BACKGROUND INFORMATION

"It all comes down to having the confidence to be who you are."
Cathy Freeman

Quick Facts

- Name: Catherine Astrid Salome Freeman
- Born: 16 February 1973 in Mackay
- Career Highlight: Gold Medallist in 400m, 2000 Sydney Olympics
- Recent Awards: Among many other achievements, Cathy was awarded the Centenary Medal in 2003, Order of Australia Medal (Australia Day Honours) in 2001, and Australian of the Year in 1998.
- Passions include running, her family, Indigenous issues, children, and animals (especially cats and horses).
- Loves music and dancing, being with her family and friends, and travelling.
Cathy Freeman was born in Mackay, Queensland in 1973. From the time Freeman was a child she dreamed of winning an Olympic gold medal.

She raced for the first time when she was eight years old. She ran the 80 metre sprint at her primary school and won easily.

Freeman has achieved much more than her dream of Olympic Gold. She won a scholarship to two Queensland schools, Fairholme College and Kooralbyn International School. At Kooralbyn in 1989 she was professionally coached for the first time.

In 1990 Freeman competed in her first Commonwealth games where she won gold as a member of the 4 x 100 metres relay team.

She became the first Aboriginal sprinter to win a gold medal at the Commonwealth Games. At the 1994 Commonwealth Games she won the 200 and 400 metre gold medals. The 1992 Barcelona Olympics were her first Olympics but she did not make the finals. At the 1996 Atlanta Olympics, Freeman won a silver medal.

In 1990 she was chosen as the Young Australian of the Year and in 1998 Australian of the Year. She is the first person to receive both awards.

Freeman was given the honour of lighting the Olympic flame at the opening ceremony of the 2000 Sydney Olympics. At those Olympics with the hopes of the nation running with her she fulfilled her childhood dream winning gold for the 400 metres. After the race she sat on the track emotionally and physically exhausted. The crowd wildly cheered her on her victory lap as she proudly carried the Australian and Aboriginal flags as she had first done at the 1994 Commonwealth Games.

Freeman has now retired from professional running and devotes much of her time and energy to important causes, particularly Aboriginal issues.

USEFUL WEBSITES

Some of these websites contain free printable worksheets which cannot be included on this page due to copyright restrictions.

http://www.activityvillage.co.uk/cathy-freeman

This site has a colouring page and 3 worksheets which can be printed. There is also a video of Cathy, speaking about her gold medal run in Sydney.

http://en.wikipedia.org/wiki/Cathy_Freeman

Good background information on Cathy Freeman.

http://homeschooling.about.com/od/freeprintables/ss/athletics_3.htm#step-heading

Some pages of printable activities about Athletics.

https://www.teachervision.com/australians/printable/64626.html

This site has a printable sheet of questions which can be used to learn about a favourite athlete – ie. Cathy Freeman!


This is Cathy’s website which provides information about how she supports indigenous children in their education.
EXPLORING A BOOK TOGETHER

You may wish to borrow or buy this book and read some each week with your child. It’s suitable for middle to upper primary students.

“Born to Run”, by Cathy Freeman

Teachers’ Notes, written by Bronwyn Owen

Summary

Catherine Freeman, known to us all as Cathy, is a sporting legend in Australia and around the world. She has raced against the best in the world and come out on top, winning gold medals at both the Commonwealth and Olympic Games.

In Born to Run Cathy tells the story of her life, from her childhood in Mackay with her brothers and sisters, to lighting the cauldron at the 2000 Sydney Olympic Games before going on to win gold in the 400 metres.

In her own words Cathy reveals her childhood joys and dramas, including the separation of her parents, her mother remarrying, and the death of her older sister Anne-Marie who lived with Cerebral Palsy.

Cathy talks candidly about the experiences of racism she encountered, and also about the trials of constant training and the need for self-motivation and positive encouragement to help bring her to the point where she achieved her childhood dream.

This autobiography would be suitable for students from middle primary through to lower secondary school.
WORDS can go horizontally, vertically and diagonally in all eight directions. Words may overlap and share one or more letters.

V L N Z B E E C N A T S I D G N O L L X M J H
P M Q L N S N L J K H F X N R R G A M K B S D
M V H Q B A O G Z T N A S K T F D N E X E L S
K M U Z Q H L X J X K U M N Z E Z S G O X M E
F V N F L C H G R S C T X M R I W H L P H S
V A D K V E T H Q S E M X W E C P S R C M R O
N L R R V L A S I Y V L I P R R G M O X U A M
K S E Y N P C D A N D N D E M N H M H R J C N
Q E D M J E E E E X N N C X R I U P W U Y H E I
D S M V X E D J C E Y E T N U E J N H C G P W
F T E J W T V K R N L A I R T H N G T Z I O D
P A T Z M S V K M L A R I A E G P N W H D E
A R R E T N I R P S R R T I R C K Z X O Q I Y
N T E K X M F Q M T N I U L C Y K C N N L U C
I P S K R N W T Y L O L J D F H D E N W N M P
M Z L J A V E L I N H H M D N F A I V F Q M N
A L A N C U L P E P P E R R L E Y R E E K T B
T G N T R I P L E J U M P M L K L C D T N Q C
S R W K P S T N E V E D L E I F L D C S Q T B
T D T L K N Q R F I T N E S S H C A O C Q R S
Y Q P O L E V A U L T E L T T U S E I L L E K

www.puzzle-club.com
alan culpepper    false start    long distance    stamina
sprinter coach    field events    long jump    steeplechase
competition    fitness    medal    track events
decathlon    hammer    podium    training shoes
diet    high jump    pole vault    triple jump
discus    hundred metres    race    winner
edwin moses    hurdles    runner    exercise
endurance    javelin    sanya richards    ellie suttle
You may like to do some research on your mentored child’s favourite sport or athlete and bring in your own activities, or hunt through the school library with your mentored child and investigate together.