



# The Mini Page

Betty Debnam, Founding Editor and Editor at Large



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## All About Ice Hockey

# Flying on the Ice



Have you ever played hockey? Whether on ice or asphalt, with a puck or a ball, it's a fast-moving team sport and fun for all.

This week, The Mini Page takes a look at this fast-paced sport that dates back to the 1800s.

### Mysterious origins

No one is sure how ice hockey started. Similar games have been played for hundreds of years. These include games played in fields or on the ice with sticks and balls. The first-known indoor hockey game in North America took place in Montreal, Canada, on March 3, 1875.

### Playing the game

Instead of a ball, ice hockey uses a **puck**, a flat, hard rubber disk that slides on the ice. One team tries to score by hitting the puck into the opponent's goal with a stick. Hockey sticks have long shafts and small blades. They look much like the letter "L."

Each hockey game is played for three equal periods of time, usually 20 minutes each. **Intermissions** separate the periods and give players a chance to rest. If a game is tied after three periods, an overtime period is usually played. **Shootouts** may also be used to break a tie game.



photo courtesy USA Hockey

Ice hockey is popular in many parts of the world, and 73 nations are members of the International Ice Hockey Federation.

About 50,000 girls between the ages of 6 and 18 play ice hockey in the U.S. Minnesota and Michigan have the most hockey players.

*In the U.S., Canada and much of Europe, "hockey" refers to ice hockey. In other parts of the world, such as India, Pakistan and elsewhere, "hockey" usually refers to the sport of field hockey.*

### 'Tis the season to lace up the skates

Ice hockey is a major sport in North America, and there are many levels of competition for all ages.

- According to USA Hockey, more than 350,000 **boys and girls under 18** play ice hockey across the country.

- The men's and women's **college hockey** season extends from October until April. A postseason tournament begins in late March, with the winning teams advancing to the Frozen Four, much like college basketball's Final Four.

- The **National Hockey League** is an organization of 30 professional teams in the United States and Canada. Many NHL games are shown on TV. The top 16 NHL teams advance to the Stanley Cup playoffs, which will be played from April until June.

- Ice hockey has been a sport in the **Winter Olympic Games** since 1920. The U.S. men's and women's teams have combined to win the second-most Olympic ice hockey medals (16) of any country. Team Canada has won the most medals (20).

# A Sport for All Ages

USA Hockey is an organization that develops ice hockey programs and helps the sport grow in the United States. It encourages both kids and adults to play. It also works to educate players, parents and coaches about rules, responsibilities and safety. Participants are taught about important ideas such as teamwork, sportsmanship and respect for others.

Twice a year, USA Hockey holds Try Hockey for Free Days, when kids are given a chance to try out equipment, get on the ice and learn more about “the fastest game on Earth” in a fun way.

A Zamboni (zam-BOH-nee) machine sprays water that freezes to form new ice on a hockey rink. It also smooths and cleans the ice.



photo courtesy Brandon Keim/Wired.com



Ice sledge hockey has been a part of the Paralympic Winter Games since 1994, and 12 nations have sent teams to the games. Team USA has won the gold medal in the last two competitions.



## Everybody can play

Along with boys' and girls' programs, USA Hockey supports programs for disabled players. Their motto is “Hockey is for everybody.”

There are four types of ice hockey available:

- Standing/Amputee
- Deaf/Hard of Hearing
- Sled (or Sledge) Hockey
- Special Hockey



## The equipment

All players wear composite skates with metal blades. They also wear protective equipment, including helmets, gloves and many types of padding for the neck, shoulders, elbows and lower body.

Younger players also wear face masks to protect their heads.



images courtesy USA Hockey

The goalie wears a helmet that completely covers the entire face. In addition to using a bigger stick and wearing large pads, a goalie wears a large glove to catch and deflect shots.

## Ready Resources



The Mini Page provides ideas for websites, books or other resources that will help you learn more about this week's topics.

### On the Web:

- [play.usahockey.com](http://play.usahockey.com)
- [comeplayyouthhockey.com](http://comeplayyouthhockey.com)

### At the library:

- “Kids’ Book of Hockey: Skills, Strategies, Equipment, and the Rules of the Game” by John Sias
- “Winter Sports: Hockey” by Greg Siemasz
- “Z Is for Zamboni: A Hockey Alphabet” by Matt Napier



Basset  
Brown's

Try  
'n'  
Find

## Hockey

V	H	O	C	K	E	Y	T	L	A	N	E	P	M	G
P	O	W	E	R	S	D	I	K	H	E	E	O	T	C
U	F	M	R	W	I	N	G	B	E	I	F	U	E	Q
C	Y	A	L	P	E	J	L	R	L	F	O	N	T	S
K	D	E	F	E	N	S	E	A	S	T	T	R	K	Z
D	R	A	W	R	O	F	O	I	O	E	O	A	X	O
S	T	I	C	K	E	G	D	O	R	P	T	D	E	N
Q	K	N	I	R	J	E	H	R	S	E	J	N	C	E
C	H	N	O	I	S	S	I	M	R	E	T	N	I	S

Words that remind us of ice hockey are hidden in the block above. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find: CENTER, DEFENSE, FORWARD, GOALIE, HOCKEY, ICE, INTERMISSION, KIDS, LINE, OFFSIDES, PENALTY, PLAY, POWER, PUCK, REFEREE, RINK, SHOOTOUT, SKATER, SPORT, STICK, WING, ZONES.





# Mini Spy

Mini Spy loves to play hockey. See if you can find:  heart  pig's face  bowl  ice cream cone

- |                                 |                                   |  |                                 |
|---------------------------------|-----------------------------------|--|---------------------------------|
| <input type="checkbox"/> ruler  | <input type="checkbox"/> book     | <input type="checkbox"/> horse's head  | <input type="checkbox"/> net    |
| <input type="checkbox"/> bucket | <input type="checkbox"/> ladder   | <input type="checkbox"/> word MINI     | <input type="checkbox"/> bird   |
| <input type="checkbox"/> arrow  | <input type="checkbox"/> peanut   | <input type="checkbox"/> question mark | <input type="checkbox"/> saw    |
| <input type="checkbox"/> needle | <input type="checkbox"/> letter A | <input type="checkbox"/> letter E      | <input type="checkbox"/> pencil |



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# Rookie Cookie's Recipe Parmesan Fries

## You'll need:

- Cooking spray
- 2 large baking potatoes, cut into 8 wedges each
- Salt and black pepper
- 1 tablespoon grated parmesan cheese

## What to do:

1. Preheat oven to 400 degrees. Coat a large baking sheet with cooking spray.
2. Arrange potato wedges on the sheet, then spray them with cooking spray.
3. Season with salt and pepper, then sprinkle with parmesan.
4. Bake for 25 to 30 minutes, until potatoes are golden brown and tender.

*You will need an adult's help with this recipe.*

*Adapted from "The Robin Takes 5 Cookbook for Busy Families" with permission from Andrews McMeel Publishing (andrewsmcmeel.com).*

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# Meet Cathy & Marcy



photo by Sara R. Coats

Cathy Fink and Marcy Marxer form a duo of singers, songwriters, musicians, yodelers and producers. They have won two Grammy Awards and were the 2006 Grand Prize winners in the John Lennon Songwriting Contest.

## Marcy (left) and Cathy

Cathy plays the banjo, guitar, mandolin and fiddle. She teaches at music camps and loves to ride her bike and hike. She supports several charities concerning the environment, the arts and nonviolence.

Marcy plays the guitar, banjo, mandolin, bouzouki, hammered dulcimer, Latin percussion, pennywhistle, flutes and ukulele. She teaches at music camps and online. She also tours with another band.

Marcy supports several charities involved with the arts. She volunteers her performances at senior centers and classrooms. She loves astronomy, bike riding and woodworking.

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**Gus Goodsport's Supersport**



**Height:** 6-1  
**Age:** 24  
**Hometown:** Mississauga, Ontario, Canada

# John Tavares

John Tavares has been a gifted hockey player for years. At age 14, he was allowed to participate in a Canadian junior league a full year ahead of schedule after being recognized as an "exceptional player." Before moving on to professional hockey, he broke a 33-year-old junior hockey record with 215 career goals.

The New York Islanders selected John as the first overall pick in the 2009 National Hockey League Entry Draft at age 19 as a center-forward. Four years later, he was named the Islanders' captain. John was also a member of the gold medal-winning Canadian national hockey team at the 2014 Winter Olympics in Sochi, Japan. However, a knee injury in the Olympic quarterfinals ended his entire season.

Through the Islanders' first 57 games this season, the all-star Tavares had 56 points (27 goals, 29 assists) and helped to put his team atop the NHL's Metropolitan Division.

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# Mighty Funny's Mini Jokes

All the following jokes have something in common. Can you guess the common theme or category?

**Isabelle:** What two flavors of ice cream do sharks like best?



**Ian:** Fin-illa and jaw-berry!

**Imelda:** What job requires a loud voice?

**Ivy:** The ice-scream man!

**Isa:** What did the ice-cream cone say to the newspaper reporter?

**Ike:** "What's the scoop?"



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# Understanding Hockey

## The teams

Two teams play against each other in an ice hockey match. Each team has six players on the ice at one time, including one who is the **goaltender**, or “goalie.”

The other five players are position players, or **skaters** — three are **forwards** and two are **defensemen**. Forwards do most of the scoring, while defensemen try to stop the other team’s forwards.

Among the three forwards, one is the **center**, while the others are **wings**, one on the left and one on the right. Each group of forwards is called a **line**.


Every player is active, skating up and down the ice, and they can get extremely tired. Rather than substitute individual players, forwards and defensemen come in and out of the game as a line or pair, called a **line change**.

## The penalties

Most hockey games have three **referees** whose job is to make sure the game is played fairly. They may call players for **penalties**, or breaking the rules.

When a player is sent to the penalty box, the team must play **shorthanded**, or without one player. The other team is then on a **power play** — a one-player advantage.

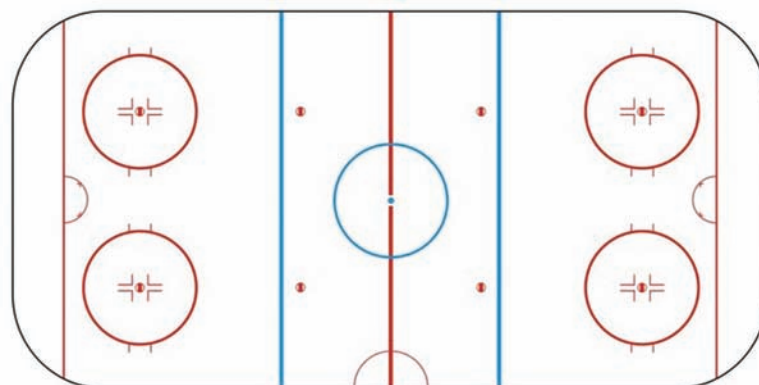
The Mini Page thanks Jayson Hron, manager of youth communications for USA Hockey, for help with this issue.

 Ice hockey is played on a large sheet of ice called a “rink” or “hockey rink” that is surrounded by walls. Tall panels of safety glass surround the playing area to protect the spectators from flying pucks.

The hockey rink is separated into three different zones by lines painted on the ice.

These lines and zones are important to how the sport is played. Blue lines indicate the offensive and defensive zones. The area between the blue lines is called the neutral zone. The other lines on a hockey rink are the center line, or red line, and the goal lines.

The puck must enter the offensive zone before the attacking team’s players. Otherwise, the team is said to be “offside,” and play is stopped. Once the puck is in the offensive zone, it must stay there. If it is hit out of the zone past the blue line, the attacking players must leave the zone before the puck can be played in again.



A hockey game begins in the rink’s center circle with the faceoff — a one-on-one competition to control the puck. Faceoffs occur anytime play is stopped, including for goals, penalties or when the puck is hit out of the rink.

The Stanley Cup is awarded each year to the NHL champion. From 1893 to 1927, it was given to the top amateur or professional team in North America.



photo courtesy National Hockey League

## Getting started

You can play hockey anywhere! You need only a hockey stick, a puck or ball and a flat surface, such as a tennis court, gym floor or driveway.

Playing hockey is a great way to meet new friends and learn new skills, such as skating, handling the stick, passing and shooting. It’s the fastest team sport, and it’s good exercise.

“Another terrific thing about hockey is that great players come in all shapes and sizes. You don’t need to be super tall or super big to be super on the ice,” said a USA Hockey official.

Look in your newspaper for professional hockey games in your city or on TV.

Next week, The Mini Page learns all about wolves.

The Mini Page Staff

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