

The
Colorado
Avalanche



"The Avs"



Did you know

that **Ice Hockey** started in Canada? And, in 1972, a hockey team called *the Quebec Nordiques*, was founded in Canada. It was part of the **National Hockey League**.

Also known as the **NHL**, the **National Hockey League** sets the rules for the sport of professional ice hockey in North America.

In 1995, the team was relocated to Denver, Colorado and got a new name: ***The Colorado Avalanche!***



- *Fun Fact:* The first ice skates were made from leg bones of a horse, ox, or deer, and were attached to the feet with leather straps, requiring a pole with a sharp metal end to push the skater forward. Sharpening modern, bladed ice hockey skates



is an important part of a player's ability to skate, and players sharpen their skates frequently.

Skates used in ice hockey rarely use molded plastic for the upper boot, because that makes it harder to move.



During the winter season, there are many locations that offer outdoor ice-skating *including several **Colorado State Parks** which have natural ponds and scenic views.* Some of them are: **Yampa River, Golden Gate Canyon, Highline Lake, Jackson Lake, and Eleven Mile State Park.**



There are even outdoor ice-skating options open to the public in the middle of downtown Denver at the Southwest Rink at Skyline! →



The YMCA of the Rockies also offers beautiful scenic ice skating just outside of Estes Park.



The Colorado Avalanche

• • • Professional Ice Hockey in Denver!

During the game, The Avalanche have five team members, plus a goalie, who are working together to score more goals than their opposing team. Goals can only be scored using a hockey stick to move the puck into the other team's net.

Players are usually only on the ice for one minute at a time, then they rotate out for the next player to come in.





The Colorado Avalanche



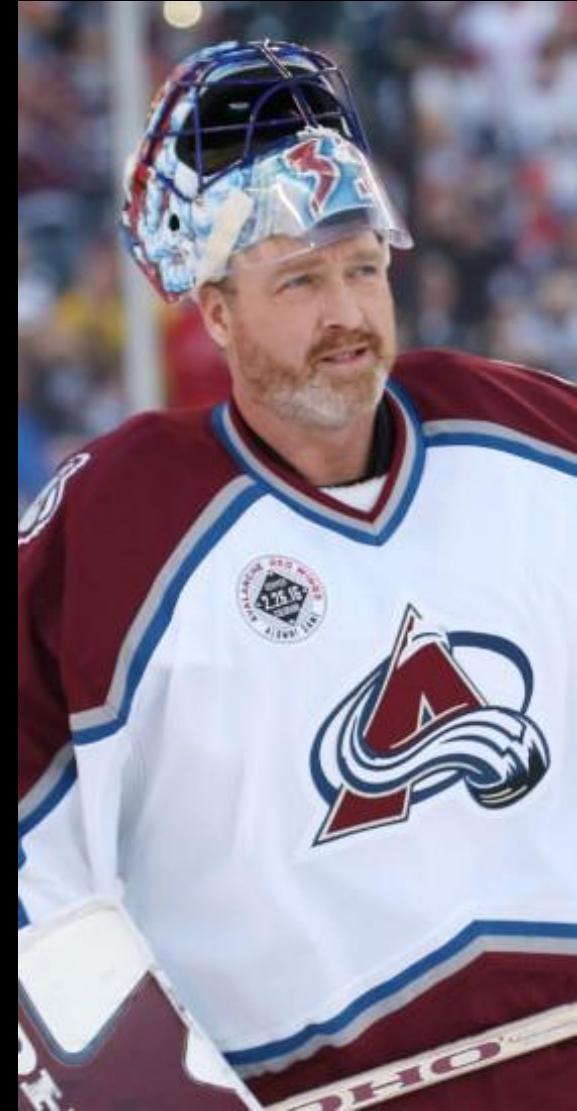
The game lasts for 60 minutes, divided into three 20 minute periods. But, the game usually takes 2 ½ hours to complete when adding breaks and time clock stoppages!





The Stanley Cup

←←← The Colorado Avalanche have won two *Stanley Cups*, the championship trophy and the *highest honor in hockey*, with the help of the now retired goalie, *Patrick Roy*. He was inducted into the NHL Hall of Fame in 2004. →→→→→





The Hockey Hall of Fame

The Hockey Hall of fame is in Toronto, Ontario, in Canada. Five team members who have played for The Avalanche have been inducted into the Hockey Hall of Fame including Joe Sakic, who was the team captain.



The Conn Smythe Trophy

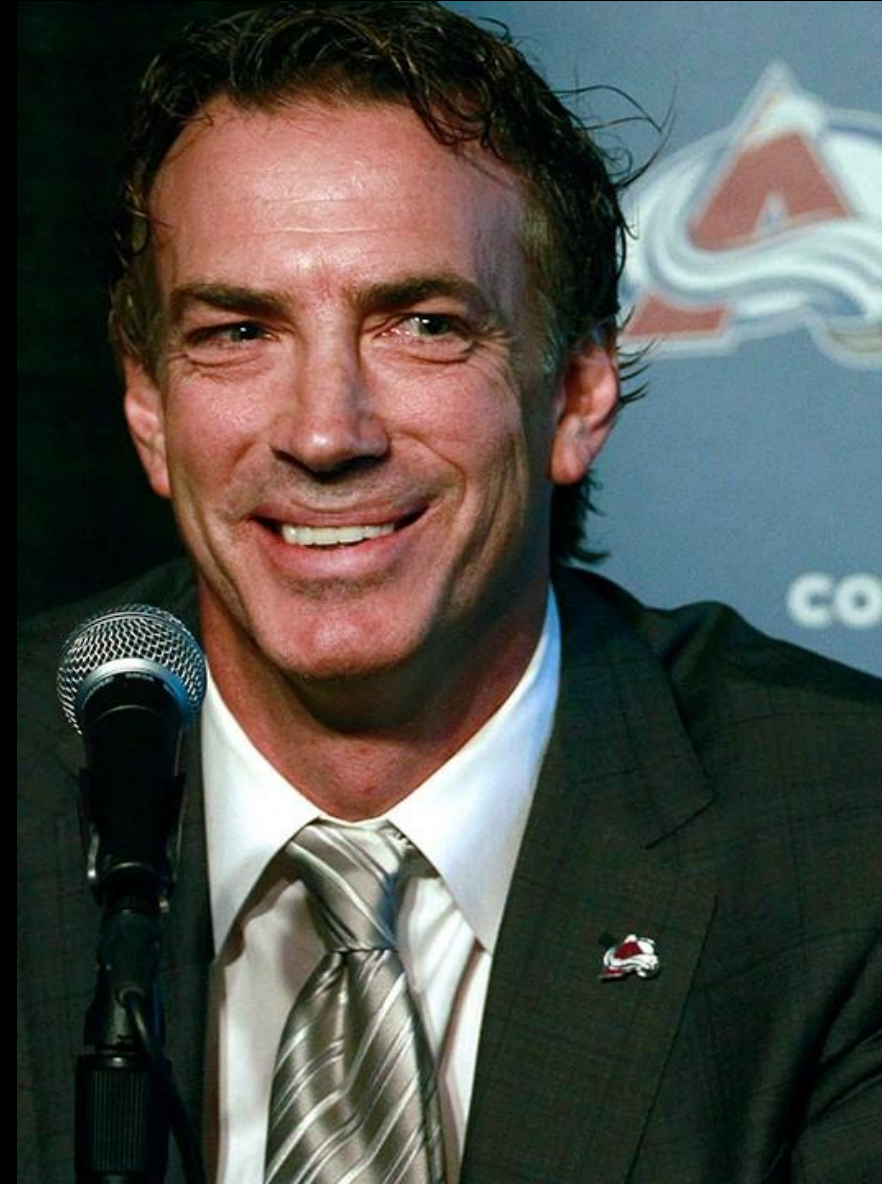


←←←← In fact, in 1995 Joe Sakic won the **Conn Smythe Trophy**, awarded to the most valuable player on the Team!

The next year, **The Avs** again won the Pacific Division and were awarded the **President's Trophy** for finishing the season with the best record and scoring average in the NHL!



By the way, Joe Sakic is now **The Colorado Avalanche's** General Manager! →→→→→→→→→→→





The Colorado Avalanche's home is *Ball Arena*, which they share with The Denver Nuggets Basketball Team.



The Broadmoor World Arena Ice Hall in Colorado Springs is a US Olympic and Paralympic Training site. The Broadmoor World Arena and The World Arena Ice hall are two facilities that have three sheets of ice that include two Olympic-sized and one NHL-sized, making it the perfect location for hockey skating functions.

The Broadmoor World Arena



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• • • *Professional Ice Hockey in Denver!*

Learn more about
hockey and *The*
Colorado Avalanche
on Wikipedia!





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