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Name: _____

Lindsey Vonn: Queen of the Mountain

When it comes women's skiing, you are sure to hear the name of Lindsey Vonn. Lindsey grew up in Minnesota. She started skiing when she was only three years old! By the time she was seven, she started racing. At age nine, she was travelling to races all over the world. It wasn't long before Lindsey's family decided that the mountains of Colorado would make a better home for a talented skier than the hills of Minnesota.



Lindsey continued to improve. As a teenager, she won several high-profile events. In 2002, she joined the U.S. Olympic Ski Team. At only seventeen, she didn't garner a lot of attention. That quickly changed. Lindsey continued to train and tried to become faster and more consistent. As a result, she won several U.S. National Championships and medals at Junior World Championships and World Cup events.

In 2006, Lindsey was one of the shining stars of the Women's Olympic Ski Team. Sadly, it was not meant to be. During a training run, Lindsey had an accident and crashed. Though she went to the hospital, she wasn't badly hurt. Lindsey decided to stay in the race. She did well, but she just wasn't as fast as she usually was. Lindsey left the 2006 Olympics without a medal.

At the 2010 Olympic Games, Lindsey came back from a painful training injury to win a gold medal in the downhill event and a bronze medal in the super-G.

Lindsey had to pull herself out of the 2014 Olympic Games after a recurring knee injury. Though she was disappointed, she had surgery to repair her knee and was determined to come back stronger than ever. After a few short months of recovery and renewed training, Lindsey Vonn was back on the mountain and the winner's podium.

In 2016 Lindsey sailed to the top of a new list of winners, the *New York Times* Bestseller List, with the release of her book, *Strong Is the New Beautiful*. That didn't mean that Lindsey took a break from skiing, though. She continued racing and added even more medals to her collection. With more than eighty World Cup wins and a few Olympic medals, she is one of the most decorated women skiers of all time.

Name:			
name:			

Lindsey Vonn: Queen of the Mountain

Questions

- 1. Lindsey Vonn started competing in international races when she was _____ years old.
 - A. seven
 - B. five
 - C. nine
 - D. three
- 2. In 2002, at the age of 17, Lindsey Vonn joined _____.
 - A. the U.S. Olympic Team
 - B. the Junior World Team
 - C. the World Cup finals
 - D. the World Cup Team
- 3. Lindsey Vonn competes in _____ skiing. This sport is made up of five different events.
- 4. Lindsey Vonn competes in skiing events where the winner is chosen by _____.
 - A. the biggest jump
 - B. the fastest time
 - C. the highest score
 - D. all of the above
 - 5. How many World Cup races has Lindsey Vonn won?

16,	21,	2/,	<i>3</i> 4,	42,	
		61	72	84.	97

How many minutes is it from 9:00 a.m. to 10:35 a.m.?

A rectangle is 34 cm on one side and 12 cm on another side. What is the perimeter?

____, V

What is 50% of 1,122?

10 + 7 + 8 - 10

Winter Olympics

Jumping skis with a length of a maximum of 146% of the total body height of the competitor may be used. Christopher is 6'3" tall. What is the maximum length for his jumping skis?

In Alpine skiing, a country may enter no more than 4 skiers per event, no more than 14 athletes per gender, and no more than 22 athletes total. If Canada sends 11 male Alpine skiers, what is the maximum number of women it may send?

Mr. and Mrs. Hernandez want to attend all the speed skating events at the Winter Olympics. There are 12 events, and the average ticket cost is \$240. How much will they need to buy their tickets?

Improvements at San Sicario Fraiteve, once the site of the women's regular, combined downhill, and super-G races, cost approximately \$3,000,000. It held 6,160 spectators. What was the cost per spectator for the improvements?

$$88 - \frac{1}{2} =$$

$$6 - \frac{3}{8} - \frac{2}{5} =$$

Reduce $\frac{84}{90}$ to its lowest terms.

Morgan's combined time for her three runs was 1 minute and 59.569 seconds. What was her average time for each run?

Isaac bought a long track set (boots and blades) for \$205.79 plus 5% tax. The same set would have cost \$349.69 plus 5% tax if he had bought them when they weren't on sale. How much did he save by buying the set on sale?

Bonnie Blair of the United States began speed skating when she was four years old. In 1988 she won a gold medal and set a world's record in the 500m event. She eventually won 5 gold medals in Olympic speed skating. She was born on March 18, 1964. How old was she when the Calgary Olympics opened on February 13, 1988?

Shelby is participating in the final event of the Olympics biathlon competition at 10:45 a.m. She wants to have 2 hours and 15 minutes to prepare before leaving. The trip to the course takes 14 minutes. She wants to arrive 20 minutes before the event begins. What is the latest time she should start preparing for the event?

p - \$52 = \$22 What is the value of p? What is the greatest common factor of the numbers 105 and 30?

If v = 6 and d = -23 then what is 8v - 11d + 2d = ?

Anthony purchased a jacket with the biathlon emblem on it. The original price was \$212.46. He received a 10% discount. How much did he pay for the jacket?

Bindings must be placed on skis so that a maximum 57% of the entire ski length is in front of the bindings. Samantha's skis are 92 inches long. How much of her ski must be in front of the binding?

In the team competition, the same skiers that participate in the jumping must compete in the 4x5km relay. What is the total distance traveled by a team in miles? Round to the nearest tenth of a mile. (1 mile = 1.61 km)

Improvements at San Sicario Fraiteve, once the site of the women's regular, combined downhill, and super-G races, cost approximately \$3,000,000. It held 6,100 spectators. What was the cost per spectator for the improvements?

Janica Kostelic of Croatia won the women's giant slalom at the 2002 Olympics with a combined time of 2:30.01. Anja Paerson of Sweden won the silver medal with a time of 2:31.33. How much faster was Kostelic than Paerson?

The luge can reach speeds of approximately 90 miles per hour. One mile per hour equals 1.61 kilometers per hour. At that rate, how many kilometers per hour could a luge travel?

The Olympic Winter Games were held in Chamonix, France, in 1924. Two hundred ninety-four athletes participated. At the next Winter Games in St. Moritz, Switzerland, there was an 84% increase in participants. How many athletes participated in the 1928 Winter Olympics?

Christina is participating in the final event of the Olympics biathlon competition at 11:15 a.m. She wants to have 2 hours and 15 minutes to prepare before leaving. The trip to the course takes 21 minutes. She wants to arrive 20 minutes before the event begins. What is the latest time she should start preparing for the event?

Rewrite $\frac{4}{5}$ as a decimal.

$$0.9(0.5(0.9 \times 6)) =$$

$$11 + 4 \cdot 7 + 12$$

Winter Olympics

Mr. and Mrs. Wilson want to attend all the speed skating events at the Winter Olympics. There are 12 events, and the average ticket cost is \$180. How much will they need to buy their tickets?

Jasmine is participating in the final event of the Olympics biathlon competition at 10:45 a.m. She wants to have 2 hours and 15 minutes to prepare before leaving. The trip to the course takes 16 minutes. She wants to arrive 20 minutes before the event begins. What is the latest time she should start preparing for the event?

Joseph bought a long track set (boots and blades) for \$228.07 plus 5% tax. The same set would have cost \$328.53 plus 5% tax if he had bought them when they weren't on sale. How much did he save by buying the set on sale?

Anthony jumped 93.8 and 94 meters. Dylan jumped 91.8 and 94.5 meters. Jason jumped 90.4 and 92 meters. Kyle jumped 92.5 and 92 meters. What was the total number of meters jumped by the team?

Change $\frac{12}{50}$ to a decimal.

Sampa Lajunen of Finland won the sprint competition of the 2002 Olympic Winter Games with a time of 16:40.01. Ronny Ackerman of Germany was 9.05 seconds behind him, and Felix Gottwald won the bronze medal with a time 31.02 seconds longer than Ackerman's. What were the times for Ackerman and Gottwald?

The luge can reach speeds of approximately 90 miles per hour. One mile per hour equals 1.61 kilometers per hour. At that rate, how many kilometers per hour could a luge travel?

The average luge track is 1500 meters long and 1.4 meters wide. What are the measurements of the average track in feet? (1 ft = 0.3m)

The current Olympic record for the 10,000m speed skating event is 12:58.92. It was set by Jochem Uytdehaage of the Netherlands at the 2002 Winter Olympics. The first Olympic record in the event was set by Julius Skutnaab of Finland in 1924. His time was 18:04.08. How much faster was Uytdehaage's time?

Name: ______ edHelper

Icing on the Cake!

Ice hockey began in the mid-1800s. It started in the Canadian provinces of Ontario and Nova Scotia. British troops played games of field hockey on the frozen lakes and ponds there. It became Canada's national sport by the early 1900s. Since then the sport has spread to Europe and the United States



Speed, strategy, and teamwork are needed in a hockey game. Two six-man teams race up and down an ice rink on ice skates. They try to drive a hard rubber disk, called a puck, into a net. The object of ice hockey is to score goals by using a stick to slap the puck into the opposing team's net. Each goal is worth one point. Hockey has speed, crushing slapshots, skill, acrobatic goaltending, and sometimes even heavyweight fights.

The game begins with a face-off. An official drops the puck in the center of the rink between the sticks of the opposing players. Each team scrambles to gain control of the puck. It is the job of the goal-keeper to defend his team's goal cage, or net. He tries to stop the opposing team's puck from entering the net. Meanwhile the other members of the team are racing up and down the ice trying to get and keep control of the puck. They try to score by slapping the puck into the opposite goal past the defense of that goalkeeper. The game ends after three twenty-minute periods of play.

Hockey is a very physical game of blocking and checking with either sticks or bodies. If the action gets too rough, players will be penalized. A referee calls a penalty on a player and sends him to a penalty box located on the side of the rink. Penalty time ranges from two minutes to total removal from the game. While the player waits in the penalty box, his team is at a disadvantage because the opposing team has one more man on the ice. This is known as playing short-handed. Goals are often scored during this phase of the game.

Hockey players must be good skaters and good puck handlers. They must endure the pushing, shoving, and colliding that occur in the fight to control the puck. The best players play their positions well and keep teamwork their top priority. But it is the desire of every hockey player to drive the puck into the net. If a hockey player is able to score three goals during a game, it is called a hat trick. The goal is to win, but earning a hat trick is like the icing on the cake!

The term "hat trick" was first used in the game of cricket. A hat was given to any player who scored three times in a row. In the 1940s, it was used in hockey because a Toronto hat maker started giving hats to any Maple Leaf player who scored three times in any game.

If a member of the home team in ice hockey scores a hat trick, fans acknowledge it by throwing their own hats from the stands onto the ice. This often causes a delay in play. After the game, the hats are donated to charity.

The team with the most goals at the end of a hockey game is the winner. Hockey is one of the few sports that allows a game to end in a tie. Scoring one goal in a game of hockey is an admirable feat. Scoring three goals in a hockey game is very rare. Many players go their entire career without even coming close to scoring a hat trick.

Hall of Famer Wayne Gretzsky had fans tossing their hats to the ice many times during his storied career. Of the many NHL records Gretzsky owns, the fact that he scored fifty hat tricks from 1979-1999 may be the most amazing. Like the grand slam in baseball, a hat trick is a feat fans will not often witness. When they do, they won't soon forget it.

Icing on the Cake!

B. true

Ques	stions
	1. In what country did hockey begin?A. Great BritainB. the United States
	2. What is Canada's national sport?A. soccerB. footballC. hockey
	 3. What is a face-off? A. the beginning move in a hockey game B. when an official drops a puck between two teams C. when players scramble for control of the puck D. all of the above
	 4. How many playing periods are there in a hockey game? A. two forty-five minute periods B. two twenty-minute periods C. three twenty-minute periods
	5. What is the minimum time of a penalty?A. two minutesB. one minuteC. five minutes
	6. What is a hat trick?A. when a player scores three goals in a single gameB. when fans throw hats onto the iceC. when a player scores three goals in a row in the same period
	7. Hockey games can never end in a tie. A false

- 8. How many hat tricks did Wayne Gretzsky score?
 - A. forty
 - B. twenty
 - C. fifty

60 ÷ 12 =	
3 1 0 + 4 0 7	

Emma and her little sister, Emily, both have birthdays on the same day. Emma is sixteen years old. Emily is eleven years old. Did you know that Emma was once double the age of Emily? How many years ago was that?

7 9 - 1 0

Write this as a number in standard form. Use a comma in your number.

four hundred fifty-two thousand, nine hundred sixty-three

Rewrite these in increasing order of length:

973 mm, 751 m, 979 km, 1 cm

1 km = 1,000 r	m
------------------	---

Sarah rolls a die. What is the chance of her rolling a 1?

$$(8 + 6) + 5 =$$

How many of these can you write about? Think! Write! Check all the ones you answered.
Have you ever watched or played hockey? Describe a hockey game you have seen or one that you
imagined.
Describe a hat trick. Why do you think it is special?

Name: ______ edHelper

Roberto Luongo

Roberto Luongo (loo-WAHN-goh) was born in Montreal, Quebec, Canada, on April 4, 1979. Roberto's father's from Italy. His mother is Canadian. Roberto speaks three languages-Italian, French, and English. He has two younger brothers. Leo and Fabio both played hockey, too.

Roberto began playing on a hockey team when he was eight years old. He played forward for several years. Then, almost by accident, he was chosen as a replacement goaltender. He got a shutout in his very first game as goalie!



He has played pro hockey on teams in both the U.S.A. and Canada. He has been playing in the NHL since 1999. He played for the New York Islanders. Then he played for the Florida Panthers. He was traded to the Vancouver Canucks in 2006, and then traded back to the Panthers in 2014.

His size (he's six feet, three inches tall) and his quick reactions with his glove are his strong points. He served as team captain and goalie for the Vancouver Canucks for two years. This was the first time in over fifty years that an NHL goaltender had been named team captain.

Roberto was part of Canada's Olympic hockey team in 2006, 2010, and 2014. He has competed in several World Championships for Team Canada. He's won two gold medals and a silver medal in the World Championships. In 2011, he helped lead the Canucks to the Stanley Cup Finals. With Luongo's help, the Canucks finished the regular season of 2010-11 in first place. They earned the Presidents' Trophy for the first time in franchise history. He won Olympic gold medals with Team Canada in 2010 and 2014.

Luongo, also called Louie, uses the butterfly style of goaltending. He drops to his knees with his skates pointing outwards. His pads meet in the middle to cover the bottom part of the net. He catches left handed.

Roberto and his wife Gina have two children. In 2007, he won a leadership award. It honored his charitable work and his being a positive role model for kids. Roberto is a winner on and off the ice!

Name:	:	edHelper
Roberto L	uongo	
Questi	ions	
1	 Where was Roberto Luongo born? A. in France B. in the United States C. in Italy 	
2	 Which of these teams did Roberto NOT play for? A. Florida Panthers B. Edmonton Oilers C. Vancouver Canucks D. New York Islanders 	
3	. Roberto Luongo uses the style of goaltending.	
4	A. left handed B. without a glove C. right handed	
5	 In 2007, Roberto was given a/an award. A. leadership B. World Cup C. charity D. NHL 	
6	Roberto has never played pro hockey.A. trueB. false	
7	 What two things did Roberto do for the Vancouver Canucks? A. mascot and forward B. team captain and forward C. goaltender and team captain D. forward and goaltender 	
8	 What are two of Roberto's strong points? A. quick reactions with his glove and his weight B. handling the puck and passing C. passing and scoring D. quick reactions with his glove and his height 	

Janica Kostelic of Croatia won the women's giant slalom at the 2002 Olympics with a combined time of 2:30.01. Anja Paerson of Sweden won the silver medal with a time of 2:31.33. How much faster was Kostelic than Paerson?

At the 2002 Winter Olympics in Salt Lake City, Utah, Patric-Fritz Leitner and Alexander Resch won the gold medal in men's double luge. Their times were 42.953 and 43.139. What was their combined time?

Danielle purchased a pair of Atomic skis in Italy for 408.25€. When she returned home to Canada, she found the same skis for 550.32 Canadian dollars. How much more did she pay in Italy for the skis than she would have at home? (\$1 Canadian = 0.7089€)

Joshua bought a long track set (boots and blades) for \$234.65 plus 7% tax. The same set would have cost \$347.86 plus 7% tax if he had bought them when they weren't on sale. How much did he save by buying the set on sale?

16.3381 x 10² =

$$\frac{11}{12} \div \frac{26}{48} =$$

In the pursuit event, Justin skied the 12.5km course. He missed two of the targets and, as a result, had to do two laps around the 150m penalty loop. How far did he ski in all?

Nicole is participating in the final event of the Olympics biathlon competition at 10:00 a.m. She wants to have 2 hours and 15 minutes to prepare before leaving. The trip to the course takes 13 minutes. She wants to arrive 30 minutes before the event begins. What is the latest time she should start preparing for the event?

The top five finishers in the women's mass start competition had times of 39:14, 39:38, 42:05, 44:30, and 53:37. What was the average time of the top five finishers?

Bonnie Blair of the United States began speed skating when she was four years old. In 1988 she won a gold medal and set a world's record in the 500m event. She eventually won 5 gold medals in Olympic speed skating. She was born on March 18, 1964. How old was she when the Calgary Olympics opened on February 13, 1988?

Kyle purchased a jacket with the biathlon emblem on it. The original price was \$211.56. He received a 5% discount. How much did he pay for the jacket?

In Alpine skiing, a country may enter no more than 4 skiers per event, no more than 14 athletes per gender, and no more than 22 athletes total. If Canada sends 8 male Alpine skiers, what is the maximum number of women it may send?

In the 1976 Olympics in Innsbruck, Austria, Franz Klammer gave Austria a gold medal in the men's downhill. At times he reached speeds of 80 mph. At this peak speed, how fast was Klammer going in kilometers per hour? (1 mph = 1.61km/hr) Bindings must be placed on skis so that a maximum 57% of the entire ski length is in front of the bindings. Emily's skis are 94 inches long. How much of her ski must be in front of the binding?

0.96 + 6.6 =

0.94 -0.645

0.6 0.1 +0.6

Jumping skis with a length of a maximum of 146% of the total body height of the competitor may be used. Ryan is 6'5" tall. What is the maximum length for his jumping skis?

Improvements at San Sicario Fraiteve, once the site of the women's regular, combined downhill, and super-G races, cost approximately \$3,000,000. It held 6,040 spectators. What was the cost per spectator for the improvements?

The Olympic Winter Games were held in Chamonix, France, in 1924. Two hundred ninety-four athletes participated. At the next Winter Games in St. Moritz, Switzerland, there was an 84% increase in participants. How many athletes participated in the 1928 Winter Olympics?

In the team competition, the same skiers that participate in the jumping must compete in the 4x5km relay. What is the total distance traveled by a team in miles? Round to the nearest tenth of a mile. (1 mile = 1.61 km)

$$\frac{4}{8}$$
 x $\frac{1}{10}$

0.6 x 0.8

Rewrite $\frac{2}{25}$ as a decimal.

Name: ______ edHelper

All About the Luge

Riding a roller coaster can be lots of fun. If you like speed and being thrown around steep curves and over tall hills, riding a roller coaster can be a lot of fun. Some of the world's fastest roller coasters travel at speeds greater than 140 kilometers an hour. At that speed, a roller coaster can make you feel like you're being squashed against your seat. Of course, if you don't like speed and hate being thrown around and squashed, a roller coaster can be pretty scary.



There's an Olympic sport that has a lot in common with roller coasters. This event is called the luge. Just like a roller coaster, luge athletes, called sliders, ride around a curved track made of ice, sometimes traveling as fast as the world's fastest roller coasters. But sliders ride on a sled on their backs, just centimeters off the track. As you can imagine, it can be an especially dangerous sport. But it's also a lot of fun to watch.

Luge is the fastest of the three Olympic sled sports, which include luge, skeleton, and bobsled. The word luge is French, meaning "sled." If you've ever been snow sledding, you're already familiar with some of the basics of a luge sled. It has a flat part on top, where the slider lies down. Underneath, there are two metal blades - called runners - that run the length of the sled. The runners are the only part of the sled that ever touches the ice.

If you've been sledding, you know that most people sled either sitting up or lying down on their stomachs. Not so with luge. Sliders are required to lie on their backs, where they have to look over their feet to see where they're going. The slider can control steering, which is very difficult at such high speeds.

There are many rules that govern Olympic luge competitions. A luge sled cannot weigh more than 50.6 pounds. This is because weight can affect how fast a sled travels across ice. Male runners who weigh less than 198 pounds and females who weigh less than 165 pounds get to add weight to their sled. This is to make the competition more balanced and fair.

Interestingly enough, the temperature of the runners is controlled, too. Before the competition, each sled's runners' temperature is measured. This measurement is compared to a "control" runner - that is, a runner that's been sitting outside in the shade. A competitor's runners can't be any warmer than the control runners. Can you guess why? Warm runners can melt ice, making for a much more slippery - and faster - surface.

During the Winter Olympics, the luge competitions are some of the fiercest. The best sliders from all over the world come to be the fastest racers at the Olympics, and sometimes to win races by literally just a thousandth of a second!

NICTOR			
Name:			

All About the Luge

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- 1. In competition, it doesn't matter how much a luge sled weighs.A. FalseB. True
 - 2. Weight can affect how fast a sled travels.
 - A. False
 - B. True
 - ___ 3. A person who rides a luge sled is called what?
 - A. A sledder
 - B. A slipper
 - C. A slider
 - D. A runner
 - 4. How many runners are under a sled?
 - A. One
 - B. Three
 - C. Two
 - D. Four
 - _____ 5. Runners are measured for what?
 - A. Temperature
 - B. Thickness
 - C. Color
 - D. Height
 - ____ 6. Luge sleds can travel how fast?
 - A. More than 160 km/hr
 - B. More than 180 km/hr
 - C. More than 200 km/hr
 - D. More than 140 km/hr
 - ____ 7. Sliders lie on their stomachs.
 - A. True
 - B. False
 - 8. Luge sleds can't be steered.
 - A. False
 - B. True

11 - n = 4		

What is the greatest common factor of 8 and 10?

What is the least common multiple of 3 and 6?

	edHelper
Name:	
How many of these can you write about? Think! Write! Check all the ones you answered.	
Do you like roller coasters? Why or why not?	
What can be scary about traveling so fast?	
Do you think you'd like to be a luge slider? Why or why not?	
What could be dangerous about luge racing? Explain.	
Write about something dangerous you've done. Did you get hurt?	
Do you think sports should always be safe and free of danger? Why or why not?	



