

# HOIST THE CUP



You will need an ice, roller or floor hockey stick for some of the tasks below. Sticks are pretty easy to come by. You can always buy one with your allowance, but chances are somebody has one you can borrow. Besides, sticks make good back scratchers and hiking sticks. Use anything for a puck — plastic pucks, tennis balls, checkers, even your mom's yucky, day-old biscuits.

You can still do these tasks even if you don't play hockey or live in a cold climate. Answer the questions and complete each puck task, then draw a line from one puck to another. When you are finished, you will have a drawing of the Stanley Cup. Write your name on it, hoist it up, and skate it around your neighborhood!

What's the difference between hockey skates and figure skates?

The Cup weighs 35 lbs. and is 3' tall. Do 35 jumping jacks, jump as high as you can 35 times, and stretch for 35 seconds. Repeat 3X.

Get in shape for the season. Do push-ups and sit-ups during the commercials of every TV show you watch this week.

Name the "original 6" National Hockey League teams.

What years did women begin to compete in Olympic field, and then, ice hockey?

Get some friends together and play a game of broom hockey at the park or in your driveway.

In slow motion and without a puck, practice wrist, snap and slap shots — 20 each.

Set up water bottle targets. Practice shooting at them for 20 minutes.

Practice stick-handling for 20 minutes.

NAME:

Who is known as "The Great One"?

Draw a picture of yourself playing hockey. Post it by your bed.

With a friend, play a game of HORSE, but make hockey shots at a goal instead of basketball shots.

How many circles are on a hockey rink floor?

Use 2 paper plates as skates. Skate around the house for 15 minutes.

GRADES 3-6

THE STANLEY CUP WAS PURCHASED IN THE LATE 1890S BY LORD STANLEY OF PRESTON, CANADA'S GOVERNOR-GENERAL. FOR \$48,671. IT TAKES 13 YEARS TO FILL ONE RING WITH WINNER'S NAMES.

EVERY PLAYER WHO WINS THE STANLEY CUP GETS THEIR NAME ENGRAVED ON THE CUP AND GETS TO TAKE IT HOME FOR A DAY. THE CUP TRAVELS AN AVERAGE OF 250 MILES A YEAR.

THE STANLEY CUP IS CONSIDERED THE MOST PRIZED TROPHY IN ALL OF SPORTS. THE STANLEY CUP IS AWARDED TO THE NATIONAL HOCKEY LEAGUE CHAMPIONS.

★ **On Frozen Pond**

Hockey is unique – it can be played on ice! About 15,000 gallons of water is sprayed over freezing pipes embedded in a concrete floor. The result is a 20 degree Fahrenheit sheet of ice. The lines are painted on the bottom layer and take 6 hours to dry. Players talk about “fast” and “slow” ice. Fast ice is harder and colder which makes the surface smoother. Slow ice is warmer and softer; therefore the skates make the ice “chippy” with deep ruts and create more snow. Passing and skating are easier when the ice is “fast.” How do you make a good sheet of ice in a short period of time? That was the question J. Frank Zamboni asked. He developed the rig that smoothes the ice so skating doesn’t turn into an obstacle course. The first Zamboni was used in 1949, and, now, there isn’t an ice rink in the world without one!

★ **Glove Saves**

- **Rubber Biscuit** – Pucks are a solid piece of vulcanized rubber, 3" in diameter and 1" thick. Pucks weigh 6 ounces. Pucks are frozen before games to make them bounce less, and extras are kept in a cooler during games to make certain they remain frozen.
- **Original Six** – The National Hockey League began in 1917 with 6 teams: Boston Bruins, Chicago Blackhawks, Detroit Red Wings, New York Rangers, Montreal Canadians, and Toronto Maple Leafs. All are still in the league.
- **Pack Mules** – On average, when a player suits up with skates, helmet, shoulder pads, shin pads, elbow pads, gloves, hockey pants, socks, stick, suspenders and jersey, they are adding an extra 25-35 pounds to their body weight. Goalies wear 40-45 pounds of equipment!

**Slap Shots**

Q – What’s the hardest thing about skating?

A – The ice, especially when you fall!

Q – Why do hockey players have nice, even teeth?

A – Because the odd ones are missing!

Q – How can you be kind to animals?

A – Hug a hockey player!

Q – Why can’t you play hockey in the jungle?

A – Because of the “cheetahs!”

**GRADES 3-6**  
**BETWEEN PERIODS**

Here are some interesting websites to check out when you need a break. Remember, hockey period intermission breaks are only 15-minutes long, so don’t sit around all day playing on the computer. We need your scoring touch on the ice. Who else will take the penalty shot? Go get’em Great One!

<http://www2.nhl.com/kids>

National Hockey League For Kids - Learn the rules. Keep up with favorite teams and players. Play interactive games.

<http://www.exploratorium.edu/hockey/index.html>

The Science of Hockey - How do you slap a puck 100 miles an hour? How does technology help hockey players? Why is the ice slippery? How fast is your reaction time? How much energy is generated when players collide?

<http://www.zamboni.com/kidzone/index.html>

The Kid Zone on the Official Website of the Zamboni – You aren’t even old enough to drive, but wouldn’t it be cool to pull up to school in a Zamboni? Find out how the Zamboni works, a bit of history, and even where your parents can buy one! Personally, we think it would make a great birthday present!