

LETTER OF ACHIEVEMENT

SIMON WHITFIELD - HEALTHY ACTIVE LIVING

Hi

I want to start by congratulating you on accomplishing the Canadian Olympic School Program Challenge and obtaining your Passport to London! This is truly a great accomplishment.

The values of leadership, respect and healthy active living are very important to me. I am inspired by your commitment to living these values on a daily basis, as these are the qualities of true champions. As you have experienced, learned and come to know, these values help make Canada an even better place.

It is going to be a busy spring and summer. It's going to be fun! I challenge you to get outside and participate in your favorite sports and physical activities. Get outside and play! It does not matter what you are playing, as long as you are outside and active. Over the summer, I encourage you to try some new activities. You just never know what you may enjoy. Perhaps you too will get out and swim, bike and run this summer!

I hope you will follow me in lead-up and during the London 2012 Olympic Games. Knowing that you are behind me will be a source of great motivation.

Play well. Eat well. Be well.

Yours in Sport,

Simon Whitfield
Triathlon
Gold Medalist, 2000 Sydney Olympic Games
Silver Medalist, 2008 Beijing Olympic Games

**CANADIAN OLYMPIC SCHOOL PROGRAM
CHALLENGE: Passport To London**