

The Greatest: Sports Heroes A to Z

Bright Star Touring Theatre

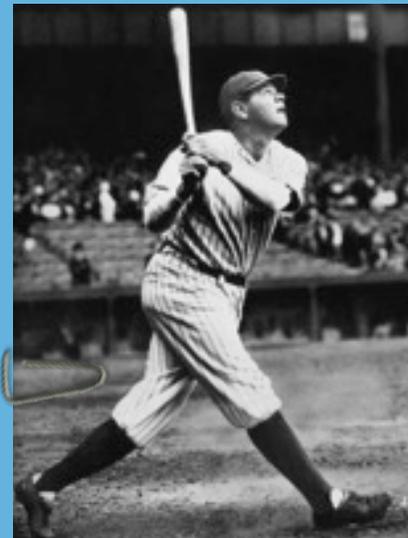
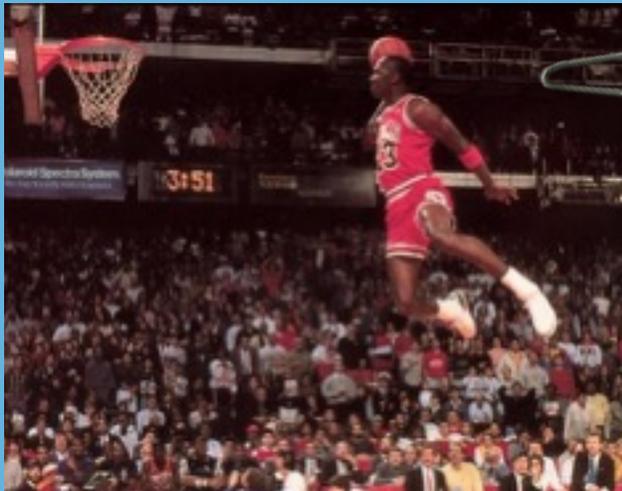
Study Guide

About the Show

This exciting, energetic production celebrates some of the greatest sports heroes of all time! Young audiences will be introduced to a ton of amazing athletes including Babe Ruth, Michael Jordan, Jackie Joyner-Kersey, Peyton Manning, Jackie Robinson and many more! This fun and engaging review of the world's greatest sports heroes includes fun facts about each hero, important life lessons such as failures and successes, health, wellness, integrity and teamwork. Your young audience will be cheering for more by the end of this adventure!

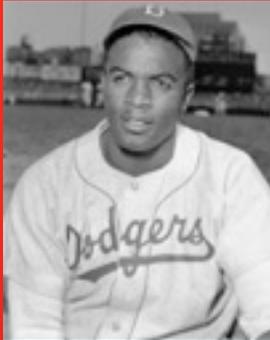


Michael Jordan - greatest basketball player of all time! His leaping, dunking ability earned him the nicknames “Air Jordan” Also noted as the best defensive players in basketball. He won his first National Basketball Association championship in 1991 with the Chicago Bulls. They followed that achievement with titles in 1992 and 1993 “three peat”. He played Major League Baseball in 1993 and 94 but returned to the Chicago Bulls to win championships in 1996, 97, & 98. He has won Most Valuable Player 5 time and countless of other accolades.



Babe Ruth -Baseball Legend. He played 22 seasons of Major League Baseball from 1914 to 1935. He played on many teams but achieved the greatest fame as a slugging outfielder for the New York Yankees. He set multiple baseball records and a few still stand today! “Never let the fear of striking out get in your way.”

DID YOU KNOW?



- Jackie Robinson was the first black man to play in the MLB.
- The Brooklyn Dodgers started him at first base on April 15, 1947.
- He played for 10 years.
- He was awarded the MLB Rookie of the Year in 1947 and MVP in 1949.
- He played in 6 World Series games and won in 1955 with the Dodgers.
- In 1997 his MLB uniform number, 42, was retired across all major league teams. He was the first pro athlete in any sport to be so honored.
- In 2004 the MLB started a new annual tradition, “Jackie Robinson Day” on April 15th every player on every team wears number 42.
- There is a baseball stadium in Pasadena, CA named after him.

ACTIVITIES!!!

Reading, Writing and the Arts

1. List all the books by your favorite author. See how many you can read in 3 months!
2. Swap books with a friend and learn their favorite books and authors.
3. Create your own Book Covers for some of favorite books. You can hang them up, or fold them into your very own cover!
4. Make a chart and keep track of all the books you read in a single year!
5. Go to the library and find a cook book, make the most interesting dish in the book!
6. Word Game! Make a list of words to describe all different kinds of sports.
7. Look for sports shapes and designs in the clouds, then draw them out! See how many different shapes you can find.
8. Decorate and personalize their own tote bag, ideal for carrying books back and forth to the library or to the lake or a park this summer! Purchase a blank tote bag from a craft store. It's a good idea to wash it before you start designing it. You can use markers, paints or sequins!
9. Write your own play or just act out your favorite book with your friends
10. Research your favorite person and give a presentation to your class, family or friends. You can even dress up as that person!

Healthy Habits

1. Make Eating Colorful! - Eating foods of different colors isn't just fun- it's good for you too! Make an effort to eat different colored vegetables and fruits. See how many colorful foods you can eat in 1 week. From reds and greens to blue, orange, yellow and purple!
2. Don't Skip Breakfast - eating a hearty breakfast every morning can help you continue to eat healthy foods all day long. Oatmeal or cereal with berries or bananas will give you lots of power all morning!
3. Drink Water, Not Soda Pop - Keep it simple. Water is healthy, Soda Pop is not. Our bodies need lots of water and when we feel bad or tired, drinking more water could be the thing to help you feel better!
4. Don't Be a Couch Potato - Younger people who watch more than an hour of television a day are at a greater risk for a number of health problems. There is lots of other, fun things you could be doing such as reading, dancing to the radio, and playing a board game.
5. Be Active - Play your favorite, learn to play a new sport or create your very own sport. There are endless activities to do inside or outside. But the key is to PLAY!
6. Read Every Day - Strong reading skills is the best way to well in school and later in life, plus it's exciting. There are all kinds of books, Science Fiction, Poetry, Biography, Non-fiction or Informational, and Fiction.
7. Make a Pledge - Get your family or some friends together and make a pledge to be healthy together. It's always more easier and more fun to do things as a group! Promise to keep these healthy habits a part of your everyday life and enjoy life!

MORE ACTIVITIES

Host your very own Olympic Games!

ACTIVITY 1 - Olympic History Lesson

Explain how the Games began in Greece and that athletes from all over the world meet in a country every 4 years for Summer and Winter events.

ACTIVITY 2 - Flag Art

Did you know that the Olympic Games has it's own flag? As does every countries that included in the Olympics. Take a look at different flags from around the world. Which ones are your favorites and why? Can you guess which country each flag belongs to? Recreate the flags or design your own flag with some construction paper and markers!

ACTIVITY 3 - Medals

Create the Gold, Silver and Bronze medals to give out for competitive events. You can use blank wooden circles bought at arts and crafts stores or cardboard. You'll need gold, silver and bronze paint and markers for designing. You'll also need glue and ribbons or yarn to make the necklace portion of the medal. Make as many as you need for all your different events!

ACTIVITY 4 - Softball Toss

Get a large piece of cardboard and cut out 3 large holes, paint the cardboard awarding each hole different points. Once it's dry, try throwing a softball through the holes and tally up the scores.

ACTIVITY 5 - Free Throw Challenge

For older children, set up a line a good distant away from a basketball hoop that everyone can shoot from and take your basketballs. Each person gets to shoot 5 times in a row. Take your time and concentrate. Whoever makes the most baskets out of 5 wins the gold!

For younger children, set up a round laundry basket and give them a light bouncy ball. Each person gets to shoot 5 times in a row. Whoever makes the most baskets out of 5 wins.

ACTIVITY 6 - Gymnastics

Floor Exercise: Take a scarf or ribbon dancer and put on some fun tunes. Let's see everyone dance including lots of movement from the scarf or ribbon dancer.

Balance Beam: Put a long piece of tape down on the ground and use this as your balance beam. Take a walk down the tape, adding it somersaults, or cartwheels, but you must not take any steps off of the line!

ACTIVITY 6 - Relay Races

Divide the group into smaller, even groups, if it's not even, ask some lucky racer to run twice! Then create a clear path for runners to race. Each runner must sprint as fast as they can along the path and tag the next person, each runner in each group will go. Make sure to cheer on each one of the team members. First, second and third place all get medals!

ACTIVITY 7 -The Long Jump

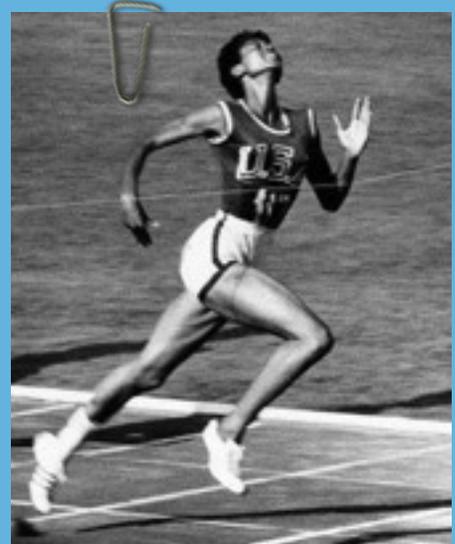
Mark a starting place with a cone in the grass. Each player must start right behind the line and jump as far as they can. You can mark each landing with a tiny bit of tape. Each player gets 3 jumps. Whoever has the most long jumps wins the gold!

DID YOU KNOW?



- The very first Olympics date back to 776 BC and were held in Greece.
- The Olympic flag, pictured above, has 5 intersecting rings each a different color. The rings represent the 5 parts of the world that were joined together in the Olympic Movement: the Americas (meaning both South and North America), Australia, African Asia and Europe.
- A flame was lit for each Olympics and it burned throughout the games.
- There is a summer Olympics and winter Olympics. Some summer Olympic events are Track and Field, Swimming, Soccer, Basketball, Tennis, & Volleyball. Some winter olympic events are Snowboarding, ski jumping, ice hockey, speed & figure skating.

Wilma Rudolph - Track and Field Olympian. As a child she was sick a lot, she had various illnesses but the worst was polio. She wore a brace on her right leg. At the age of 9, she removed her brace and walked by herself, something she hadn't done since she was a child. By age 13 she was outracing all of the kids in her neighborhood. And at age 16 she had made it to the 1956 Olympics where she won a bronze medal in the 4 by 100 relay race. Four years later she won the 3 gold medals (100, 200 and 4 by 100 relay race). Rudolph was a true sports hero on and off the field. Her hometown of Clarksville, TN wanted to throw her a homecoming parade but the event would be segregated which means they wouldn't allow black people and white people to celebrate there together. Wilma refused to go unless the event was integrated, meaning allowing everyone to come. It ended up being the city's first integrated event! She did much more regarding Civil Rights for all and continued to work in her community as a track coach.



Wayne Gretzky - Canadian National Hockey League player. His nickname is "The Great One". The greatest hockey player ever! He is the leading scorer in NHL history with more goals and more assists than any other player. He is the only NHL player to total over 200 points in one season - a feat he accomplished four times! "You miss 100 percent of the shots you never take." He still holds 60 NHL records. He wasn't necessarily an impressive looking hockey player, he wasn't fast, or strong but he was smart. He could dodge hits from the other team and anticipate where the puck was going to be and execute the right move at the right time. He has often spoke out against fighting in hockey. The NHL retired his number 99 league wide, the only player to receive this honor and was of course added into the Hockey Hall of Fame in 1999.

Sue Sally Hale - Polo Hall of Famer who "just wanted to play polo". At times disguised as a boy and for many years was the only girl on the polo field, she went where no woman had ever been, Sunday polo. In 1940s, women were not allowed to play and for 20 year she worked to be included in the U.S. Polo Association. In 1972 she was accepted as a playing member and eligible to play in tournaments. For the next 30 years she shared her love for the game of polo. She became known as the "Grand Dame of Polo." Her contributions to the sport and inspiring women to be professional players, instructors, managers and organizers of the sport. She was a competitor, instructor, and mentor for several horse related sports, a mother of 5 children, a volunteer fireman, an EMT, a community activist, artist, author and award winning poet.



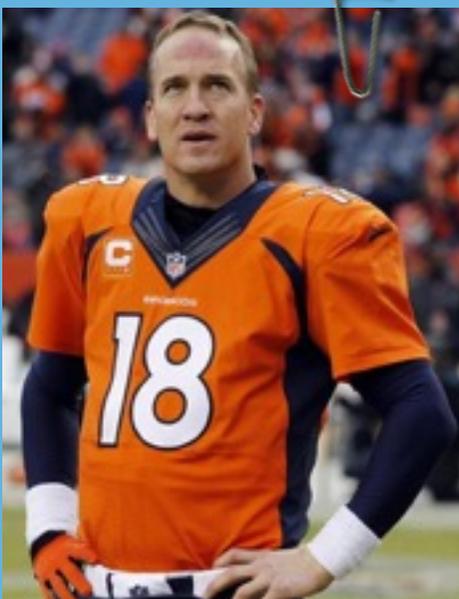


Jim Thorpe - a Native American athlete of the Sac and Fox tribe.

Considered one of the most well-rounded athletes, meaning he was good at everything. He played American Football in college and professionally and also played professional Baseball and Basketball. He also won Olympic gold medals in the 1912 pentathlon (which is a combination of 5 events) and decathlon (which is a combination of 10 track & field events). From 1920 to 1921, Jim Thorpe was the first president of the American Professional Football Association which would become the National Football League in 1922. He played professional sports until age 41. And he was voted into the College and Pro Football Hall of Fame and Track & Field Hall of Fame!

Jackie Joyner-Kersey - Olympian, The best all-around female athlete in the world.

Born in East St. Louis, IL and attended college at UCLA. She overcame her asthma condition, which is an illness that makes it hard to breath while playing, to establish herself as one of track and field's most competitive and determined players ever. She worked hard all throughout high school and college to qualify for the Olympics and in 1988 she got her chance. She won 2 gold medals at the Olympics in Seoul, Korea in the Heptathlon (a two day contest that tests an athlete's strength, speed, and stamina) and the long jump. In the 1992 Olympic Games in Barcelona, Spain, she retained her title as "the world's greatest female athlete" with another gold medal performance in the heptathlon! She also won silver in 1984. She is one of the most famous athlete to suffer from asthma.



Peyton Manning - American Football Quarterback.

He is a 5 time league Most Valuable Player and a 2 time Super Bowl winner, but had the opportunity to play 4 super bowl games. He is ranked among the greatest passing quarterbacks of all-time. He is the first and only quarterback to achieve 200 career wins and hold the record for 14 4,000 yard passing seasons. He is the NFL all time leader in passing yards and touch down passes. "The most valuable player is the one that makes the most players valuable." He has been wildly popular in commercials as well. You might have seen him before in Papa Johns commercials selling pizza or for Nationwide Insurance. He also does a lot of his community. Every year he picks 3 first year students who have worked hard in school and in their communities and that are going to University of Tennessee, where he went to college, and pays for the first year of school with a scholarship!

THINGS YOU DIDN'T KNOW ABOUT THEATRE!

After a play is over and everyone goes home, there is always a light left on backstage. It's called a ghost light!

The oldest play that is still around was written by an Ancient Greek named Aeschylus. It's almost 2500 years old!

The longest performance on stage was over 23 hours long! It happened in New Jersey in 2010.

William Shakespeare is a famous play writer. He wrote 37 plays and is still quoted by many people. There are 157 million google pages that mention him--the most of any famous person ever!

In theatre, it's considered bad luck to tell an actor, "Good luck" before a performance. Instead, you're supposed to say, "Break a Leg!"

In Ancient Greece, audiences stamped their feet rather than clapping their hands as a sign of applause

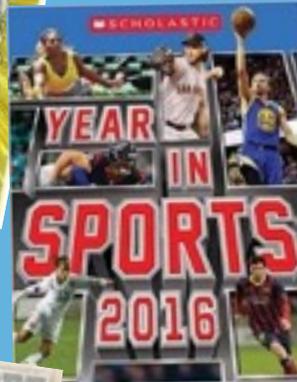
Theatre is celebrated all around the world, so people established "World Theatre Day" on March 27th! How will you celebrate World Theatre Day this year?

BEFORE YOU SEE THE PLAY...

Attending the theatre is very different from watching TV or going to the movies. For one thing, the actors are real people who are performing right then and there. They can see and hear everything that happens in the audience. Because of this, you are an important part of the play and its

important to do your job as an audience member well. Here are some tips before you see the play.

1. Please be quiet and respectful so everyone else around you can hear what's happening and so the actors can do their job.
2. The actors may ask you to participate. Don't be afraid to respond, ask a question or volunteer!
3. Keep your hands to yourself and your eyes up front.
4. If you like the play, be sure to clap at the end.
5. Listen and watch the story that is being conveyed by the actors. How do they use their body and voice to be different characters?
6. Notice the facts that are in the play to understand the what the world is like in the story.



Read more about record setters and breakers in lots of different books. Scholastic has a book each year covering all sports called "Year in Sports" and it meant just for kids! So ask your librarian today to help you find a new book today!

After seeing the Play...

Write your own review of the play! A review is a way of telling your thoughts about a play, movie or book. Consider the following when you are writing your review.

Who was your favorite character? Can you summarize the play in your own words? If you had written this play, would you have done anything different? Would you recommend this play to a friend? Name one new thing you learned from watching this play!



A mini-van is our hip and favored mode of transportation for touring the country!

...
THEATRE VOCABULARY!

Actor: The people on-stage performing the play.

Backdrop: The background for the play.

Props: Anything that an actor holds while on-stage--a cane, book, a pen, etc.

Downstage: the area closest to the audience a long time ago stages were built at angles.

Upstage: The area away from the audience, like the back wall of the stage.

Director: The person who told the actors where to go while they were on-stage and helped them create the characters they played.

Costumes: The wigs, clothing and glasses that the actors wore to help flush out their characters.

Facts about us!

1. Did you know we're owned by an Emmy winning actor?
2. Our actors average 1,000 miles a week traveling the country to entertain young audiences.
3. Our programs have been seen in almost every corner of the country and even around the world.
4. We watch over 1200 actors audition before we cast our season.
5. We offer dozens of different shows a season from Black History to anti-bullying and literary classics.
6. We toured Moscow with performances of our Aesop's Fables.
7. We're based in Asheville, NC.

ABOUT US!
Founded in 2003, Bright Star Theatre tours the nation offering high quality, affordable programs to every imaginable venue. We've had countless engagements at the National Theatre, toured to Moscow and are so grateful to be in your very school today!



Auditions: How an actor gets a role is by auditioning. They may have to interview, pretend to be a character from the play or read something from it.

Set Designer: The person who decided what should be on the background and who painted or created it.

The Process of a Play:

1. Actors audition
2. Directors cast the show (that means they choose actors)
3. The directors and actors rehearse the play (that means they practice it).
4. A team of people works on building the set, costumes and props.
5. The play opens (that means it is performed for the first time)!

Were there other terms that came from the experience of seeing the live play that you'd like to learn more



BRIGHT STAR THEATRE

Bright Star Touring Theatre performs across the country from Boston to Burbank and many schools, museums, theaters and community events in between. Each season our shows run the gamut from Black History to anti-bullying, from literary classics to biographical shows. Our shows are available throughout the year for any event in any part of the world.

THE GREATEST: SPORTS HEROES A TO Z

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Learn more about this show, this company & our whole Season:

www.brightstartheatre.com

*The Greatest: Sports Heroes A to Z
Made it's debut in May 2016*

We want every show to be special and remarkable for our audience. Please feel free to connect with us at anytime to tell us about your experience:

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