

Name: \_\_\_\_\_

Group: \_\_\_\_\_

## TASK 4 (b): Local Heroes – Response Booklet 4

### Benoît St-Amand – Correction Key

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.



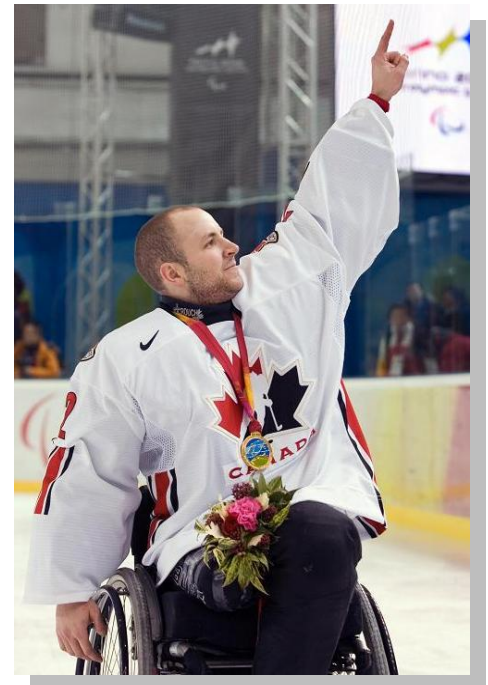
Valérie Grand'Maison  
Paralympic Swimmer



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



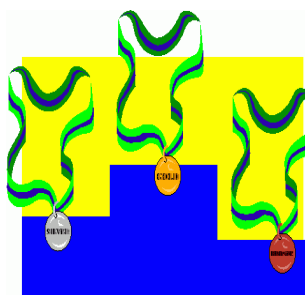
- Read about **Benoît St-Amand** and complete the Response Journal on pages 3 and 4.

### 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

Write  
short  
answers.

1. **What** is Benoît's disability?  
*Amputee.*
2. **When** did he get bone cancer?  
*At 15 years old.*
3. **What** made his life easier after his disability?  
*He decided to wear prostheses.*
4. **Who** helped him with the big decision?  
*His family.*
5. **Why** was winning a gold medal in Torino not enough for Benoît?  
*Because he wants to be the best sledge hockey goaltender in the world.*
6. **What** is his advice to young people who play sports?  
*Never give up. Take every experience as a new thing to learn.*
7. **What** did you think of the text?  
\_\_\_\_\_

#### PHASE 1: EXPLORING THE TEXT (WITH OTHERS)

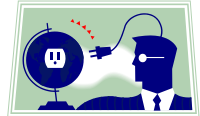


##### Sharing your initial understanding

1. Benoît has ...
2. He got it when ...
3. ... made him live a normal life.
4. ... helped him when ...
5. Because he wants ...
6. His advice for young kids 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?  
*I would be very sad. I would try to help the person. I would be scared the person dies.*
2. Benoît had his family's support during difficult times. **Who** helps you when you get into trouble?  
*My parents help me; my big sister; my best friend.*
3. Benoît's amputation taught him to live one day at a time. **Why** is this good advice, even for teenagers?  
*Because it is less discouraging, it makes us appreciate what we have one day at a time, etc.*
4. Winning a gold medal in Torino was the best experience for Benoît. **What** is one of your best achievements?  
*I won the artistic gymnastic medal. My soccer team won the championship, etc.*

### 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 was ...

### My classmates' connections

## PHASE 3: GENERALIZING BEYOND THE TEXT



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

*They are examples of courage and determination. They persevere to attain their goals. They do not get discouraged in front of a challenge. They are passionate about life. Their disabilities don't stop them from working hard. They don't feel self-pity. They believe in themselves.*

- 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:** *Never lose track of your goal! OR Reach for your goal!*
  3. **Training:** *Training is the key to success!*