Over the course of a game, players can lose between five and eight pounds of body weight. This weight is mostly water, which is why a player drinks liquids on the bench to replenish his/her body.

The temperature of the ice during a game is 24° Fahrenheit (F) or -5° Celsius (C). Water has a freezing point of 32° F; 0° C.

Goalie masks are made out of Kevlar, the same material used in bulletproof vests for police officers.

New materials for hockey sticks include aluminum and carbon-graphite, which generally weigh less than wooden sticks. A player’s slap shot can reach speeds up to 108 mph!

1. What temperature is the ice during a hockey game?

2. How much weight can a player lose over the course of a game? What type of weight is it?

3. Up to what speed can a puck travel from a player’s shot?

4. Goalie masks are made of what material?