EDUCATION DAY

BOOKLET

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Dear Students,

We are very happy to have you in attendance today at the seventh annual Education Day! The Monarchs Organization and I are proud to be able to turn the SNHU Arena into the largest classroom in New Hampshire once again this season. We are very excited about this season’s Education Day workbook and are confident everyone will learn a little something from today. From information on the players to recent hockey developments to math and writing questions, this book has it all.

This will be our seventh season providing an educational opportunity to the children in New England to learn the great sport of hockey, and we could not be happier to have you with us again this year in 2016!

Every player on the ice that you watch today is working hard as a professional hockey player to make it to the National Hockey League! They have practiced and committed thousands of hours to better themselves as players and professionals. We hope this inspires you to be ambitious and set big goals for yourself. As you watch the team on the ice today, I hope that you recognize the dedication and commitment necessary to be one of the best at your craft. With hard work and determination, I am sure you all will be able to accomplish your goals - no matter what they may be.

Good luck and thank you for being a part of Monarchs Education Day!

President Matt Welch

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This workbook has been designed to provide students with a resource guide on the Manchester Monarchs hockey program, as well as the sport of hockey. It is our sincere hope the students will draw on the resources within the workbook and the provided source materials to expand upon their reflections and responses. The activities were developed to provide cross-disciplinary opportunities for students to write about what they read, solve problems and analyze print and on-line resources. The workbook highlights a student’s ability to interpret, analyze, compare/contrast, describe, explain, and integrate resource materials.

We wish each student the best as they embark on the challenges and tasks outlined in the 2016 Education Day Workbook. Good Luck!
While at times the Monarchs seem invincible it does not mean that they do not get injured during games. It is important for them to wear all of the equipment provided to them so they can stay healthy and keep playing.

When it comes to skaters and goaltenders they all have the same goal of winning. They all need to know how to skate and move around on the ice or else they can get hurt from falling on the ice. Where their duties and jobs are different starts with what they wear to protect themselves from injury.

Goalies wear extra equipment that covers more of their body to prohibit the pucks from hurting them. They are not able to move around as easy as the skaters but being safe and not getting hurt is what is important.

Not many people enjoy going to the dentist so to avoid this wearing your mouth guard is of great importance.
A concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary, but can include headaches and problems with concentration, memory, balance and coordination.

Although concussions are usually caused by a blow to the head, they can also occur when the head and upper body are violently shaken. These injuries can cause a loss of consciousness, but most concussions do not. Because of this, some people have concussions and don’t realize it.

Concussions are common, particularly if you play a contact sport, such as hockey. This injury needs time and rest to heal properly. Most concussive traumatic brain injuries are mild, and people usually recover fully.

Recovery will require you to simply sleep and rest for the first couple of days while also staying away from staring at a computer, TV or phone screen. After the first couple of days and under Doctor or Athletic Trainer supervision, most concussed individuals begin a return to play protocol which involves working out, beginning to play in a safe environment, and working on retraining the brain.

If you suspect you have a concussion, let someone you trust know, such as your parents or athletic trainer. The sooner you get help the quicker and safer you will heal.

• Come up with three ideas of your own to help safety in hockey.

• Explain what piece of equipment you feel is the most important for each player.

• Using critical thinking, why do you think some don’t players let others know about a concussion?

• In what other sports are concussions a serious concern? Compare and contrast the sports.

• What is the most important first step when you think you have suffered a concussion?
Hockey Abbreviations

GP (Games Played) - The number of games a particular player played in one season
G (Goals) - A point scored when the puck crosses the goal line into the opposing team’s goal
A (Assist) - Credited to the player who handles the puck before the goal is scored. No more than two assists are counted for each goal
PTS (Points) - Total points, one each for goals and assists
Plus-Minus (+/-) - When a player is on the ice and his team scores an even-strength goal (not when the opponent has a player in the penalty box), he receives a +1. When the other team scores, that player earns a -1 if he was on the ice. The sum total for the season to date is the player’s plus-minus rating.
SOG (Shots on Goal) - The number of times a player shoots the puck on net. A shot on goal is either stopped by the goaltender or a goal.
PIM (Penalties in Minutes) - The amount of time a player serves in the penalty box for rules infractions
F (Forwards) - Forward is a hockey player’s position on the ice whose responsibility is primarily offensive.
D (Defenseman) - Defense in hockey is a player’s position with the primary responsibility of stopping the opposing team to score. Defensive players are often referred to as the “D”. In regular play, there are two defensemen and three forwards on the ice.
G (Goaltender) - The goaltender (also known as the goalie or netminder) in ice hockey is the player who defends the team’s goal by stopping shots from entering the net, thus preventing the opposing team from scoring. The goalie usually plays near the area in front of the net called the crease.

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1) Which team & in what season did Daniel play in the most regular season games?

2) Which team has Daniel scored the most career goals with? And how many has he scored with that team?

3) A hockey game is 60 minutes long. How many hours and minutes has Daniel played in the ECHL?

4) How heavy is Daniel in Kilograms?
1) What team has Joey played the most games for? __________

2) Does Joey have more penalty minutes in the AHL or ECHL? __________

3) How many career points did Joey have with the University of Maine? __________

4) How many more pounds does Joey weigh than you? __________

1) Compare and contrast the careers of both players. How are they similar and how are they different? __________

2) Have Daniel and Joey ever played in the same league at the same time? __________

3) Both Daniel and Joey played four years of collegiate hockey. Looking at their statistics from college, who do you think had a better career on campus? __________

4) If Monarchs forward Daniel Ciampini has 40 penalty minutes in the first 20 games of the season, and Joey Diamond has \(\frac{3}{4}\) of that many penalty minutes in the first 15 games of the season. How many penalty minutes does Joey have? __________

5) How many penalty minutes did Joey Diamond average in college? __________
Science of the Ice Surface

What is a Zamboni?
In 1949, Frank J. Zamboni developed a machine that is used to clean snow off of an ice surface. This device, known as a ‘Zamboni’, produces a clean, smooth sheet of ice for hockey players and ice skaters to perform on.

How does a Zamboni work?
Behind the rear wheels of the device, hidden from plain sight, is a large device called a ‘conditioner’ which holds the most important features of the Zamboni. There is one large, sharp blade that is the width of the machine that is used to shave or scrape the top layer of the ice surface off. The shavings that the blade creates are then swept away by an ‘auger’ which is a horizontal, rotating screw that is located just above the blade. From the center of the horizontal auger, the shavings then spin up a vertical auger. Once the shavings reach the top, they are thrown into the bucket which is the large box on the front of the Zamboni.

While the shavings are being picked up by the auger, water is sprayed on the ice from one of two water tanks. One tank sprays water onto the surface to ‘wash’ the ice and remove any dirt and debris. A rubber squeegee then removes the dirty wash water.

For the final step, hot water is pumped onto the ice from the second water tank to soften the ice and fill in the deep cuts in the ice. This water is extremely hot, typically between 140°F and 160°F. The Verizon Wireless Arena keeps the temperature of the water in the second tank around 150°F. The hot water loosens the crystal structure of the old ice that is underneath the layer that was just scraped off. The extremely high temperatures of the new ice will form a more solid bond with the top layer of old ice than cold water would form. The excess water is removed by a large ‘towel’ that is attached to the back of the machine.

The smoother the ice surface, the faster players can skate. The puck also travels faster on a smooth sheet of ice rather than an ice surface with a lot of shavings on it, this is similar to when it snows in the winter. The snow and ice on the sidewalks become more slick than the snow and ice on the grass.

Fun Facts:
- At approximately ¾ of a mile per resurfacing, if there are four resurfacings per game, the machines travel an average of three miles during each hockey game.
- On average, a Zamboni machine ‘travels’ close to 2,000 miles each year in the course of resurfacing.
- In 2001, a Zamboni machine was driven from the East Coast of Canada (St. John’s, Newfoundland) across to the West Coast (Victoria, British Columbia). At about nine miles per hour, the journey took approximately four months.
- The blade on the Zamboni machine is sharp enough to slice through thick stacks of newsprint, weighs 57 pounds and is ½ inch thick.
- Approximately 3,661 snow cones can be made from the shavings produced by one resurfacing.
- When the machine resurfaces the ice, it is capable of removing close to 2,500 pounds of compacted snow, while it can leave behind about 1,500 pounds of water.

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From reading the text, why is it important that the water is kept at extremely high temperatures?

Using context clues, why is it necessary for the auger to shave or scrape the top layer of the ice off while resurfacing?

How many yards does a Zamboni travel during a single hockey game?

Using the text, why is the towel on the back of the Zamboni important to the resurfacing process?
Action in the Jungle

Justin Gutierrez scoring his first professional goal

Matt Leitner waiting for the action

Robbie Donahoe warming up before the game

Colin Stevens keeping his eyes on the puck

Gasper Kopitar starting the rush up ice

Derek Arnold getting a shot off
What team is the farthest North?  

What teams are in Florida and what are their names?  

Using the Mavericks as the dividing point, how many teams are West, including the Mavericks, versus the number of teams in the East?
SCENES FROM THE JUNGLE
The word “leadership” has a very basic meaning, but multiple ways to display it. When you think of a great leader, you may think of your parents, coaches or teachers, and they most likely show their leadership differently. Some leaders are quiet while others are loud and outgoing. Neither way is wrong or better than the other. The way one leads is completely a personal preference.

Here’s what Monarchs captain, David Kolomatis, has to say on leadership:

“I find one of the most important traits a leader must have is the ability to listen. That may sound strange because a leader is often portrayed as the rah-rah, soapbox guy, but I’ve always found the quiet ones to be the most effective. Leading by example shows those who you wish to follow you that we’re all in this together. Some examples of the quiet leaders that I’ve looked towards as mentors and guides when trying to establish myself in this type of role would be coaches like Bill Belichick and Herb Brooks. Their approach to leadership is not to over-coach, instead, they possess a rare knack for being able to read people and get the best out of their athletes. The best leaders, whether they are coaches or captains, are the ones who listen with a purpose, not just listen to respond, because it is through the act of listening that we learn the most.”

Setting goals is also an important way our players measure success. When you have a goal to shoot for and are able hold yourself accountable, the process of getting to your goals becomes a greater part of the journey, not just the end result.

“It is important to set goals that challenge you. I equate this process to surfing. For those who have tried it, there’s no better feeling than soaring down the crest of a wave, but sometimes, you might end up tumbling over and falling into the water as the wave crashes over you. The important thing to remember in either of these situations is to enjoy the ride. Whether you stand up and catch the wave or end up under water, the experience is what makes it all worth it. I remember when I was a kid I wanted to get drafted to the NHL. You have three years of eligibility and for two years, I didn’t hear my name called. I was sad, angry and unsure of what to do, but looking back, all those feelings pushed me to work harder and made that final year when I did hear my name called that much more fulfilling. I could have taken my surfboard home after that first year when I felt like I wiped out, but instead, I paddled back out and tried to catch another wave, and you know what I wiped out on the one too. Surely I could have said enough is enough and I’m done with this, but I owed it to everyone who had helped get me to that point to not give up and I’ve been riding that third wave ever since.”
Healthy Hat Trick
How To Stay Fit Like A Monarch

The Monarchs and NHAHPERD (New Hampshire Association of Health, Physical Education and Recreational Dance) have teamed up to create the Healthy Hat Trick Program. PE and Healthy Teachers can sign up to run the program in your school this year. Here are a few exercises the Monarchs do that you can try at recess or at home to become as fit as a Monarch.

**Forward Backward Forward**

Yes playing hockey is fun, but it is what the Monarchs do off the ice that enables them to play hockey. These athletes train their bodies in many ways through using weights, to running and jumping, to climbing mountains to train. If you want to train like a Monarch, there are a few basics you can do such as pushups, pull ups, body squats, planks, hand stands, wall balls or sprinting. You can also change it up by playing with a soccer ball which most hockey athletes play with pregame so they can warm up their legs and work on the skills with using their feet to control a puck similar to how a soccer athlete would. Challenge yourself by grabbing at least one friend or up to 20 and get into a circle and keep the soccer ball in the air as long as you and your friends can!

**Plank Position**

Get in the pushup position, only put your forearms on the ground instead of your hands. Your elbows should line up directly underneath your shoulders. Toes on the ground. Tighten your abdominals and leg muscles while keeping a neutral neck and spine. Create a straight, strong line from head to toes. Hold that position for as long as you can.

**Linear W Run**

One row of 4 cones is laid out (15 feet apart). Another row of 3 cones (25 feet apart) is laid 25 feet from the first row. Student start at row of 4 cones back pedals to first of the 3 set of cones. After rounding the first cone student sprints to 2nd of the 4 cone row. Repeat until complete.
Staying Fit Like A Monarchs Player
Besides skating almost every day to stay in “game shape” the Monarchs make sure to stay active during the rest of their time during the day. The players make sure they are doing some sort of physical activity during any given day. This isn’t just for hockey players! It is important for children of all ages to get meaningful physical exercise every day to remain healthy. This could easily just be going for a bike ride with friends, shooting a basketball or stretching! Even the Monarchs mix in a little variety in their exercises. To get limber for the game, the Monarchs often play a game of soccer in the arena prior to puck drop! The pass back and forth and juggle the ball to loosen up their legs for the game.

Eating Like A Monarchs Player
Playing hockey is hard and requires your body to burn fuel otherwise known as food!! A hockey athlete burns from 500 to 1000 calories playing a game, but if you also train you are burning other calories through the day. With this in mind you need to fuel your body the right way which starts with drinking water. Drink when you are thirsty and drink right as you wake up in the morning. To replace all the calories you have expanded you should think lots of vegetables such as spinach, carrots, cucumbers and broccoli. Meat, such as steak, chicken, and seafood. Fruits, such as apples, peaches, berries, and bananas. Carbohydrates such as sweet potatoes, plantains or white rice. Seeds and nuts such as almonds, cashews or sunflower seeds.
Eating these types of foods should be done all the time not just after you play so that when you play you can play all day!

Hydrating Like A Monarchs Player
Hydrating: It is always important to stay hydrated, whether you are playing sports, doing homework or relaxing hydration is key. Hydration isn’t just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren’t exercising, can also cause your body to need more fluids.

When you do not stay hydrated it affects your whole body, dehydration will happen as simply as not drinking water. Dehydration will prohibit you from participating in sports and can cause health problems such as headaches and heat stroke. When you are well hydrated your heart will be able to rest and not have to work as hard.

What to Snack on?
Fruits and vegetables such as apples, oranges, grapes, berries, greens and more are all great options to keep you healthy. Remember to stay away from trans-fat and pay close attention to the brand because the nutritional facts can be different for separate brands.
GO MONARCHS!
Why Is the National Anthem Performed Before Games?

Like every team across the ECHL and all professional sports, the National Anthem is played during pre-game ceremonies at every Monarchs home game. Did you ever wonder why the Star-Spangled Banner is played before every professional sporting event in the country?

All the way back in 1862, the song we now know as the “Star Spangled Banner” was played at a sporting event in Brooklyn, NY. During that time, the only way to play music before games was to have a band play the song live. The problem back then though, was it was very expensive to have a band play before every game, so the song was only played before Opening Day and on holidays.

In 1889, Secretary of the Navy, Benjamin F. Tracy, signed General Order #374, making the “Star Spangled Banner” the official song to be played when raising the American Flag.

Legend has it that the full-time tradition started during the 1918 World Series when the Boston Red Sox played the Chicago Cubs. With World War I taking place, there was a tradition to play patriotic songs during the 7th inning stretch. During Game 1 in Chicago, the band started playing the Star-Spangled Banner and Red Sox third baseman, Fred Thomas, a member of the Navy, stood at attention. He was followed by his fellow players and then the crowd, who eventually sang the end of the song. During Games 2 & 3, the song was played to must fanfare. Not to be outdone, Red Sox Owner, Harry Frazee, opened the game with the patriotic song.

Despite the popularity of the Star-Spangled Banner being played during the World Series, the song was only played on special occasions, holidays and during World Series games until World War II when the ability to play a recorded version of the song came around. In 1931, Congress officially adopted the “Star Spangled Banner” as the National Anthem of the United States. It was then that the newly minted National Anthem became a staple of pre-game ceremonies.

The Monarchs, along with every major sports teams also play the Canadian National Anthem before some games. This is to honor a Canadian team (Brampton Beast) the Monarchs are playing. Some think playing the Canadian National Anthem before all hockey games should be a practice, as many hockey players are from Canada.

The lyrics come from the poem, “Defence of Fort M’Henry”
Francis Scott Key composed the lyrics
“Hail, Columbia” was played in pre-game ceremonies in the 19th century
The lyrics are set to “To Anacreon in Heav’n” after a British social club

Why do you think the National Anthem is played before sporting events? __________________________________________________________

Is there another song you think should be played before games? __________________________________________________________

What other events do you think the National Anthem should be played at? ____________________________________________________

Do you think the Canadian Anthem should be played before every game? ____________________________________________________
The ECHL competed for the Jack Riley Cup from 1989 to 1996, named after Jack Riley who was the American Hockey League president from 1964 to 1967. By the 1996-97 season the league expanded to 23 teams and the Riley Cup was retired and replaced with new hardware. The new Cup stands 28 inches tall and weighs 37 pounds for the players lucky enough to hoist it above their heads. Starting with the 1997 season, teams compete for the Patrick J. Kelly Cup, which honored the ECHL’s first commissioner, Patrick J. Kelly. In 1996, Kelly was named as Commissioner Emeritus, a title he still holds to this date.

Kelly served as commissioner of the ECHL for the first eight seasons. Prior to his involvement with the league, Kelly played professionally in the AHL for the Springfield Indians and the International Hockey League’s Troy Bruins. Kelly also coached at the NHL level for the Colorado Rockies in the 1970s.

Since 1997, 13 different teams have won the Kelly Cup, with the South Carolina Stingrays and Alaska Aces each winning three titles. Twenty-four players have won the Kelly Cup twice, and 35 who have their named engraved on the trophy have gone to play in the NHL. The Western Conference’s Allen Americans won the 2015 Kelly Cup in their first Finals appearance when they defeated the Stingrays in seven games.

Before the Monarchs have their chance at the Kelly, they will need to clinch the E.A. “Bud” Gingher Memorial Trophy given to the Eastern Conference Champion. The Monarchs join the Eastern Conference’s North Division along with the Adirondack Thunder, Elmira Jackals, Norfolk Admirals, Reading Royals and Wheeling Nailers. Seven additional teams from the South, Mountain and Central Divisions round out the competition in the ECHL.

Along with 26 other teams, the Monarchs will compete for their shot at the top of the ECHL this upcoming season. All series are best of seven formats with eight teams from each conference making the playoffs.

**Fun Facts**

The Kelly Cup traveled 3,272 miles during the 2015-16 Kelly Cup Tour... The Kelly Cup stands 28 inches tall and weighs 37 pounds...

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**Why is the ECHL Championship trophy named after Patrick J. Kelly?**

**If the top four teams in each division make the Kelly Cup Playoffs, what percentage of the Monrachs have to make the playoffs?**

**Who has won the most Kelly Cups in league history?**
HOCKEY RINK DIMENSIONS

NHL Rink

Each rink has five face-off circles and nine face-off dots where the on-ice officials will drop the puck.

NHL Rink Size Vs. Olympic Rink Size

Compare and contrast the two rink surfaces. How are they similar? What markings are different?

How do you think that the two rink dimensions change the style of the game and why is this important?

If you were to design an ice rink surface, what changes would you make and why?

Olympic Rink
Do The Math

What is the area of the NHL size rink? *Hint: Area of a rectangle = L x W

What is the area of the Olympic size rink? *Hint: Area of a rectangle = L x W

Compare the area of the NHL size rink to the Olympic size rink.

What is the area of the neutral zone?

What is the circumference of the face-off circle? *Hint: Circumference = dπ (diameter x π)

What is the area of the goal in square inches?

What is the area of the goal in square feet? *Hint: Convert your answer from inches to feet. 1 foot = 12 inches

What is the area of the offensive zones for an Olympic rink? What is it for the NHL rink? *Hint: Area between the blue line & the goalline

What is the area of the newly added trapezoid behind the nets on the NHL Rink?
Evolution of Hockey Jerseys

The game of hockey stormed onto the scene in the late 1800’s and early 1900’s, as did the hockey jersey. You may hear many people refer to a hockey jersey as a “sweater” and this term dates back to the first days of competitive hockey, when the uniforms players wore were as simple as putting on a turtleneck sweater. The jersey has evolved over the years and gone through many changes to reach what we see the professionals wearing today.

Most hockey players in the early 1900’s also played football, so they would keep their team sweaters, throw on a pair of skates and pants and would be ready to play hockey. Teams would consist of no more than nine players and there were only a few teams; so it was simple to have everyone wear a sweater and know who they were playing for, according to The Hockey Writers.

This became an issue when hockey began to expand and larger leagues were formed. Teams needed ways to identify themselves from others that had similar sweater colors. As the NHL formed in 1917 and American teams began joining the league in 1924 (Boston Bruins), teams began to make their own jerseys.

Moving into the late 1930’s and the Original Six era, teams began to make their own team crests and decided on solid uniform colors, all taking the same shape and the same cuts as we see in jerseys today. According to NHLuniorms.com, the NHL expansion in 1967 brought with it new logos, unusual colors and new looks for all teams.

Jerseys change and evolve even to this day. The NHL now has contracts with brands that make jerseys for all 30 teams. All teams have specific home and away jerseys and many also occasionally wear an alternate jersey of a different color. Most recently, Reebok and the NHL agreed to a seven-year deal to become the authentic outfitter of on-ice uniforms.

With the unique colors and intricate logos we see today, there is no mistaking which team you play for or support; and it gives each team and city its own identity from the rest.

What was the reason for teams to start wearing jerseys?

From analyzing the text, what decade did jerseys start to become uniform across hockey?

Using critical thinking, why do you think teams change their jersey design from time to time?

What do you think the next evolution in hockey jerseys will be and why?
The hockey stick. Something that seems so simple has become so complex over time.

Originally, sticks were made from hornbeam wood when the game first began, but in the 1920’s, ash was the choice of wood for most sticks.

In the 1950’s manufacturers began putting fiberglass around the blades to make them lighter and stronger. Sticks were made with a flat blade at the bottom and it wasn’t until the 1960’s when players began using curved blades on their stick. Players would heat their sticks and bend them to make the curve, making it much easier to shoot. In addition, the curved stick has effected the sport tremendously by allowing faster shots, increased accuracy and easier elevation of the puck. The snap shot and the ability to drag and dangle the puck is a lot easier with a curved stick.

When the 1970’s came around people began really experimenting with the manufacturing of sticks. According to OriginalStix.com, different synthetic materials, especially fiberglass was used throughout the entire stick, making it the lightest and most durable stick ever.

From there, we have seen a multitude of different products that have made up the “twig”. Even aluminum stick shafts became popular in the 80’s, especially when Wayne Gretzky switched from a wooden stick to an Easton aluminum stick.

Finally in the 1990’s we arrive at what we have for sticks today. According to many around the game, sticks made of composite materials and carbon fiber began filtering into hockey in the 90’s and holds true to today. These products make up the lightest and most flexible sticks we’ve ever seen and are custom made for many professional players.

From a simple piece of wood with a blade on the end, to a complex manufacturing process by many different companies, the hockey stick has gone through many different stages of life throughout the years of hockey.

What material do you think is the best for hockey sticks to be made out of? 

Do you think players should go back to using sticks that do not have a curve? Why or why not?

Why do you think players started to curve their sticks? What is the benefit?

Why do you think a player would want to have lighter sticks even though they are more likely to break?
SAFETY WARNING - Despite enhanced spectator shielding measures, pucks may be propelled into the spectator areas at any time during warm-ups, during play or after play has stopped. Stay alert whenever you are in the stands. If you are struck, immediately ask the nearest usher for directions to the medical station.

SPECTATOR CONDUCT - Anyone who uses objectional language or who throws anything on the ice or at any player, official or other spectator, shall be subject to ejection in addition to any other legal remedy. Please visit the Customer Care Booth located behind section 105 if you observe any inappropriate behavior.

Why is it inappropriate to walk down to your seat while the puck is still in play?  

How can you translate these principles to your own life and interaction with others?  

Can you relate hockey etiquette to any other sporting events you have attended?  

MAKE YOUR OWN HOCKEY STORY

Each hockey game has a story to tell. Whether that be who won, scored, or the most exciting play! Many kids aspire to be a journalist and write about the game and how they experienced the action. Sports writers are an important part to help grow the sport and the interest in the sport. They paint pictures with their articles for people who were not able to watch or attend the game.

Being a sports journalist is not easy! While many try to imprint their own personal style to their writing and storytelling, it is critical to maintain and stay within the facts that happened during the game. To start YOUR career in the world of sports journalism, we want you to write about today’s game in a story. Make sure to take notes throughout the game to record the action.

1) Intro - the most important news aspect of a sports game is the score. Who won? How did they win and who were the players who were keys to victory?

2) More info- Although some fans just want to know the final score many fans want to know more details about the game. Who scored the goals? How did the goalie play? Were there any penalties? This part of the game story is your chance to describe what happened to everyone who couldn’t be at the game.

3) Your opinion- Many of the people you see on TV talking about sports started their career as writers. Columns are the place in the sports section where writers have their chance to voice their opinion on the team and everything going on around the league. A sports writers column can also be a time to write about a part of the team that most fans don’t know about like the assistant coaches, scouts, or equipment staff.

GAME NOTES:

ASSIGNMENT:

Write the game story for today’s game and turn it in to your teacher. Your teacher will be sending your story into the Monarchs and the writers of the best game story will have the chance to watch a game from the Monarchs press box and help the Monarchs staff write an official game story!
When you go to a hockey game, other than watching big hits and the occasional fight, you are most likely following a 3” x 1” piece of vulcanized rubber zip around the ice. We all know what a puck is, but did you know hockey ice hockey wasn’t always played with the puck we know today?

As history will remind us, hockey was first played outdoors during the winter. Back then, there weren’t any indoor rinks or buildings like the SNHU Arena to house hockey games, so the game was played on ponds and frozen lakes. According to many, in the early stages of the game, frozen cow dung was actually used to play the game! That’s right! Cow dung! You can imagine why professional players today wouldn’t want to play with that!

Once players got tired of shooting dung at each other, pucks were made from wood and were actually square, but when the game moved inside, lacrosse balls were used for game action. After a while, rink owners decided to cut the lacrosse ball in thirds, using the middle section to reduce bouncing.

Cutting lacrosse balls quickly became an unsustainable process, so in the early 1900’s pucks were made by gluing two pieces of used tire rubber together. As you can imagine, the pucks would frequently split apart and never lasted very long. In 1940, Art Ross created a puck out of a synthetic rubber with textured edges so sticks could grip the puck better, and that design has lasted until now.

Today, an average of 12 pucks are used during a single game. Referees will replace a puck if they find a chip in or deformity in the structure, or whenever pucks fly into the seats. If you are lucky enough to catch a puck during the game, you will find they are frozen to reduce bouncing on the ice.

The puck will celebrate its 141st birthday Feb. 7, 2017. The date is significant because it was the first recorded mention of the word “puck”, although pucks were used for decades before they were officially named.

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**The History of Hockey Pucks**

**Explain why a puck is the best piece of equipment to use during a hockey game, rather than a ball?**

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**From the text, why is it important to freeze the pucks before putting them into play?**
Penalty Signals

There are four different types of penalties that a player can be given during a game: a two-minute minor penalty, a five-minute major penalty, a 10-minute misconduct penalty or a match penalty in which the player is ejected from the game.

The most common type of penalty is the two-minute minor penalty. All of the calls that Max is demonstrating to the right could be called as two-minute minor penalties.

A five-minute major penalty is most commonly called when players on opposing teams drop the gloves and fight.

Watch carefully during the game!

Name all of the penalties that you see in the first period!

Which penalty was called the most during the game?

If you created a penalty in the game, what would it be and why?

If you look behind each net, there is an area that is sectioned off into the shape of a trapezoid. That is the area that is designated for the goaltender to play the puck. If he plays the puck outside of the trapezoid behind the goal line, he is called for a two-minute delay of the game penalty! If you were designing the area for the goaltender to play the puck, what shape would it be? What would it look like? Explain your answer and draw a diagram!
Design your own Monarchs Jersey!

Teams are changing their jersey at a record pace as merchandise and branding become even more popular. Design your own Monarchs jersey with the colors and style you would like to see!

Jersey templates provided by: http://hfboards.hock
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A person who facilitates the buying and selling of securities, such as stocks or bonds. As payment for services, commission is collected based upon a percentage of the value of the transaction or assets.

Anything that can be sold or has an exchange value. This includes savings, property and stocks.

A practice or arrangement by which a company or government agency provides a guarantee of compensation for specified loss, damage, illness, or death in return for payment of a premium.

Using money, time or energy to create more money or reach a goal.

The organization helping support Education Day!

A current medium of exchange in the form of coins and banknotes; coins and banknotes collectively

Money that is held or collected for future use.

An estimate of income and expenses for a specified time period.

A person who gives advice, typically someone who is an expert in a particular field.

A financial gain, especially the difference between the amount earned and the amount spent in buying, operating, or producing something.

An increase in the value of an asset over time.

A type of security that signifies ownership in a corporation and represents a claim on part of the corporation’s assets and earnings.

Pay out (money) in buying or hiring goods or services.
Join us for Drinks and appetizers at 6:00pm followed by a performance of Singin’ in the Rain. You are welcome to bring along a friend to this exclusive event! Adults only.

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[Image of Montessori Academy]

[Image of Southern New Hampshire Education Center]

[Image of Southern New Hampshire Education Center logo]

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[Image of Southern New Hampshire Education Center logo]

**A player is taking a shot on the net. Draw the path for the puck to the goalie starting at 2 and counting by 2s up to 200.**

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[Website: www.snhec.org]
Hi Kids

Come join one of the largest Kids Clubs in the ECHL! It is a must for anyone 12 years of age and under that is a Monarch’s fan! To join, visit ManchesterMonarchs.com, call the Monarchs Front Office at (603) 626-7825 or visit the Kids Kingdom during a home game behind section 120.

Membership is only $20!

**BENEFITS INCLUDE**

- Monarch’s back pack designed exclusively for Kid Club members
- Free youth ticket voucher
- Membership card with Monarchs lanyard
- Discount coupon to the Monarchs Pro Shop
- Win prizes every game and enter to be the “Kids Club Member Of The Game”!
- Special contests during the season just for Kids Club Members!

**And as always**

- Invitation to the members-only party at Launch Trampoline Park with Monarchs players and Max!

**COME TO ONE OF THESE GAMES FOR FREE**

- Sunday, December 4th, 2016 @ 3:00 pm vs Kalamazoo Wings
- Sunday, January 22nd, 2017 @ 3:00 pm vs Elmira Jackals
- Sunday, February 26th, 2017 @ 3:00pm vs Alaska Aces

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Receive a FREE youth ticket with the purchase of an adult ticket for any of the above games during the Monarchs 2016-2017 season. Call the Monarchs Front Office at 626-7825 to redeem your offer!

*Limited to one ticket per coupon. Offer only redeemable by phone.*