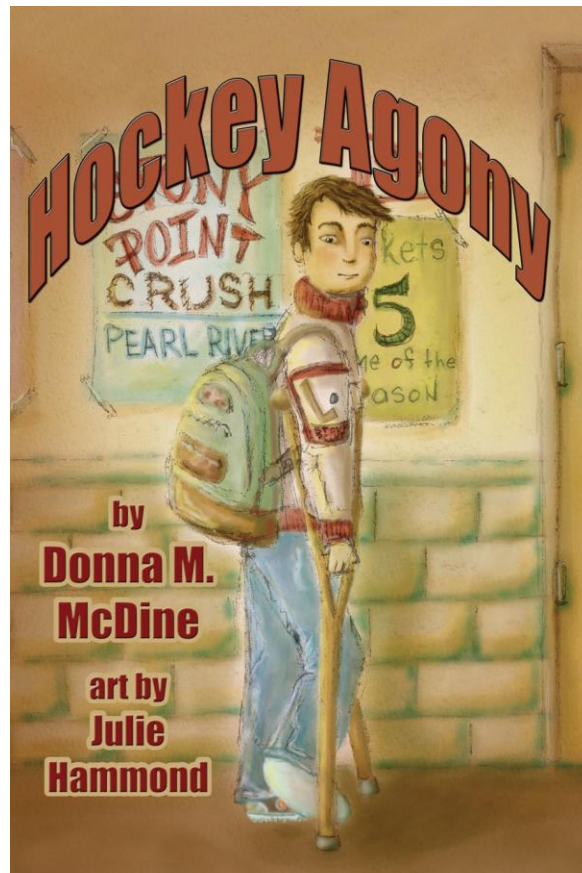


**Guardian Angel Publishing, Inc.
EDUCATOR'S GUIDE**

HOCKEY AGONY

**Written by Donna M. McDine
Illustrated by Julie Hammond**



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Donna's Website:
www.donnamcdine.com

Julie's Website:
www.juliehammondart.com

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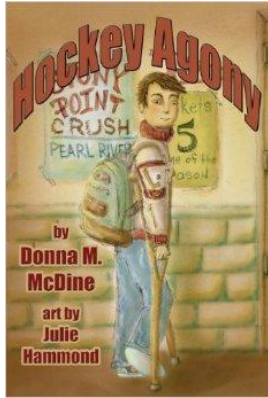
EDUCATOR'S GUIDE

Hockey Agony

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by Donna M. McDine

Illustrated by Julie Hammond



Book Summary:

Peer Pressure and Honesty many times go hand-in-hand. What is Larry to do when his teammate asks him to cheat when he is given the responsibility to run the clock during the big hockey game? Outwardly, it may seem he will follow suit, but his conscious tells him otherwise at the moment of truth.

Watch the book trailer for *Hockey Agony* at

<http://www.youtube.com/watch?v=tsgz2uDoUBs>

About the Author:



Donna McDine is an award-winning children's author, Honorable Mention in the 77th and two Honorable Mentions in the 78th Annual Writer's Digest Writing Competitions, Literary Classics Silver Award & Seal of Approval Recipient Picture Book Early Reader, Readers Favorite 2012 International Book Awards Honorable Mention, Global eBook Awards Finalist Children's Picture Book Fiction, and Preditors & Editors Readers Poll 2010 Top Ten Children's Books ~ *The Golden Pathway*.

Donna's recent releases of *Powder Monkey* and *Hockey Agony* will be joined by two more books to be published by Guardian Angel Publishing, *A Sandy Grave*, and *Dee and Deb, Off They Go*. She writes, moms and is a personal assistant from her home in the historical hamlet Tappan, NY.

McDine is a member of the SCBWI, Children's Literature Network, and Family Reading Partnership. Visit www.donnamcdine.com.

Interview with author, Donna McDine:

Q. How did you come up with the idea for Hockey Agony? Does anyone in your family play hockey?

A. Hockey Agony came about from watching my children, nieces and nephews compete in one sport or another over the years and I wrote this in tribute to them.

Q. Did the concept of peer pressure/bullying figure into the story from the beginning? What made you decide to add in this element? Do you think this type of behavior is becoming more prevalent in today's society?

A. Yes, the concept of peer pressure and bullying factored in to the early draft stages of Hockey Agony. Unfortunately, there is a portion of society that teaches their players and children to do whatever it takes to win a game. I personally find this behavior appalling. This behavior has played out in the media both on television and in print and I'm hoping that people are starting to get a better perspective to the pressures put on children and back off from the high expectations of the all mighty win.

Q. Do you think participation in sports helps children grow in character, self-discipline, and good habits?

A. Yes, I do feel this as long as it's instilled from the onset and continually. For example, if we can teach our children that learning to adapt to different coaches and teammates provides them with the tools that they can translate into the classroom and in future jobs it has served its purpose. Learning the discipline of a schedule and maintaining good habits of good sportsmanship and dedication to the sport forms a responsibility of pride.

Q. What is your favorite thing about being an author?

A. The interaction with children while conducting school and/or library visits. Seeing the world through the eyes of a child never gets old.

Q. What project(s) do you have in the works?

A. I'm in the drafting stages of new picture book manuscript and editing a middle grade manuscript with my critique group.

Q. Tell about your writing/speaking schedule.

A. I was the guest author at the Chestnut Ridge Middle School on February 11, 2014 for the Rockland County Read-in, and I will be the keynote speaker at the Highview Elementary School on March 19, 2014.

Q. What advice can you give to aspiring young writers?

A. Read, read and read some more in the genre you are interested in writing for. Write everyday, even if it's a short journal entry. Research local writing classes through your school or local library. Don't give up. Write what you love.

About the Illustrator:



Julie Hammond is the illustrator of "Why Do We Celebrate Easter?" (Dunrobin Publishing), "Riley's Heart Machine" (Guardian Angel Publishing), "Birds in a Flower Basket" (Guardian Angel Publishing) "Hockey Agony" (Guardian Angel Publishing), "Santa Ate My Gingerbread House" (Dunrobin Publishing), "A Sandy Grave" (Guardian Angel Publishing), and "H-Hoo's There?" (Dunrobin Publishing).

She lives with her family of two girls, a loving husband and a few furry friends in a cozy house in St. Louis, Missouri. She is also a frequent contributor to Guardian Angel Kids Magazine and Stories For Children Magazine.

Interview with illustrator, Julie Hammond:

Q. Can you tell a bit about the life of an illustrator?

A. I think the main thing is paying attention to the details. In illustrations many times it's the small stuff that counts. Facial expressions, head tilts, and gestures really tell the story. I'm always on the lookout for cute details I can add to my work!

Q. Do you have a set schedule?

A. I work part time at a library so I work around that and most importantly family time!

Q. When you are assigned a new story, what is the process for developing your illustrations?

A. I read through the story and pick out details that could inspire a color scheme and setting. I Google A LOT of images and pin them on Pinterest, like a digital cork board. Then I work on my color palate and make a swatch layer in Photoshop, since I work digitally. Then I just start sketching. Sometimes it's just a bunch of facial expressions or hands. Then I put it all together.

Q. Do you consult with the author or publisher regularly or do you work more independently?

A. I work independently for the most part. Sometimes authors will have ideas for the illustrations that they want to share with me but normally we work separately. The publisher may notice some things they want changed after I hand in the work so I change those details. I love being able to express myself in my art.

Q. What is your favorite thing about being an illustrator?

A. The best part is seeing kids happy to read something I had a part in. I was a reluctant reader growing up. If I can encourage a child to pick up my book to read then I've done my job.

Q. What advice can you give to young people who are interested in becoming illustrators?

A. Draw, draw, draw and then draw some more! Work with different media. Try watercolors, acrylic, pastels and pencil. It's been said that it's best to know how to draw traditionally before you work digitally and I agree. The main thing, as stated in the first question, is pay attention to the little things. It will set you apart.

Q. What other projects or assignments do you have on the docket?

A. I have another book by Donna McDine coming out in 2014 and a few other projects that are top secret for now. Be on the look out!

You can find out more about me and see more of my work at juliehammondart.com.



Discussion:

Overview of Hockey Agony and Peer Pressure

Before reading *Hockey Agony*, have a general discussion with students about how and where the game of hockey is played, the equipment used, terminology, safety, scoring, number and position of players, etc. Also, discuss the risks and how a player might

become injured during the game. Tell them they are going to read a story about a hockey player who broke his leg in a previous game and is very upset about not playing. However, he will be asked by the coach to handle a very important job in the upcoming game, but he is being pressured by a teammate to be dishonest in order to benefit the team.

Discuss peer pressure and the effects it can have on the decisions students must make each day. As the author notes on the back cover, peer pressure and honesty often go hand in hand. Peer pressure can work in a positive way, but it can also be a negative factor, depending on the circumstances. Additionally, there is often a fine line between peer pressure and bullying. Discuss this concept with students and ask for opinions.

After reading the story, have class answer and discuss the following questions.

• **Questions:**

1. Why is Larry so upset and why is he using crutches?
2. Do you think his attitude is understandable? Why or why not?
3. What does Coach Brennan have to say about Larry's attitude?
4. What does Coach Brennan ask Larry to do in the upcoming game?
5. What is Larry's response to Coach Brennan's request?
6. What does Peter Rossi, Larry's teammate, tell him to do? Why?
7. Do you think Larry feels threatened by Peter Rossi? Why or why not?
8. Which Pearl River player is in the score box with Larry? What has happened to him?
9. Describe the interactions and dynamics between Larry and Matthew.
10. What is the score with forty seconds left on the clock?
11. What happens to cause confusion at the very end of the game? What does the referee ask Larry?
12. What is Larry's reply?
13. Do you think he felt intense pressure at that moment?
14. What is the crowd's reaction to Larry's declaration?
15. What is Coach Brennan's reaction? What is Matthew's reaction?
16. How do you think Larry feels afterwards?
17. Are the right decisions always easy to make? Discuss why or why not.
18. Why are honesty and integrity so important? What about responsibility?
19. What are the rules of good sportsmanship?
20. Discuss a person's character and what the term means. Do you think Larry's character had developed and grown stronger by the end of the story? Why or why not?

Activities:



Language Arts

• Journal Entry

Have students pretend they are in Larry's position and write a journal entry about their feelings. What would be their attitude if they were seriously injured and could not play their favorite sport for a while? Would they want to be asked by the coach to be a clock runner? Would they be angry and bitter? How would they handle Peter's demands and bullying behavior? Would they feel like they could do the right thing, even though it meant facing ridicule and hostility from the crowd and possibly other teammates? Explore those emotions on paper.

• Word Search


Have students complete the ***Hockey Agony Word Search***. (The worksheet and answer key are in the resource section at the end of the guide).


• Vocabulary Exercises

Write these words on the chalkboard. You can add/substitute more words of your choice.

Hockey	Bullying	Peer Pressure	Honesty	Goalie	Puck
Integrity	Potential	Arena	Spectator	Stride	
Referee	Rink	Attitude	Teammate	Score Box	

Have students write the words/terms in alphabetical order.

 Have students use a dictionary to give a short definition of each word.

 Have students choose three or four of the words and write a short paragraph about one of the characters in *Hockey Agony*.

• The 'Language' of Hockey

For a basic (yet thorough) overview of the game of hockey, terminology, definitions, rules, and even some diagrams, visit

<http://proicehockey.about.com/od/learnthegame/a/ice-hockey-rule.htm>.



Integrated Language Arts Activities:

- Divide students into small groups (4-5 students in each group) and let them choose one of the following topics (or one of your choice) to research after reading *Hockey Agony*.



Topics:

1. Character
2. Honesty
3. Peer Pressure
4. Bullying
5. Sports Injuries
6. Team Sports

- Students will create a ‘presentation’ board (poster board sized foam-core is good) with at least five key points to share with the rest of the class. Students should find appropriate visuals and information to put on the presentation board. Each member of the group should share at least one key point pertaining to the topic during the presentation. If you have the resources and older students, consider letting them create a Power Point presentation in groups of two or three.



Social Studies/Economics/Geography

- **Create A NHL Hockey Map**

Name the teams of the National Hockey League (NHL) and find/label their home cities on a map to get a visual of how many pro hockey teams there are in the United States. A link to the names of the teams can be found at <http://www.sportmapworld.com/map/ice-hockey/north-america/nhl/>

- **‘State’ That Team**

If your state has active hockey leagues (whether recreational, high school, college or professional), you can do the same activity as above by using a state map. Find and label the cities on the map and discuss the types/sizes of facilities.

• Professional Considerations










Discuss the difference between an amateur and professional. Perhaps talk about the cities where each type of team might be based. Do larger cities usually have a professional team? Why would population be a determining factor for a franchise to choose a city for a professional team? What other factors might be taken into consideration? For older students, discuss the economics of such a decision.

• Hockey History

Have student research the history of ice hockey and make a timeline of important events and key dates in its evolution to the hockey of today. You will find some book suggestions in the resources section. Also, see <http://www.thepeoplehistory.com/icehockeyhistory.html> for a good overview of the history of the sport.

• Important Names in the History of Hockey





Have students choose and write a report on one important person/player in the history of hockey. A few suggestions are listed below or let students choose their own.

-  James Creighton
-  Sir Frederick Arthur Stanley (Stanley Cup)
-  Lester and Frank Patrick
-  Conn Smythe
-  Frank Zamboni
-  Bobby Orr
-  Wayne Gretzky
-  Mark Meissner
-  Patrick Roy





Science

• The Skeletal System

In the story, Larry had a broken leg and was unable to play hockey with his team. In reality, there are 206 bones in the adult human skeleton. Younger children may have a hard time memorizing the names of all the bones, but they can still become familiar with the skeletal system. Below are some activities involving/learning about the human skeletal system.

-  Label the human skeleton. See a printout at <http://www.enchantedlearning.com/subjects/anatomy/skeleton/Skelprintout.shtml>.
-  Bones and Skeletal System links to resources, printouts, lesson plans, activities can be found at <http://www.proteacher.com/110075.shtml>.
-  Links to resources, activities, and videos about the skeletal system are at <http://www.neok12.com/Skeletal-System.htm>.
-  ‘Dem Bones’ or ‘Dry Bones’ song and lyrics to teach the names and positions of bones can be found at: <http://www.brownielocks.com/dembones.html>


Broken Bones and First Aid

-  Discussion: According to the Centers for Disease Control and Prevention, more males than females are affected by serious injury each year. Why do you think this is so?
-  Investigation: Broken Bones at Discovery Education—free lesson plans for older students (grades 6-8) at <http://www.discoveryeducation.com/teachers/free-lesson-plans/investigation-broken-bones.cfm>
-  The Facts About Broken Bones:
http://kidshealth.org/kid/ill_injure/aches/broken_bones.html?tracking=K_RelatedArticle
-  Teaching Kids First Aid:
<http://life.familyeducation.com/activity/first-aid/39517.html>




Science/Technology/Engineering


Resurfacing Ice in the Rink/The Zamboni

-  In order for hockey players to skate safely, there has to be a smooth, strong sheet of ice beneath them. In the past, the ice had to be resurfaced by hand. According to the information on zamboni.com.

“At the time (In the 1940s) resurfacing the ice meant pulling a scraper behind a tractor, shaving the surface. Three or four workers would scoop away the shavings, spray the surface with water and squeegee the dirty water away. This was followed by applying more water that would be allowed to freeze — a process that took more than an hour. For Frank (Zamboni), it was a puzzle to be solved: how could he make a good sheet of ice in a short period of time? It wasn’t long before he attempted to develop a machine that would make the task of ice-resurfacing fast and efficient. And the concept of the Zamboni ice resurfacer was born...”

“In 1947 he began tinkering with a completely different approach: a machine that would shave the ice, remove the shavings, wash and squeegee the ice, and hold snow in an elevated tank large enough to last for an entire resurfacing job.”

 Have students research and discuss exactly how the modern Zamboni ice resurfacer works. To download a PDF document of the evolution of the machine, go to <http://www.zamboni.com/about/zamboni-archives/evolution-of-the-zamboni/>

 Discuss the science of ‘why’ the machine works as it does. An overview on the zamboni.com website states:


“The basic process involves the machine’s sharp blade, which shaves a thin layer of ice as screw conveyors (augers) rotate above the blade to remove the shavings. The shavings are collected in a large bin, known as the snow tank. Meanwhile, jets of water clean the ice by flushing dirt and debris from the remaining grooves in the ice into a vacuum hose. Finally, a towel spreads the ice-making water (usually warm water), which sprays out of holes at the back of the machine, leaving behind a smooth sheet of ice.”


 Fun facts about the Zamboni can be found at: <http://www.zamboni.com/about/fun-facts/>.



Integrated Science and Math

Freezing Point of Water

 Talk about the freezing/boiling points of water.

 Water and its freezing point activity: <http://www.kidzpark.com/play-activities/Water-and-its-freezing-point/280/>



Distance

Again, using the map link at <http://www.sportmapworld.com/map/ice-hockey/north-america/nhl/>, have students list the names of NHL cities. Have them figure out and compare distances/mileage between cities and create word problems to exchange with each other.

Clock/Time

In *Hockey Agony*, the clock on the scoreboard played a very big part in the story. Both teams wanted to have the highest score when the final buzzer on the clock sounded. In other words, they were ‘working against the clock.’ The following activities involve using a clock or time in some way.

Make A Game Timer

Making a timer might be just as much fun as using one!

See <http://pbskids.org/zoom/activities/sci/gametimer.html> for instructions.

Clock Shoot

This is an online game where you need to click on the clock with the matching time (analog/digital). Three different levels: whole hours, half hours, or quarter hours. See www.sheppardsoftware.com/mathgames/earlymath/clock_shoot.htm.

Elapsed Time Problems—The Visual Way

For a neat resource on how to ‘visualize’ and solve elapsed time problems, see <http://www.zooktutoring.com/a-visual-way-to-solve-elapsed-time-problems/>

Time Intervals Word Problems




http://www.helpingwithmath.com/printables/worksheets/word_problems/4md2time_problems01.htm

Online Countdown Timer

<http://www.timercountdown.net/>

Beat The Clock

This site has printable, timed (5 minute) worksheets for multiplication and division problems. http://kid.worksheetless.com/Beat_the_Clock.html

-  Create Time Word Problems...and Time the Responses
 Divide students into groups and have them create 3-4 word problems to exchange with other groups. Use a timer to see how long it takes each group to solve the problems!
-  Stopwatch Math Circle
 For a fun math game involving the class finishing a round of math problems in the fastest possible time, see <http://genkienglish.net/maths/stopwatch.htm>
-  Time Your Buddy with a Stopwatch
 Many sports do involve time clocks or stopwatches. Let students pair up and time each other with a stopwatch to see how fast they can run from Point A to Point B...as predetermined ahead of time. Optional: Use a timer on a phone.





Health/Relationships

At the beginning of the story, Larry is very angry! He has a broken leg, he is hobbling around on crutches, and most disappointing of all, he can't play in the game on Friday night. Coach Brennan is dissatisfied with Larry's attitude and calls him out on it. He insists on respect and discipline from Larry, just as he expects the same from the other players! Larry has to change his attitude and control his anger. He also learns a big lesson about character development!

● Anger Management

Most of the time, getting angry is not the biggest problem for children. Anger is a normal emotion and reaction to things we don't like or can't control. However, learning to manage that anger certainly can be an issue. Below are some ideas to help children learn anger management strategies.





-  Discuss the difference between the emotion of anger and the concept of managing that feeling. How do they react when they get angry? What causes them to be angry? There is also a difference between being aggressive and being assertive. Discuss these concepts in terms children can understand.
-  Discuss impulsive anger and behavior. What can students do to avoid lashing out when they get angry? Talk about the strategies of counting to ten, taking deep breaths, walking away until they calm down, etc.

- 👤 Good communication skills are necessary for anger management. Even very young children can learn how to express their feelings without becoming upset. Talk about good communication and how this skill is important. Also, knowing they can come to a teacher or administrator with their problems is helpful. Just realizing their concerns are being taken seriously is vital.
- 👤 Role play! Write down various possible volatile or stressful situations on slips of paper. Divide students into groups and have them draw one of the situations to act out. Have them come up with several reactions—both good and bad. Talk about the choices and what they can do to react calmly and rationally. Having them think about situations before they happen will go a long way in fostering calm reactions.
- 👤 A free anger management ‘map’ worksheet can be found at <http://www.sheffkids.co.uk/adultssite/documents/worksheets/Anger%20Map.pdf>
- 👤 If students are younger, read the book, *That Makes Me Mad* by Steven Kroll and discuss. You can also find a corresponding anger management workbook to download for FREE at <http://www.teacherspayteachers.com/Product/That-Makes-Me-Mad-Making-Positive-Choices-when-Dealing-with-Anger-264950>
- 👤 For more suggestions for activities and games dealing with anger management, see <http://www.kimscounselingcorner.com/2012/09/16/50-activities-and-games-dealing-with-anger/>
- 👤 Anger Management Bubbles Technique!
<http://www.schcounselor.com/2010/04/fabulous-find-friday-bubbles.html>
- 👤 Arts and Crafts for Anger Management—See http://www.ehow.com/info_8479551_arts-crafts-activities-anger-management.html for more information.




• Dealing with Bullying and Peer Pressure

Peter Rossi tried to pressure Larry into doing something that was dishonest—and something he didn’t want to do. Although only between two individuals, this was still a type of bullying and peer pressure. Larry was able to make the right decision, and in the end his integrity made him feel good about himself. Below are some links to sites,

resources, and activities that can be used to learn about the topics of bullying and peer pressure.

-  Bullying Awareness: Lessons, Activities, and Resources
PDF prepared by Kentucky 4H Teen Council
<http://tinyurl.com/kms23ej>
-  Teaching Students to Prevent Bullying:
Curriculum Resources Address Identifying, Confronting and Stopping Bullying
<https://www.nea.org/tools/lessons/teaching-students-to-prevent-bullying.html>
-  Pacer's National Bullying Prevention Center
Comprehensive list of activities and resources:
<http://www.pacer.org/bullying/resources/activities/>
-  Peer Pressure Bag of Trick Activity
<http://elemschoolcounselor.blogspot.com/2012/03/peer-pressure-bag-of-tricks.html>

• Character Development

-  How Does Respect Grow?
<http://www.schcounselor.com/2009/05/how-does-respect-grow.html>
-  Character Counts
This website has a booklist that links specific books to specific character traits.
<http://charactercounts.org/resources/booklist.php>
-  75 Books That Build Character
<http://www.notimeforflashcards.com/2012/02/75-childrens-books-that-build-character.html>



Books and Media

Sports Illustrated The Hockey Book by the Editors at *Sports Illustrated*

Hockey: The Math of the Game (Sports Math) by Shane Frederick

Z is for Zamboni: A Hockey Alphabet (Sports Alphabet) by Matt Napier

Hockey: How It Works (The Science of Sports) by Sports Illustrated for Kids

Stand in My Shoes: Kids Learning About Empathy by Bob Sornson Ph.D

Jungle Bullies by Steven Kroll (for younger students)

The Hundred Dresses by Eleanor Estes

www.thehockeynew.com-- Hockey Website (based in Canada)

www.usahockey.com –USA Hockey

www.nhl.com –National Hockey League website

Name: _____ Date: _____

HOCKEY AGONY WORD FIND

Find and circle each word in the puzzle. Words may be found horizontally, vertically, forwards, backwards, or diagonally.

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

HOCKEY
REFEREE
BULLYING
POTENTIAL
RINK
ARENA
PEER PRESSURE
ATTITUDE
HONESTY
SPECTATOR
TEAMMATE
GOALIE
STRIDE
PUCK
SCORE BOX



Hockey Agony Word Find Answer Key

Name: _____ Date: _____

HOCKEY AGONY WORD FIND

Find and circle each word in the puzzle. Words may be found horizontally, vertically, forwards, backwards, or diagonally.

L A I T N E T O P F E M Y Y L	HOCKEY
M K P R A D O F S O F T V N S	REFEREE
Q S E K G Z P P A Y S P W T K	BULLYING
H C D O F E E R K E E X R V G	POTENTIAL
B O U O J C H C N E B I F Q O	RINK
O R T T P U O R I D R T I A	ARENA
L E I A E P H P S E I B Y E L	PEER PRESSURE
L B T R Z A B C O N A U R N I	ATTITUDE
F O T R D E M K K O K L E M E	HONESTY
R X A D S H L M C W O L E X W	SPECTATOR
A F C S P O C M A X T Y R J V	TEAMMATE
I N U Z F C E D Y T G I E A C	GOALIE
G R E Z O K F T R L E N F L I	STRIDE
E P Z R I E Q M N V D G E U L	PUCK
P U K R A Y K K U Y V C R H Z	SCORE BOX



◆*Hockey Agony* Educator's Guide◆
created by Amy M. O'Quinn
www.amyoquinn.com
amymoquinn@windstream.net