

My Olympic Story

By Kwame Nkrumah-Acheampong
Illustrated by Philip Bannister

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1. Where I did Kwame live when growing up
2. Explain some of the difficulties of moving so often.
3. Which sports did Kwame play at university? How successful was he?
4. How did Kwame get into skiing?
5. What are blades?
6. Explain why skiing in the French Alps nerve wracking?
7. Why did Kwame quit his job?
8. Where in France did Kwame live?
9. Why could Kwame not rely on sponsorship over the summer?

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10. Explain what the disaster in Iran was.
11. What do the following words mean
 - a. Catalyst
 - b. Podium
12. Why are there so few African Winter Olympians?
13. Describe why the 2007 World Ski Championship was one of Kwame's worst experiences.

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14. Find the meaning of the following words
 - a. Expenditure
 - b. Sponsorship
15. Why did Kwame only have 22 days to train for the Olympics?
16. How did Kwame feel before he started his event?
17. What happened when Kwame's first run ended?
18. What was Kwame's goal for the Games?
19. Where were the Winter Olympics held that Kwame attended?
20. Why do you think that Kwame wrote this autobiography?
21. Think carefully about what Kwame has written here. Make a list of the personal qualities that he has shown throughout this story.

Extra

Explore events at the Winter Olympics. Create an information display about New Zealand's performances and achievement at these Games.

Or

Create an information report about Kwame Nkrumah-Acheampong.