

MANCHESTER

MONARCHS



EDUCATION DAY BOOKLET WEDNESDAY, NOVEMBER 19, 2014

PRESENTED BY:

Ameriprise 
Financial

Paul A. Pouliot & Associates

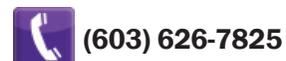
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A Letter From the President

Dear Students,

Thank you for joining us today! The Monarchs Organization and I are proud to be able to turn the Verizon Wireless Arena into the largest classroom in New Hampshire. We are excited that you are able to learn from our most detailed and educational workbook yet. This is our fifth year providing an educational opportunity to the children in New England to learn through the great sport of hockey and we could not be happier to have you with us again this year.

Each player on the Monarchs and the Sharks is working towards their goal of playing in 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 Darren Abbott

Table of Contents

- Letter from the President - 1
 - Hockey Equipment - 2
 - Protective Gear - 3
 - Elementary Math- 4-5
 - Elementary Science - 6-7
 - Elementary Geography - 8-9
 - Bullying - 10
 - Healthy Hat Trick - 11
 - Health & Wellness - 12-13
 - Middle-High History/English - 14-15
 - Middle-High Math - 16-17
 - Middle-High Science - 18-19
 - Hockey Etiquette - 20
 - Sports Writing - 21
 - Middle-High Science - 22
 - Hockey Penalties with Max - 23
 - Design your own Jersey - 24
 - Ameriprise Financial - 25-27
 - Notes - 28-29
 - Kids Club & Ticket Offer - 30
-

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 2014 Education Day Workbook. Good Luck!



Hockey Equipment



DEFENSEMAN DEREK FORBERT



The Monarchs are tough, but that does not mean they do not need to protect their bodies during a game. They wear equipment that was designed specifically to keep them safe and protect against injuries. The most important part of their equipment is their helmet. This year, the AHL has instituted a new rule regarding player safety and the use of helmets.

As we touched on in last year's workbook, all players in the AHL are required to wear a protective visor on their helmet to prevent eye and upper facial injuries. During this season, the AHL has taken that one step further by requiring all players who lose their helmet during the course of play to immediately exit the ice. Continuing to play without a helmet will result in an immediate stoppage of play and a penalty on that player!

With these two rules being incorporated over the last few seasons, it shows the AHL's commitment to player safety and, specifically, head and face trauma.

Always wear a helmet when riding your bike to protect yourself against brain injury. Each year, half a million kids are seriously injured in bicycle-related accidents, and most of those injuries could have been prevented if they wore a helmet. Here are some important things to remember when buying a helmet:

- Choose a helmet that has bright colors or fluorescent colors so that you are visible to drivers and other cyclists
- Make sure your helmet is well-ventilated and fits correctly
- Your helmet should have a Consumer Product Safety Commission (CPSC) or Snell Memorial Foundation sticker; these indicate the helmet meets standards set by at least one of these nonprofit groups that tests helmet safety.

Information courtesy of <http://www.nhptv.org/kn/itv/ournh/ournhtg10.htm>.



Protective Gear

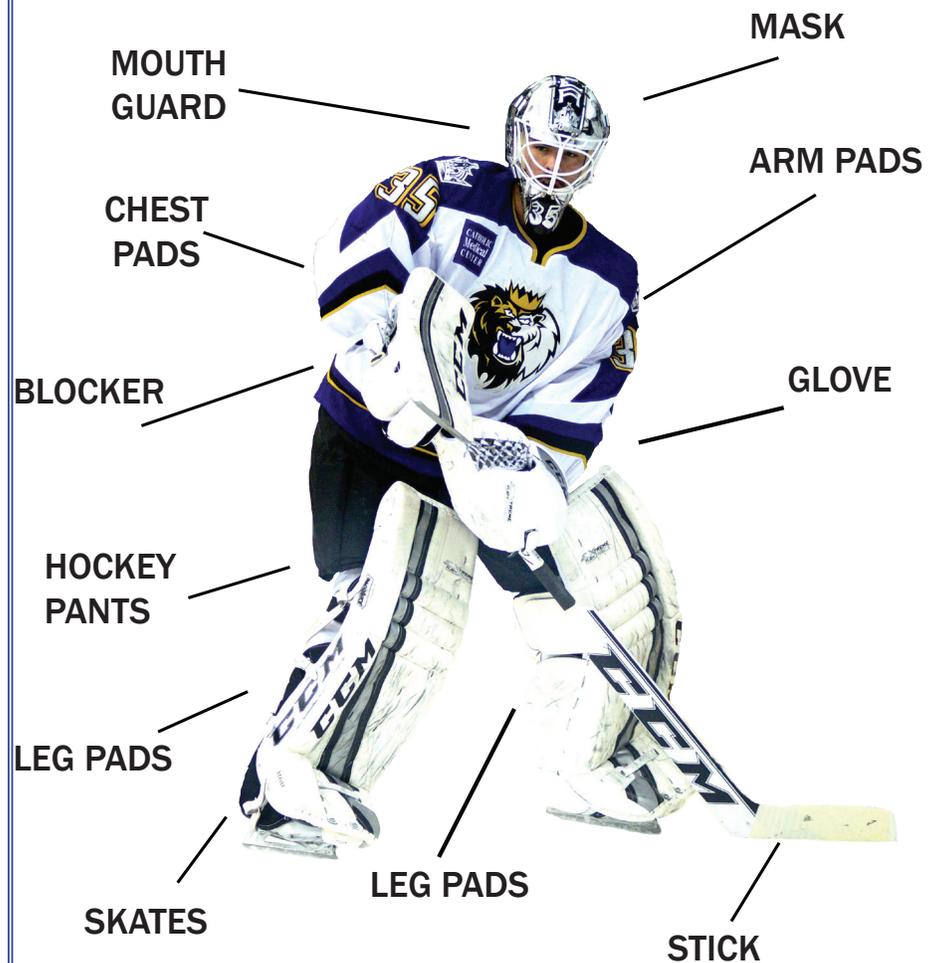
The “Look-Up Line”

Other leagues and levels of hockey are trying to further player safety through preventative measures around the ice surface itself! Manchester’s own Saint Anselm College and a handful of other schools are creating a warning track-esque yellow or orange ring around the perimeter of the ice surface labeled the “Look-up Line.”

The major purpose of this “Look-up Line” is to alert the players when they are approaching the boards. Hockey is the fastest game on earth, and many times it is difficult for the players to know when they are approaching the boards at a dangerous angle. The hopes of this new part of the rink have many initiatives, mostly centered on preventing spinal and head trauma. This can be achieved through the following ways:

1. Warn players to keep their heads up to prevent head and neck injuries.
2. Warn players to be careful not to body check (contact) opposing players from behind.
3. Allow players time to make proper bodily adjustments before hitting the boards.
4. Alleviate the failure to warn (board related) issue that currently exists in hockey.
5. Remind on-ice coaches and officials to continue to warn players about safety in hockey.

GOALTENDER J.F. BERUBE



Analyze the protective gear that the players use in the pictures on these pages.

Write a letter to a friend on how the new “Look-Up Line” can increase player safety in the game of hockey.

Why would the AHL institute the new helmet rule explained on the previous page?

How did the illustrations help you analyze the text?

Compare and contrast the differences between Derek Forbert and Jean-Francois Berube’s protective gear.

Use critical thinking to explain why Forbert and Berube have to wear different equipment.

Explain what other rules you would create to enhance player safety.

The Look-Up Line: <http://justcureparalysis.org/look-up-line/>



Monarchs Statistics

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 (Assists) - Credited to the player who handles the puck before the goal is made. 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 scores a goal.

PIM (Penalties in Minutes) - The amount of time a player serves in the penalty box for rules infractions.

Forwards (F) - Forward is a hockey player's position on the ice whose responsibility is primarily offensive. Generally, the offense men try to stay in three different lanes, also known as thirds, of the ice going from goal-to-goal. It is not mandatory however, to stay in a lane.

Defensemen (D) - Defense in hockey is a player's position with a primary responsibility to prevent the opposing team from scoring goals. Defense players are often referred to as the "D". In regular play, there are two defense players and three forwards on the ice along with the goaltender.

Goaltender (G) - The goaltender (also known as goalie or netminder) in ice hockey is the player who defends his team's goal by stopping shots of the puck from entering their team's net, thus preventing the opposing team from scoring. The goalie usually plays in or near the area in front of the net called the goal crease (often referred to simply as the crease).



**Manchester Monarchs
#22 Right Wing Brian O'Neill**

Height: 5'8"
Weight: 165 lbs
Shoots: Right
Hometown: Yardley, PA
Date of Birth: June 1, 1989

Acquired: Signed a one-year entry level contract with the Los Angeles Kings on March 15, 2012. Inked a one-year contract with the Kings on July 10, 2013. Signed a two-year contract with the Kings on May 1, 2014.

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How many points does Brian O'Neill have with the Monarchs? _____

Does Brian O'Neill have more penalty minutes with the Monarchs or Yale University? _____

How many hours has Brian O'Neill spent in the penalty box in his career? _____

How tall is Brian O'Neill in centimeters? _____

#22 Brian O'Neill

Season	Team	Lge	REGULAR SEASON					PLAYOFFS				
			GP	G	A	Pts	PIM	GP	G	A	Pts	PIM
2008-09	Yale University	ECAC	33	12	14	26	37	--	--	--	--	--
2009-10	Yale University	ECAC	34	16	29	45	20	--	--	--	--	--
2010-11	Yale University	ECAC	36	20	26	46	39	--	--	--	--	--
2011-12	Yale University	ECAC	35	21	25	46	26	--	--	--	--	--
2011-12	Manchester Monarchs	AHL	12	1	1	2	4	4	0	1	1	6
2012-13	Manchester Monarchs	AHL	49	3	12	15	18	4	1	0	1	2
2013-14	Manchester Monarchs	AHL	60	26	21	47	42	0	0	0	0	0
PRO Totals			121	30	34	64	64	8	1	1	2	8
NHL Totals			0	0	0	0	0	0	0	0	0	0
AHL Totals			121	30	34	64	64	8	1	1	2	8

1 centimeter = .393 inches



Monarchs Statistics

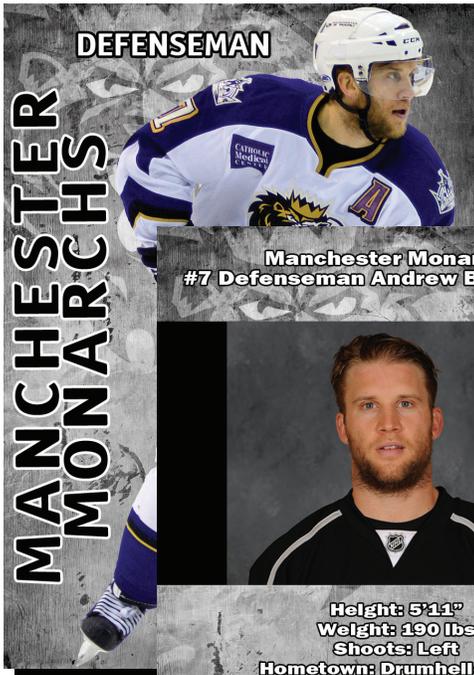
Andrew Bodnarchuk was born on July 11, 1989. How old is he today? _____

What is the capital of Alberta (The Province where Andrew was born)? _____

Andrew Bodnarchuk weighs ___ pounds.

How many more pounds is this than Brian O'Neill? _____

How much taller in inches is Andrew Bodnarchuk than you? _____



Manchester Monarchs
#7 Defenseman Andrew Bodnarchuk

Height: 5'11"
Weight: 190 lbs
Shoots: Left
Hometown: Drumheller, AB
Date of Birth: July 11, 1989

Acquired: Selected by the Boston Bruins in the fifth-round (128th overall) in the 2006 NHL Entry Draft. Signed a one-year contract with the Los Angeles Kings on July 6, 2012. Inked a two-year contract with the Kings on July 29, 2013.

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#7 Andrew Bodnarchuk

Season	Team	Lge	REGULAR SEASON					PLAYOFFS				
			GP	G	A	Pts	PIM	GP	G	A	Pts	PIM
2005-06	Halifax Mooseheads	QMJHL	68	6	17	23	136	11	0	2	2	22
2006-07	Halifax Mooseheads	QMJHL	63	16	41	57	96	12	1	10	11	25
2006-07	Providence Bruins	AHL	--	--	--	--	--	1	0	0	0	0
2007-08	Halifax Mooseheads	QMJHL	65	10	33	43	89	14	0	9	9	16
2008-09	Providence Bruins	AHL	62	1	9	10	33	15	0	2	2	22
2009-10	Providence Bruins	AHL	70	5	10	15	51	--	--	--	--	--
2009-10	Boston Bruins	NHL	5	0	0	0	2	--	--	--	--	--
2010-11	Providence Bruins	AHL	75	1	15	16	91	--	--	--	--	--
2011-12	Providence Bruins	AHL	63	5	12	17	44	--	--	--	--	--
2012-13	Manchester Monarchs	AHL	69	5	15	20	77	4	0	0	0	0
2013-14	Manchester Monarchs	AHL	73	8	24	32	89	4	0	0	0	0
PRO Totals			417	25	85	110	387	24	0	2	2	22
NHL Totals			5	0	0	0	2	0	0	0	0	0
AHL Totals			412	25	85	110	385	24	0	2	2	22

Compare and contrast the careers of both players. How are they similar? How are they different?

Explain why right wing Brian O'Neill has more points per season than defenseman Andrew Bodnarchuk.

If Monarchs defenseman Andrew Bodnarchuk has a point in each of the last 12 games and right wing Brian O'Neill has twice as many points in 14 games, how many points does O'Neill have in 14 games?

Andrew Bodnarchuk had eight goals during the 2013-14 season. What percentage of Andrew Bodnarchuk's career goals were scored last season?

How many more professional games has Andrew Bodnarchuk played than Brian O'Neill?



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.

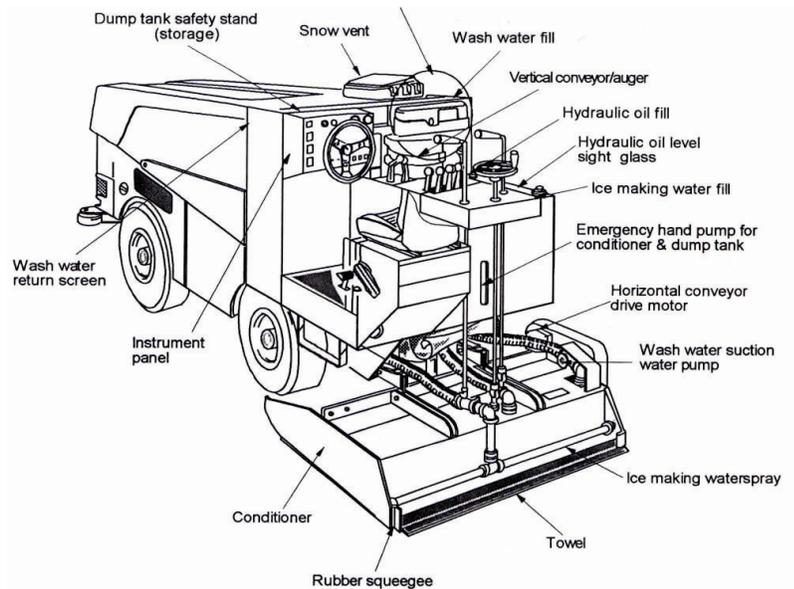
How does a Zamboni work?

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 $\frac{3}{4}$ 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 $\frac{1}{2}$ 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.

How many feet does a zamboni travel during each hockey game?

Using context clues, define 'auger' from the above information.

How does the illustration help you understand the text?

Convert the temperatures from above from Fahrenheit to Celcius. ($C = F - 32 * \frac{5}{9}$)

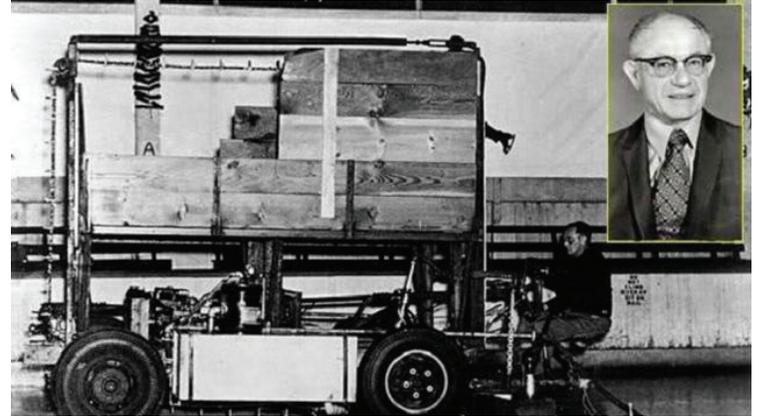


Evolution of the Zamboni



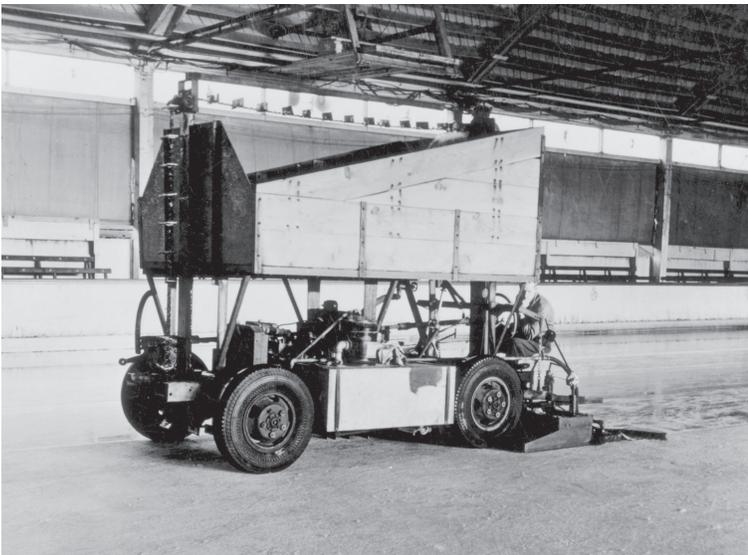
Early Zamboni

http://www.realitatea.net/frank-zamboni-si-google-te-ajuta-sa-curati-gheata-cu-un-joc-interactiv_1091844.html



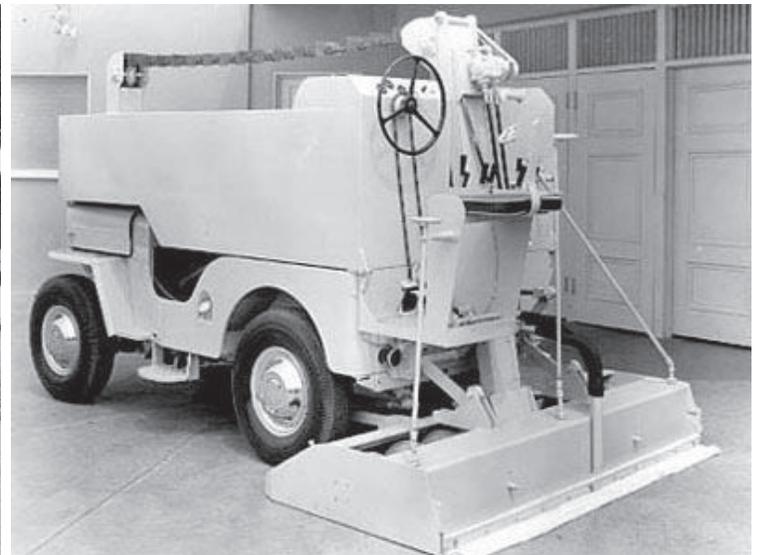
Frank Zamboni with early Zamboni

<http://www.lagaceta.com.ar/nota/529455/sociedad/quien-fue-frank-zamboni.html>



Wooden Zamboni

blog.hemmings.com



Black and White Zamboni

pic <https://www.facebook.com/pages/Vermont-Jeep-Fans/323396544941>

What are some of Frank Zamboni's other inventions?

List three facts about Frank Zamboni.

If you were to redesign the zamboni, what would you do and why?

Draw what your zamboni would look like.

American Hockey League



Atlantic Division Team	NHL Affiliate	Distance
Manchester Monarchs	Los Angeles Kings	3,029 miles
Portland Pirates	Phoenix Coyotes	2,733 miles
Providence Bruins	Boston Bruins	52 miles
St. John's IceCaps	Winnipeg Jets	3,077 miles
Worcester Sharks	San Jose Sharks	3,103 miles

Why do you think that there are so few Western United States AHL teams, even though there are many in the NHL?

In miles, how much farther are the Winnipeg Jets from the St. John's Ice Caps compared to the Providence Bruins from the Boston Bruins?

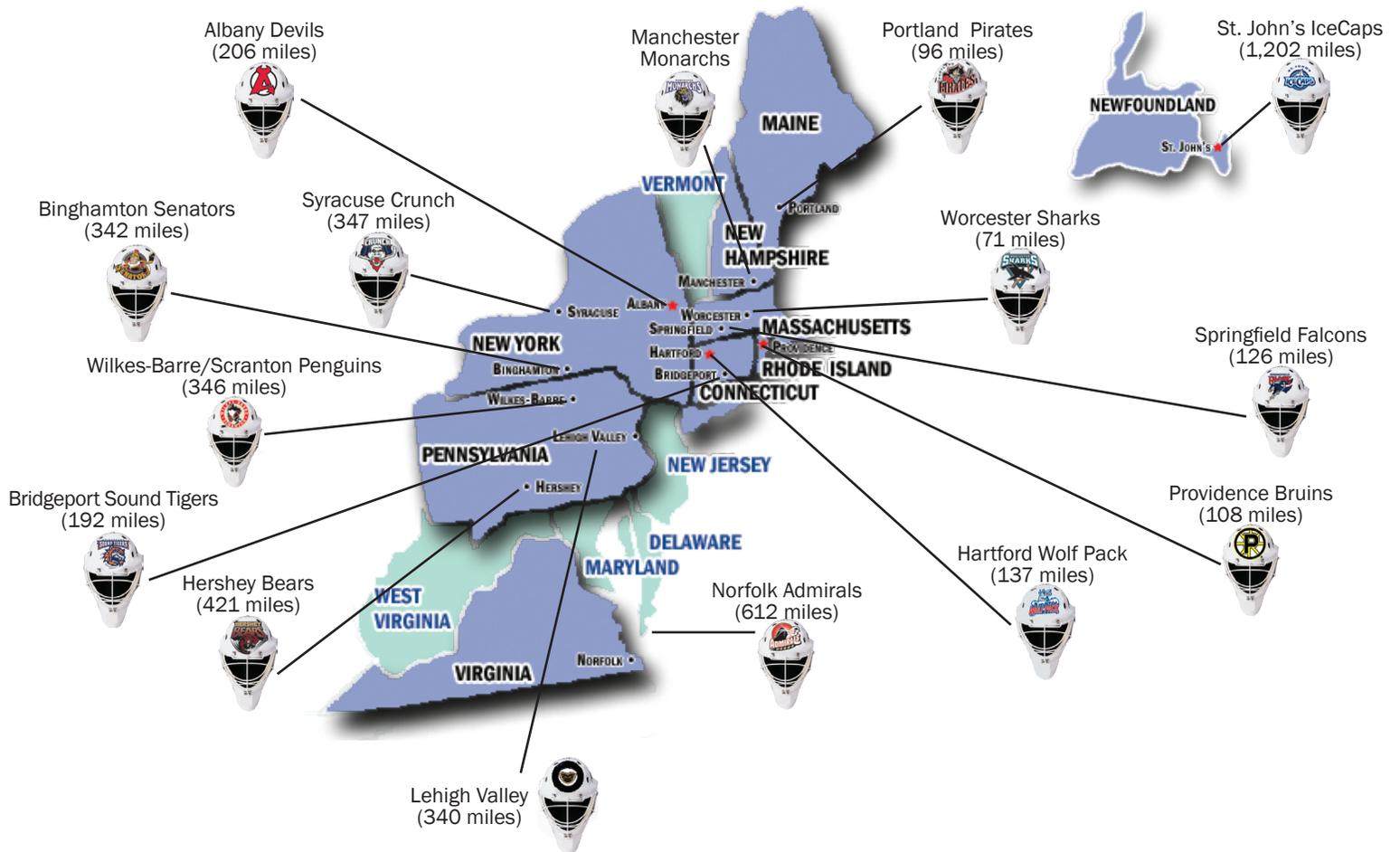
Analyze the locations of the teams in the AHL and explain if you think there is a pattern.

How many AHL Hockey clubs are in the state of Pennsylvania? Why do you think so many of these teams are located so close to each other?

Logo Courtesy: The American Hockey League



AHL's Eastern Conference



Split the 15 teams into three, five-team divisions. Explain why you selected these teams for each division. (Extra, make up your own division names!)

Which team is the furthest road opponent to the Monarchs this season?

Which teams play in their state's capital cities?

If the Monarchs are driving at 50 miles per hour, how long will it take them to arrive in Norfolk, VA?

Using the Monarchs roster, how many different states and provinces are represented on this year's team? What are they? *Bonus* Are there any players from Europe? If so, where?

Take a Stand Against Bullying!

STICK UP



for a friend!

What is bullying?

Teasing, threatening, physically hurting, taunting, damaging property; being mean with words or actions with the intention of being hurtful.

Who are bullies?

Anyone can be a bully. Sometimes a person can be really nice to some people, and then bully others. It is important to watch how you treat EVERYONE in your life. (That includes little brothers and sisters!)

Why does bullying happen?

It is about POWER. Bullies try to take your power by damaging your confidence and self-esteem. People who bully usually do not feel good about themselves and look to feel better by putting others down. Bullies don't know how to find their own power in a healthy way.

Is this Bullying? (the Quiz)

1. A girl in your class has seizures. Now the kids all call her a mean name. You don't call her the name but you still laugh with the rest of the kids.

YES, This is bullying

NO, this is not.

2. The same girl is in the bathroom and some girls block the door and will not let her out. They push her and tell her to leave school because no one likes her.

YES, This is bullying

NO, this is not.

3. You are sitting at a lunch table with your friend and a group of girls tells you to move saying you are not cool enough to sit at this table.

YES, This is bullying

NO, this is not.

4. Your best friend decides not to play soccer with you at lunch and instead plays kickball with another kid from your class.

YES, This is bullying

NO, this is not.

5. A boy you know keeps getting mean messages on his Facebook page. The messages make fun of his religion and tell his family to move.

YES, This is bullying

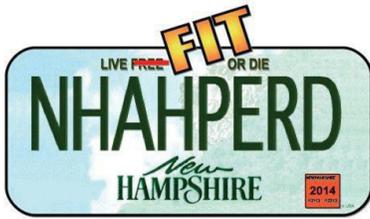
NO, this is not.

Answers: 1. YES 2. YES 3. YES 4. NO 5. YES



Healthy Hat Trick

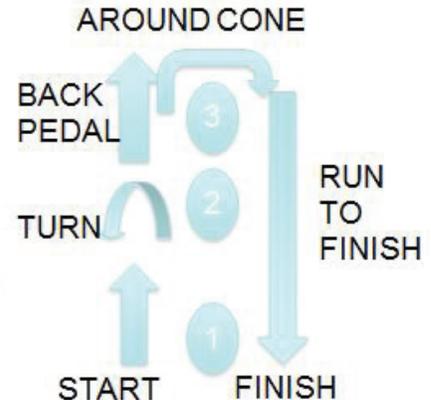
How To Stay Fit Like A Monarch



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

Three cones are placed with 10 yards in between each. Students start at the startline and run to second cone. At second cone student must turn backwards and back pedal to 3rd cone. After rounding the 3rd cone the student completes the drill by crossing the finish line.

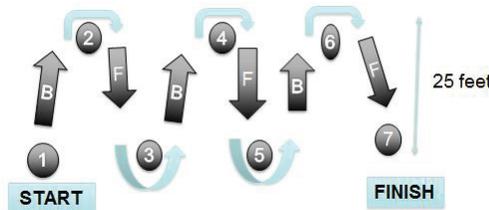


PLANK POSITION

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



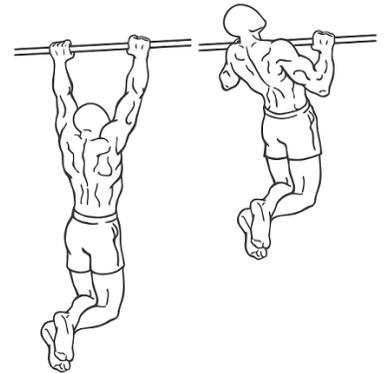
One row of 4 cones is laid out (15 feet apart). Another row of 3 cones (25 feet apart) is laid 25 feet from the first row. Student start at row of 4 cones back pedals to first of the 3 set of cones. After rounding the first cone student sprints to 2nd of the 4 cone row. Repeat until complete.

Teachers: to sign your school up for the Healthy Hat Trick Program contact Ryan Leach at (603) 626-7825 Ext. 6112 or RLeach@ManchesterMonarchs.com

Train Like A Monarchs Player

Staying Fit Like A Monarchs Player

To stay in shape for the games, the Monarchs work out about four times a week. During the workouts, the players work on their legs by doing squats, lunges, and running. They work on their upper and lower body by doing pull-ups, push-ups, and sit-ups. Before every game, the Monarchs do a light workout which primarily consists of stretching but also includes shoulder and leg workouts. The Monarchs do a pregame workout to keep their bodies loose so they do not pull a muscle during the game. The players pay close attention to what they eat and when they eat.



Eating Like A Monarchs Player

Pregame meals include pasta, chicken, fish or beef, and vegetables. Food gives your body energy to play a sport and the right kinds of food give the Monarchs the right amount of energy. Chicken or pasta is a favorite of the team because these foods can be easily digested and give the players energy. Not only is it important what you eat but when you eat it. A pregame meal for the Monarchs is typically around 12:30 p.m. This is a big meal that includes lots of proteins and carbohydrates. Eating a big meal early in the afternoon allows the

Monarchs players at least four hours to digest and convert the nutrients into energy for the game.

Your typical portion size is about the size of your palm. The portion size for a player depends on not only the size of their palm but also how they feel. The team's athletic trainer suggests a lot of colorful vegetables and protein for the players so they have the right nutrients to perform their best on the ice.

The postgame meal is very similar to the pregame meal. This meal typically includes chicken, pasta and vegetables. Following the game, players often eat peanut M&Ms. This snack provides the player with a small portion of protein from the peanuts and simple sugars from the chocolate. The players' body craves protein and sugar after exerting so much energy during the game.

Hydrating Like A Monarchs Player

During the games, the Monarchs drink a large amount of POWERADE to keep their bodies hydrated and allow them to have the right amount of electrolytes, potassium and sodium. The more the players sweat during the game, the more potassium and sodium they lose through the sweat. POWERADE helps replenish those key nutritional elements.



Photos provided by en.wikipedia.org, www.blisstree.com, and www.bargainblessings.com.



Measuring Your Heart Rate

Your heart rate at rest and while you are exercising is very useful in both medicine and science. Your heart rate at rest is an indication of your fitness level and can be an indicator of a possible illness or disease. When you are exercising, your heart rate can show your fitness level and exercise intensity as well as your cardiac capacity and an indicator of fatigue. To measure your heart rate, place your first two fingers on either side of your neck or on your wrist to measure your pulse. Count the number of beats you feel within one minute. Normal resting heart rates range between 40-100 beats per minute. Ideally, you want your resting heart rate to be between 60-90 beats per minute. Above and to the right is a table for what your heart rate should be when you are exercising depending on the level of your activity.

Table of heart rate at training intensities from 50-90%

AGE	50%	60%	65%	70%	75%	80%	90%
10	140	154	161	168	175	182	196
11	140	153	160	167	174	181	195
12	139	153	160	167	174	180	194
13	139	152	159	166	173	180	193
14	138	152	158	165	172	179	192
15	138	151	158	165	171	178	192

Did you know that exercising can lower your resting heart rate? Consistent physical activity will lead to a lower resting heart rate which is great for your body. A lower resting heart rate means that your heart has to work less to supply your body with enough blood to properly function.



How Important Are Your Muscles?

The muscles in your body are responsible for pumping your blood and delivering oxygen to the rest of your body. For hockey players and other athletes, core strength is very important. Your core muscles are those found in the center of your body. These muscles stabilize your spine and hips. Hockey players need strong abdominal muscles to strengthen and stabilize their core. Having a strong core helps the players skate and shoot, as well as the ability to hit and check players into the boards. A strong core also helps them to absorb hits without being knocked off their skates.

The muscles in a hockey player's arms, the biceps, triceps and deltoids, help to battle against their opponent, control the puck on their sticks and shoot the puck.

The Monarchs are responsible for coming into each training camp fit and ready for the season. This is without the help of the team's strength trainers. What important lesson can you take from their self-preparation during each off season?

The Monarchs eat a nutritious and high protein meal before every game they play. Why do you feel it would be important for you to eat well before any physical activity?

Test your resting heart rate. Record this number and track it over the next couple of months while maintaining a healthy exercise regimen!

Hockey History in New Hampshire

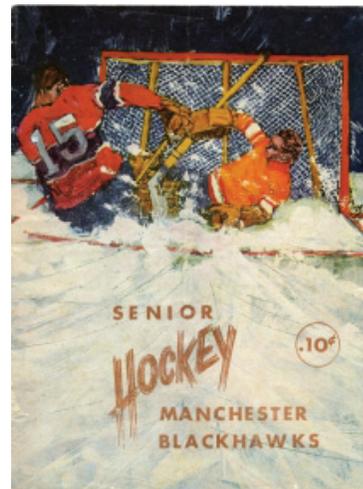
Thanks to the organization that is the New Hampshire Legends of Hockey, we have a very detailed look into how hockey in New Hampshire came to be, before the Manchester Monarchs that we know today skated in the American Hockey League.

It was discovered quickly that the history is vast and began November 17, 1883, when on the lower pond at St. Paul's School in Concord, the first organized game in the United States was played by St. Paul's students, making New Hampshire the official birth place of hockey.

Twenty years later, in 1903, a youngster named Hobey Baker arrived at St. Paul's School from Pennsylvania and by 1909, when he graduated, he had written his own historical chapter, not only in the state but internationally, too. Baker was an outstanding skater and fashioned a reputation for high sportsmanship.

The history shows that three communities - Berlin, Concord, Manchester - were central to the early development of the sport in the state. In the 1910s, amateur hockey began in Berlin with the organization of mill teams. Additionally, numerous other communities had teams for short periods of time.

The Brown Paper Company, back between 1910 and 1920, guided the destiny of Berlin's many hockey players. D.B. Brown, of Dartmouth fame and also an owner of Brown Company, helped form a Mill League. All of the games were played on the outdoor rink directly in front of the old baseball grandstand behind home plate at the city ballpark. In 1920, Father Lauziere formed the "Canadiens." His team, among others, played against Maine's top teams from Lewiston and Waterville. In 1923, the Berlin Athletic Association (BAA) was formed and until 1928 was a major hockey player force. From 1928 until the middle of 1930s, the Berlin Hockey Club was a power and in 1928 many games were played at the Boston Arena as part of New England competition. In 1937, the Berlin Maroons were formed and shortly thereafter were a dominant team, winning New England AAU championships in 1941, 1949 and 1951. The Maroons also played throughout North America and won the National AHA championships in 1954, 1967 and 1968, and continued to play competitively until the early 1990s.



In Concord, the hockey history began circa 1927 with the Concord Hockey Club (CHC) which played at the John Higgins rink on the site of the old Highway Hotel off Bridge Street. In 1939, the White Park team won the New Hampshire AAU championship and was runner-up in the 1939 New England AAU championships. Among the early teams, Sacred Heart Catholic parish and the Millville Bruins were two of the most prominent. Sacred Heart played at the rink on Pleasant Street. In fact, the United States Olympic team played two games there, one against Sacred Heart and the second against some masters from St. Paul's School. The Bruins played at Kimball Pond in Hopkinton, and in Concord at both Memorial Field and on Horseshoe Pond. The teams that later followed were the Concord Shamrocks (1962-1966), the Coachmen (1966-1968), the Eastern Olympics (1967-1973) who played in the New England Hockey League and the Can-Am. Finally, the Budmen started in the fall of 1975 and competed for twelve seasons in the New England Hockey League and later independently.

In Manchester, St. Jean (de Baptiste) Maple Leafs started things off in the late 1930s and played at the Kelly Street church grounds through the early 1960s. Beginning in 1958, the Manchester Beavers played on the Dorrs Pond Rink for five seasons. The Tam-O-Shanters and Alpine Club each started in 1962 and played outdoors for a couple seasons then when the JFK Coliseum opened for the winter of 1964 they moved into their new home. In the fall of 1966, the Blackhawks were formed and competed independently and then played in the New England Hockey League through the spring of 1970. The Monarchs then came into existence and played four seasons in the New England Hockey League and later independently. At the end of the 1973-1974 season, everything ceased. The Manchester Blackhawks came back in the late 1970's for a second go-round and competed against the Budmen and the Maroons among others, in New England Hockey League. The last organized men's team to compete out of Manchester was the Busch Blues. That team came on the scene in the fall of 1986 and competed for five seasons.

Hockey is as strong as ever in New Hampshire. Beginning with youth hockey and up through high school and prep school, programs abound. Additionally, junior programs are strong. At the college and university levels, UNH and Dartmouth lead the way, along with New England College, Saint Anselm, Southern NH, Plymouth State University and Franklin Pierce.

Where is the birth place of hockey? Why do you think this is?

Many teams have played in New Hampshire over the years. If you were going to create a hockey team in New Hampshire, what city would you have the team play in and why? What would you name the team and why?

Why do you think that the first three cities in New Hampshire with hockey teams were Berlin, Concord and Manchester?

What role do you think New Hampshire being so close to Canada played in hockey becoming so ingrained in the history of the state?

Information: nhlegendsofhockey.com and backicepondhockey.com



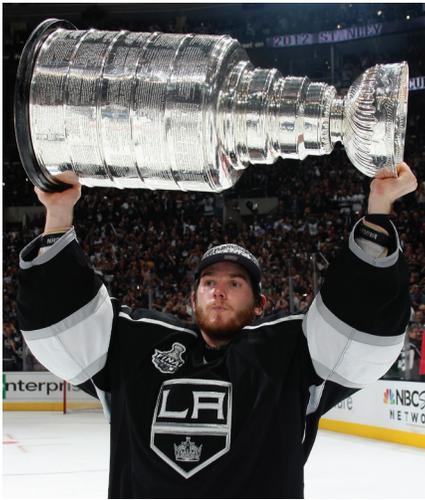
Stanley Cup History

Last season the Manchester Monarchs parent club, the Los Angeles Kings won the Stanley Cup for the second time in three seasons. Fourteen former Monarchs got to lift “the Cup” with many of them winning it for their second (or third) time. The names of those players will join the thousands of names that are etched on to the oldest trophy in professional sports.

In 1892 Sir Frederick Arthur Stanley, a Canadian politician whose sons Arthur and Algernon were avid hockey players purchased a silver punch bowl for 10 Guineas (\$50.00 at that time and \$1,277 in current day prices). The Cup first went to “the championship hockey club of the Dominion of Canada.” The first team ever awarded the Stanley Cup was the Montreal Amateur Athletic Association in 1893. Over the early years of the Stanley Cup the trophy was passed between Champions of different leagues in Canada. The way a team would have the chance to win the Cup was to win the league they play in and then send a formal challenge to the team who currently had the Cup. In 1914 the leagues came together to organize a more structured playoff format to award the Stanley Cup. 12 years later the National Hockey League took over full possession of the Stanley Cup to award to the league champion.



Early on in the life of the Stanley Cup the trophy went missing multiple times. In 1907, the Montreal Wanderers left the Cup at the home of a photographer they hired to take photos of the team and the trophy. The photographer’s mother decided it would make a wonderful flower pot and it stayed as her flower pot for over 2 months until the Wanderers coach remembered where they had left the Cup.



In 1924, Montreal Canadiens players on their way to a victory party stored the trophy in the trunk of their car. On the way to the party the car got a flat tire. The players removed the Cup to get the spare tire, changed the tire and drove off leaving the Stanley Cup sitting on a snow bank. The players returned to the snowbank an hour later and the greatest trophy in sports luckily was still there.

The NHL will allow no more than 52 names from each year’s winning team to be engraved. There have been a few mistakes by the engraver including in 1971-72 with the Boston Bruins won the Cup and the engraver accidentally used the letter Q where O should be. Today the Stanley Cup still has the words “BQSTQN BRUINS” on it.

Overall when the LA Kings names are etched on the trophy this year 2,424 names will be on the Cup. Henri Richard who played on the Montreal Canadiens has his name on the Cup a record 11 times. There are 12 women who have worked for teams that won the Cup who have their name on the Cup. The first woman to have her name on the cup was Marguerite Norris who was the President of the Detroit Red Wings in 1954 when the team won the title. Each player and coach on the team that wins the Stanley Cup gets one day with the Cup to do whatever they want with it. Many players bring the Cup to the town they grew up in. Monarchs Director of Hockey Operations, Hubie McDonough, brought the Stanley Cup to Manchester in August when he had his day with the trophy.

While each player and staff member gets their day with the Stanley Cup the real lasting keepsake from a title is the championship rings. The tradition of championship rings dates all the way back to 1893 when the Montreal AAA’s won the initial Stanley Cup. Each of the seven players on the team was given a gold ring with crossed hockey sticks and MHC (Montreal Hockey Club) inscribed on the side. In the last fifty years only 4 teams have not received rings. In 1971 the Toronto Maple Leafs decided to give each member of the team a color TV instead of a ring and in 1995 no rings were given out because no team won the Stanley Cup due to a contract lockout between the owners and players.

Over the decades the Stanley Cup Champion Rings have grown in size and numbers of diamonds. Today the average cost for championship rings is between \$20,000 to \$25,000 per ring. Including players, coaches, staff, and others, handing out rings can cost a team upwards of \$1 million. This year’s Kings Stanley Cup rings has over 100 white and black diamonds.

In what year did the NHL take over possession of handing out the Stanley Cup?

Visit the Silverwear Hockey Hall of Fame website (www.HHOF.Com) to find out more about the Stanley Cup. On the site find the information about the engravers of the Stanley Cup and name the men whose job is to put the winners names on the Stanley Cup.

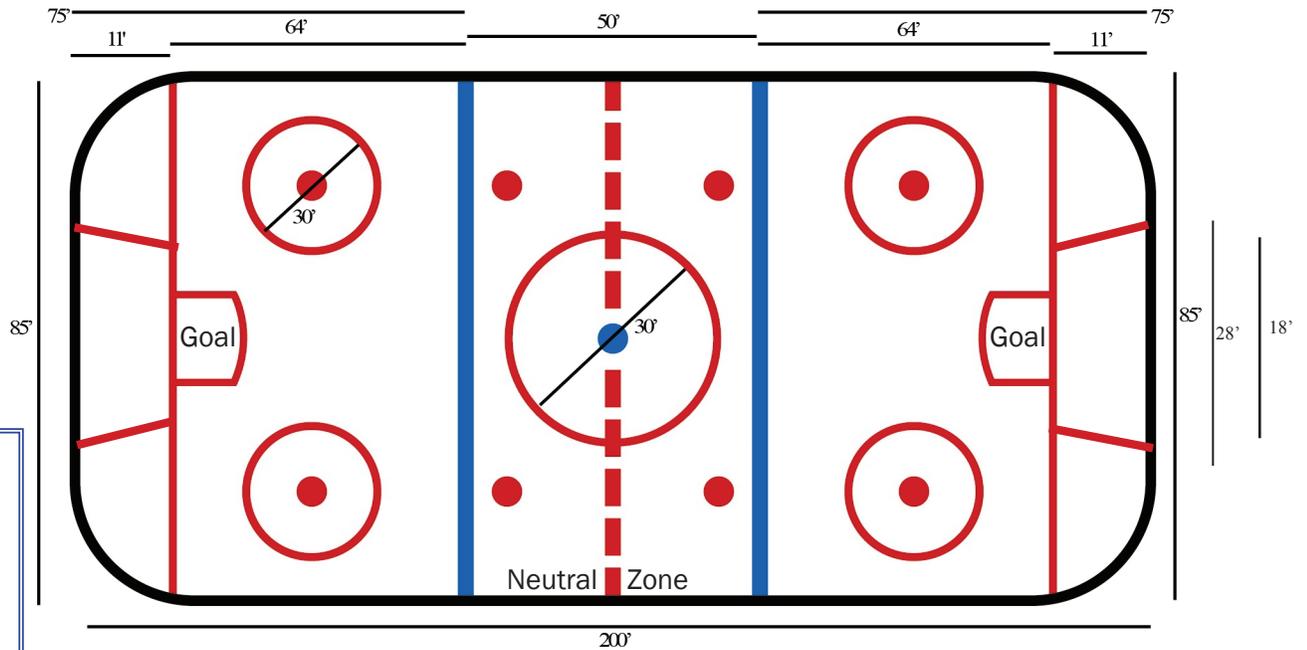
Using the Hockey Hall Of Fame Website find the height of the Original Stanley Cup and the height of the current day Stanley Cup.

Write out what you would do if you had one day with the Stanley Cup.



Hockey Rink Dimensions

NHL Rink



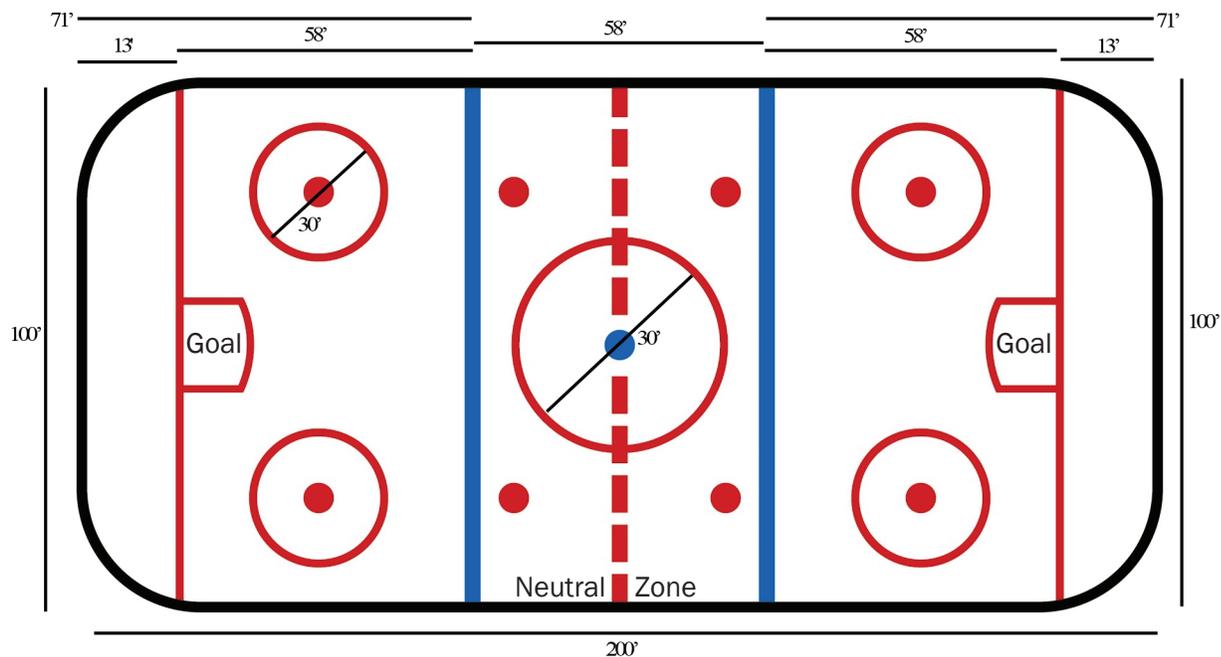
Each rink has five face-off circles and nine face-off dots where the on-ice officials will drop the puck.

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?

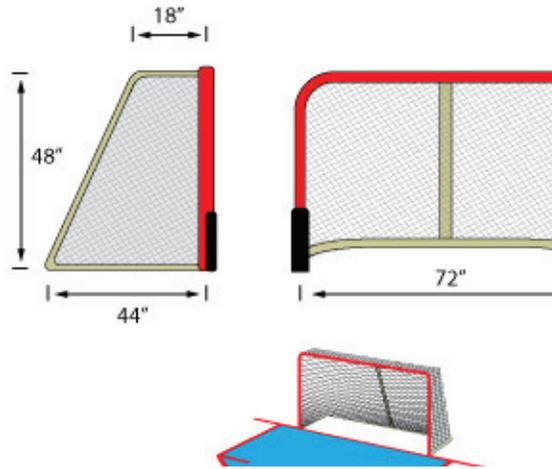
If you were to design an ice rink surface, what changes would you make and why?



Olympic Rink



You Do The Math!



Do The Math

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

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

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= $d\pi$ (diameter $\times \pi$)

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 and the goal line

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

How Hockey Pucks Are Made

A standard hockey puck is made from vulcanized rubber. Vulcanizing the rubber means that the rubber the puck is made from is combined with other chemicals such as sulfur to make it more durable. The edges of the pucks have small grooves called “diamonds.” These grooves give a taped hockey stick something to grab onto when the puck hits the stick.

Pucks are black, 3 in (7.6 cm) in diameter, 1 in (2.54 cm) thick, and weigh 5.5-6 oz. Currently, hockey pucks are only made in four countries: Canada, Russia, China, and the Czech Republic. There are two kinds of manufacturing processes for pucks. One is for practice and souvenir pucks. The other is for regulation NHL and AHL pucks that are used in games. Below is the way that our Monarchs game pucks are made at the manufacturing companies!

Granular rubber is mixed with special bonding material by hand.

The mixture is put in a two part (male-female) mold. A molding pallet of 200 mold cavities is filled by hand. The mold is cold compressed. (This procedure actually takes place at room temperature.) About 5,000 pucks can be made per week.

In a separate procedure, the pucks are silk-screened with a rubber-based ink. The pucks are fed into one of four kinds of silkscreen machines, depending on the number of colors included in a team or league’s logo. (There is a hand silk-screen machine, as well as three-color, six-color, and eight-color silk-screening machines.) The logo is placed on the puck.

The pucks are packed for shipping in cases of 100. Wax paper is placed between rows to separate the pucks so that the logos are not marred.



From analyzing the text, what extra step is taken to make hockey pucks that differs from just molding rubber into puck form? Why is it that you think this step is important?

From reading the passage, explain further why the “diamonds” on the edges of the pucks are especially important for hockey. What would happen if these weren’t present?

Write a letter to your friend and explain to him or her how hockey pucks are created and the important processes that go into making a Monarchs game ready puck!

After reading about how the puck is made, describe any changes that you would like to see made to the puck and how it would change the game of hockey.



The Outdoor Game Ice Guru

Day in the Life of the NHL's "Ice Guru"

Since the NHL held its first Winter Classic in 2008 one man has been responsible for making sure the outdoor sheet of ice is at the peak of conditions. That man, Dan Craig, has become known as the "Ice Guru." As the NHL's senior director of facilities operations Craig and his crew have built over a dozen outdoor rinks in all types of conditions. Unlike the ponds in New England and backyard rinks where you may have played, the process for creating an NHL rink is much more challenging than spraying a hose and waiting for nature to freeze the ice.

NHL Outdoor Game Facts

Nov. 22, 2003 - Montreal 4, EDMONTON 3, 57,167 fans, 16 °F

Jan. 1, 2009 - Detroit 6, CHICAGO 4, 40,818 fans, 32 °F

Jan. 1, 2010 - BOSTON 2 (overtime win), Philadelphia 1, 38,112 fans, 37 °F

Jan. 1, 2011 - Washington 3, PITTSBURGH 1, 68,111 fans, 40 °F

Jan. 2, 2012 - NY Rangers 3, PHILADELPHIA 2, 46,967 fans, 41 °F

Jan. 25, 2014 - Los Angeles 0, ANAHEIM 3, 54,099 fans, 63 °F

To build a rink, Craig and his crew start by building a floor of aluminum panels and four inch hoses that will carry glycol, which is simple antifreeze. The glycol gets pumped into the aluminum panel and creates a surface which makes water freeze almost five times faster than it would naturally. The panels are 30 feet long by 30 inches wide and it takes 300 panels to build a regulation rink. The glycol is pumped into the pipes from a refrigeration truck that is owned by the NHL and costs \$800,000. The truck pumps the glycol into the panels at a rate of 1,500 gallons of glycol per minute.

After the base layer is set it is time to add the water to make the ice. Craig and his staff put down one inch of base ice. Then the lines are painted and another 6-8 inches of ice are put on. A few days later a few more inches are added and then the rink is ready to play on. Over the years Craig and his crew have faced all types of conditions and have always made a pristine rink. Last year in Los Angeles the temperatures during the days leading up to the Stadium Series game between the Kings and the Anaheim Ducks at Dodger Stadium reached upwards of 80 degrees and when the Winter Classic was in Boston the temperature dropped to as low as five degrees at night. This year the NHL Winter Classic will be played in Washington and the LA Kings will once again play outside in California, but this time it will be against the San Jose Sharks at Levi's Stadium which is the home of the San Francisco 49ers.

How many pounds of Glycol can the rink truck pump in one hour?

(1 Gallons [US] = 8.345 Pounds truck pumps 1,500 gallons per minute)

Using the resources on NHL.com and other websites write a short biography of Dan Craig, the NHL's "Ice Guru".

Write a proposal for the NHL on where you would want an outdoor game to be played and which teams you would have play in the game.



Compare and Contrast Dodger Stadium vs. Levi Stadium

What are some challenges to having an outdoor game in Los Angeles?

What are some of the differences to having a game in a baseball stadium, compared to a football stadium?



Be A Hockey Journalist!

Before SportsCenter and the Internet, everyone got the results of sporting events through the newspaper. Sportswriters were the eyes and ears of the fans at every game. Their job was to paint the picture of what happened in the game with the words in their game stories. Some of the best sports writers in history have come from Boston, including Bob Ryan and Jackie MacMullan, who started writing about sports as students at UNH.

Newspapers are not as popular as they once were, but the world of sports journalism is still around because of the Internet and TV. As long as there are sports being played, there will be a need for people to cover the games and tell the fans what happened. To help you on your road to being a famous sports reporter we would like you to write today's game story. Make sure to write notes on what happens throughout the game and use the below tips to help you when you write your game story back in class.

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:

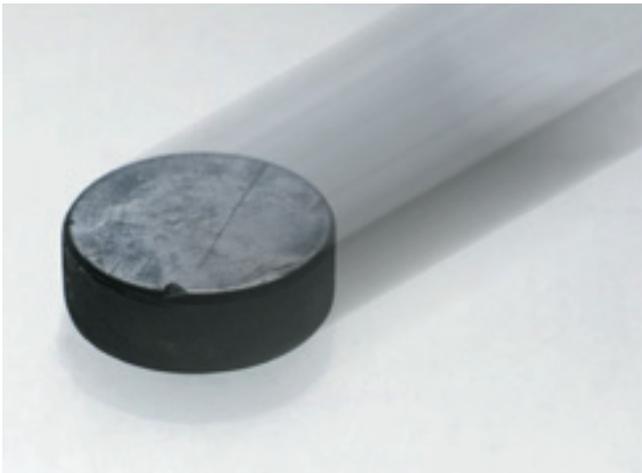
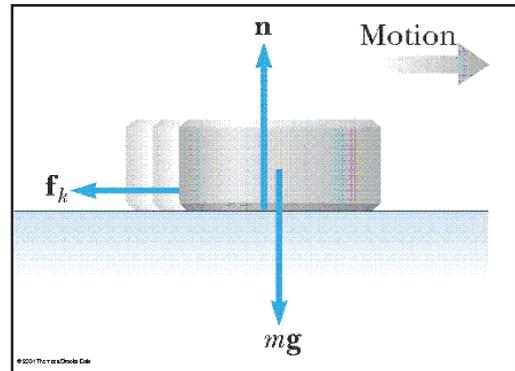
ASSIGNMENT: Write the game story for today's game and turn it in to your teacher. Your teacher will be sending your story into the Monarchs and the writers of the best game story will have the chance to watch a game from the Monarchs press box and help the Monarchs staff write an official game story!

How A Hockey Puck Moves

During a game, each team keeps a supply of pucks in a freezer at all times. When a professional hockey team receives their supply of pucks for a season, they are rotated so that the older pucks are used first. During games, pucks are kept frozen in an ice packed cooler, which usually sits on the officials' bench. All pucks are frozen to reduce the amount of bounce. Freezing hockey pucks also reduce the amount of friction the puck has with the ice allowing it to slide further without sticking!

But why do pucks slide so easily on the ice? Ice molecules are jam packed tight and water molecules are floating around. The water molecules on the top layer of the ice are not able to freeze, so they act more like a liquid than a solid. This makes the surface slippery!

When the puck is flying through the air it is using what is called Projectile Motion. That is the velocity of the puck coming off the stick of the player combined with the gravity weighing the puck down!



But how do hockey players shoot so accurately with this small cylindrical disc? When a hockey player shoots the puck it is using spin to put gyroscopic motion to the puck.

Have you ever wondered why it is that you stay balanced on a bicycle when it is in motion, but fall when it is stationary? What about how a top stays balanced when it's spinning, but not when it's stationary? The same physical laws govern the types of motion present in both cases. The nature of such motion is gyroscopic motion. Gyroscopic motion arises under a situation where we apply a certain torque to a rotating body. This applies to how a puck flies so straight and fast off of a hockey player's stick! This also makes it more likely that it will land flat on the ice.

Analyze the text and describe why teams freeze the pucks prior to the game. Why is this essential for the game of hockey?

From reading the passage above, describe the ways you encounter gyroscopic motion in your daily life.

Sources: <http://www.thehowandwhy.com/Gyroscopic.html>, <http://prezi.com/vle3ze0ibi8m/copy-of-how-does-an-ice-hockey-puck-slide-so-easily-on-ice/>



Max Explains The Penalties

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

History of the Jersey

Ever wonder why a hockey jersey is often referred to as a sweater? Very simple -- in the old days of hockey, that's exactly what players wore -- sweaters. No different than the ones you'd find at your local men's store. Teams would often buy several sweaters of the same pattern, slap a number on the back and in some cases a logo on the front and call it a day. To say the least, times have changed! With television still decades away from being invented, there was little need to outfit teams in more than one jersey. As the calendar moved into the late 1930s, solid color jerseys started taking shape. Crests would become more intricately designed, and pants would shift from a neutral canvas color to a color in the team's palette. Most teams in the Original Six era used very traditional colors. From 1942 to 1967, jerseys were either red, blue, black, gold or white. When the Los Angeles Kings entered the league in 1967, they used the yellow jerseys you see below! They evolved quite a bit over the year to what we have now. The Monarchs even changed their jerseys just last year.



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.hockeysfuture.com/showthread>.



Ameriprise Financial Word Match

Learn the Terms

Match the word to its definition!

- | | |
|---------------------------|---|
| A. Advisor | ___ 1. An increase in the value of an asset (such as a stock, bond or mutual fund) over time. |
| B. Ameriprise Financial | ___ 2. Anything that can be sold or has an exchange value. This includes savings, property and stocks. |
| C. Appreciation | ___ 3. A debt security that obligates the issuer to repay the principal to the bondholder along with interest on a specified date (maturity). |
| D. Asset | ___ 4. An estimate of income and expenses for a specified time period. |
| E. Bonds | ___ 5. When your money earns interest, not only on the principal, but also on any interest that was earned earlier. |
| F. Budget | ___ 6. Any kind of money that is used as a form of exchange. |
| G. Certificate of Deposit | ___ 7. A grouping of different investment types, constructed to reflect the investors risk tolerance, time horizon and investment goals and objectives. |
| H. Compounding | ___ 8. Money a shareholder receives from a company as a result of the company earning a profit. |
| I. Currency | ___ 9. Using money, time or energy to create more money or reach a goal. Investments can either be financial (where an asset is purchased with the hope of appreciating to reach a financial goal) or can be an investment of time, talent and effort on the part of an individual (such as an investment in a college education to achieve future career success). |
| J. Diversification | ___ 10. A professionally managed investment vehicle made up of a pool of dollars from many investors for the purpose of investing in a collection of stocks, bonds or other securities put together for a specific goal, such as growth, income or capital preservation. |
| K. Dividends | ___ 11. Money that is held or collected for future use. |
| L. Estate | ___ 12. 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. |
| M. Insurance | ___ 13. Name of your local Ameriprise financial advisor and supporter of Education Day! |
| N. Interest | ___ 14. The organization helping support Education Day! |
| O. Investing | ___ 15. The cost for the use of borrowed money paid by the borrower. For example, you received interest when you allow a bank to use your money. You pay interest when you borrow money from a bank. |
| P. Money | ___ 16. A risk management strategy that mixes a variety of investment types to help spread risk throughout your portfolio so investments that do poorly may be balanced by others that do relatively better. |
| Q. Mutual Funds | ___ 17. A financial gain, especially the difference between the amount earned and the amount spent in buying, operating, or producing something. |
| R. Portfolio | ___ 18. An owner of shares in a company |
| S. Pouliot | ___ 19. Pay out (money) in buying or hiring goods or services |
| T. Profit | ___ 20. A type of security that signifies ownership in a corporation and represents a claim on part of the corporation's assets and earnings. |
| U. Savings | ___ 21. A current medium of exchange in the form of coins and banknotes; coins and banknotes collectively |
| V. Shareholder | ___ 22. 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. |
| W. Spending | ___ 23. The whole of one's possessions, especially all the property & debts left by one at death. |
| X. Stockbroker | ___ 24. A promissory note usually issued by a commercial bank, insured by FDIC, that entitles the bearer to receive a specific interest rate when held to maturity. |
| Y. Stocks | ___ 25. A person who gives advice, typically someone who has extensive knowledge and experience in a particular field. |

Answer Key: 1.C; 2.D; 3.E; 4.F; 5.H; 6.I; 7.R; 8.K; 9.O; 10.Q; 11.U; 12.X; 13.S; 14.B; 15.N; 16.J; 17.T; 18.V; 19.W; 20.Y; 21.P; 22.M; 23.L; 24.G; 25.A

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Ameriprise Financial Word Scramble

Word Scramble

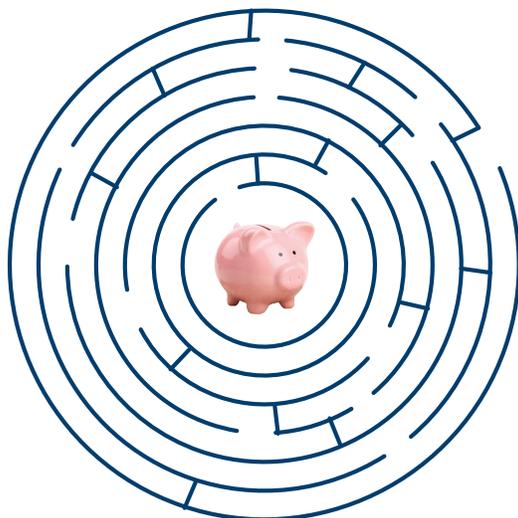
See if you can figure out what each of these words are!

HINT: Look at your word search!

- | | |
|--------------------------|------------------------|
| 1. saste _____ | 13. uanrncsie _____ |
| 2. areitcectif _____ | 14. aumlfstsnudu _____ |
| 3. oisvaiiecidrtfn _____ | 15. ortpif _____ |
| 4. ancnife _____ | 16. nengsidp _____ |
| 5. oyemn _____ | 17. iaocpipantre _____ |
| 6. oituolp _____ | 18. bgutde _____ |
| 7. ohlhesadrrre _____ | 19. yccruern _____ |
| 8. ksotcs _____ | 20. seteta _____ |
| 9. asreeimipr _____ | 21. vsgtneini _____ |
| 10. nosdb _____ | 22. ofrtoipol _____ |
| 11. ocmpuinodng _____ | 23. sgivna _____ |
| 12. indidvesd _____ | 24. tkorkrocebs _____ |

Money Maze

Help the girl find her lost piggy bank!



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Ameriprise Financial Word Search

Word Search

Can you find them all?

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



ADVISOR
AMERIPRISE
APPRECIATION
ASSET
BONDS
BUDGET
CERTIFICATES
COMPOUNDING
CURRENCY
DIVERSIFICATION
DIVIDENDS
ESTATE
INSURANCE
INTEREST
INVESTING
MONEY
MUTUAL FUNDS
PORTFOLIO
POULIOT
PROFIT
SAVINGS
SHAREHOLDER
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NOTES



NOTES

Monarchs Kids Club!

Hi Kids!

Come join one of the largest Kids Clubs in the AHL! It is a must for anyone 12 years of age and under that is a Monarchs fan! To join, visit www.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 \$17!

BENEFITS INCLUDE:

- ★ Monarchs backpack designed exclusively for Kids 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 with Monarchs players and Max!

COME TO ONE OF THESE GAMES FOR FREE:

November 28, 2014 @ 7:00 p.m.
vs. Bridgeport Sound Tigers

December 20, 2014 @ 7:00 p.m.
vs. Providence Bruins

February 13, 2015 @ 7:00 p.m.
vs. Springfield Falcons

EDUCATION DAY FREE TICKET OFFER!

Receive a free youth ticket with the purchase of an adult ticket for any of the above games during the Monarchs 2014-15 season. Call the Monarchs Front Office at 626-7825 to redeem your offer!

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

