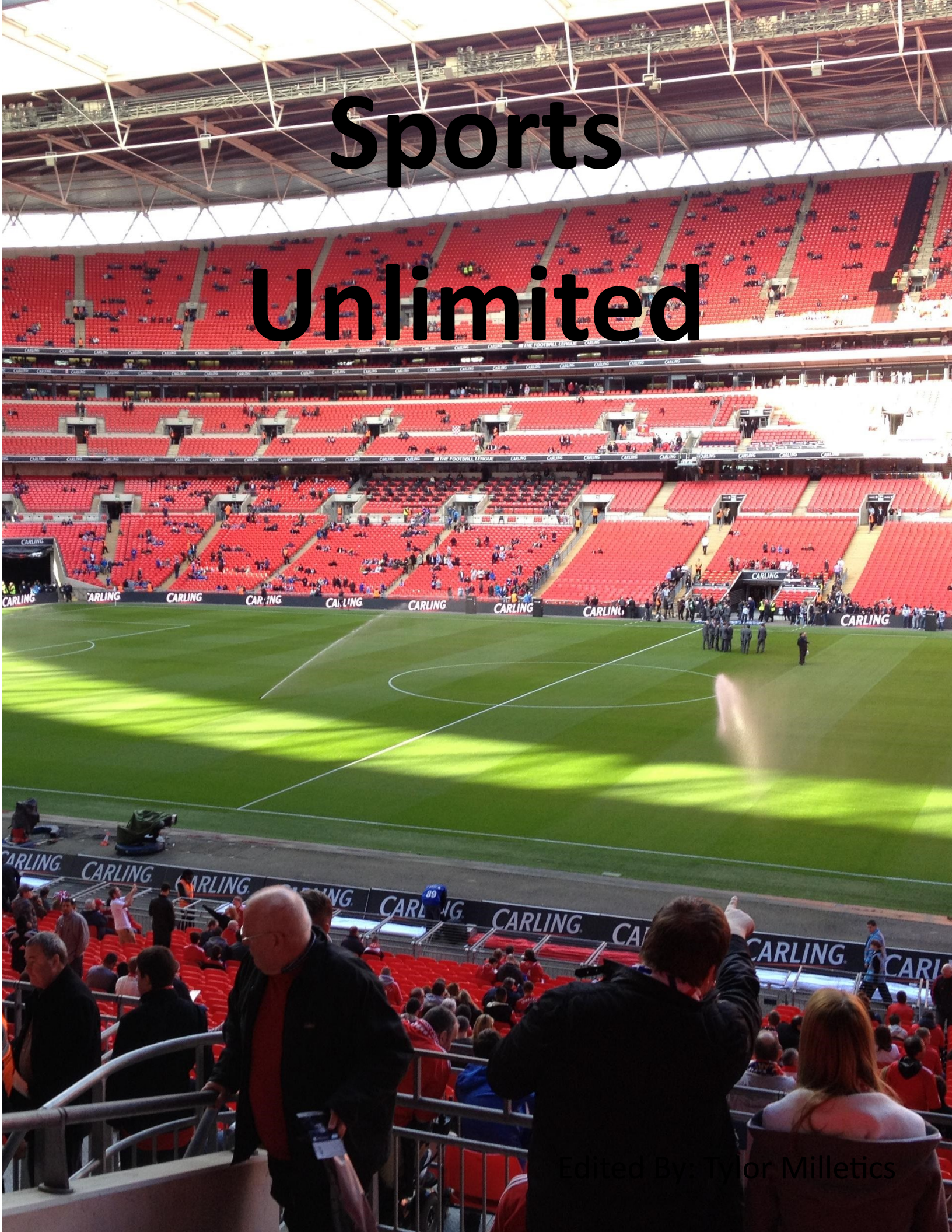


# Sports Unlimited



Cover .....	Pg. 1
Letter form the Editor .....	Pg.2
Blaze Letter to the Editor .....	Pg. 3
Bruce Letter to the Editor .....	Pg. 4
Eli 1-2 Column Article.....	Pg. 5
Nolan Advertisement.....	Pg. 6
Payton 2+ Column Short Story .....	Pg. 7
Alyssa 2+ News Article .....	Pg.8
Josh A. Advertisement .....	Pg. 9
Josh G. 2+ News Article.....	Pg. 10
Makenna 2+ Column Article.....	Pg. 11
Zach O. Advertisement .....	Pg. 12
Katarina 1-2 Column Article .....	Pg. 13
Eli Advertisement.....	Pg. 14
Camden Advertisement .....	Pg.15

Letter to the editor

By: Blaze Handrich

In your last magazine you said that figure skating was the manliest sport. I disagree with you that figure skating is the best sport. Men like violence; there is nothing violent about it.

One of the things I thought was not correct was when you said that football was a girls' sport. I strongly disagree because they crash in to each other like cars getting into a car accident.

In your last article, I really loved your "Sports"

Article . Now I can practice my sports the correct way. I also loved your Top 10 A Games of 2013. But Overall I thought your magazine was very good.

-Bruce Teale

# NHL Update



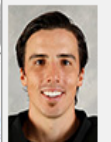
Hi my name is Elijah Gutierrez and I'm writing this news article to inform you about the NHL standings and statistics. Anaheim has had an incredible year so far with 35 wins and 8 losses. That is why they are in first. In second is Pittsburgh they weren't always at the top with Anaheim, St Louis, and 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 3<sup>rd</sup> 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 4<sup>th</sup> 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 3<sup>rd</sup> 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 5<sup>th</sup> is the Boston Bruins they have a good year so far with 29 wins and 14 losses. Now

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

# SUPER BALL



BOUNCES OVER 65 FEET!

ONLY FOR THE LOW  
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INCREASES STRENGTH AND ACCURACY  
FOR SOCCER AND BASKETBALL

A story am going to share about is one of the most important moments in sports it is about racism, attitude, and segregation. I am going to write about Jackie Robinson. Jackie Robinson was an amazing athlete in college. H was the first athlete at UCLA to star in four sports baseball, basketball, football, and track. He was one of the best college football players. He was a fabulous running back. After a little in the army he turned his attention to baseball. In 1940 baseball was segregated. There was a black league and a white league. Jackie joined up with a black team the Kansas City Monarchs. He toured the country with the Monarchs. Jackie caught the eye of the Brooklyn Dodger President Branch Rickey. Rickey wanted Jackie to break the color barrier. Rickey knew that things would be tough that fans would heckle and swear at him. Rickey also told Jackie that no matter how difficult things would get Jackie had to keep his temper. Not to fight back, not to get mad, but to just concentrate on baseball. He had an amazing first year with the Dodgers minor league, and led the Montreal Royals to the Little World Series. Next year Jackie was ready for the big leagues. On April 15, 1947 he became the first African American to play major league baseball. He didn't get a hit his first day but he had a bunt to win the game scoring a run. Baseball was an easy part for Jackie what he had to deal with off the field was the difficult part. Fans would send hate letters. To him and his family his little son not even 10 years old would get kill threats. Another thing Jackie had to deal with that was different was that in the era that Jackie Robinson played there were no baseball helmets people just wore baseball caps. One thing Jackie had was that he had a special cap with a hole so he could insert a sheet of metal so that if other pitchers threw at him he wouldn't get hurt as bad. Some of his teammates threatened to go on strike because they wouldn't play with an African American on their team. One day that changed. Pee Wee Reese was a southerner from Louisville, Kentucky. He was the Dodgers shortstop. One

day in a southern game, the fans were giving Jackie a hard time. Do you know what Reese did he just walked over and put his arm around Jackie's shoulder and made small talk. In the stadium all the fans stopped heckling and just stood there. It was a huge gesture that showed that Jackie was part of the team. white men. He was invoked into the hall of fame the first year he was eligible. He was the first black to go into the hall of fame. One more thing is that the number 42 is retired not only by the dodgers but by every team in the MLB. Jackie Robinson was one of the most significant athletes of all time and he made way for all of the pro African American Athletes today.





# Sports Injures

## Basketball

Last night, while the Bucks and the Celtics were playing, Ersan Ilyasova got the ball off the rebound, passed it to Brandon Knight. Ilyasova started sprinting down the court, and happened to be the first one down to the other end. Knight of course passed the ball to Ilyasova, hoping he could make the shoot before the other team gets a chance to knock the ball out of his hands. Ilyasova goes up for the dunk just in time, but his jump is not the others, right when he does for his jump, a player on the other team pushed him right when he jumped.

This gave Ilyasova the perfect height- if not more. Ersan Ilyasova reaches his hand up to dunk the ball, that's when he realizes with the little push he got that made him to higher than normal, he was



now looking down into the basket. His head is higher than the basket, UNBELIEVEABLE! Now... Here is where the injury happens, when he looks down to see is the ball made it in the hoop, (which it did) he was staring to lose his grip on the top of back board, so he let go. Ilyasova was falling straight to the Ground, with no obstacles in his way. He dipped his head forward to see where he is going to land, but when he moves his head it

hits the top side of the rim and knocks his backwards. Ilyasova flips 180° landing straight on his head. The Doctors rush to see him, but he is knocked out cold. More doctor's rush to the court, they are listening for a heartbeat. Thankfully one doctor stood up and said "Good news, we found a heartbeat, and Ersan Ilyasova should be fine, but he will be out for the rest of the season. Well I guess it's not always a happy ending when you dunk, but the good part was that he made the winning point, the ending score was 64-56. The Bucks will have there next game on Friday January, the 10<sup>th</sup>. They will play against the heat, which are ranked #1. The game will be held in Miami, and the starting point will be a 6:45pm Friday afternoon.



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## Football

Another injury also happened last night, when the Broncos were playing the dolphins, Peyton Manning was about to throw the ball long, but he saw an opening in between 2 players. Peyton went for the run, he got about 15 yards until he got taken down by John Jerry. Peyton Manning when flying down to the ground backwards, a couple feet.

When Peyton fell off balance and could not brace himself and he when he fell he landed lopsided on his ankle. Peyton Manning got up like it was nothing and kept playing. No one noticed that he was hurt until a couple plays after. Peyton was limping and then collapsed on the field. The doctors were not sure at first like it was nothing and kept playing. No one noticed that he was hurt until a couple plays after. Peyton was limping and then collapsed on the field. The doctors were not sure at first what happened to him because there was no major play that knocked him down hard enough to make him not be able to walk. The doctors were asking him questions on what happened because they were not quite sure what exactly happened to him. Peyton was walked off the field with two of his coaches on his side and a doctor holding his back spotting him. Everyone clapped when he walked off the field and into the exam room. The doctors ran tests and found out that he had broken his ankle, and will be out for the rest of the season. The good news is that the Broncos won that game against the Dolphins. Peyton Manning will be missed a lot, but he will be back next year!



By: *Alyssa Stillman*

Get the energy you need anytime  
with **Z ENERGY**. It tastes better, is  
healthier, and gives you more  
*energy.*



# Spin Cycle

As the snow starts to fall over the rocky peaks of Granite Mountain, and the temperature starts dropping, the town below starts the final preparations for their favorite winter activity.

All the snowboards are waxed; all the ski-boots are fitted. And all the coffee shops are stocked up on hot chocolate. Finally, winter has arrived.

A boy by the name of Chris Lauvask is one of the many people getting ready for the mountain. Now, Chris isn't your everyday snowboarder; he is a very skilled winter-athlete. He has been practicing his half pipe for over 6 years. Perfecting flips and spins, this 14 year olds goal is a 1980 that is the world record for most full spins on a snowboard.

This year, he was ready for the final jump. He traveled his way up the mountain towards the half pipe. Now ski lifts are very high up, but very safe and most people get used to them after a while.

As Chris is mentally preparing himself for the jump the ski lift jolts to a halt, Chris was not expecting the stop. He fell from the lift, screams went out, and he hit the ground.

Immediately he felt the pain in both of his legs. As he lay there in pain, not able to move, the ski patrol helped him into the lodge. He broke both of his legs.

Chris later awoke in a hospital a day later. "I have warned him all his life to be careful on those terrible machines" his mom said. Chris had no feeling in both his legs.

The doctor told him that he was very lucky that he was used to landing the right way when falling on a snowboard. He could have damage his spinal cord and would've been paralyzed. It would be a few years before he will be able to get back on the mountain and try to beat the record. His parents had assigned him a physical therapist. His training would start as fast as Chris found out he had a therapist. The very first time he had tried to walk, he fell flat on his face. He burst into tears. The therapist asked him a question, what has hurt worse, his face, or his pride. Weeks later Chris was walking, but not normally. He tried to fix it and walk normal. He was not able; to this day he still walks with a cane.

The next step in the physical treatment was to try to get back on his snowboard. This process took a while.

Two years later, Chris had fully recovered. He completed the jump and broke the record. To this day he still holds this record for the most spins on a snowboard in the half pipe.



# Volleyball

Volleyball is a sport that requires six people on a court. There are three people in the front row and 3 people in the back row. Out of those six people one of them is a setter. A setter is the person that normally gets the second hit. Another person on the court is a libero; a libero is the person in the other color shirt and stays in the back row. Another person on the court is a D.S. which means defensive specialists. A D.S. is also in the back row and passes the ball to the setter. The other players are hitters, middle, outside, and right side. In volleyball you want to try to keep the ball on your side and set the ball up. To be able to set the ball up the other team serves the ball. Which then goes over the net and then you play it out. If it is a deep serve the libero or the D.S. and they pass it high enough so that the setter can get the ball and then they have to set the ball so lightly that you can't hear it but hard enough to get it to the hitters, which they then hit the ball over the net and get a point or they have to play the ball out. In volleyball it is important to be on your toes and always watching the ball. If you aren't you won't be able to move as fast and get to be able to play out the ball.

## **Volleyball Skills**

To pass the ball you have to make a fist with your left hand and then wrap your right hand around it. When passing it is all about using your legs and lifting up with them. If you swing your arms and don't use your

legs then the ball will either go behind you or straight up. Sometimes you may have to dig the ball. A dig is when you can't pass the ball and you have to dive for the ball. When you get a hard ball to dig you may have to hustle. You have to be able to get under the ball, to make a perfect pass right to the setter.

The setter then has to set the ball, to set pretend to be holding a two liter bottle. Then put your hands above your forehead. So now it looks like you are drinking the two liter bottle. When you look at your hands you should see your thumbs right by your eyes. When setting you have to push up with your legs and your arms. Now the setter has to set the ball to the hitters but she has to set it high enough so the hitters have enough time to do their approach.

To hit the ball you have to keep your eyes on the ball. You start at the ten foot line and you take a step with your left foot if you are right handed and your arms are straight out in front of you then you go right left and your arms go straight back and you bend your legs down low. Then you time the ball just right so that when you jump up you hit the ball right at the highest point. Right after you hit the ball you have to flick your wrist, so that the ball goes down. Then you swing through.

Volleyball is a wonderful sport to play and watch. It takes dedication, practice and time.

The choice is yours.

- Written by: Makenna Krause



# Jeffery's Snowboards and Ski's

Prices starting from just  
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Come here if you  
want a **real**  
snowboard.

We have the best snowboards  
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## Football

Football is a very great sport it's for all ages. What I'm going to talk about is the NFL it stands for National Football league. Some of the teams are The Packers, Jets, Giants, Lions, Vikings, Seahawks, Redskins, and more.

The Packers are one of the best NFL teams in the league. They have had some of the best coaches like Vince Lombardi, Bart Starr, Curly Lambeau, and Phil Bengtson.

The Seahawks just won the Super Bowl there Quarterback is the 3<sup>rd</sup> youngest to win the Super Bowl. That was the fastest Super Bowl in record history I think.

The lions are another good team they are very hard to beat they always want to win like every other team they don't have very good sportsmanship. They want to win no matter what they have to do.

The Giants have a very good quarterback his name is Eli Manning HE has been there quarterback for many years now he is very good at what he does.

The Jets are also from New york they are also very good they will do anything to win. They want to be the

best so they play as hard as they can. Its the only way they can get better.





# 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 3<sup>rd</sup> 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 4<sup>th</sup> 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 3<sup>rd</sup> 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 5<sup>th</sup> is the Boston Bruins they have a good year so far with 29 wins and 14 losses. Now

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# *Mega basketball*

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A photograph of an orange basketball with black lines, resting on a patch of green grass. The image is framed by a dark blue border. Several blue diagonal lines are drawn across the basketball. Text is overlaid on the image in different colors and orientations.

*It is just \$20 dollars*

*Now selling in stores*

---

*This basketball is very light*