

A photograph of two bobsleists in red and white uniforms racing down an icy track. They are wearing helmets with American flags. The background is a blurred blue sky with the word "WINTER" visible. The text is overlaid on dark, rounded rectangular boxes.

Curated Olympic-themed Book Lists

**FROM CBC
Reading List Olympic and
Paralympic Winter Games**

**FROM CPL
Beyond the Podium: Stories of
Determination and Excellence**

MILANO CORTINA 2026



CANADA'S OLYMPIC & PARALYMPIC NETWORK

Reading List

Olympic and Paralympic Winter Games

Explore a curated selection of books by [CBC Books](#) connected to the Olympic & Paralympic Games — featuring perseverance, dedication, sacrifice and elite performances by some of the top athletes in the world.

Open Heart, Open Mind

Clara Hughes

The Hockey Skates

Karl Subban, illustrated by Maggie Zeng

Tessa and Scott

Tessa Virtue & Scott Moir, as told to Steve Milton

Just Call Me "Andi"

Andria Petrillo

Revolve

Bal Khabra

Gold Medal Diary

Hayley Wickenheiser

Rockstar

Jennifer Jones

Bea Mullins Takes a Shot

Emily Deibert

Crosby's Golden Goal

Mike Leonetti, illustrated by Gary McLaughlin

Nish: North Stars

Isabelle Picard, translated by Kateri Aubin Dubois

My Mother's Daughter

Perdita Felicien

The Kodiaks

David A. Robertson

A is for Axel

Kurt Browning, illustrated by Melanie Rose

Hockey Girl Loves Drama Boy

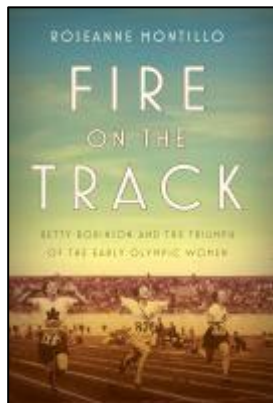
Faith Erin Hicks

Small Ceremonies

Kyle Edwards

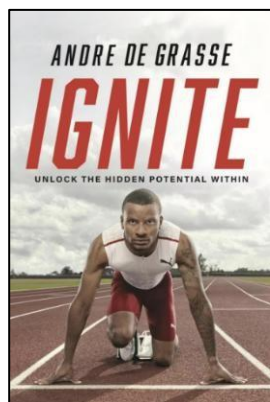
CPL RECOMMENDED READING LIST

Beyond the Podium: Stories of Determination and Excellence



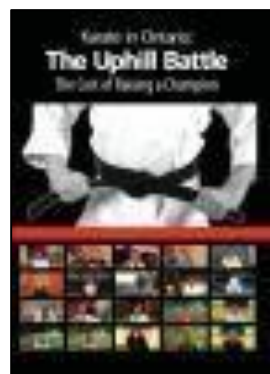
***Fire on the Track: Betty Robinson and the triumph of early Olympic women* – Roseanne Montillo**

This inspiring true story follows **Betty Robinson**, the first Olympic women's track champion, and her fellow early female competitors as they broke barriers, defied expectations, and chased Olympic gold in the face of societal resistance, personal setbacks, and historic challenges. A vivid celebration of courage, resilience, and the pioneers who helped shape women's sport.



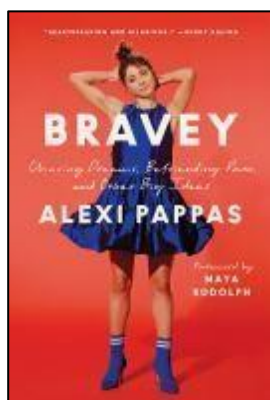
***Ignite: Unlock the hidden potential within* – Andre Degrassi with Dan Robson**

Canadian Olympic champion Andre De Grasse shares powerful lessons on resilience, confidence, and determination, drawing on his journey from rising talent to world-class sprinter. A motivating read about unlocking potential and performing under pressure.



Karate in Ontario: the uphill battle: the cost of raising a champion – DVD

This compelling sports documentary gives an inside look at the challenges faced by karate athletes, coaches, and parents in Ontario as they strive for excellence. Featuring interviews with instructors, competitors, and officials, it explores the financial, logistical, and structural hurdles faced by those aiming to develop elite karate talent — from funding travel to qualifying for national and international events to the realities of competing in a sport that only recently became an Olympic discipline.



***Bravey: chasing dreams, befriending pain, and other big ideas* – Alexi Pappas**

Olympic runner, filmmaker, and writer **Alexi Pappas** shares her moving and candid memoir about chasing big dreams, facing pain and setbacks, and discovering resilience and joy along the way. Full of honest reflections on sport, creativity, and life's highs and lows, *Bravey* offers inspiration for anyone striving toward their goals with courage and heart.



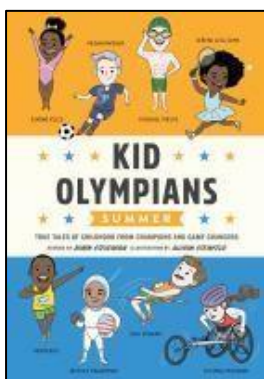
Canada National Soccer Teams: ultimate fan guide – David Stabler

A lively introduction to the story of Canada’s national soccer programs, celebrating both the **men’s and women’s teams’ biggest moments, victories, and standout players**. This kid-friendly guide highlights how soccer has grown in Canada, explores key achievements on the international stage, and gives fans fun facts and insights into the sport’s rising stars.



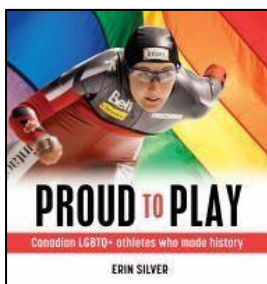
Kid Olympians, winter: true tales of childhood from champions and game changers – Robin Stevenson

This engaging, kid-friendly book shares true childhood stories of Winter Olympic and Paralympic athletes, showing how future champions like Simone Biles, Lindsey Vonn, Apolo Ohno, and Cindy Ouellet first began dreaming, training, and overcoming challenges. With lively text and full-color illustrations, it inspires young readers to pursue their own goals with passion and perseverance.



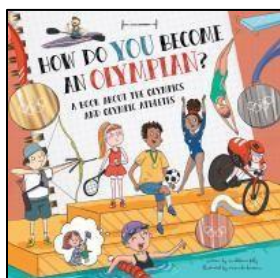
Kid Olympians, summer: true tales of childhood from champions and game changers – Robin Stevenson

This lively, illustrated book shares true stories from the childhoods of Summer Olympic and Paralympic athletes, showing how champions like Usain Bolt, Nancy Herring, and others first discovered their passions, faced challenges, and began their journeys to elite sport. Perfect for young readers, it inspires curiosity, perseverance, and dreams of greatness.



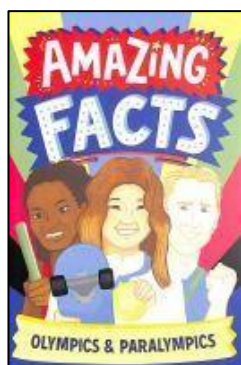
Proud to Play: Canadian LGBTQ+ athletes who made history – Erin Silver

This inspiring, illustrated book profiles celebrated **Canadian LGBTQ+ athletes** who have broken barriers in sport, sharing their stories of courage, identity, and achievement on and off the field. Through personal journeys and historical context, it highlights how these trailblazers helped make sport more inclusive and encourages young readers to play with pride and authenticity.



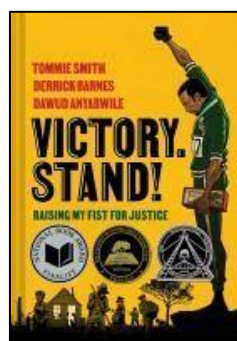
How do you become an Olympian?: a book about the Olympics and Olympic athletes – Madeleine Kelly

This fun and informative picture book explains how the Olympics work, the history of the Games, and what it takes for athletes to become Olympians — all through engaging Q&A format, colourful illustrations, and kid-friendly facts that inspire curiosity and perseverance.



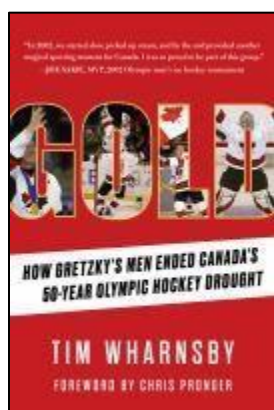
Amazing Facts: Olympics and Paralympics – Caroline Rowlands

Packed with bite-sized facts, photos, and surprising trivia, this accessible nonfiction book explores the history, sports, and athletes of the Olympic and Paralympic Games. A fun and informative read that highlights athletic achievement, perseverance, and the global spirit of the Games.



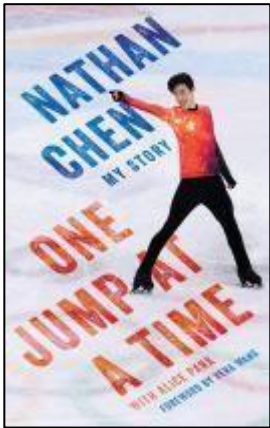
Victory. Stand! : raising my fist for justice – Tommie Smith

In this powerful memoir, Olympic gold medalist Tommie Smith reflects on his historic 1968 Olympic protest and the lifelong impact of standing up for justice. Blending sport, activism, and personal courage, the book explores the cost — and necessity — of using one's platform to fight for equality.



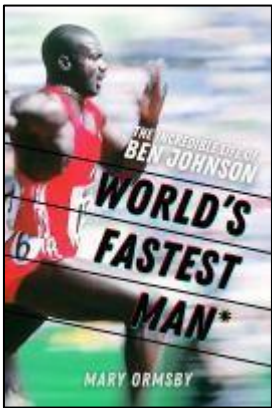
Gold: How Gretzky's men ended Canada's 50-year Olympic hockey drought – Tim Wharnsby

This engaging sports history tells the story of Canada's men's hockey team at the 2002 Winter Olympics, where Wayne Gretzky, as executive director, helped lead a new era of NHL talent to Olympic gold. Blending behind-the-scenes insight with on-ice drama, the book explores leadership, pressure, and the national significance of ending a 50-year Olympic hockey drought for Canada.



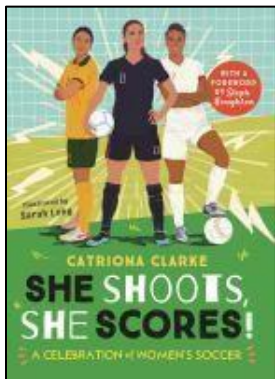
One jump at a time: my story – Nathan Chen

Olympic figure skating champion Nathan Chen shares his journey to the top of the sport, reflecting on the dedication, setbacks, and mental resilience required to compete at an elite level. From mastering difficult jumps to handling pressure on the world stage, this inspiring memoir highlights perseverance, focus, and the pursuit of excellence.



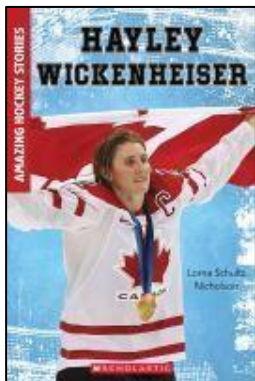
World's fastest man*: the incredible life of Ben Johnson – Mary Ormsby

This compelling biography traces the extraordinary rise and controversial downfall of Canadian sprinter Ben Johnson, whose record-breaking Olympic victory made him the fastest man in the world — and whose disqualification shocked the sporting world. Set against the intense pressure of elite competition, the book explores ambition, performance culture, and the personal and public costs of success, offering a nuanced look at one of the most infamous moments in Olympic history.



She shoots, she scores!: a celebration of women's soccer – Catriona Clarke

This energetic and empowering book celebrates the growth, skill, and impact of **women's soccer**, highlighting trailblazing players, historic moments, and the passion driving the game forward. A joyful tribute to teamwork, perseverance, and the athletes who have helped change the face of the sport—on local fields and the world stage.



Hayley Wickenheiser – Lorna Schultz Nicholson

This accessible biography introduces readers to **Hayley Wickenheiser**, one of Canada's greatest athletes. Tracing her journey from a young hockey player to Olympic champion, the book highlights dedication, leadership, and the determination required to succeed at the highest level of sport.