

TASK 4 (b): Local Heroes – Response Booklet 1

Benoît Huot

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 Huot**'s biography will be very useful for the brochure you will create to promote his achievements.



Valérie Grand'Maison
Paralympic Swimmer



Benoît St-Amand
Sledge Hockey Goaltender



Jean Labonté
Sledge Hockey Player



Benoît Huot
Paralympic Swimmer

Heroes are sometimes closer than we think!

Benoît Huot's Biography

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

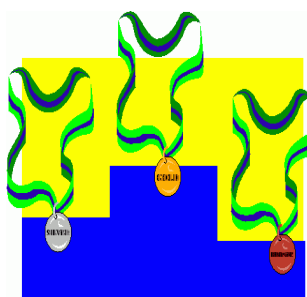


Personal Information

Name: Benoît Huot
Sport: Swimming
Date of birth: January 24, 1984
Place of birth: Longueuil, QC
Disability: Club foot
Height: 1m 78
Weight: 68 kg



Personal Achievements



Paralympic medals (16)

Gold

8

Silver

4

Bronze

4

Paralympic Games

- 2008 Beijing, China
- 2004 Athens, Greece
- 2000 Sydney, Australia

Benoît's Story

Benoît Huot was born with a “club foot”, a deformity of his right foot. His foot was so curved that his big toe touched the heel - like a horseshoe. As a baby, he wore a special cast to correct the shape of his foot. A successful operation helped his right foot move better, but he still had a weaker and smaller right foot and calf. Since he couldn't perform well in most sports, he decided to try swimming to build his confidence and self-esteem. At the age of 10, Benoît started to compete in swimming events. His life took a turn when he was 14, when he won six medals in his first international competition in New Zealand. To reach the highest levels of competition, Benoît's training days start at 6:00 AM and finish at 6:30 PM. He came back from the 2008 Summer Beijing Paralympic Games with four bronze medals. He said, “It was one of the greatest experiences of my life.”

In 2005, Benoît was named the top male Paralympic swimmer by *Swimming World Magazine*. He is the first Canadian swimmer, able-bodied or with a disability, to earn that title. Benoît also travels across Québec to share his experience with young people to help them achieve their goals.

Response Journal

Local Paralympic Athlete: Benoît Huot

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. **Why** did he start swimming?

3. **What** happened to him at 14?

4. **What** is one of Benoît's achievements?

5. **What** else did Benoît achieve in addition to his many medals?

6. **How** did Benoît describe the Beijing Paralympic Games?

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

Write short answers.

PHASE 1: EXPLORING THE TEXT (WITH OTHERS)

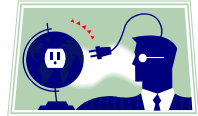


Sharing your initial understanding

1. Benoît has
2. Because...
3. When he was 14, he ...
4. One of his achievements is ...
5. He is/was also...
6. Benoît said...
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. Do you know someone who was born with a physical problem? **Who?**

2. Benoît said, "It was one of the greatest experiences of my life." **When** did you or someone you know feel that way?

3. Training from 6:00 AM to 6:30 PM is not easy! **Why** is it important for you to work hard?

4. Winning the title *Swimmer of the Year* was a great honour for Benoît. **Who** do you know who has won a special award or title?

Sharing your personal connections

1. Yes, she/he is... No, I ...

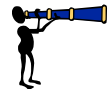
2. When I (he, she, etc.) ...

3. Because...

4. ... won ...

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 Huot. Look at the example.

1. Successful: Being successful takes effort.

2. Goal: _____

3. Training: _____