist, Apolo Anton Ohno knows that regular, repeated practice is what keeps him a world champion speed skater.

On a typical training day, he wakes up at 7:00 a.m., eats a light breakfast, and heads to the rink about 45 minutes later for practice.

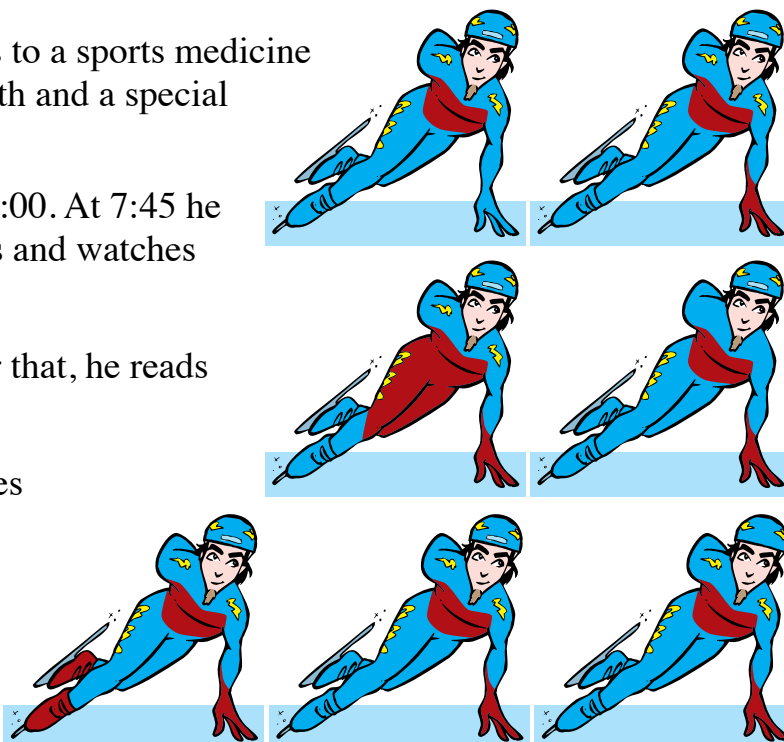
He starts practicing on the ice at 8:45 and continues for two hours. He then has lunch and rests until the next workout from 2:30 till 5:00.

After that he heads to a sports medicine clinic for an ice bath and a special massage.

He eats dinner at 7:00. At 7:45 he sharpens his skates and watches skating videos.

If he has time after that, he reads and calls friends.

Find the two images of Apolo that are the same.



Read about a typical training day for Anton Ohno. Then complete the schedule below to show where he is at different times during the day.

7:45 a.m.

9:30 a.m.

2:30 p.m.

3:15 p.m.

4:30 p.m.

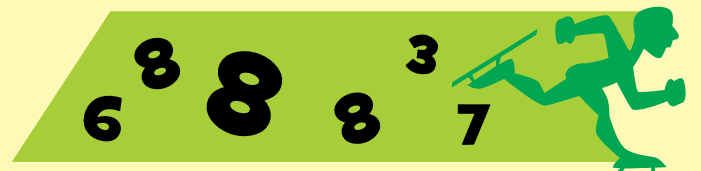
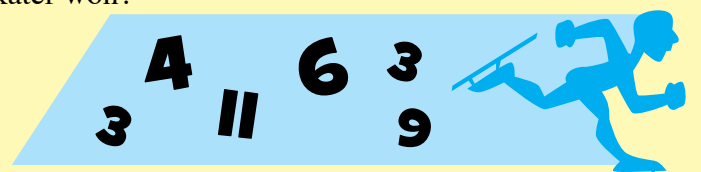
7:15 p.m.

Lesson: Measurement: Understand the concept of time and how it is measured.

Why do athletes practice so much, when they already know how to do their sport? Repeated practice makes athletes stronger and improves their **endurance**, or lasting power. Repeated practice also builds **muscle memory**.

Speed Skaters

To find the number of seconds it took each skater to complete a lap around the rink, add up the numbers next to each skater. Which skater won?



Lesson: Number Sense: Calculate sums.

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