

# VIBE ACTIVITIES

## Kyle Vander-Kuyp – *Life in the fast lane* page 26

**K**YLE VANDER-KUYP IS MANY THINGS, AN EX-HURDLER, OLYMPIAN, RECORD HOLDER, AWARD WINNER AND, ABOVE ALL, A PROUD ABORIGINAL MAN AND ALL-ROUND NICE GUY WHO HAS BLITZED HIS WAY INTO HISTORY AND THE PAGES OF *DEADLY VIBE* NUMEROUS TIMES OVER THE YEARS.

stray far from that vision. Now 42, Kyle is working as a mentor for Indigenous youth with AFL Sports Ready – an employment company that provides services, such as mentoring, presentations, workshops and cultural-awareness training, for Indigenous youth and host employers.

“It’s very rewarding and equally as testing. There are definitely hard parts of it but I think you just have to have patience and faith in a young person because



# Life in the fast lane

## Olympic hurdler Kyle Vander-Kuyp: then and now

After first appearing in the third issue of *Deadly Vibe* 16 years ago, Kyle went on to become one of the nation’s most successful athletes and winning a record number of national hurdling titles. Post athletics, he found a new career doing what he loves, became a father and continued to wear his Aboriginality on his sleeve.

He is a 12-time national hurdles champion, an Australian record holder in the 110m and 60m hurdles events, and has competed at two Olympic Games, four World Championships and four Commonwealth Games.

He has had an extensive professional career as a hurdler and made a profound impact on the sport, but he has since retired from that life to immerse himself in his newfound passion: family and mentoring Indigenous youth.

In July 2003, he told *Deadly Vibe* (#77) that he wanted to be a primary-school teacher one day – and he didn’t

when you see someone grasp their work you see them change but you have to be in it for the long haul,” says Kyle.

Kyle cites competing at the 2000 Sydney Olympics as a highlight of his career due to the way it exposed Indigenous Australia to the rest of the world. Through his work now, he hopes to guide young Indigenous athletes to excel and dominate in their fields so they can one day be Olympians.

“I think that the Sydney Olympics was great to be a part of – to be an Australian athlete and have all Aussies on home soil. I think as an Indigenous athlete it was a great way for our communities to see us in action.”

**“Vibe talks to young people, it uses young people’s language and that’s the engaging tool that the magazine has. It engages, connects and educates so I think that is the biggest asset the magazine has.”**

“Seeing Indigenous culture embraced at the ceremony was great. As an athlete that was a shift you’d probably never have seen through the ‘90s.

“I think Australia has continued to embrace Aboriginal music, art and sport. There’s still a lot more to do, but I think the Sydney Olympics was a pretty pivotal point.

“Now I’m extremely passionate about young people realising and chasing their own talent.”

Kyle admits that he isn’t as fit as he once was but says that being healthy is still incredibly important because he needs to be able to keep up with his kids.

“It’s definitely a hard transition and it’s been five years of not doing sport,” he says.

“Your whole state of mind is influenced by fitness and health. I know now how much I benefited from training daily.”

“Fitness and training benefit everything, like your mood, health, wellbeing and relationships – health and fitness is important to every aspect of your life.”

An avid reader of *Deadly Vibe*, Kyle has been a welcome face throughout the years and told us what he thinks about the publication.

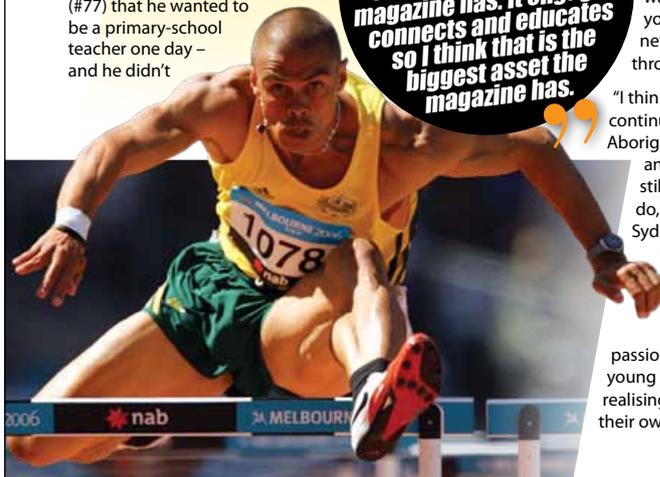
“I think *Deadly Vibe* has played a huge role in promoting success and showcasing all the good news that’s out there,” says Kyle.

“There has been a big problem with people focusing on the negative stories and the negative stereotypes. *Deadly Vibe* has been a publication that’s led the way in showcasing all the best parts of being Indigenous and putting out the messages that we need to show our young ones.

“I’d like to congratulate *Deadly Vibe* on reaching their 200th edition. You’ve been a fantastic magazine for the whole country and you’re growing stronger and stronger every year. I wish you all the best for the future.”

Just because he’s not the elite athlete he once was doesn’t mean Kyle is no longer one of our favourites, and until that record is broken, he remains the most successful hurdler in the country.

“Be proud, be strong,” says Kyle. “Always have hope, set your goals high and if you believe in yourself you will achieve anything.”



READ *Kyle Vander-Kuyp – Life in the fast lane* on page 26

# ACTIVITY 1

## BUILDING READING SKILLS



- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

**There are three levels of comprehension questions:**

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

**1 Identify four labels that are used to describe Kyle Vander-Kuyp.** (literal)




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**2 The text says that “post athletics he found a new career doping what he loves.” What does “post athletics” mean?** (inferred)

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**3 Identify two of his athletics achievements during his career.** (literal)

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**4** Identify one reason that the 2000 Sydney Olympics was a highlight of Kyle's career. (inferred)




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**5** Explain one reason that Kyle is a fan of *DeadlyVibe* Magazine. (inferred)

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**6** What is the relationship between the photos, the heading and the main text? (inferred)

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**7** What is the overall purpose for writing this text? (applied)

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## ACTIVITY 2

### LANGUAGE CONVENTIONS – SPELLING

**1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.



He first apeered in the third issue of the magazine.

He has won a numberof champeonships.

He is proberly one of our best known athletes.

**2** Each sentence has one word that is incorrect.  
Write the correct spelling of the word in the box.



He sucesfully competed in the Olympics.

He congratyoulates the magazine.

It is oneof his faveourites.

## ACTIVITY 3

### GRAMMAR



**1** Change these sentences from **indirect** to **direct** speech.  
The first one has been completed for you.

#### Indirect speech

Kyle Vander-Kuyp said it was great to see Indigenous culture embraced at the ceremony.

#### Direct speech

"It was great to see Indigenous culture embraced at the ceremony," said Kyle Vander-Kuyp.

Kyle said he wanted to be a school teacher.

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Kyle said that he was passionate about Indigenous young people achieving their goals.

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