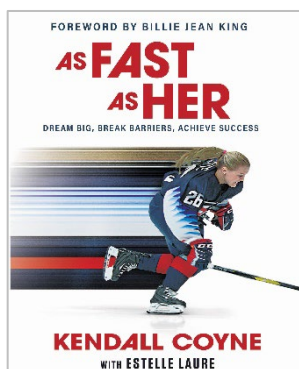


# EDUCATOR'S GUIDE



## As Fast As Her

by Kendall Coyne Schofield with Estelle Laurie

Educator's Guide for readers, ages 13 and up

Created by Jennifer Guyor Jowett

***“Seek out someone who inspires you and use that as inspiration to become the best version of yourself” (23).***

## SUMMARY

*As Fast as Her* is the exciting story of hockey star Kendall Coyne, who led the US Women's Hockey team to Olympic gold and was the first female hockey player to compete in the fastest skater competition at the NHL All-Star weekend.

In this inspiring book, US Olympian and hockey star Kendall Coyne shares the grit and determination it took to break down barriers and achieve her dreams against tremendous odds, encouraging young people to follow their passions and never give up.

The world told Kendall Coyne to slow down. They said “not so fast” when she picked up hockey skates instead of figure skates. They said “just a minute” when she tried out for the boy's team. They told her “you're not enough” so often that she started to believe it. But Kendall had a passion and a dream, so instead of slowing down, she sped up, going on to win Olympic gold and a spot in the Fastest Skater Competition at the 2019 NHL All-Star Weekend.

*As Fast as Her* explores how Kendall held on to her dream, overcame her insecurities and naysayers, and pushed herself past barriers to achieve her goals—and how you can too! Inside, Kendall shares:

- stories that illustrate the lessons she's learned and how to apply them for success
- encouragement to help young people know they are good enough—to fit in, to find their “why,” and to create lasting change for others
- her personal trials and triumphs, inspiring readers to discover what excites and exhausts them—and help them to be as relentless in achieving their own goals
- behind-the-scenes and personal photos in a full-color 8-page insert

## About the Author

Kendall Coyne Schofield is a longtime member of the United States women’s national hockey team. She has won over twenty international medals while representing Team USA, including a gold medal from the 2018 Olympics and a silver medal from the 2014 Olympics. Originally from Palos Heights, Illinois, she played her college career at Northeastern University where she received the Patty Kazmaier Memorial Award. In 2019 she became the first woman to compete in the NHL All-Star Skills Competition where she finished less than a second behind the winner, Connor McDavid, in the fastest-skater competition. Currently Kendall lives in Orland Park, Illinois, with her husband, NFL player Michael Schofield, and their dog, Blue.

## Pre-reading Activity

Grit and Inspiration - Have students complete a checklist of times they’ve experienced success due to grit or inspiration. Once they’ve had the opportunity to complete the checklist, allow time for examples to be shared. Ask them to watch for more opportunities that arise in their own lives while reading *As Fast As Her*. Drawing attention to these experiences before reading will make readers more aware of opportunities that appear in their lives while reading. They can write about how they experience each.

*Grit*: mental toughness and courage

*Inspiration*: a person, place, or experience that makes someone want to do or create

Before Reading	Statement	Example
	<i>“Listen to your inner voice. It’s always speaking to you, guiding you to your passions” (8).</i>	
	<i>“Fall hard, play hard, work hard... and always get back up ready for more” (10).</i>	
	<i>“Seek out someone who inspires you and use that as inspiration to become the best version of yourself” (21).</i>	
	<i>“Adversity and challenges are the hurdles of life; run through them, over them, or around them. Never lose sight of your goals” (26).</i>	
	<i>“You will learn more from your failures than your successes” (100).</i>	

[CCSS.ELA-LITERACY.RL.8.2; CCSS.ELA-LITERACY.SL.8.1, 9-10.1, 11-12.1]

### Pre-reading questions:

1. What activities did you enjoy when you were little?
2. What do you remember about losing your first tooth?
3. Describe a time when you haven't been allowed to do something because of a stereotype, such as age or gender, someone's opinion, or society's perception (28).
4. What do you think your inner voice is telling you?
5. What would your mantra for succeeding in life be? Why did you choose this?
6. Describe a time when you have taken a different path than what most others are doing (59). How did this change you?
7. What makes someone a good athlete? Describe the qualities that makes them one.

[CCSS.ELA-LITERACY.RL.8.2; CCSS.ELA-LITERACY.SL.8.1, 9-10.1, 11-12.1]

### Post-reading Questions:

1. Kendall's parents switch her from figure skating to hockey (9). Which reason for this switch was the most impactful? Explain your reasoning.
2. Chapter 2 begins, "Fall hard, play hard, work hard... and always get back up ready for more" (10). In what ways is this true?
3. Keep track of the Golden Coyne that speak to you throughout the novel. Relate a life experience you've had where the Golden Coyne would have been/was helpful.

Golden Coyne	Life Experience

Golden Coyne	Life Experience

4. How do you think the sacrifices the parents made for the family impacted them?
5. Kendall isn't selected to play on any of the travel hockey teams (27). In your opinion, what was the biggest obstacle she faced? Explain your reasoning.
6. How does the author use the sayings at the beginnings of each chapter as a foreshadowing mechanism? Pick one of them and explain.
7. Kendall questions what would have happened if she'd made the AA travel team rather than the AAA team, asking whether her teammates would respect her (31). What do you imagine would have happened? Use evidence from the chapter to support your answer.
8. Kendall writes, "It is easy to focus on the things you are good at. But if you want to push yourself beyond your limits, get comfortable being uncomfortable" (32). To what extent do you agree with this statement? Explain.
9. Kendall shares that if you're outside of your comfort zone, that's where the learning happens (78). To what degree do you see this as true?
10. In your opinion, which of the disappointments Kendall suffers is the hardest? Give evidence to support your answer.
11. Which of these traits led most to Kendall's success: controlling her work ethic, her attitude, or settling for nothing less than her best (101)?
12. Kendall writes about the inequities in USA Hockey, "they knew their obligation and yet were waiting for someone to step up to make them fulfill their duty to women" (128). Why do you think they hadn't done something prior to the Ballard Spahr law firm stepping in? Why did they continue to do nothing? Make a list of injustices that the women's team faced that the men's didn't. Do you feel that USA Hockey's response that the team "should be grateful to have an opportunity and team to play on" (129) was fair? Explain your answer.

[CCSS.ELA-LITERACY.W.8.1, 9-10.1, 11-12.1; CCSS.ELA-LITERACY.W.8.2, 9-10.2, 11-12.2; CCSS.ELA-LITERACY.RL.8.1, 9-10.1, 11-12.1; CCSS.ELA-LITERACY.SL.8.1, 9-10.1, 11-12.1]

## Post-reading Activities

- **Research:** Find out more about the Miracle on Ice hockey team. Why did this win affect the people of the United States so much? Write an essay of your findings (61).
- **Debate:** One of the Golden Coyne says, “Don’t take the easy way out. The biggest challenges require the most work but will yield the most satisfying results in the end” (101). Which of the challenges Kendall faces is the most work and has the most satisfying result. Compile a list of evidence to support your answer and debate classmates. Another debate option: work with a team to find evidence to support your answer for Post-reading question 10 or 11 and then debate a team with a differing opinion.
- **Hashtag Collage:** The hashtag #BeBoldForChange trended when the US Women’s National Hockey Team boycotted the world championships. Explore other hashtags that have trended due to injustices. Create a collage depicting several or focus on one and include the events (historical or current) that are a part of the boycott (130).
- **Explore:** Numerous athletes have faced challenges throughout history. Explore several of them. (Kendall specifically mentions Billie Jean King (152) as a champion for gender equality.)
- **Timeline:** Create a timeline similar to the one that appears at the back of the book. Research the barriers that were broken for a sport of your choice.
- **Essay:** These traits are found in people who overcome barriers: courage, determination, integrity, justice, perseverance, teamwork. Write an essay about Kendall Coyne that explains one or several of these traits.

[CCSS.ELA-LITERACY.W.8.1, 9-10.1, 11-12.1; CCSS.ELA-LITERACY.W.8.2, 9-10.2, 11-12.2; CCSS.ELA-LITERACY.W.8.4, 9-10.4, 11-12/4; CCSS.ELA-LITERACY.W. 8.7, 9-10.7, 11-12,7; CCSS.ELA-LITERACY.SL.8.4, 9-10.4, 11-12.4]

## Comparison Pieces

Comparison pieces can be used to compare and contrast information and analyze how a modern work is similar to or draws from previous texts.

- *The Undefeated* (Kwame Alexander): Alexander includes a diverse range of people, athletes included, who have overcome obstacles.
- *42* (film): In what ways are Kendall Coyne and Jackie Robinson similar in their perseverance?

[CCSS.ELA-LITERACY.W.8.9, 9-10.9, 11-12.9; CCSS.ELA-LITERACY.RL.9-10.7]

*Educator's Guide* created by **Jennifer Jowett**. Jennifer is a 7th/8th grade teacher who enjoys reading, writing, traveling, dogs, and chocolate (in any order). Her classes continue to morph in response to students' interests and the many new books published.