

Game On

July 2013

HOCKEY

Volleyball

FOOTBALL

DANCE

Basketball

Tae Kwon Do

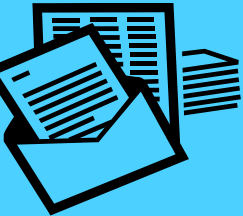
SOFTBALL

Gymnastics

U.S. \$4.00



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Letter *from* the Editor

Dear Readers,

Game On is a magazine about all sorts of different kinds of sports. This is my second year of making this magazine, and a lot of people read Game On. Do you like sports? Do you play sports? If so, what sport do you



play? In this issue we don't just talk about basketball or volleyball, we talk

about most sports. Which include dance, gymnastics, softball, hockey, football, volleyball, Tae kwon do, and basketball.

Making this magazine hard and took a lot of work. We had to make articles for other people and we had to make articles for ourselves. We had a signup sheet where you sign up to do others and so that you know who you are doing.



We had lots of deadlines that we had to follow. For example we had to do 5 articles by Thursday. If you weren't able to finish these expectations then you would just have more and more to do. We get graded on

how our grammar and spelling is plus your writing skills. We were not able to use google images or images that cost money. We used pictures that were royalty free and/or clip art. If we didn't follow the right criteria then we had to redo the article.

I would like to give a shout out to a few people. One person I would like to give a shout out to is, **Alyssa Stillman**, she is really hard working and did an amazing job on her article about Tae Kwon Do.

This project was very important this year because we learned what people's interests are and get to know people better. We had tons of fun and a blast. The teachers were



very helpful during this project, and were nice to us.

If we needed help they would give us ideas and help us learn how to do better. During this project it was very difficult to focus and pay attention, so the teachers helped to stop the noise and to help us focus.

My overall experience for the Deadline Project was good and interesting. I wrote a lot of different articles of different things. It was a learning experience and a fun thing to do for a school project. I hope a lot of people get to do

this project again. I would like to thank my teachers Mr. Hall, Mrs. Koenecke, and Mr. Lundstrom for all the help.



- *Makenna
Krause*

Editor in chief, Game On

Dear editor,

I love to play sports and I think you do too. I think sports are great and athletic and fun. My favorite sports are 1# soccer 2# basketball 3# football and so on. Sports can keep you healthy and can give you lots of exercise. It all depends on the sport. Soccer gets you to run. Basketball can do hand coordination. Football can help you through and catch too. Kickball can help you run and foot coordination.

That's why I love sports and I hope you do too. I play soccer basketball and a little bit of kickball and football. I used to play volleyball and baseball.

From Sierra

Dear Magazine Editor,

Your magazine is about sports and you did a good job of talking about sports in general but, I think you should add some real stories instead of just talking about sports.

You said that your magazines were the best in the country and I disagree. I personally think that Sports Illustrated is the best sports magazine in the United States.

Sincerely,
Tylor

Swing sock 2

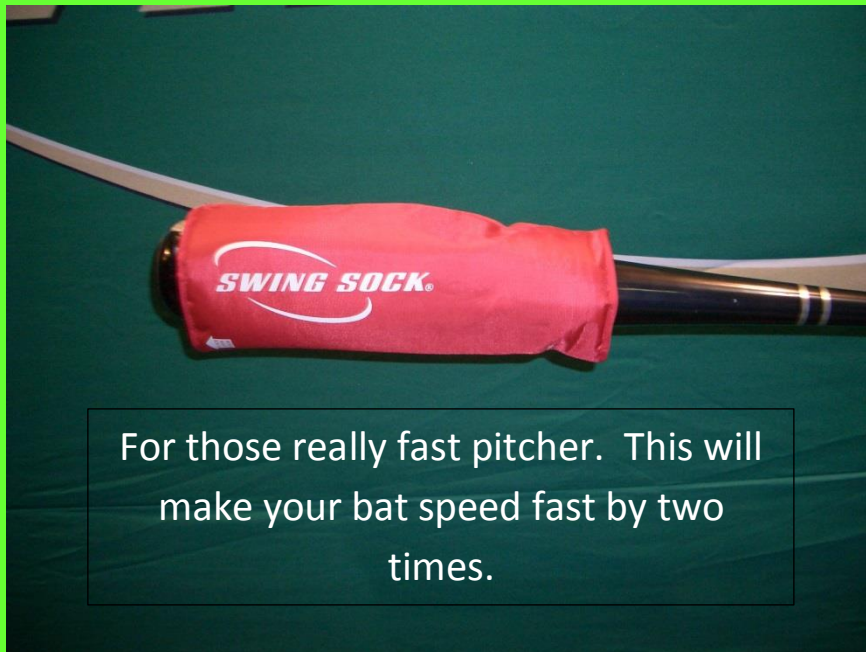
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TAE KWON DO

How Tae Kwon Do works

Have you ever heard of Tae Kwon Do? Tae Kwon Do is a type of Martial Arts. The meaning of Tae Kwon Do is “foot fist way of life.” Tae Kwon Do is spoken in Korean, because that is where Tae Kwon Do is from. Tae Kwon Do is held in a



room that has normally one instructor that is teaching you, and a bunch of students that are any belt range below him. If you are looking from the instructor's view you will see the highest ranked person in the front row farthest to the left. Then it will go down according to ranking. There are normally 4-5 people in a row, after the 4-5th person the next person will go behind the first person on the left side. This goes on all the way through the whole class, Black belt to White belt every time they are called to line up.

Belt Order

The First belt is the

- White Belt
- Yellow Tip (tip is a white stripe through the next belt color)
- Yellow Belt
- Green tip
- Green Belt
- Blue Tip
- Blue Belt
- Red Tip
- Red Belt
- Black tip
- Deputy black Belt (Half red, Half Black)
- Black Belt
- 1st degree Black Belt
- 2nd degree Black Belt
- 3rd degree Black Belt
- 4th degree Black Belt
- 5th degree Black Belt
- 6th degree Black Belt
- 7th degree Black Belt
- 8th degree Black Belt
- 9th degree Black Belt (you can only get if you die and were at 8th degree black belt)

Proper Form for Tackling



The game of football is a very physical sport, with tackling and blocking. So, in this game proper form and execution is key to being successful for winning in football. There are many different positions in football, and almost half of them involve tackling or hitting people. In this educational

article on football tackling and form I will be teaching you on many important things in football.

The first step to tackling correctly;

- 1. Slow down...**
- 2. Put your shoulder into their stomach.**

- 3. Bring your arms up and wrap them around their back**
- 4. Your head should be towards the ball across the chest.**
- 5. Stay low.**
- 6. Keep driving them backwards until using that forward motion to put them to the ground.**

your opponents jersey by the chest.

- 3. Next, drive them back or, if it's pass blocking, holding your ground.**

Thank you for allowing me to coach you on the topics of football.

Now if you follow these steps to tackling correctly, you can excel at the sport of football.

Football is a rough sport, but that doesn't mean that the only thing you do is tackling, everyone in football needs to know how to block. Sometimes blocking is and you are up against a bigger opponent.

There are a few key ingredients to proper blocking.

- 1. It is very similar to tackling, you first need to slow down and get low.**
- 2. Most of the time you can grab**

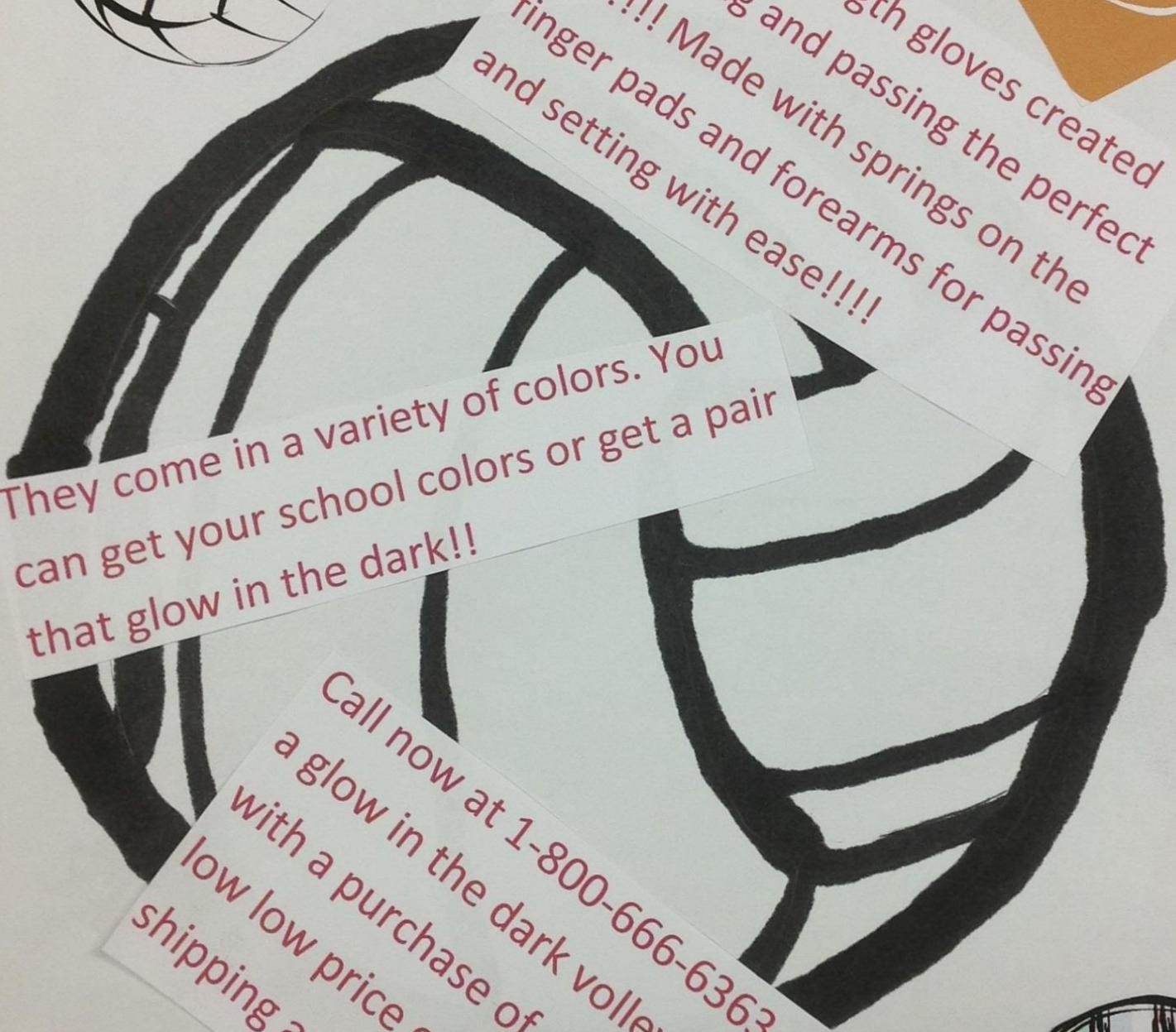
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VOLLEYBALL

Volleyball is not just a sport to some people, to some it is a passion. When playing volleyball there are six people on the court. One player is called a setter. The setter's job is to get the second touch and to set the hitters up. When you set you put your hands above your head and act like you are drinking a 2 liter bottle of soda. Also you use your legs and your core to set.

Another player on the court is called the libero. They are the one in the back row wearing the contrasting color jersey compared to her teammates. She gets all the hard hits from the hitter and she is always on the floor. The libero and the setter are very important in volleyball.

Another player on the team is a D.S. which stands for defensive specialist. These people are also in the back row and are the wings of the libero. The D.S. is also getting the hard hits and getting on the floor with the libero.

The other players on the court are front row hitters. They are the ones that should have amazing hand eye coordination to be able to block and then do your approach to hit the ball. The hitter positions are right side, middle, and outside.

When playing volleyball, you have to be vigilant. You dive across the court to save a ball, you jump as high as you can to kill the ball, yet your hands have to be delicate enough to not make a sound. The play starts with the other team up

to serve. The ball comes over the net; you dive across the floor just to get a perfect pass to the setter, who then has to set the ball without making a sound, which then has to give a soundless set to the hitter who then has to hit it hard enough and fast enough to earn a point. If she doesn't the play continues with the



same process.

You use every bone in your body, every muscle; you dive across the floor and literally tear up your skin just to keep the ball in play and be the best you can be for your team because if you don't then you've let your team down. You don't want to live with that sort of pressure. By the end of the game, your muscles are shaking in exhaustion, your skin aches, even your internal organs hurt from hitting them so hard because you've pushed your body so far past its breaking point.

Your skin is littered with bruises, battered and bleeding. All you can do when you get home is sit in your ice bath and look forward to the next day of practice.

To some people it seems that volleyball can be easy, but in real life it's harder than you think it is. You try being on the court when there is three hitters that can hit up to 33 mph. It probably will seem hard, that's because the

hitters practiced and practiced, till they couldn't practice no more.

You can do whatever you want it just takes practice and dedication. Volleyball can be learned by everyone. You should try it for once.



- Written by: Makenna Krause

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- ▲ Original
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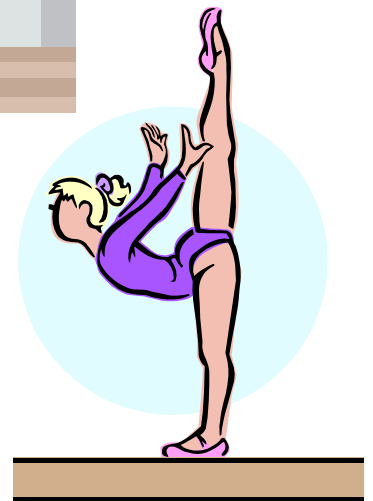
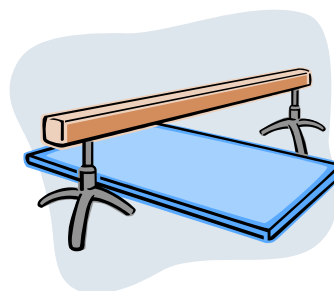
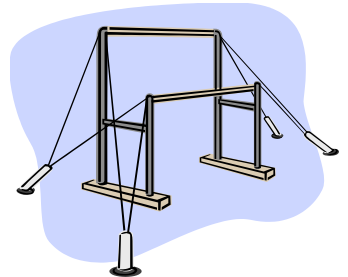


Anastasia's Story

Anastasia is a pint size little peanut kind of girl. She loves anything to do with gymnastics. She lays in her bed thinking about her gymnastics future, her goals, her dreams, and Gabrielle Douglas her idol. She goes to Gymstars Gymnastics Center in Lancaster, Pennsylvania. She calls that place her home, she practically eats, sleeps, and breathes at the gym. And actually Anastasia couldn't get a ride home once, so she slept at the gym! Her goal is to be an Olympic athlete one day. She can almost feel that Olympic Gold medal around her neck. But let me tell you this little girl is only 6 with some really big dreams.

One day Anastasia was doing her first double back. Now most gymnasts don't learn double backs till there in Level 9 and usually most gymnasts are at least 14, so Anastasia is very talented being only 6. She just kept going through in her mind the perfect back-tuck and just kept thinking to double it. She kept telling herself "Get height, double it, just like Gabby" So she just kept saying that nice and slow, trying to comfort herself. And she went for it. She went for her round off, then backhand spring, now came the big trick, her coach Carmen was there watching with amazement. Anastasia had done it! She had perfect height and stuck the landing. "YES!!!" Anastasia yelled. She was so happy. Anastasia was amazed that she does a trick just like her idol Gabby Douglas. But something was just missing. She had been winning tremendously in Level 9, all of the state championships, and the best in the entire U.S. and she's moving into Level 10 the highest level. So why would she be complaining?

She came home from Gymstars one day with a debating attitude. She knew that Gymstars just wasn't challenging her enough, and she was 7 years old, and to Anastasia she needed to be better. Anastasia's mom had just gotten home from work when Anastasia started her debating process. "MOM, MOM, I NEED TO MOVE GYMSTARS!" Anastasia said speaking really quickly. "Honey, Honey, I just got through the door, and what? Why?" Mom said ever feeling so rushed and surprised. Anastasia then spoke more calmly, "Sorry, I'll speak slower. I need to quit Gymstars. I need to move to Des Moines, Iowa just like Gabby Douglas did and go to Chow's. Please Mom!" Anastasia's mom just shrugged and replied "I just don't know honey, I just don't know. No more talking for now you need to think about reality, I'll call Coach Chow, but don't get your hopes up." Anastasia went to her room, she prayed for a yes.



That night Mom called Coach Chow, Anastia was standing there with her fingers crossed. Mom got off the phone with a smile on her face. "I talked with Coach Chow, he said he saw you on YouTube, and on T.V. He would be delighted to have you!" Anastia was running around the house screaming, she was so excited. "Coach Chow said you have so much God given talent, and he even has a host family for you to stay with, I told him your dreams, and he said you WILL follow in Gabby's footsteps. He said he believes in you!" Mom said with a sense of happiness. Anastia went on to Iowa and is accepted into the Olympic trials, she has such a future ahead of her in Gabby's footsteps!

-Payton Brennan



SOFTBALL

Ever want to join a sport but don't know which one to choose, we'll have you ever thought about trying softball. A lot of people love the sport of softball, the hit against the bat, the sweet feel of the ball in your glove, the ball rolling of your fingertips. That's all part of the game, you get bounces too, softball is a very good exercise you run around and move all the muscles in your body. Softball can be a social sport.

Equipment

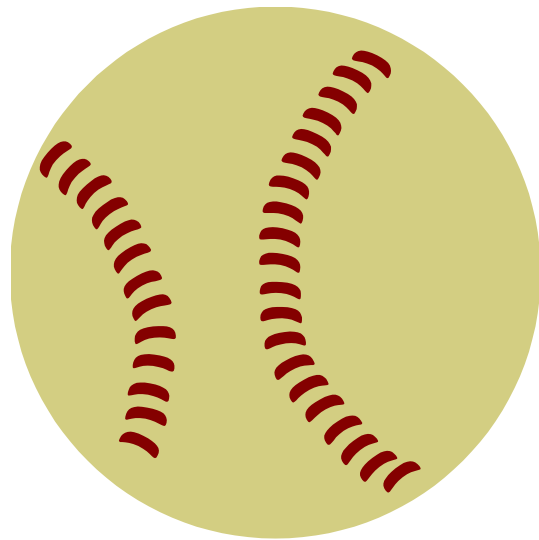
For softball you need a bat and a glove you can get those at your nearby schools, Dicks, or any other sport equipment store. A few other items that you might want to have are a helmet, a pair of cleats, and batting gloves.

Extras

Many people like to sunflowers seeds (A nice snack), mouth guards (To protect your teeth), and many girls get headbands that match their uniforms (Style, and to keep their hair out of their face.) Sliding shorts also help when you slide in to a plate they keep you from scuffing your leg or rear. Visors are great for keeping the sun out of your eyes. Batting bags are a good thing to have when you practice or play you can put all your items in the bag and carry the bag around with you.

Top brands for your items:

Bats	Gloves	Helmet	Cleats
Demarini	Mizuno	Easton	Mizuno
Easton	Louisville	Compact	Adidas
Combat	Wilson	Louisville	Under armour



By: Lauren Halverson

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Sofia Lucia

There are many remarkable dancers throughout the country. However, not many of them are dancers like 11 year old, Sophia Lucia. At 2 years old, Sophia's cousin introduced her to dance. By age 3, Sophia was entered in her first dance competition. Currently, Sophia trains at San Diego Dance Centre, owned by her cousin and inspiration, Kristen Hibbs. Sophia is often recognized by her high-pitched voice and extreme flexibility. Although Sophia states that she was not born with natural flexibility, her dances prove otherwise.

Sophia was born without 1 rib on each side of her ribcage, letting her be able to bend further. She spends at least 2 hours a day just stretching by herself. Sophia has been home-schooled her whole life, leaving her extra time to dance. Sophia has been offered many opportunities in and out of the dance world including interviews, TV appearances, movies, and more. One of Sophia's greatest accomplishments is being in the Guinness Book of World Records. She holds the record for most consecutive pirouettes with 55! She broke this record on March 30th, 2013 when she was 10 years old. Sophia's fan base grew



even larger when she appeared on Lifetime's hit TV show, Dance Moms. Sophia first appeared on the show on the 2nd show of season 3. The episode was about Abby replacing the whole team, using Sophia as a replacement. She continued to dance on the show for 4 episodes before her and her mom returned to California. Other great achievements in Sophia's dance life are mostly TV experiences. Sophia has performed on The Ellen Degeneres Show,

Dancing with the Stars, Disney's Shake It Up, So You Think You Can Dance Ukraine, and more.

Sophia's opportunities have led to more than she could possibly imagine. In mid-2013, Sophia launched her own line of dancewear, California Kisses. California Kisses has sponsored Sophia along with one of her main

sponsors and supporters, Kids Artistic Revue, or KAR. KAR is a dance competition, convention, network, and one of the oldest and most successful dance companies. KAR has been supporting and popularizing Sophia Lucia for about a year. Sophia teaches at KAR conventions, makes appearances, and host events. Sophia still dances every week. She predicts she dance 25 to 35 hours a week. She has meet many famous people in the industry, including kid dancers, old pros, and famous teachers. New opportunities for Sophia

open all the time, so she travels all around not only the country, but all around the world. She continues to excel in dance and is making a name for herself. At just 11 years old, Sophia Lucia has made it to places many people can't even imagine.

New

Energy Headbands

Have you ever been playing a sport, and you are just so tired you can't play?

Well not anymore thanks to Energy Headbands!

Wearing Energy Headbands

Not Wearing Energy Headbands



Energy Headbands get you hipped up and ready to play any sport.



Energy headbands come in all sizes and these colors:

- White
- Blue
- Purple
- Orange
- And
- Yellow

NHL Update

Hi my name is Elijah Gutierrez and I'm writing this news article to inform you about the NHL standings and statistics. Anaheim has had an incredible year so far with 35 wins and 8 losses. That is why they are in first. In second is Pittsburgh they weren't always at the top with Anaheim, St Louis, and Chicago. Pittsburgh's Sidney Crosby is one of the best players in the NHL right now and has the most total points in the league right now. That is probably one of the reasons they have 33 wins but 12 losses. St Louis I believe this is their first time in 3rd in a long time and in I believe 2-4 years they have a great chance of making the playoffs for the Stanley Cup I am not surprised since they have 31 wins and 8 losses. In 4th is a popular team as well as a great team the Chicago Blackhawks with 30 wins and only 8 losses they are only 2 wins away from taking 3rd away from St Louis. Chicago's Patrick Kane, Jonathan Toews, and Patrick Sharp plus other Chicago players are a pretty good reason they are so good and in the top 5 this year. In 5th is the Boston Bruins they have a good year so far with 29 wins and 14 losses. Now

for the individual stats. The offensive leaders for point from the Pittsburgh Penguins and from Canada is Sidney

Crosby with the most points at 67 points with Patrick Kane of the Chicago Blackhawks in 2nd at 56 points with Joe Tavares of the New York Islanders with 56 points behind him in 3rd with Ryan Getzlaf at 53 points Joe Thornton in 5th with 50 points. Then for goals Alexander Ovechkin from Russia on the Washington Capitals is in the lead for goals standing at 32 goals. Then Sidney Crosby from the Pittsburgh Penguins is in second with 25 goals. In 3rd is

Team	GP	W	L
1 ANAHEIM	48	35	8
2 PITTSBURGH	47	33	12
3 ST LOUIS	44	31	8
4 CHICAGO	48	30	8
5 BOSTON	45	29	14
6 SAN JOSE	46	28	12
7 COLORADO	45	28	12
8 LOS ANGELES	47	28	14
9 TAMPA BAY	46	27	15
10 MONTREAL	46	26	15
11 MINNESOTA	48	25	18
12 VANCOUVER	47	24	14
13 NY RANGERS	47	24	20
14 PHILADELPHIA	46	23	19
15 WASHINGTON	45	22	16
16 TORONTO	47	22	20
17 COLUMBUS	46	22	20
18 PHOENIX	45	21	15
19 DETROIT	46	20	16
20 OTTAWA	46	20	18
21 DALLAS	45	20	18
22 WINNIPEG	48	20	23
23 NEW JERSEY	47	19	18
24 CAROLINA	46	19	18
25 NASHVILLE	47	19	21
26 NY ISLANDERS	47	18	22
27 FLORIDA	45	17	21
28 CALGARY	46	16	24
29 EDMONTON	48	15	28
30 BUFFALO	44	13	26

Corey Perry on the Anaheim. Then in 4th is Chicago Blackhawks Patrick Sharp with 25 goals. In 5th another Pittsburgh Penguin's player it is Chris Kunitz. Now for goalies the most goalie wins is another Pittsburgh Penguin Marc-Andre-Fleury in 1st with 27. In second we have San Jose Sharks goalie Antti Niemi with 24 wins that puts him in 2nd. In 3rd it's a goalie from the Tampa Bay Lightning Bryan Bishop with 23 wins. Then yet again another Anaheim Duck its Jonas Hiller in 4th place at 23 wins. Then it's a goalie from the Boston Bruins its Tuukka Rask at 22 points in 5th. Now for the shutouts. In 1st its Boston's Tuukka Rask with total of 5 shutouts that is amazing. In 2nd its Bryan Bishop of the Tampa Bay Lightning with 4 shutouts. Then in 3rd place it's the Pittsburgh goalie Marc-Andre-

POINTS		GOALS		WINS		SHUTOUTS	
	67		32		27		5
Sidney Crosby Center - PIT Canada		Alex Ovechkin Right Wing - WSH Russia		Marc-Andre Fleury Goalie - PIT Canada		Tuukka Rask Goalie - BOS Finland	
VIDEO >		VIDEO >		VIDEO >		VIDEO >	
P. Kane CHI 56	J. Tavares NYI 56	S. Crosby PIT 25	C. Perry ANA 25	A. Niemi SJS 24	B. Bishop TBL 23	B. Bishop TBL 23	M. Fleury PIT 3
R. Getzlaf ANA 53	J. Thornton SJS 50	P. Sharp CHI 25	C. Kunitz PIT 24	J. Hiller ANA 23	J. Hiller ANA 23	J. Hiller ANA 23	J. Halak STL 3

Fleury with 3 shutouts. Then in 4th place it's the Anaheim goalie Jonas Hiller with 3 shutouts. Jaroslav Halak of the St Louis Blues is in 5th with also 3 shutouts. Thanks for reading to this NHL Update have a good week.

Basketball!

I started Basketball when I was in 5th grade. I was told that I was one of the best beginners that they have ever seen. One year later I'm still not on the A team but, I could possibly next year. I was point guard on the B team and i was very happy with how well I could handle the ball.

When you shoot the ball make sure you are using B.E.E.F. B- Balance. Balance the ball in your hand. E- Eye. Keep your eyes on the target. E- Elbow. Keep your elbow at a 90° angle. F- When you shoot the ball flick your wrist like you are putting your hand in a cookie jar on the top shelf.

Dribbling

When you dribble the ball your fingertips. Don't pound the at the ground. If you do you will probably jam your finger or lose your control over the ball.

Passing

When you pass the ball don't throw it at your teammates feet. Pass it to your teammates chest when they're "calling" for it. If you know that you aren't that good at throwing a ball, tell your coach. He/she will understand but I suggest you working on you arm strength.

Rebounding

When you rebound a ball- when you're on defense- you need to either get it to the point guard or you need to either dribble the ball or pass it to someone who will. When you rebound the ball be strong with it.

Boxing Out

Boxing out is when you put your body on against an opponent in order to catch

the rebound. You use boxing out so you can get the ball before the person you are boxing out. If you do it correctly you most likely will get the ball.

My favorite thing about basketball

My favorite thing about basketball is shooting. Although my shooting form isn't the best, I still know the correct form. Like I mentioned earlier, use B. E. E. F. The whole idea of it is to get your shooting form down pat so you can get almost every basket it.

The reason I joined basketball I joined basketball because my cousin is Michael Jordan. I was inspired to start basketball when my parents told me that he was my 7 cousin. It was too much to handle at the time because he is my role model.

Tournaments

When you have a tournament you have to stay hydrated. If you don't get a proper hydration you are going to get a headache. I get headaches all the time.

If you are the type of person that gets tired very easily when you're playing a game, make a signal with your coach that you do so they know that you need at break.



Defense

When you are on defense you need to stay low and be tall if the person you are defending. If someone tries to shoot you need to yell shot in their face and box out. It will distract them and so hopefully they can miss the shot.