



DISCUSSION GUIDE: *Cool Runnings*

Cool Runnings follows the first ever Olympic Bobsled team from Jamaica. Formed out of broken dreams from sprinter captain, Derice Bannock, and coached by a fallen former American bobsled gold medalist, Irv Blitzer, the Jamaicans face many challenges on their way to the 1988 Calgary Winter Olympics. The Bobsledders learn many lessons along the way and what it means to be a Triple-Impact Competitor (as defined by Positive Coaching Alliance).

“Feel the rhythm: Feel the rhyme! Get on up, its bobsled time! COOL RUNNINGS”! - Sanka Coffie

- 1) What is your favorite scene in the movie? Why?
- 2) What were the obstacles the team had to face in the movie? Be specific.
- 3) What inspired you about the movie? What is the biggest life lesson?
- 4) What did Coach Irv Blitzer mean when he told Derice, “Derice, a gold medal is a wonderful thing. But if you’re not enough without one, you’ll never be enough “with one”.
- 5) Remember the scene when Yul Brenner coached Junior up to believe in himself...”I see pride! I see power!”... What did that self-talk do for him. How do you know he believed it?
- 6) When in soccer do you find that YOU NEED higher levels of self-confidence? (right before kick-off; coming off the bench; after a mistake)...Identify and talk about strategies with your team for how you get your confidence. It’s good to practice self-talk that YOU believe (not your coach or anyone else)...What can or do you say to get your energy or confidence up when you need it?