

Winter Olympic Sports

Ice Hockey



In Canada, there are two hockey teams sent to compete at the Olympic Games. There is Canada's Men's Hockey Team and Canada's Women's Hockey Team. Most of the hockey players on the men's team are those who play for the NHL.

I am one of the players on the womens team, and we all play in the PWHL.

There are 23 hockey players on my team. These women come from different provinces and territories all across Canada. On the team are three goal tenders, six defence, and twelve forwards.

The hockey players for both teams were picked because they can skate fast and stick handle well. They can also shoot the puck and score goals. These players are able to make the right plays at the right time.

Canada's national Women's Hockey Team has won several Olympic goldmedals. Hopefully, both teams will win gold at the 2026 Olympics.

Is each sentence true or false?

1. Canada has only one national hockey team that plays at the Olympics.

2. The women on Canada's national Hockey team all come from Ontario.

3. The women on Canada's national Team play in the PWHL. _____
4. The men on Canada's national Team come from NHL hockey teams.

5. There are 30 players on Canada's national Women's Hockey Team.

6. All the women hockey players must be good skaters. _____



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Ice Sledge Hockey



Ice sledge hockey is a game played by male athletes who cannot use their legs or have lost them in an accident. Each team has six players on the ice at the same time. Teams may have up to 15 players and two goal tenders. Each game has three 15 minute periods.

The players are strapped to a metal frame that sits on two ice skate blades. The sledge sits high enough so the puck can pass under it. Each player holds a double ended stick in each hand. One end of the stick, has a pick that the player uses to move his sledge about. The other end has a curved blade, like a hockey stick, used to pass and shoot the puck. The goal tender uses a stick with a blade and a trapper glove with teeth.

Sledge hockey is very exciting to watch and it is amazing how fast the athletes can travel on their sledges using their sticks to move the puck and score goals.

Is it sledge hockey, ice hockey or both?

1. A period in a game lasts for 15 minutes. _____
2. Each team has six players on the ice at the same time. _____
3. Players skate quickly and try to score goals. _____
4. A special frame, with skate blades, is used to move about on the ice.

5. Players use long sticks, with curved blades, to move the puck about.

6. A player uses the picks on his sticks to push himself around.

7. Teams play their games in an ice rink. _____
8. The goal tender uses a glove with teeth. _____



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1. False 2. False 3. True 4. True 5. False 6. True

Ice Sledge Hockey (Page 16)

1. sledge hockey 2. both 3. ice hockey 4. sledge hockey 5. ice hockey
6. sledge hockey 7. both 8. sledge hock

