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Bobsled

Bobsled (AKA bobsleigh) is a winter sport where teams race down a narrow, winding, and steeply banked ice track in a specially designed sled. The winning team is the one with the lowest total score after a series of runs.



BOBSLED 2026

At a Glance

Events

Men's Events

Two-man

Four-man

Women's Events

Monobob

Two-woman

**"Find your passion, set a goal,
go to work."**

*-- Elana Meyers, Multi-Olympic American
medalist in bobsledding.*

SPOTLIGHT ON: Vonetta Flowers

Born: October 29, 1973.

Birthplace: Birmingham, Alabama.

Known for: First African American athlete to win a gold medal in the Winter Olympics (2002).

In college, Vonetta Flowers was a star sprinter and long jumper. She hoped to make the Summer Olympics. But she failed to make the team. So, she turned to bobsledding. Almost immediately, she found success as a brakes woman.

At the 2002 Winter Olympics in Salt Lake City, Utah (USA), Vonetta, along with driver Jill Bakken, won the gold medal in the two-woman event. She became the first African American woman to win a gold medal in the Winter Olympics.

15 Years, 128 Days

Age of USA bobsledder Tom Doe in 1928, where he won a silver medal, the youngest medalist in bobsled history.

Olympic Records: BOBSLED

Countries with the Most Olympic Medals

Germany (32): 16 gold, 9 silver, 7 bronze.

Switzerland (31): 10 gold, 10 silver, 11 bronze.

USA (28): 8 gold, 11 silver, 9 bronze.



Kids Want To Know

WHERE DID THE
NAME 'BOBSLED'
COME FROM?

The name "bobsled" originated from early racers who would bob (or shake) their heads back and forth in the sled to try to increase speed. They no longer need to do that.

LAUGH OUT LOUD



In 1988, a bobsled team from the tropical island of Jamaica competed in the Winter Olympics for the first time. The Jamaican bobsled team will compete in the 2026 Winter Olympics.

1924

First time bobsled competed at the Winter Olympics in Chamonix, France.

1960

Only Winter Games when bobsledding did not compete.

2002

The first year women competed in bobsledding at the Winter Olympics.

Curling

Curling is a team sport played on a sheet of ice where two teams slide heavy, polished granite stones toward a target called a “house.” The objective is to score points by getting your team's stones closer to the center of the house than the opponent's stones.

CURLING 2026

At a Glance

Events

Men's curling

Women's curling

Mixed Doubles curling



“You focus on the small things, the little details, then big things might happen.”

Eva Lund, Swedish curler and Olympic gold medal winner.

SPOTLIGHT ON: Sandra Schmirler

Born: June 11, 1963.

Birthplace: Saskatchewan, Canada.

Died: May 2, 2000.



Known for: Leading Canada's women's team to its first Olympic gold in 1998.

Her nickname was Schmirler the Curler. At the 1998 Winter Olympics in Nagano, Japan, she "skipped" (or captained) her Canadian team to a gold medal. It was the first year women's curling was a medal sport at the Winter Olympics.

Before that, she captured three World Curling Championships in 1993, 1994, and 1997. In 2019, she was named one of the two great Canadian female curlers in history and was later inducted into the World Curling Federation Hall of Fame.

42 pounds (19 kg)

The average weight of curling stones. Curlers say the best stones come from granite found on a small island off the coast of Scotland.

Olympic Records: CURLING

Countries with the Most Olympic Medals

Canada (12): 6 gold, 3 silver, 3 bronze.

Sweden (10): 4 gold, 2 silver, 4 bronze.

Switzerland (7): 1 gold, 3 silver, 3 bronze.

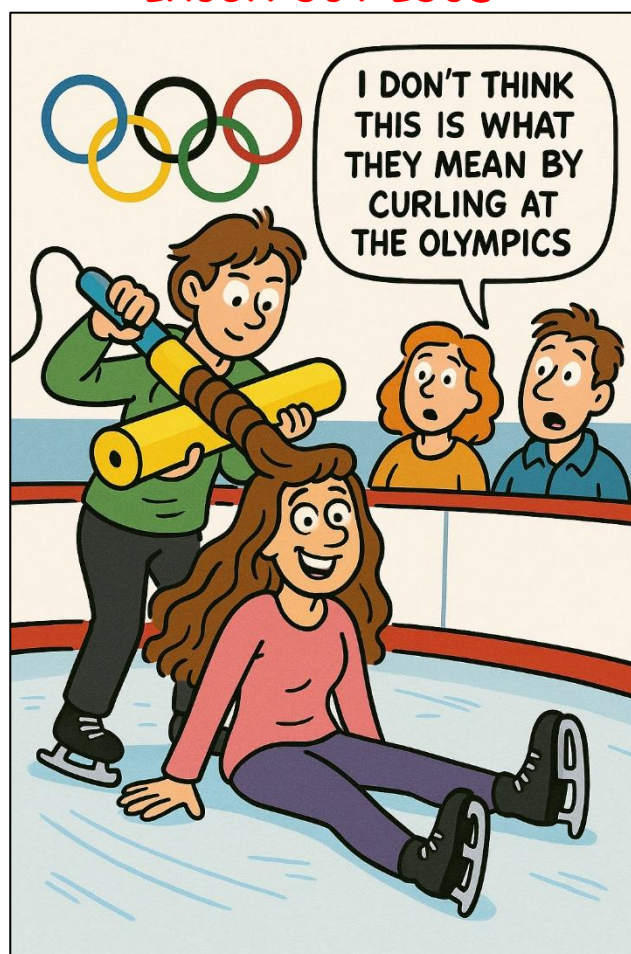
Kids Want To Know



WHAT DOES
"SWEEPING" DO IN A
GAME OF CURLING? WHY
IS IT IMPORTANT?

Sweeping does several things. Sweeping (or brushing) slightly melts the ice in front of the stone. That creates a thin layer of water, which helps the stone move more easily and farther. It also helps the stone move in a straighter line.

LAUGH OUT LOUD



1924

Curling is competed in Chamonix, France, as a demonstration sport.

1998

Curling officially becomes a medal sport at the Winter Olympics in Nagano, Japan.

1998

Women officially compete in curling events at the Winter Olympics in Nagano, Japan.

Ice Hockey

Ice hockey is a fast-paced team sport played on an ice rink where two teams of skaters use sticks to shoot a hard rubber puck into the opponent's net. The winner is the team that scores more goals than the opposing team by the end of three 20-minute periods.



**"Don't ever let your memories
be bigger than your dreams."**

*-- Jim Craig, American ice hockey goaltender
and 1980 gold medalist.*

ICE HOCKEY 2026

At a Glance

Tournament

Men

Women

SPOTLIGHT ON: The 1980 US Hockey Team

When: 1980 Winter Olympics.

Where: Lake Placid, NY, USA.

Known for: Upset victory over the Soviet Union.

Everyone figured the Soviet Union would win the gold medal at the 1980 Winter Olympics. After all, the Soviet Union was a four-time gold medalist. It had won the gold medal in five of the previous six Winter Olympic Games.

By contrast, the United States team was composed mostly of amateur players with only four players with minimal minor-league experience.

Yet, the United States achieved an upset victory, winning 4-3. The victory became known as the “Miracle on Ice.”

Quick Quiz

Switzerland's Alina Müller holds a special distinction in women's ice hockey at the Olympics. What is it?

- (a) She scored in three Olympic finals.
- (b) She's the youngest player in Olympic history to win an ice hockey medal.
- (c) She's a four-time gold medalist.

Check your answer of page 38.

3-1

The final score at the 1998 women's hockey game in Nagano, Japan, with the United States defeating Canada.

1920

The year ice hockey made its Olympic debut at the Summer Olympics.

1924

Ice hockey first appeared on the Olympic program in the Winter Olympics.

1998

The year women's ice hockey first appeared on the program in Nagano, Japan.

Kids Want To Know



WHY ARE HOCKEY PUCKS FROZEN BEFORE A GAME?

Hockey pucks are made from hard rubber. Freezing them before a game keeps them from bouncing during play, which could hurt players or spectators. But frozen hockey pucks thaw easily. So, an average NHL game uses as many as twelve pucks.

Olympic Records: ICE HOCKEY

Countries with the Most Olympic Medals

Canada (23): 14 gold, 6 silver, 3 bronze.

USA (18): 4 gold, 12 silver, 2 bronze.

Sweden (11): 2 gold, 4 silver, 5 bronze.

Finland (11): 1 gold, 2 silver, 8 bronze.

LAUGH OUT LOUD



"Without passion, you
won't do something
100 percent."

--*Apolo Ohno, 8-time Olympic medal
winner, speed skating.*

Short Track Speed Skating

Short track speed skating is a sport where multiple skaters race against each other on a small, indoor oval track. Skaters compete against one another, with the first to cross the finish line winning.



SHORT TRACK SPEED SKATING 2026

At a Glance

Events (9)

Men's Events

500 meter
1000 meter
1,500 meter
Team

Women's Events

500 meter
1000 meter
1,500 meter
Team
Mixed Teams

SPOTLIGHT ON: Apolo Ohno

Born: May 22, 1982.

Birthplace: Seattle, Washington, USA.

Known for: The most decorated U.S. Winter Olympian with eight overall medals.

Apolo Ohno began speed-skating training full-time in 1996 at the age of 14. A year later, in 1997, he became the youngest US national champion. Many medals followed.

In 2002, at the Winter Olympics in Salt Lake City Utah, USA, Ohno won his first gold medal in the 1500 m race. He also took home a silver medal in the 1000 m.

In 2006, at the Winter Olympics in Turin, Italy, Ohno won a gold medal in the 500m race and bronze in both the 1000m and 5000m relay.

In 2010, at the Winter Olympics in Vancouver, British Columbia, Canada, Ohno took home silver in the 1500m race and bronze in both the 1000m and 1500m relay. In 2019, Ohno was inducted into the U.S. Olympic Hall of Fame

Kids Want To Know



WHAT'S THE DIFFERENCE BETWEEN SHORT TRACK SPEED SKATING AND SPEED SKATING?

They may look the same, but they are very different. Here are just a few of the differences:

Competition: Speed Skating: Two athletes compete at the same time; after everyone has raced, the one with the fastest time wins. **Short Track:** Four to six athletes compete in a series of rounds. The fastest finishers progress to the later rounds.

Events: Speed Skating: 14 (7 for men; 7 for women). **Short Track:** 9 (4 for men; 4 for women; 1 mixed team).

The Track: Speed Skating: 400 meters long; **Short Track:** 111.12 meters.

Risk: The risk of falling in short track speed skating is much higher than in speed skating.

Olympic Records: SHORT TRACK SPEED SKATING

Countries with the Most Olympic Medals

Korea (53): 26 gold, 16 silver, 11 bronze.

China (37): 12 gold, 16 silver, 9 bronze.

Canada (37): 10 gold, 13 silver, 14 bronze.

LAUGH OUT LOUD



1992

The year short track speed skating was added to the Winter Olympics program.

2022

Arianna Fontana (Italy) became the skater with the most medals in short track.

2022

The mixed 2000-meter relay was added to the short track Olympic program.

Freestyle Skiing

Freestyle skiing involves performing acrobatic stunts and tricks such as flips, spins, and slides in various disciplines, including moguls, aerials, and slopestyle.



"Dream big!"

*Alexandre Bilodeau, Canadian
gold medalist.*

FREESTYLE SKIING 2026

At a Glance

Events (15)

Men's and Women's Events

Aerials
Big Air
Halfpipe
Moguls

Dual Moguls

Ski Cross
Slopestyle
Mixed Teams
Aerials

SPOTLIGHT ON: Eileen Feng Gu
(AKA by her Chinese name Gu Ailing)

Born: September 3, 2003.

Birthplace: San Francisco, California, USA.

Known for: At age 18, the youngest Olympic champion in freestyle skiing in Olympic history.

Born in the United States, Eileen Gu has competed for China in halfpipe, slopestyle, and big air events since 2019. At the 2022 Winter Olympics in Beijing, China, Gu won gold medals in big air and halfpipe and a silver medal in slopestyle. She is the first freestyle skier to win three medals at a single Winter Olympics.

Quick Quiz

All of the following statements are true except one. Which one?

- (a) An early nickname for freestyle skiing was “hot-dogging.”
- (b) Freestyle skiers often practice aerial tricks on trampolines.
- (c) Freestyle skiers rarely use helmets.
- (d) Freestyle skiers often practice jumps into a swimming pool.

See Answer of page 38.

Olympic Records: FREESTYLE SKIING

Countries with the Most Olympic Medals

USA (33): 11 gold, 13 silver, 9 bronze.

Canada (30): 12 gold, 12 silver, 6 bronze.

China (17): 5 gold, 8 silver, 4 bronze.

Kids Want To Know



WHAT'S THE
DIFFERENCE BETWEEN
THE DISCIPLINES IN
FREESTYLE SKIING?

Mogul skiing involves skiing a course filled with bumps (moguls) and performing tricks.

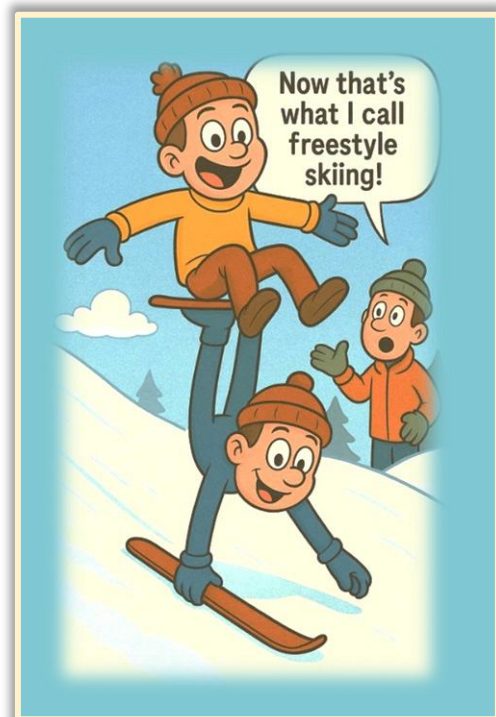
Aerial skiing focuses on high-flying jumps flips and spins before landing.

Slopestyle skiing features a course with various obstacles like rails, jumps, and boxes.

Halfpipe skiing takes place in a U-shaped ramp where skiers perform tricks.

Big air skiing involves performing the most impressive tricks off a single, huge jump.

LAUGH OUT LOUD



1992

The year aerials became an official Olympic discipline in Freestyle Skiing.

1992

The first gold medal in women's moguls was won by US skier Donna Weinbrecht.

2026

A dual moguls event is added to the winter program.

Ski Jumping

Ski jumping is a winter sport where athletes ski down a ramp, launch into the air, and aim to fly as far as possible before landing. The skiers are judged on both the distance of their jump and their style, which includes body position.

SKI JUMPING 2026 At a Glance

Events

Men's Events

- Men's Individual large hill (K120)
- Men's Individual normal hill (K90)
- Men's Team large hill (K120)

Women's Events

- Women's Individual normal hill
(added in 2014)
- Women's Individual large hill
(added in 2026)

Mixed Team event (added in 2022)



**"No matter how many people say you
can't do something, use that as
inspiration to prove them wrong."**

**— Eddie the Eagle, first athlete to represent
Great Britain in Olympic Ski Jumping.**

SPOTLIGHT ON: Anders Haugen

Born: October 24, 1988.

Birthplace: Norway.

Died: April 14, 1984 (age 95).

Known for: The first and, as of 2022, only American to win an Olympic medal for ski jumping.

In 1909, at the age of 21, Anders Haugen emigrated (or came) to the United States from his home in Norway. In 1920, he set the world record for ski jumping distance of 65.23 meters (214 ft). In 1924, at the first Winter Olympics, Haugen placed fourth in the individual large hill ski jumping event. However, years later, in 1974, a sports historian discovered an error in the scoring. As a result, Haugen was awarded the bronze medal. He was 85 years old.

Quick Quiz

What is the name of a special ski jumping technique used by all Olympic medalists?

- (a) The Flying Angel technique
- (b) V-style technique
- (c) The Kongsberger technique

See answer on page 38.

Olympic Records: SKI JUMPING

**Countries with the
Most Olympic Medals**

Norway (36): 12 gold, 10 silver, 14 bronze.

Austria (27): 7 gold, 10 silver, 10 bronze.

Finland (22): 10 gold, 8 silver, 4 bronze.

Kids Want To Know



WHAT'S THE
DIFFERENCE BETWEEN
NORMAL HILL AND
LARGE HILL IN SKI
JUMPING?

The main difference has to do with the K-point (the point where the hill begins to flatten out). The K-point of the normal hill ranges from 85m to 99m (approximately 279 feet to 325 feet). The K-point of the large hill ranges from 100m to 180m (approximately 328 feet to 591 feet). Jumpers are awarded points for every meter they travel beyond the K-point.

60 mph (or more)

The speed at which ski jumpers reach.

LAUGH OUT LOUD



1924

Ski jumping is one of only six sports competed at every Winter Olympics since 1924.

1998

The first year that a team ski jumping event was included in the Winter Olympics.

2014

The first year a women's ski jumping event was included at the Winter Olympics.