



HOCKEY *for* Health[®]



education



nutrition



physical activity



good citizenship



finance

GET SCHOOLED GAME ACTIVITY BOOK

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WE DON'T JUST REBUILD
WRISTS AND KNEES.

**WE BUILD
BETTER
ATHLETES.**

Our team of specialists diagnose and repair injuries, of course. But we can also help you get stronger, faster, and more agile, which may help you prevent injuries. In fact, no other sports medicine provider in the region has more expertise in treating, training, and inspiring every sort of athlete. Whether your goals are at either end of the ice. Or purely personal.

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Official health care provider of the Pittsburgh Penguins®



Hi Kids!

Welcome to the Youngstown Phantoms “**Get Schooled**” School Day game! Today, **Sparky** is going to be the teacher! You will learn all about the Youngstown Phantoms hockey team, how school relates to sports and the importance of getting a good education! Follow along in your book, and get ready to have fun and learn!



Bruce Zoldan & Murry Gunty
Co-Owners, Youngstown Phantoms





HOCKEY
for **Health**

Meet Us

10 THINGS TO KNOW ABOUT OUR TEAM

- 1** The Youngstown Phantoms were founded in 2003 by Bruce Zoldan and played in the North Division of the North American Hockey League (NAHL) and in 2009 joined USHL.
- 2** In 2018 Murry Gunty and Black Bear Sports became co-owners of the Youngstown Phantoms.
- 3** The Youngstown Phantoms are led by head coach Brad Patterson and assistant coaches, Jeff Potter and Nick Peruzzi.
- 4** Twenty players dress per team, while the number of players on a roster can fluctuate.
- 5** The Phantoms practice at the Covelli Centre and the Deep Freeze.
- 6** Players come in from around the world to play for the Phantoms. While they are in Youngstown they live with billet families. Billet families provide a home away from home.
- 7** The USHL is the top junior ice hockey league in the U.S. The players range from 16 - 20 and have an amateur status, which allows players to play for an NCAA school.
- 8** The USHL's regular season starts at the beginning of October and ends in the middle of April. They play a grand total of 62 regular season games.
- 9** Our mascot Sparky is a dragon. Sparky used to travel around the world but decided to come back to cheer on his favorite team!
- 10** The Phantoms Hockey Team get their name and logo from co-owner Bruce Zoldan's company, Phantom Fireworks.





Use the roster to answer the questions below.

| No. | Name | Position | DOB | Height | Weight | Shoots | Hometown |
|-----|-------------------|----------|--------------------|--------|--------|--------|-----------------------|
| 3 | Jan Kern | F | July 27, 1999 | 5' 11" | 195 | L | Praha, Czech Republic |
| 6 | Cade Lemmer | F | January 18, 2002 | 5' 08" | 205 | L | Wasau, WI |
| 8 | John Beaton | F | October 30, 2000 | 6' 01" | 183 | L | Stittsville, ONT |
| 9 | Bradley Marek | F | November 13, 2000 | 6' 02" | 211 | L | Big Rapids, MI |
| 10 | Jacob Felker | F | March 19, 2000 | 5' 11" | 192 | L | Omaha, NE |
| 11 | Georgi Merkulov | F | October 10, 2000 | 5' 10" | 163 | L | Ryazan, RUS |
| 12 | Yusaku Ando | F | September 30, 2003 | 5' 07" | 147 | L | Tomakomai, Japan |
| 15 | Garrett Dahm | F | June 29, 2000 | 6' | 172 | R | Swansea, IL |
| 16 | Trevor Kuntar | F | June 20, 2001 | 6' | 202 | L | Williamsville, NY |
| 18 | Jake Suede | F | September 15, 2000 | 5' 08" | 155 | L | Macomb, MI |
| 19 | Ben Schoen | F | May 05, 2002 | 5' 08" | 145 | R | Maumee, OH |
| 20 | Matthew Cassidy | F | July 31, 1999 | 6' | 185 | L | Medford, NJ |
| 26 | Josh DeLuca | F | June 22, 1999 | 6' | 161 | R | Livonia, MI |
| 94 | Reilly Funk | F | December 23, 2000 | 6' 03" | 195 | L | Portage, MB |
| No. | Name | Position | DOB | Height | Weight | Shoots | Hometown |
| 2 | Aiden Gallacher | D | March 03, 2000 | 6' 01" | 198 | R | Rochester Hills, MI |
| 4 | Nikolai Jenson | D | July 28, 2000 | 5' 11" | 181 | R | Cold Springs, MN |
| 5 | Jayson Dobay | D | July 27, 1999 | 5' 11" | 184 | R | Weymouth, MA |
| 7 | Linden Alger | D | April 09, 2000 | 6' 03" | 196 | L | Centerville, MA |
| 14 | Caleb Price | D | April 04, 2000 | 5' 09" | 164 | L | Hooksett, NH |
| 17 | Artyom Borshyov | D | August 22, 2000 | 6' 02" | 203 | L | Vitebsk, Belarus |
| 25 | Caden Lewandowski | D | June 02, 2000 | 6' 03" | 197 | R | Pittsburgh, PA |
| 27 | John Larkin | D | January 26, 2001 | 6' 01" | 182 | L | Northville, MI |
| 91 | Austen May | D | May 19, 2003 | 5' 10" | 148 | R | Woodhaven, MI |
| No. | Name | Position | DOB | Height | Weight | Shoots | Hometown |
| 1 | Colin Purcell | G | March 26, 2002 | 6' 05" | 170 | L | Shaker Heights, OH |
| 22 | Dominic Basse | G | April 22, 2001 | 6' 06" | 192 | L | Alexandria, VA |

- Do the math to fill in the age column of the roster! Who are the youngest and oldest players?
 - Youngest: _____
 - Oldest: _____
- Who are the tallest and shortest players?
 - Tallest: _____
 - Shortest: _____
- List the players who are from Ohio:

- List the players who are from outside the United States and their countries:

- Which player has the birthday closest to yours? What is your age difference?



Where are the PHANTOMS?



All Youngstown Phantoms hockey players stay with local billet families and develop close relationships that continue long after they leave Youngstown, Ohio.

- Which player is from a town closest to Youngstown?

- Which player's home is farthest from where you live?

- Which player is from a country that borders the United States?

- List the states where the US players are from:

TO LEARN MORE ABOUT WHERE THE PHANTOMS ARE FROM, VISIT
YOUNGSTOWNPHANTOMS.COM



UNITED STATES HOCKEY LEAGUE

The USHL is the only Tier 1 Junior Hockey League in the United States, with 35% of players going on to play in the NHL and 98% of players receiving D1 College Scholarships. There are 17 USHL teams, located in mid-sized cities mainly in the mid-western part of the U.S., and the players are 16 to 20-years-old.

In order for the players to be eligible to compete in NCAA college hockey, the USHL remains strictly amateur.

In 2019, 7 of the first 15 NHL player 1st draft picks have come from the USHL.



HEARTLAND U.S.A.

The USHL League footprint is made up of 17 Mid-western teams that enjoy tight-knit communities and an engaged hockey fan following.



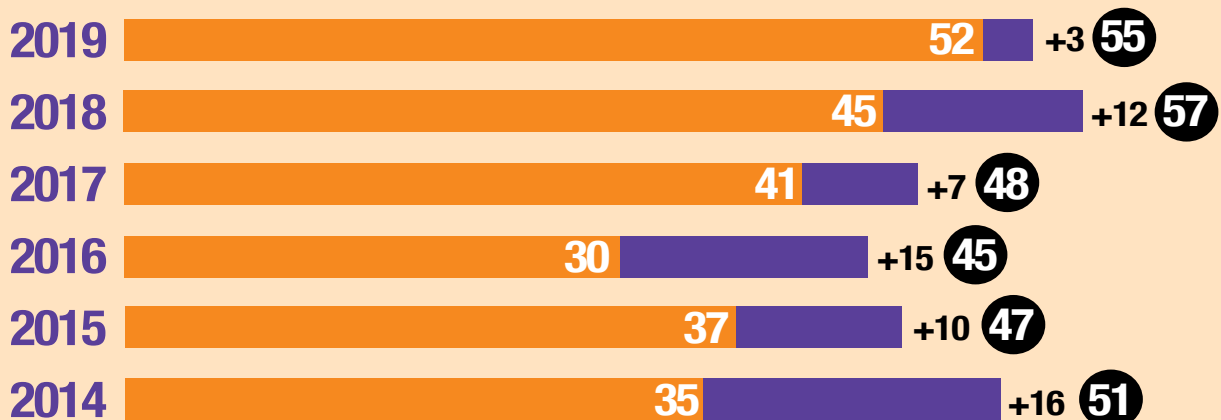
At the 2019, 7 of the first NHL draft picks came from the USHL, Jack Malone was drafted 180th overall by the Vancouver Canucks, and Dominic Basse was drafted 167th overall by the Chicago Blackhawks.

#1 source for NHL

No junior league in the world has more NHL Draft picks.

USHL draft picks by year

■ USHL
 ■ USHL Alumni
 ● Total





HOCKEY
for **Health**

Phantoms' Alumni



**Phantoms' Alumni Currently
Playing in the NHL**

**All Phantoms' Alumni to be Drafted
or Signed by NHL Organization**

Brandon Saad #22

Andrej Sustr #3

Scott Mayfield #2

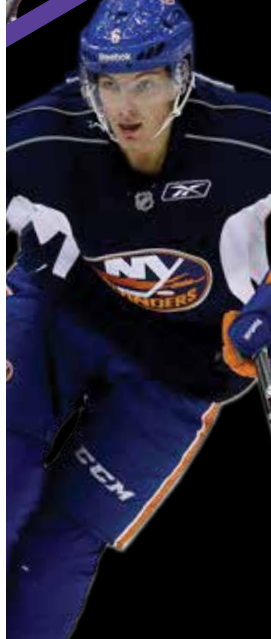
Kyle Connor #18

**PHANTOMS HOCKEY
2008-2009**

**PHANTOMS HOCKEY
2009-2010**

**PHANTOMS HOCKEY
2009-2011**

**PHANTOMS HOCKEY
2012-2015**



**CHICAGO
BLACKHAWKS**

**TAMPA BAY
LIGHTNING**

**NEW YORK
ISLANDERS**

**WINNIPEG
JETS**

FORWARDS

- KYLE CONNOR / WINNIPEG JETS
- BRANDON SAAD (NAHL) / CHICAGO BLACKHAWKS
- CAMERON MORRISON / COLORADO AVALANCHE
- CHASE PEARSON / DETROIT RED WINGS
- JIRI SEKAC / MONTREAL CANADIENS
(ANAHEIM OR CHICAGO OR ARIZONA)
- NATHAN WALKER / WASHINGTON CAPITALS
- MAX LETUNOV / SAN JOSE SHARKS
(ST. LOUIS OR ARIZONA)
- JJ PICCINICH / TORONTO MAPLE LEAFS
- SAM ANAS / MINNESOTA WILD
- KOLE SHERWOOD / COLUMBUS BLUE JACKETS
- COLE SCHNEIDER (NAHL) / BUFFALO SABRES
- BRETT MURRAY / BUFFALO SABRES
- CURTIS HALL / BOSTON BRUINS
- JACK MALONE / VANCOUVER CANUCKS

DEFENSEMEN

- ANDREJ SUSTR / TAMPA BAY LIGHTNING
- SCOTT MAYFIELD / NEW YORK ISLANDERS
- STEVEN RUGGIERO / ANAHEIM DUCKS
- RYAN SHEA / CHICAGO BLACKHAWKS
- DANIEL RENOUF / DETROIT RED WINGS
- MICHAEL CALLAHAN / ARIZONA COYOTES

GOALTENDERS

- RYAN BEDNARD / FLORIDA PANTHERS
- MATT O'CONNOR / OTTAWA SENATORS
- MATT MAHALAK / CAROLINA HURRICANES
- IVAN PROSVETOV / ARIZONA COYOTES
- DOMINIC BASSE / CHICAGO BLACKHAWKS

Photo Credit
Winnipeg Jets Hockey Club



LEARN THE GAME!

Read the following hockey definitions with a partner, and circle everywhere you see the word "team."

ICING THE PUCK

Icing is when a player on his team's side of the red center line shoots the puck all the way down the ice and it crosses the red goal line at any point (other than the goal). Icing is not permitted when teams are at equal strength or on the power play. When this occurs, play is stopped and the puck is returned to the other end of the ice for a faceoff in the offending team's zone.

PENALTIES

Penalties are classified as either: minor, major, or misconduct. For a minor penalty, players must serve two minutes in the penalty box while their team plays short-handed. Minor penalties expire if the opposing team scores while on power play. Major penalties require a player to serve five minutes in the penalty box and only expire at the end of the time. Misconduct penalties vary in length.

POWER PLAYS AND PENALTY KILLS

A team is on power play when one team has more players on the ice than the other team because a player is serving a penalty. Conversely, the team with fewer players is on the penalty kill.

SHOOTOUTS

A shootout is a series of penalty shots in which each team is allowed three alternating attempts to score. If the team remains tied, the shootout will continue to alternate shots until one team fails to match the attempt of the other. The winner of the shootout is awarded two points in the standing while the losing team is awarded one point.

SHOT ON GOAL

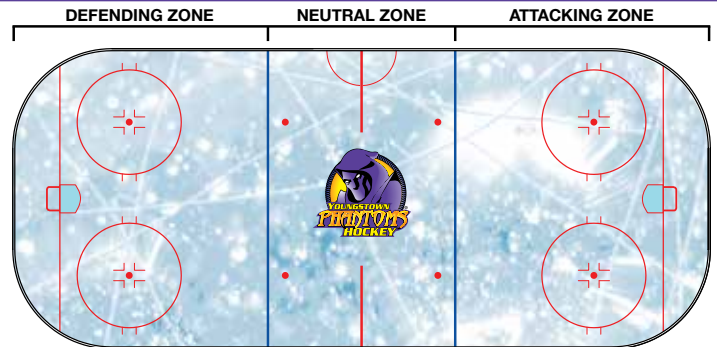
This is a shot that will enter the goal if not stopped by the goaltender. A shot on goal must result in either a goal or a save.

OFFSIDE

A team is offside when any member of the attacking team precedes the puck over the defending team's blue line. The position of the player's skate – and not that of his stick – is the determining factor. If both skates are over the blue line before the puck, the player is offside. If he has only one skate over the blue line, and one on it, he is onside.

OVERTIME

Any regular-season game that ends regulation play with a tie will go into a five-minute sudden-death overtime period. If at the end of that overtime period neither team has scored, the game goes into a shootout. During the playoffs, there are no shootouts, and overtime periods are 20 minutes.



Draw a line to connect the words to their correct definitions

Icing

When a player on his team's side of the red center line shoots the puck down the ice and it crosses the red goal line at any point (other than the goal).

Offside

This player's responsibility is to defend their team's goal net from the opposing team scoring a goal.

Forward

These players responsibility is to prevent the opposing team from scoring goals.

Goaltender

These players primary responsibility is to score goals, this includes, left wing, right wing and centerman.

Defenseman

When an offensive player crosses the blue line of the offensive zone before the puck.

What's Your Commitment?

The Youngstown Phantoms are committed to promoting healthy lifestyles in our community through our Hockey for Health program. The goal of the program is to educate families and students on the value of making healthy choices in these areas:

NUTRITION

Eat right!



PHYSICAL ACTIVITY

Be active!



EDUCATION

Stay in school!



GOOD CITIZENSHIP

Treat everyone with respect!

FINANCE

Learn how to save!





Healthy Challenge Scavenger Hunt!

(source: www.heart.org American Heart Association)

Creating a little friendly competition among your friends, siblings, and family members is a great way to get moving and to achieve your daily dose of exercise. Make it a race and go on the hunt for the items listed below. Every time you complete each task, come back to the list and read the next item on the list. Who can finish fastest?

Healthy Hunt 1: Around the House

- Touch 2 tissue boxes
- Grab a spoon from the kitchen
- Touch every doorknob in the house as fast as you can
- Find 5 orange things in your house
- Grab your pillow
- Touch a CD, Radio, or MP3 player
- Give someone in your house a hug
- Sit down in 3 different chairs
- Touch a window
- Walk around kitchen table 5 times
- Do 2 pushups in every room
- Grab a hat
- Find a ball
- Touch a plant real or fake





Q & A with Joe Zidar our Athletic Trainer

Youngstown Phantoms Question: How do most injuries occur in hockey?

Joe Zidar: Many injuries like lacerations, sprains, fractures, or concussions occur from contact with opponents or their equipment (sticks or skates), the boards/glass or the ice. Other injuries can occur from overuse, poor range of motion/flexibility, dehydration, or an unbalanced diet among other things; these would qualify as non contact injuries.

Youngstown Phantoms Question: What are some of your recommendations to avoid non-contact injuries?

Joe Zidar: One of the best ways to make sure your body is prepared for exercise or athletic competition is to maintain a balanced diet with plenty of fresh fruits and vegetable and to drink plenty of water. Off ice training and participating in a variety athletic activities can also help a player maintain fitness while avoiding overuse injuries. Maintaining good flexibility and making sure to have a dynamic warm up and cool down before and after exercise/competition is a great way to prevent muscle strains and maintain range of motion/flexibility. It is important on ice to play within the rules for contact and to wear equipment that fits well and is in good condition.





THE FOOD COLOR WHEEL!

(source: superkidsnutrition.com)

Did you know that different color foods help different parts of our bodies!? Our players prefer foods that are purple and orange, but they know every color has special resources.

UPMC

YELLOW: Yellow foods are packed with antioxidants. Parts of your body that antioxidants help are cells, heart and immune system. Yellow foods can also prevent cancer.

ORANGE: Orange foods contain many vitamins, including Vitamin C and A. Vitamin C, which can be found in oranges, helps keep your immune system happy and you from getting sick.

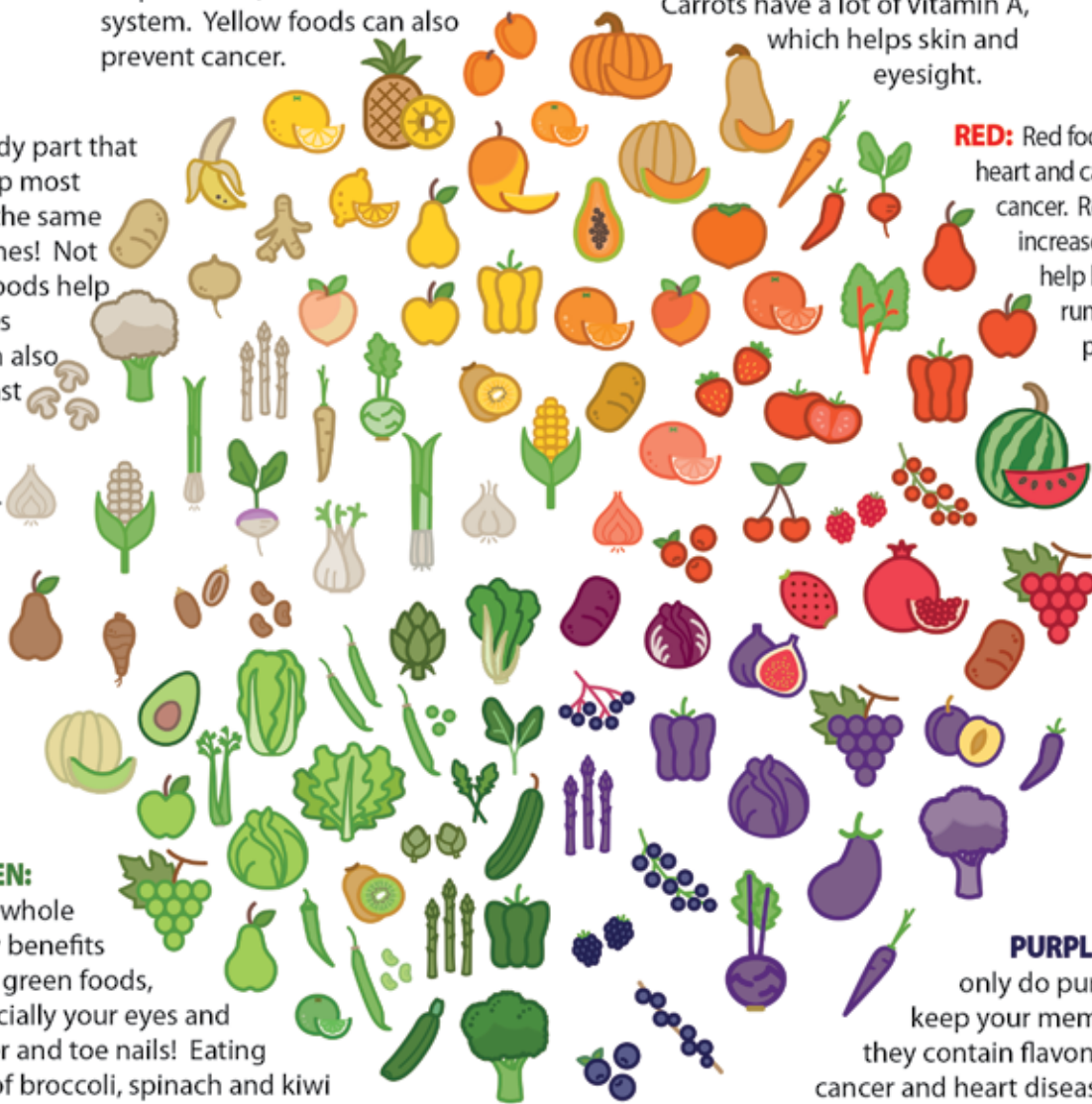
Carrots have a lot of Vitamin A, which helps skin and eyesight.

WHITE: The body part that white foods help most happens to be the same color – your bones! Not only do white foods help keep your bones strong, they can also help fight against cancer and are good for your heart and veins.

RED: Red foods protect your heart and can protect you from cancer. Red foods can also increase your memory and help keep your mind running to its full potential. Examples: apples, red peppers, and pomegranate.

GREEN: Your whole body benefits from green foods, especially your eyes and finger and toe nails! Eating lots of broccoli, spinach and kiwi can also keep you from getting sick.

PURPLE/BLUE: Not only do purple foods help keep your memory sharp, but they contain flavonoids that fight cancer and heart disease.





THE FOOD COLOR WHEEL!

Using the information from the food color wheel, answer the questions below!

1. The Phantoms love foods that are orange and not just because of the color! Why should you and our players eat orange foods?

2. White foods are good for your heart veins. What do they help you make stronger?

3. This color of food helps keep your mind running to its full potential. Name the color and list 3 foods you can think of that are the same color.

4. Name a purple food with flavonoids and what these flavonoids are good for:

5. True or False: Green foods can help your bones. What is your favorite green food?

6. Which color of food is your favorite? How does this color help you?



**Our players excel on and off the ice!
Read the paragraph to answer the questions below**

Once the Phantoms conclude the season here in Youngstown, many of them move on to continue their hockey careers and education at colleges and universities across the country. Our players, not only value their time and achievements on the ice, but know how important an education is for their futures. This year, Trevor Kuntar will be going to Harvard, an Ivy League school. Matt Cassidy & John Larkin will remain in Ohio, but will change colors to scarlet and grey. Aiden Gallacher will trade the Phantoms for a Spartan. Jacob Felker will be heading to West Point. No matter where they end up, more than 95 percent of USHL players earn a NCAA Division 1 hockey opportunity and a great education comes along with that!

1. Which player will wear scarlet and grey?

2. Who is going to be a Michigan State Spartan?

3. Name the Ivy League school Trevor Kuntar will attend.

4. Who is heading to West Point?

5. Which of the universities listed is furthest away from Youngstown?

6. Where do you want to get your higher education?



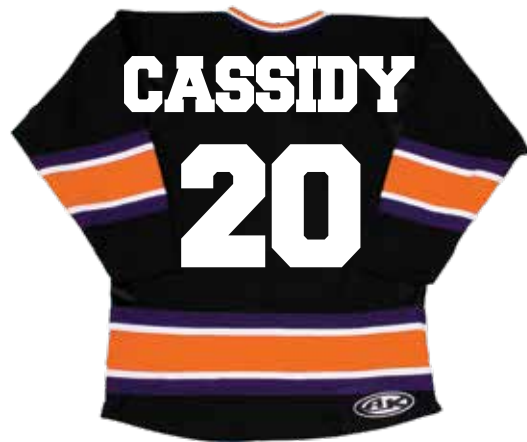
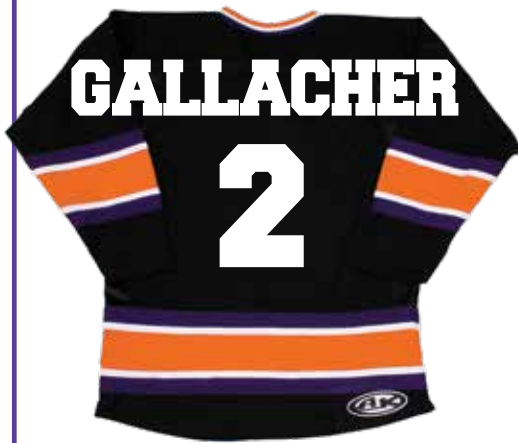
HOCKEY
for **Health**

Jersey Math



DO THE MATH

Use the numbers on your favorite players' jerseys to answer the following math equations.



EXAMPLE: KUNTAR + GALLACHER = 16 + 2 = 18

1. FUNK - BASSE = _____

2. GALLACHER + KUNTAR = _____

3. BASSE - CASSIDY = _____

4. GALLACHER + FUNK = _____

5. (KUNTAR + FUNK) - CASSIDY = _____



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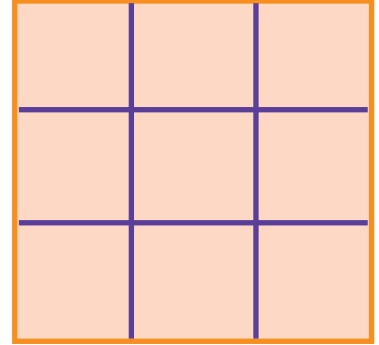
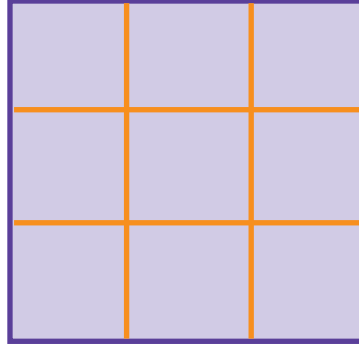
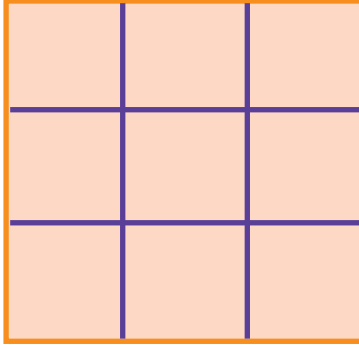
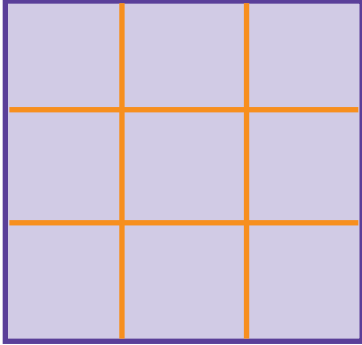


YOUNGSTOWN PHANTOMS[®] HOCKEY





Play Tic - Tac - Toe



Hangman



Cross off incorrect guesses:

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

Answer here:



Cross off incorrect guesses:

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

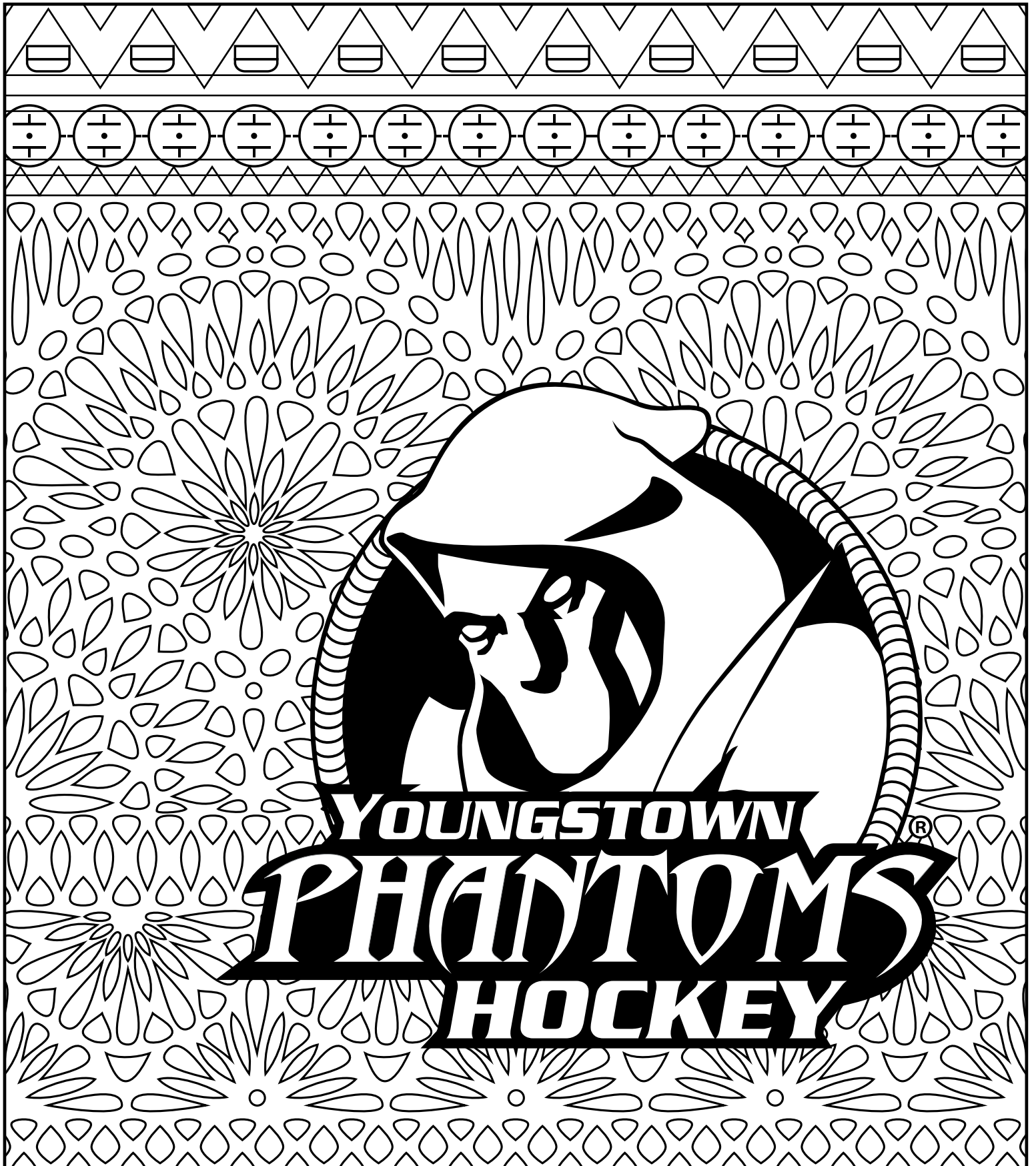
Answer here:



Solve the Word Unscramble

- 1). TSUOHOTO _____
- 2). NYWOUOTNSG _____
- 3). KPCK _____
- 4). SPMHOATN _____
- 5). TSOLHAPS _____
- 6). YCLEL _____
- 7). RCARBOSS _____
- 8). EBDLA _____
- 9). YERESJ _____
- 10). DMROAUTUGH _____

Word Unscramble Answers
 1). TSUOHOTO (shootout), 2). NYWOUOTNSG (youngstown), 3). KPCK (puck), 4). SPMHOATN (phantoms), 5). TSOLHAPS (slapshot), 6). YCLEL (celly), 7). RCARBOSS (crossbar), 8). EBDLA (blade), 9). YERESJ (jersey), 10). DMROAUTU (mouthguard)





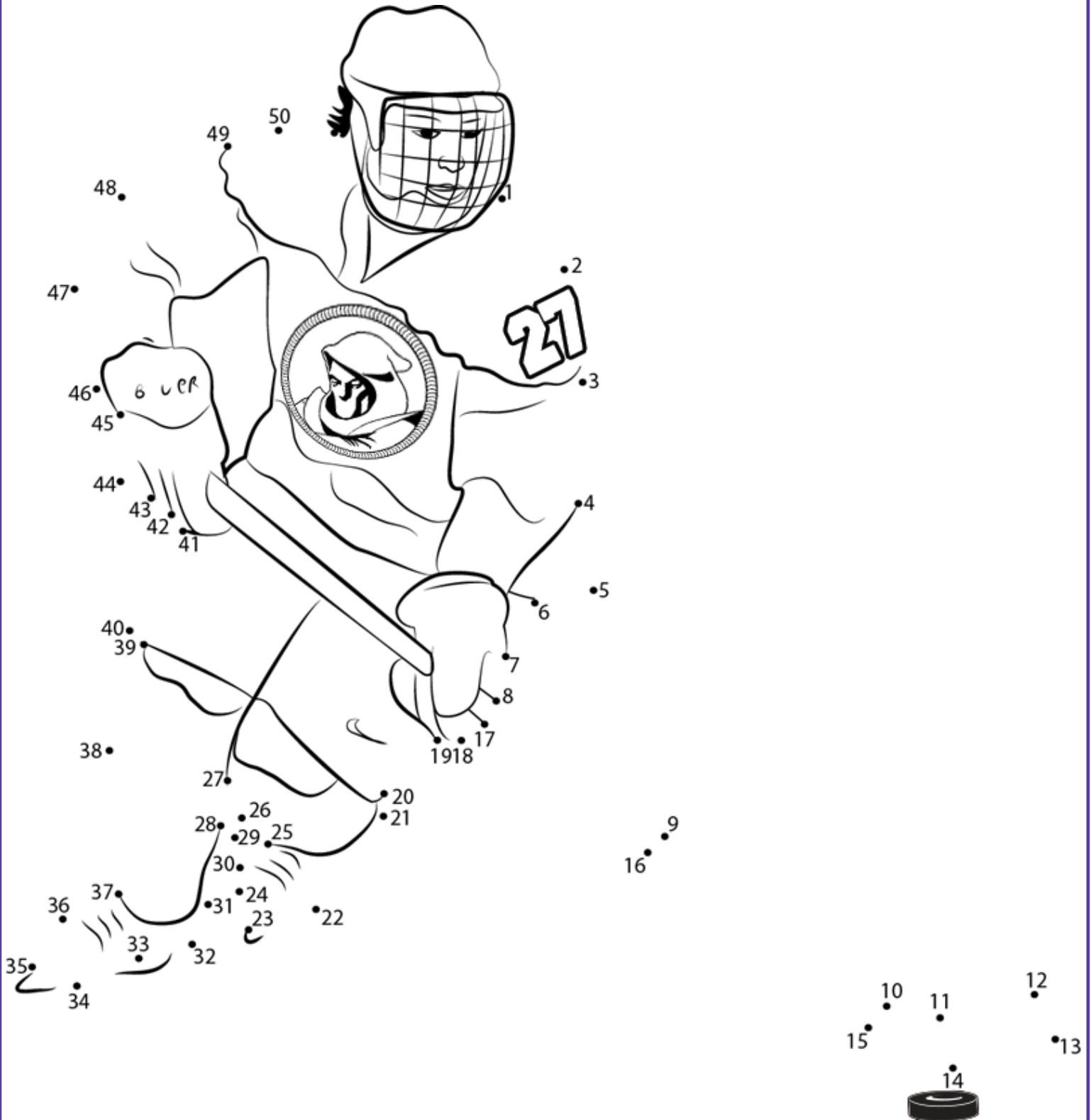
HOCKEY
for **Health**

Connect The Dots



Activity Page

(source: www.connectthedots101.com)



 Invite Your Guests To The Birthday Party That They'll Never Forget!



Birthday Packages



GOAL PACKAGE \$150

- 10 Level Tickets
- 10 Food Vouchers with Drink (Pizza Option Available - \$20 more)
- Special Birthday Card
- Birthday Announcement & Picture on Video Board
- Zamboni Ride for the Birthday Guest (Subject to Availability)
- Ask us what exciting opportunities are available!
- Additional Tickets Available for \$8

HAT TRICK PACKAGE \$350

- 25 Ice Level Tickets - Party Porch
- 2 Free One-Topping Pizza & Your Choice of Lemonade or Fruit Punch
- Special Birthday Card
- Birthday Announcement & Picture on Video Board
- Zamboni Ride for the Birthday Guest (Subject to Availability)
- Ask us what exciting opportunities are available!
- Additional Tickets Available for \$10

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PHANTOM PHARMACY CLUES CROSSWORD PUZZLE

Direction: Complete the crossword by matching the clues in the table with a word list in the word bank.



Mahoning County
Mental Health &
Recovery Board

Word Bank

- Hooking
- Faceoff
- Biscuit
- Netminder
- Twig
- Holding
- Zamboni
- Apple
- Celly
- Icing

The crossword puzzle grid consists of the following numbered squares:

- 1:** Down, 1 square
- 2:** Across, 7 squares
- 3:** Down, 3 squares
- 4:** Across, 4 squares
- 5:** Across, 4 squares
- 6:** Across, 5 squares
- 7:** Down, 4 squares
- 8:** Across, 4 squares
- 9:** Across, 10 squares
- 10:** Across, 4 squares

Across

2. The method used to begin play at the beginning of a period or after a stoppage of play. The two teams line up in opposition to each other.

One player from each team attempts to gain control of the puck after it is dropped by an official between their sticks onto a face-off spot on the ice.

- 4.** This resurfaces the ice after each period
- 6.** This is a celebration after a goal is scored
- 8.** Another name for a goaltender
- 10.** When a player shoots the puck from behind the centre red line, across the opposing team's goal line, and the puck remains untouched

Down

- 1.** The act of impeding an opponent by grabbing onto them; a penalty
- 3.** The act of impeding an opponent by placing the blade of a stick into their body; a penalty
- 5.** Another name for an assist
- 7.** Another name for a puck
- 9.** Another name for a hockey stick

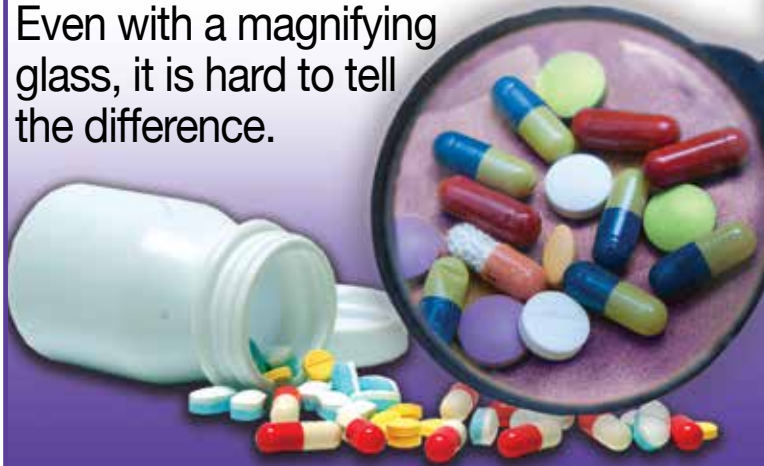


MEDICATION SAFETY PATROL



Mahoning County
Mental Health &
Recovery Board

Is it Medicine or Candy?
Even with a magnifying
glass, it is hard to tell
the difference.



Always keep medicines in their original bottle!

Pay close attention to prescription labels!



Phantom Pharmacy
Hockey Avenue
Youngstown, OH

800.000.0000

Rx# 0000000000-0
SPARKY

← Only take medicine prescribed for you!

Take two pills by mouth once
daily for 10 days until gone.

← Always follow instructions!

PENICILLIN 200 MILLIGRAMS

← Name and dose of medication



The Phantoms believe that **GOOD CITIZENSHIP** means treating everyone with respect and supporting your community.



We share wins, but we never share medications.



Always Drug Free.
Always prepared to win.

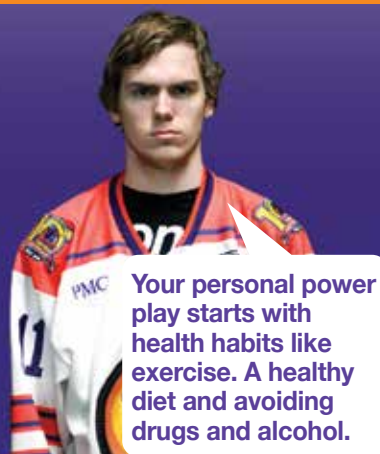


To keep our team in the lead we only use medication as prescribed.

ANYONE CAN BE BULLIED. BE A KID WHO STOPS IT!



Avoid a healthy penalty. Only use medicine as prescribed



Your personal power play starts with health habits like exercise. A healthy diet and avoiding drugs and alcohol.

What is Bullying?

Hurting or harming another with words or behavior. Bullying comes in various forms. It can be physical, verbal, emotional, or cyber.

How you can help?

Talk about it! Let your friends and others know you don't accept bullying. Tell an adult, like a teacher or parent.

Be there! Invite a kid being bullied to hang out or play with you.



DO THE MATH

Answer the questions. Use the empty area below.

1. If Ben Schoen (#19) saves 50 cents each week for 10 weeks, how much money would he have?

2. Linden Alger (#7) buys a new hockey stick for \$138. He pays with a one-hundred dollar bill and a fifty-dollar bill. How much money does he get back?

3. After spending \$5.50 at his favorite restaurant, Garrett Dahm (#15) gets back \$4.50. How much did he give to the cashier?

4. If Jake Suede (#18) wants to attend a hockey game with a friend (\$12 per ticket), plus buy each of them a popcorn (\$2) and a drink (\$3), how much will he need to save to make these purchases?





WANT VS. NEEDS

(source: Federal Reserve Bank of Cortland)

Making decisions about money can be difficult, but we all have to make choices about how we earn, spend, and save money. As a kid you might do house chores, walk a neighbor's dog, or cut grass to earn an allowance, and then you have to make choices on spending or saving that money.

Choices about spending usually depend on want versus needs. For instance, you might want to spend money on a new coat or buying a tablet, but at the same time you might need a new pair of skates or a birthday gift for a family member.

Everyone's needs and wants are different, but you still need to save to before making choices on how to spend. Fill in the chart below on what is a want vs. need.

| ITEM: | I WANT IT! | I NEED IT! | ITEM: | I WANT IT! | I NEED IT! |
|------------------|------------|------------|------------|------------|------------|
| WINTER COAT | | | NEW SKATES | | |
| NEW HOCKEY STICK | | | TOOTHBRUSH | | |
| MEDICINE | | | SOCKS | | |
| ICE CREAM | | | TABLET | | |
| A BIKE | | | FOOD | | |



MONEY TERMS \$

Answer the questions. Use the empty area below.

Cents is the unit we use to make up a whole dollar. 100 cents equals a dollar. Cents are written as a fraction of a dollar in decimals. \$1.00 = one whole dollar = 100¢. The decimal point is placed after the whole dollar amount and before the cents.

- Two dollars, forty-two cents = _____
- Fifty dollars, eighty-four cents = _____
- Thirteen dollars, ten cents = _____
- Twenty dollars, thirty-three cents = _____
- Six dollars, seven cents = _____
- Nineteen dollars and ninety-five cents = _____



 Read the paragraph to answer the questions below

Did you know the things you enjoy doing outside of school for fun can turn into potential careers!? Think about your spare time activities and what careers might coincide, as well as what skills you will need.

EXAMPLE: My favorite activity outside of school is: Playing Hockey

That activity has helped me gain these skills:

How to work as a teammate, commitment to practice, punctuality (being on time), listening, communication, physical conditioning.

A career(s) that might fit with this pastime and skill set is: coach, physical trainer, sports broadcaster, sports manager, gym owner



YOUR TURN: 

1. My favorite activity outside of school is:

2. That activity has helped me gain these skills:

3. A career(s) that might fit with this pastime and skill set is:

Read the Future Goals from the NHL & NHLPA



NHL & NHLPA Future Goals – Hockey Scholar Program

Future Goals - Hockey Scholar™ brings science, technology, engineering, and math (STEM) concepts to life using the exciting, fast-paced game of hockey. Through immersive real-life simulations, students build their understanding of fundamental STEM concepts, such as geometric constructions, energy, and forces.

In *Hockey Scholar*, each module is designed to build students scientific thinking and problem solving skills. As students progress through a module, they parallel the steps of a science investigation.

Recommended Grade Level: 4-7

Total Modules: 12 (20-30 minutes each)

Total Time: 3-5 hours

Subject Fit: Math, Science, & Technology classes

Standards Alignment: Next Generation Science Standards, Common Core Math Standards, U.S. State & Canadian Provincial Math/Science Standards

As a teacher, you receive:

- Real-time student score reports on your teacher dashboard
- Supplemental, offline lesson plans
- Detailed standards alignment with your state-specific standards
- Answer Keys for all assessments
- Engaging discussion guides

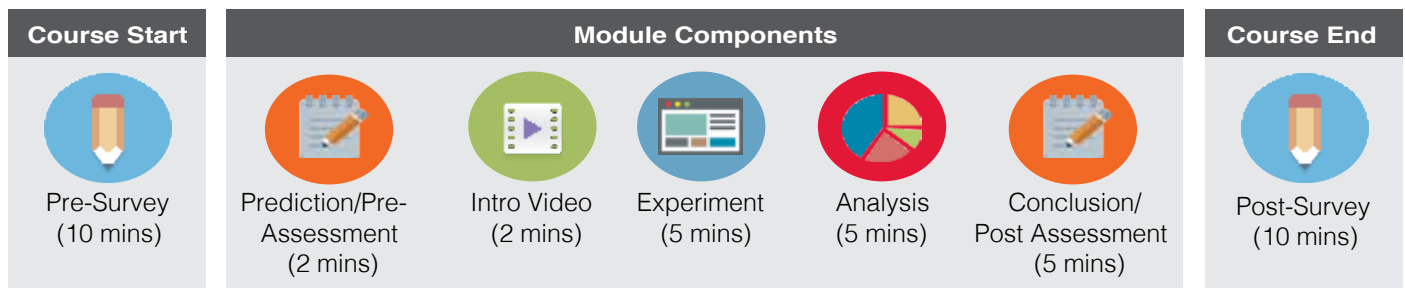
Your students will receive:

- Engaging animations providing explicit direct instruction on new topics
- Guided practice activities that reinforce financial knowledge and skills
- Engaging, performance-based games
- Immersive, interactive learning experience



Optimizing Material for Goalie Leg Pads Criteria

NHL & NHLPA Future Goals – Hockey Scholar Program Course Flow



Learn more about Future Goals at futuregoals.nhl.com or contact Cindy Weaver at Cindy@everfi.com



Learn to Play Hockey with the Phantoms!



POWER PLAY PROGRAM

POWER PLAY PROGRAM* Free Street Hockey Equipment for your school! The Youngstown Phantoms will drop off the equipment at your school and provide hockey lessons! Sparky will visit too!

*Schools and organizations must apply for the Power Play Program. The program is subject to availability. Quantities are limited, and Sparky visit is subject to availability.

Call the Phantoms today!



PHANTOMS FACEOFF

PHANTOMS FACEOFF The Youngstown Phantoms will visit your school to talk about hockey and Hockey for Health! Visits are subject to availability.

FOR MORE INFORMATION ABOUT **HOCKEY FOR HEALTH PROGRAMS**, AS WELL AS **PHANTOMS LEARN TO PLAY** AND **LEARN TO SKATE PROGRAMS** CALL **330.747.PUCK (7825)** OR EMAIL: **INFO@YOUNGSTOWNPHANTOMS.COM**



The Phantoms would like to thank these sponsors for helping bring the Power Play Program to Schools Across the Mahoning Valley!

UPMC Jameson





HOCKEY
for **Health**

Phantoms Schedule



YOUNGSTOWN
PHANTOMS
HOCKEY

2019-2020
SEASON

| SEPTEMBER | | | | | | |
|-----------|-----|-----|-----|-----|-----|----------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 MAD 7:05 PM |
| 29 | 30 | | | | | |

| NOVEMBER | | | | | | |
|---------------|-----|-----|----------------------|-----|----------------------|----------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | | | | CHI 8:05 PM | MUS 7:05 PM |
| | | | | | | SC 8:05 PM |
| 10 4:05 PM | 11 | 12 | 13 | 14 | 15 USA 7:05 PM | 16 |
| 17 5:05 PM | 18 | 19 | 20 | 21 | 22 SF 7:05 PM | 23 SF 7:05 PM |
| 24 | 25 | 26 | 27 USA 7:05 PM | 28 | 29 GB 8:05 PM | 30 MAD 8:05 PM |

| JANUARY | | | | | | |
|---------------------|-----|-----|-----|-----|----------------------|----------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | | | 1 | 2 | 3 MAD 7:05 PM |
| | | | | | | 4 |
| 5 5:05 PM | 6 | 7 | 8 | 9 | 10 USA 7:05 PM | 11 USA 7:05 PM |
| 12 | 13 | 14 | 15 | 16 | 17 TRI 7:05 PM | 18 TRI 7:05 PM |
| 19 | 20 | 21 | 22 | 23 | 24 GB 7:05 PM | 25 GB 7:05 PM |
| 26 GB 5:05 PM | 27 | 28 | 29 | 30 | 31 CR 8:05 PM | |

| MARCH | | | | | | |
|-------|-----|-----|-----|-----|----------------------|----------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 1 | 2 | 3 | 4 | 5 | 6 CR 7:05 PM | 7 CR 7:05 PM |
| 8 | 9 | 10 | 11 | 12 | 13 DUB 7:05 PM | 14 DUB 7:05 PM |
| 15 | 16 | 17 | 18 | 19 | 20 FAR 8:05 PM | 21 FAR 8:05 PM |
| 22 | 23 | 24 | 25 | 26 | 27 GB 8:05 PM | 28 GB 8:05 PM |
| 29 | 30 | 31 | | | | |

| OCTOBER | | | | | | |
|----------------------|----------------------|-----|-----|-----|----------------------|----------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | 1 | 2 | 3 | 4 MUS 7:05 PM | 5 MUS 7:05 PM |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 CHI 5:05 PM | 14 CHI 6:05 PM | 15 | 16 | 17 | 18 LIN 8:05 PM | 19 LIN 8:05 PM |
| 20 | 21 | 22 | 23 | 24 | 25 USA 8:05 PM | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| DECEMBER | | | | | | |
|----------------------|-----|----------------------|-----|-----|----------------------|----------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 1 | 2 | 3 | 4 | 5 | 6 USA 7:05 PM | 7 USA 7:05 PM |
| 8 | 9 | 10 | 11 | 12 | 13 MAD 8:05 PM | 14 MAD 8:05 PM |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 CHI 7:05 PM |
| 29 CHI 4:05 PM | 30 | 31 MUS 7:05 PM | 26 | 27 | | |

| FEBRUARY | | | | | | |
|----------|-----|-----|-----------------------|----------------------|----------------------|----------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | | | | | 1 CR 8:05 PM |
| 2 | 3 | 4 | 5 | 6 | 7 DUB 8:05 PM | 8 DUB 8:05 PM |
| 9 | 10 | 11 | 12 | 13 | 14 MUS 7:05 PM | 15 MUS 7:05 PM |
| 16 | 17 | 18 | 19 | 20 | 21 WAT 8:05 PM | 22 DM 8:05 PM |
| 23 | 24 | 25 | 26 CHI 10:00 AM | 27 USA 7:05 PM | 28 WAT 7:05 PM | 29 |

| APRIL | | | | | | |
|-------|-----|-----|-----|-----|----------------------|----------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | | 1 | 2 | 3 OM 7:05 PM | 4 OM 7:05 PM |
| 5 | 6 | 7 | 8 | 9 | 10 MUS 7:05 PM | 11 MUS 7:05 PM |
| 12 | 13 | 14 | 15 | 16 | 17 USA 7:05 PM | 18 USA 7:05 PM |

HOME GAMES | **AWAY GAMES**
All game times and dates are subject to change.
All game times are EST.

USHL TEAMS

- EAST CONFERENCE**
CHI Chicago Steel
CR Cedar Rapids RoughRiders
DUB Dubuque Fighting Saints
GB Green Bay Gamblers
MAD Madison Capitals
MUS Muskegon Lumberjacks
USA Team USA
YNG Youngstown Phantoms

- WEST CONFERENCE**
DM Des Moines Buccaneers
FAR Fargo Force
LIN Lincoln Stars
OM Omaha Lancers
SC Sioux City Musketeers
SF Sioux Falls Stampede
TRI Tri-City Storm
WAT Waterloo Black Hawks

Season Presented By
UPMC

PROMOTIONAL NIGHTS

- Saturday, September 28
Tribute to Youngstown
- Saturday, November 23
Hockey Fights Cancer
- Saturday, January 11
Penguins Night
- Friday, January 17
Sparky Birthday
- Saturday, January 25
Pucks and Paws

- Saturday, March 7
Military Appreciation
- Friday, March 13
Scout Night
- Friday, April 3
Akron Children's/90's Night
- Saturday, April 4
Guns and Hoses
- Saturday, April 18
Price is Right

CALL 330.747.PUCK (7825) FOR ADDITIONAL TICKET OFFERS & DETAILS

YOUNGSTOWNPHANTOMS.COM





PHANTOMS®

AUTOGRAPHS

YOUNGSTOWNPHANTOMS.COM

We're proud of
our community
And proud
of those we
share it with.

UPMC Horizon and UPMC Jameson proudly support the Youngstown Phantoms and the team's Hockey for Health[®] initiative. We salute our community partners who assist in our goal of a healthier region.

For more information about the health care services available in the Mercer and Lawrence county regions, visit UPMCHorizon.com or UPMCJameson.com.

UPMC LIFE
CHANGING
MEDICINE

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