

Name: _____

Group: _____

TASK 4 (b): Local Heroes – Response Booklet 4 Benoît St-Amand

You are almost at the final event. So far, you have learned about the Paralympic Games and sports, and about respecting people with disabilities. You will now discover one of the local Paralympic athletes from Québec who have proudly represented Canada in the Paralympic Games. The information you will collect from **Benoît St-Amand's** biography will be very useful for the brochure you will create to promote his achievements.



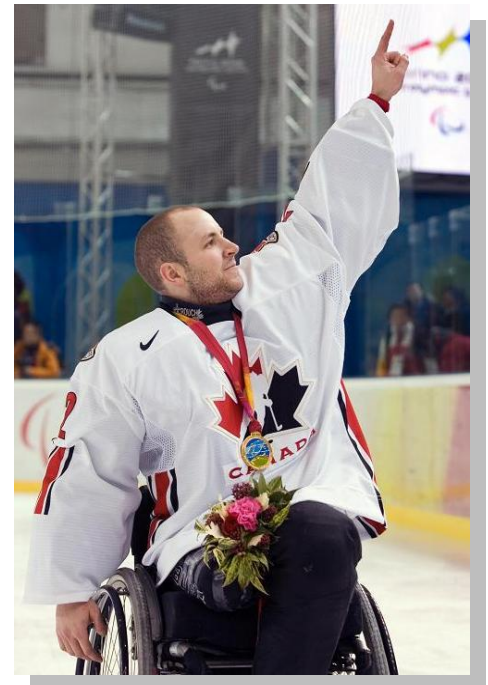
Valérie Grand'Maison
Paralympic Swimmer



Benoît Huot
Paralympic Swimmer



Jean Labonté
Sledge Hockey Player



Benoît St-Amand
Sledge Hockey Goaltender

Heroes are sometimes closer than we think!

Benoît St-Amand's Biography

- Read about **Benoît St-Amand** and complete the Response Journal on pages 3 and 4.

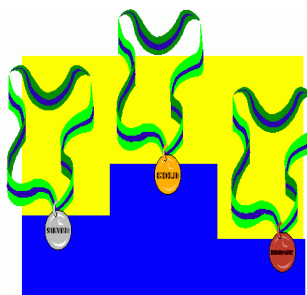


Personal Information

Name: Benoît St-Amand
Sport: Sledge Hockey
Date of birth: April 19, 1978
Place of birth: Montreal, QC
Disability: Amputee
Height: 1m 78
Weight: 77 kg



Personal Achievements



Paralympic medals (1)

Gold

1

Silver

Bronze

Paralympic Games

- 2006 Torino, Italy

Benoît's Story

It all started when Benoît St-Amand turned 15 and started to feel a strange pain in his right knee. A couple of weeks later, doctors told Benoît the bad news: he had bone cancer. In the next two years, he went through chemotherapy and had multiple operations. With the support of his family, he finally chose amputation and was able to return to an active lifestyle wearing prostheses. This experience taught him to live life one day at a time. "Before my cancer, I played hockey and loved it. Since my amputation, I found a way to play again and feel great," Benoît says.

Winning a gold medal in the Torino 2006 Winter Paralympic Games as a back-up goaltender was the best experience of Benoît's career. He wants to reach the next level, "Now, I want to win a gold medal as a starting goaltender in the Vancouver 2010 Winter Paralympic Games." When he wakes up at 4:30 AM on weekends to play hockey, he has only one objective: to be the best sledge hockey goaltender in the world. His advice to future athletes is to never give up and take every experience as an opportunity to learn. "It always pays to wait for the right time," Benoît concludes.

Response Journal

Local Paralympic Athlete: Benoît St-Amand

Sport: Swimming

PHASE 1: EXPLORING THE TEXT (INDIVIDUALLY)



My first reactions to the text

- I found the text difficult/easy to read because...
- I didn't understand (word, sentence, paragraph).
- It is interesting that ...
- I'm surprised that...

Some questions about the text

1. **What** is Benoît's disability?

2. **When** did he get bone cancer?

3. **What** made his life easier after his disability?

4. **Who** helped him with the big decision?

5. **Why** was winning a gold medal in Torino not enough for Benoît?

6. **What** is his advice to young people who play sports?

7. **What** did you think of the text?

Write short answers.

PHASE 1: EXPLORING THE TEXT (WITH OTHERS)

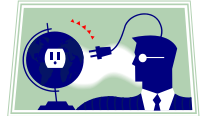


Sharing your initial understanding

1. Benoît has...
2. He got bone cancer when...
3. ...made him live a normal life.
4. ...helped him when...
5. Because he wants...
6. His advice for young athletes is...
7. I think that the text...

Readjusting my understanding of the text

PHASE 2: CONNECTING WITH THE TEXT



My personal connections to the text

Write
short
answers.

1. **How** would you feel if someone you know had cancer?

2. Benoît had his family's support during difficult times. **Who** helps you when you get into trouble?

3. Benoît's amputation taught him to live one day at a time. **Why** is this good advice, even for teenagers?

4. Winning a gold medal in Torino was the best experience for Benoît. **What** is one of your best achievements?

Sharing your personal connections

1. If I knew someone who had cancer, I would...
2. I usually get support from...
3. Living one day at a time is good advice because...
4. One of my best achievements is...

My classmates' connections

PHASE 3: GENERALIZING BEYOND THE TEXT



Paralympic athletes are role models for young people because ...

Write
short
answers.

- Use the following key words to create **two short mottos** that best represent Benoît St-Amand. Look at the example.

1. Active: Don't wait for others, be active!

2. Goal: _____

3. Training: _____