



MY DES MOINES SPORTS ACTIVITY BOOK

Written by



With help from



INTRODUCTION

We are so excited to bring you the “My Des Moines Sports Activity Book!” Your friends at the I-Cubs, Wolves, Barnstormers, Buccaneers, Menace, and Pro Iowa have worked really hard to create these fun sports themed puzzles and pictures for you and your family to solve and color.

When you’ve finished the book, ask your parent or guardian if they can share photos of your work on Facebook or Twitter using the hashtag #MySportsActivityBook and tagging the appropriate teams. We will be giving away prizes to a few lucky winners!

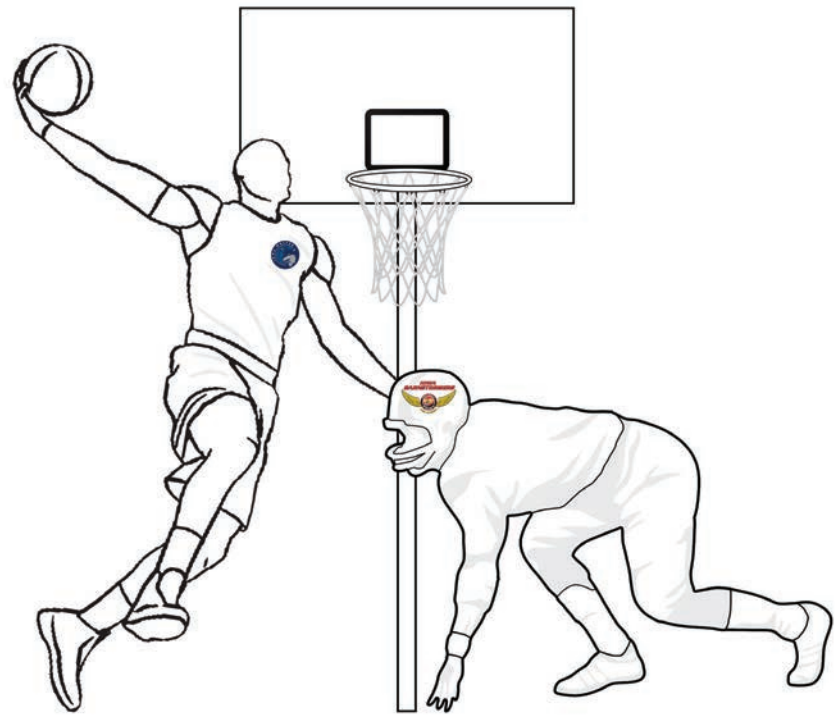
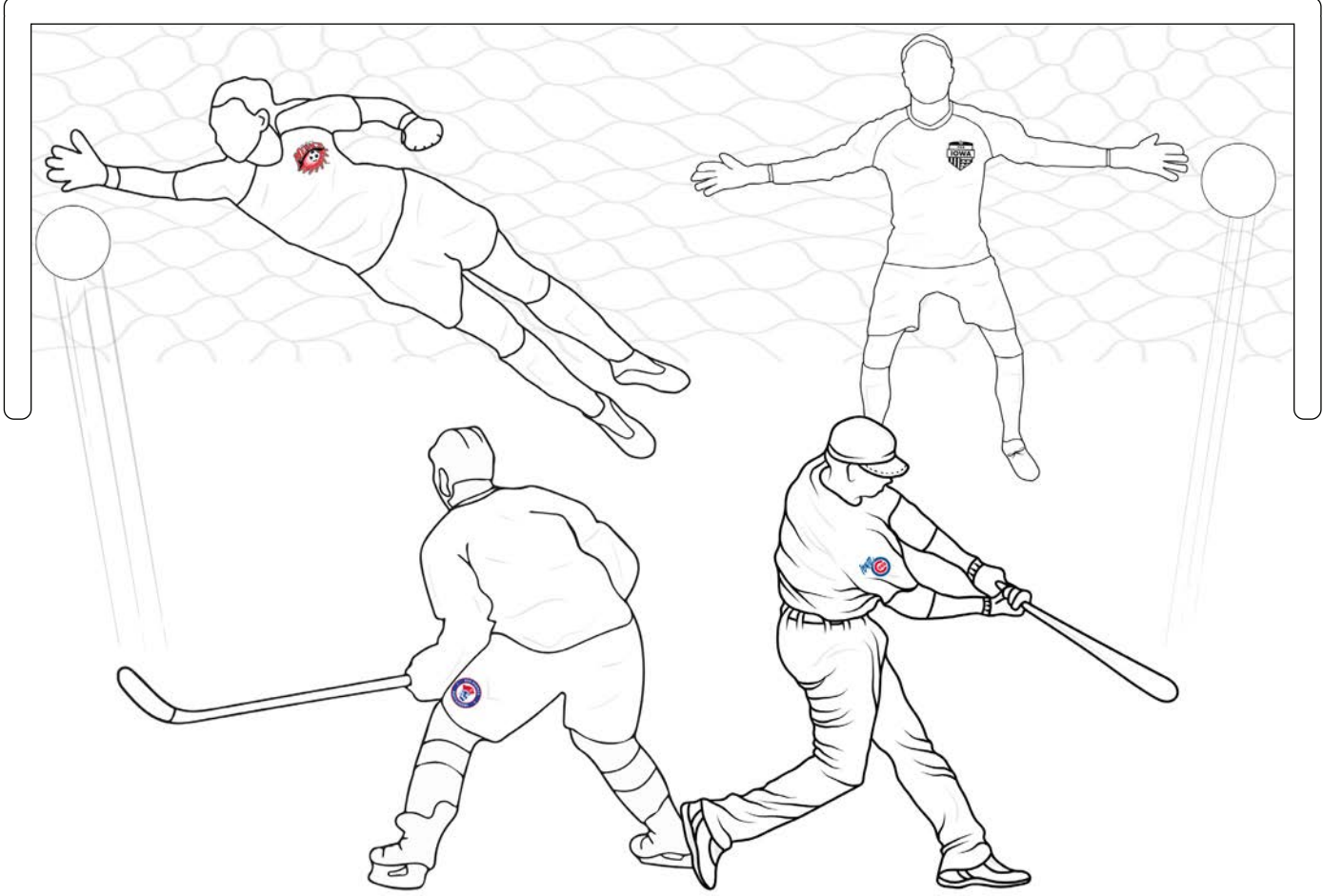
We’ll see you the next time we are able to take the field, court, rink, or pitch again, and in the meantime, we can’t wait to see and share your work with other fans!

Your friends,

The I-Cubs, Wolves, Barnstormers, Buccaneers, Menace, and Pro Iowa

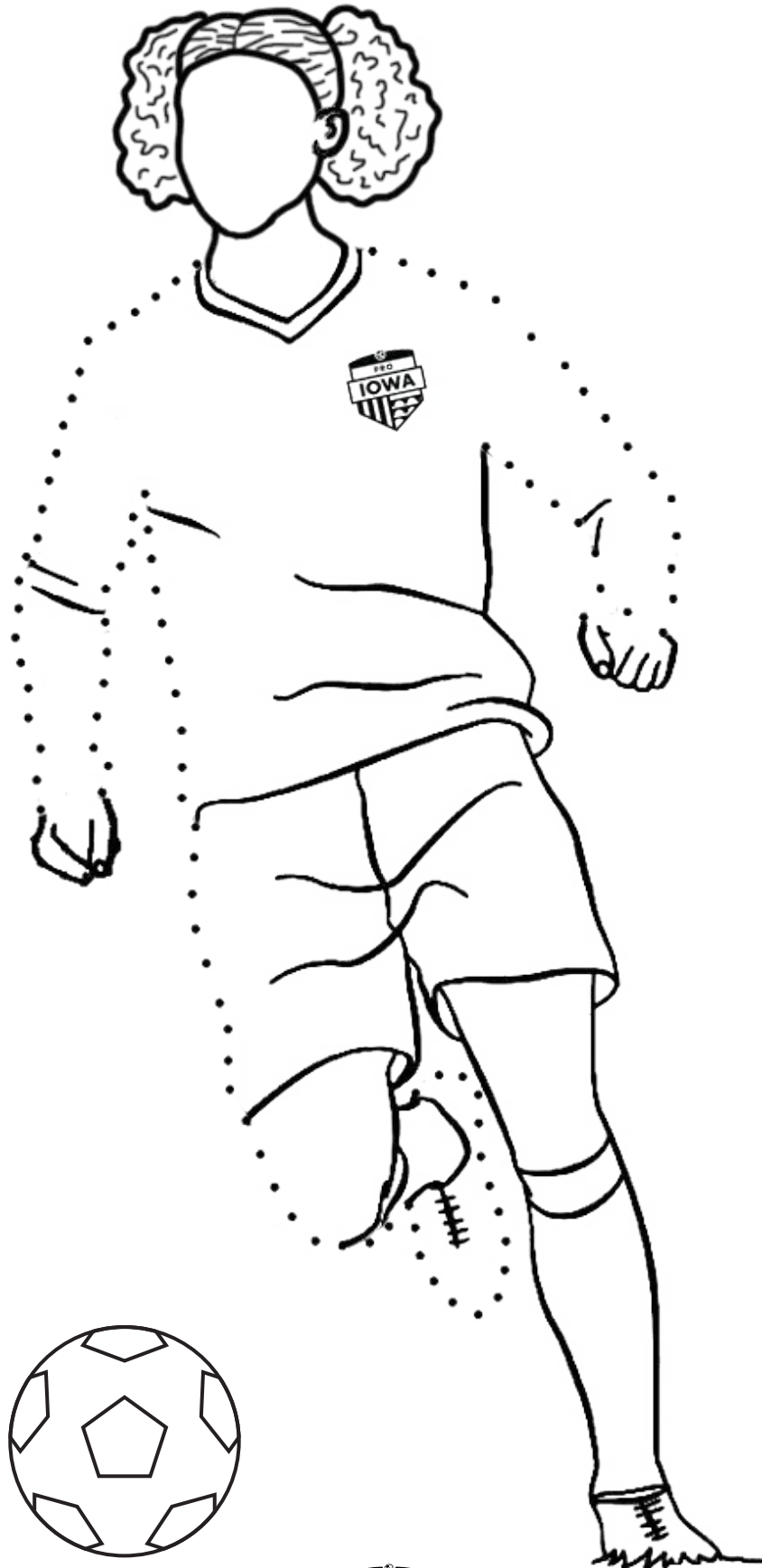


SPORTS SCENE COLORING PAGE



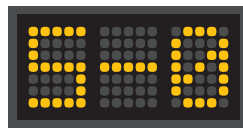
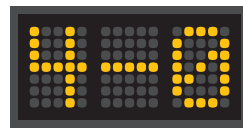
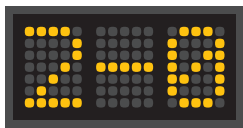
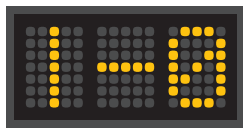
CONNECT THE DOTS

Connect the dots, then color the image!



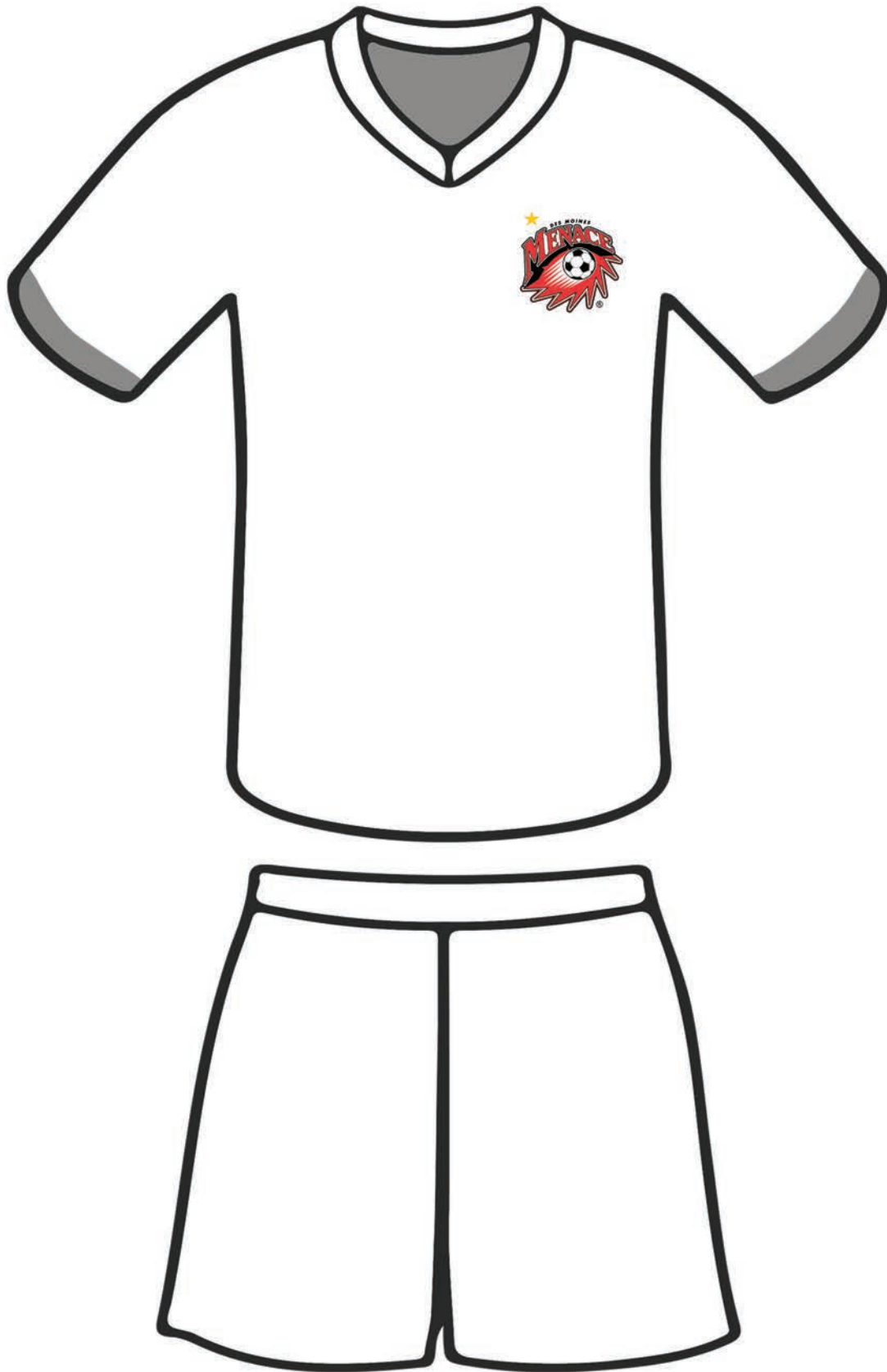
COMPLETE THE PATTERN

Help complete the patterns below by drawing the missing picture!



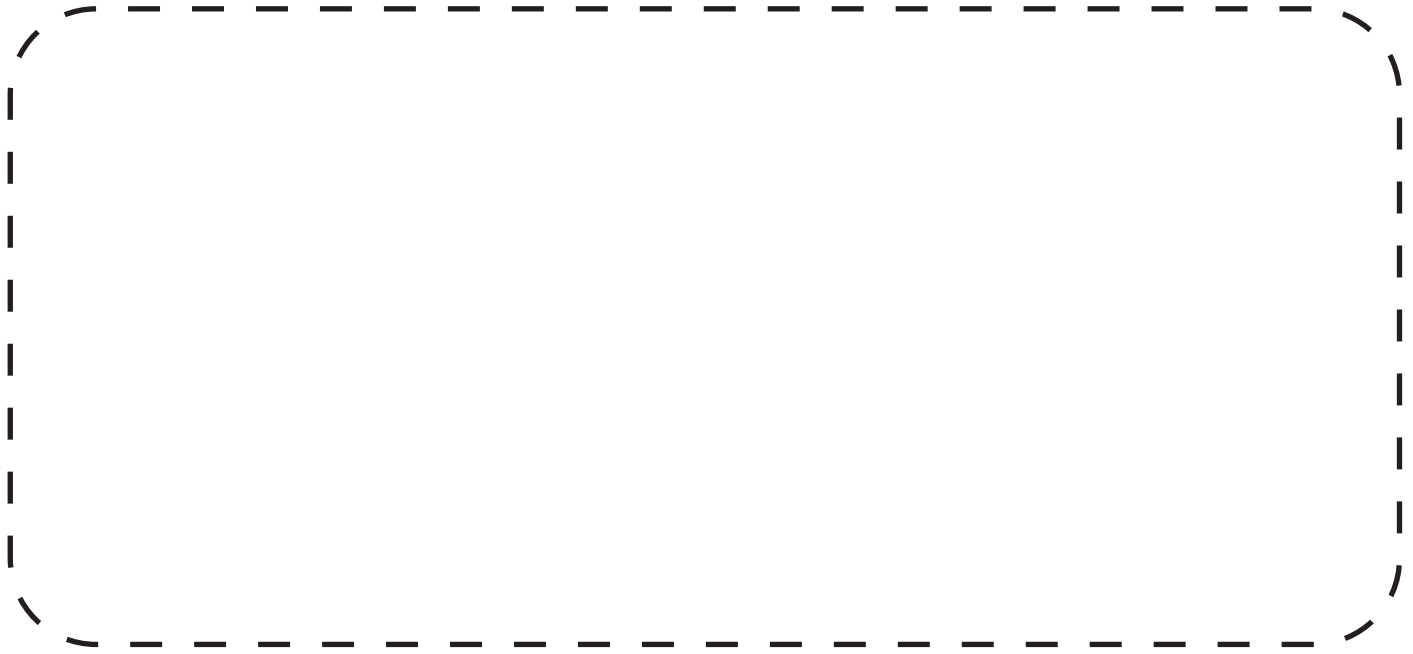
DESIGN A MENACE UNIFORM

Color and design your own Des Moines Menace soccer uniform!



MY SPORTS STORY

Write your own sports story below and draw a picture to go with it!





BASEBALL WORD SEARCH

Find the baseball related words from the word key below!

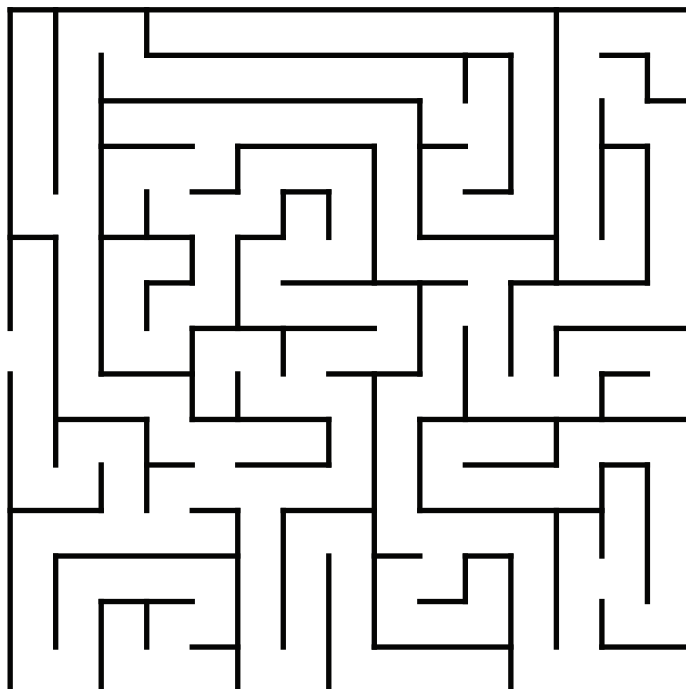
G E R O Z L S G R A V A X P A
 R D I R N V S T R I K E E I A
 B P G Z R P W O S U I P L T T
 M R H E S F O U L B A L L C H
 C L T C C E O X F G X V C H I
 L C F K S E C B M N L P A E R
 E U I I N H N O Q N O Q T R D
 F B E V N B O T N B Q M C S B
 T B L J Q F A R E D O Y H Y A
 F I D T Z C I S T R B A E I S
 I E K D O D U E E S F A R C E
 E B J X U A A B L B T I S X Y
 L E O U T F I E L D A O E E Q
 D A W J D S M Z H O Q L P L Q
 F R F I R S T B A S E J L M D

WORD KEY

CUBBIE BEAR	FIRST BASE
BASEBALL	SECOND BASE
STRIKE	THIRDBASE
OUT	SHORTSTOP
FOUL BALL	LEFT FIELD
PITCHER	CENTER FIELD
CATCHER	RIGHT FIELD

IOWA CUBS MAZE

Help Cubbie Bear get back home to Principal Park!



BASEBALL BY THE NUMBERS

Using your knowledge of baseball, turn the words into numbers and do the math to get the answers!

Example: Number of bases x number of strikes in an out: 4 x 3 = 12

Number of bases in a single + Number of players in a batting order: + =

Number of outs in an inning - Number of bases in a triple: - =

Number of innings in a game x Number of bases in a double : x =

BASEBALL WORD SCRAMBLE

Help Cubbie Bear unscramble these baseball terms!



- LLEABSAB _____
- FLDIEN _____
- FULODIET _____
- OKEURISTT _____
- TICPH _____
- CTCAH _____
- LYFLABL _____
- PYALRE _____
- LFOLUBLA _____

FAVORITE SPORTS POLL

Ask your family members what their favorite sport is, then write their name in that sport's column!

6
5
4
3
2
1

FOOTBALL



BASKETBALL



Pro Iowa

SOCCER



HOCKEY



BASEBALL



THE FAVORITE SPORT IN MY FAMILY WAS:

DRAW THE SPORT HERE:



FIND THE MATCH

Find and circle the two matching Alphas!



IOWA WOLVES WORD SEARCH

Find the basketball related words below!

E V N J C V J K A K H N V V O
 M R N H E D C I M N V M C E Z
 R E Q P C B Q P U S X K X A G
 E M G D Q E H Q D R I B B L E
 P M M H Y X O M O F C X V R X
 U L J C L S D T P H B H H E U
 H I L L L Q K X P C A I E F O
 U D G F A R N Z E A J H H E S
 T P S G B D U T M O B O A R R
 S O I Z T T D U M C W F A E C
 G N B V E E B L U L R S P E G
 O E B C K L E Y F Y H F Y S C
 F P F R S V U W H O W T J M H
 B A A B A C K B O A R D A T A
 O C T R B A N T S J F E Z L R
 O K T V M J S W V F M M P D G
 V A I L W S A Q V N R H E L E
 F F D R A T G M C Z A F T U Y
 C T J P F Z G O I B U U B O U
 W G X O L Y B U X F I K A F M

WORD KEY

BASKETBALL	ALPHA	CHARGE	HOWL
ONE PACK	SHOOT	PASS	
BACKBOARD	COACH	DUNK	
REFEREE	TRAVEL	FOUL	
DRIBBLE	CHEER	SWAT	

**ONE PACK.
ALL IN.**



DECODE THE MESSAGE

Help Alpha decode the secret message below!

A B C D E F G H I



J K L M N O P Q



— — — — —

R S T U V W X Y Z



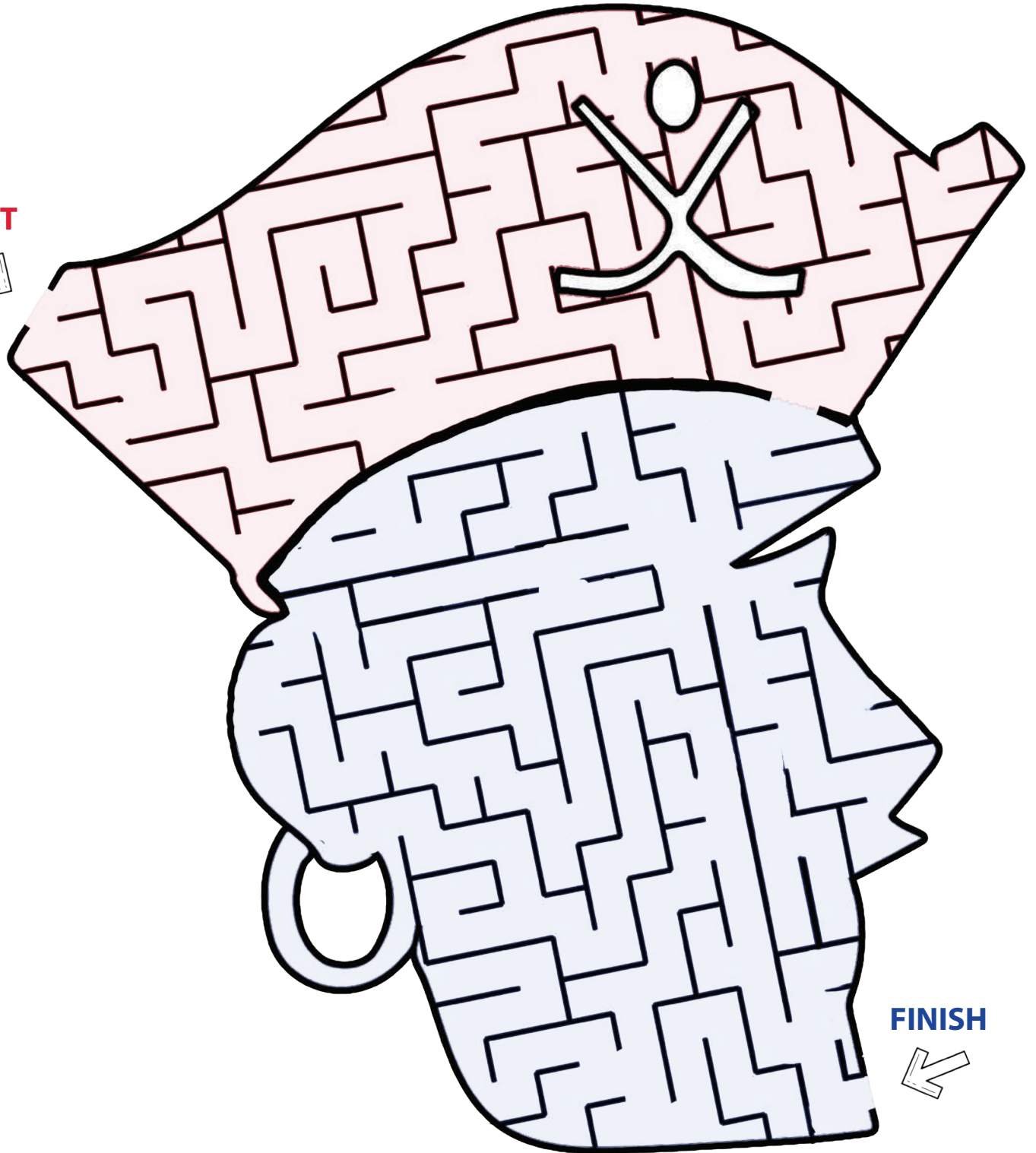
— — — — — !



SAILING THE SEAS MAZE

Find your way through the maze to get to the end!

START

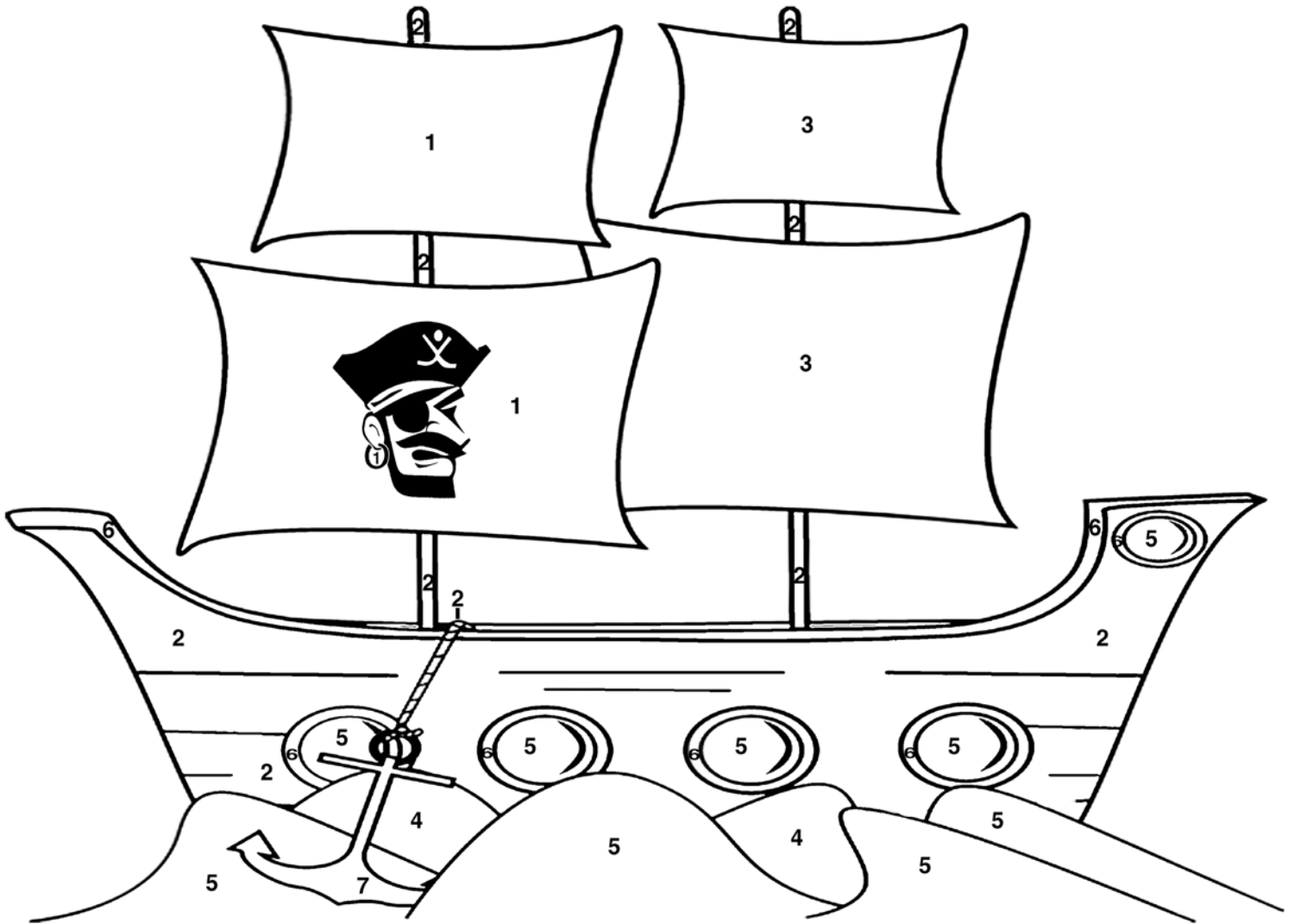


FINISH



BUCCANEER COLORING SHIP

As Buccaneers, we rely on our ships to sail the Seven Seas. Help us color our newest ship using the color code as a guide!



COLOR CODE

1 = RED
3 = BLUE
5 = LIGHT BLUE
7 = GREY

2 = BROWN
4 = DARK BLUE
6 = YELLOW



TREASURE WORD SEARCH

Find the words from the word key below!

G E S C F A W E B I R T H D A Y S N A D
H K A G H N G D E O Y S D E G H H K X W
E I I U Y T F Y S H F Z A M B O N I A S
H J S D J Y J G D D U U B Y S T O C Z G
T Y G S S W E R J W G J S H A G E G T T
I V K S R C L F L S B I B D J K D O H A
N B C A E D L H O D S G U S A D V A I Z
T O I E E N I U H V X V C C D W H L D D
E K N T D K M U B J G D C D Z K B I E A
R E F H O C K E Y X I L A R S S J E H T
M D F E H F J E M F R O N G K X N F S G
I G Y K D E S D V B F M E Y Y A U J A I
S Y V R F N I G F J C N E H H N F N C S
S J E R S E Y W O N S G R I F E V E I R
I U I G F C K L H D F D S W V R H F E D
O I H F C S H O M M T C V D W A E U C F
N S W Y F E K M R K V O U C H E R S E E
L X S R U W U G F E K S H X Q U U S B R
H V W I N G E R D D L X J A S F E A U H
F H H T E Q E P S B Y A N Z G I G V E G

WORD KEY

KIDS CLUB
BUCCANEERS
HOCKEY
HOT DOGS

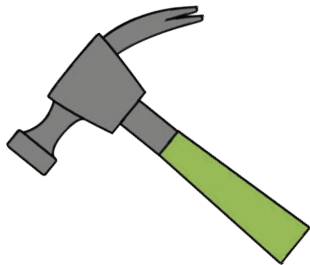
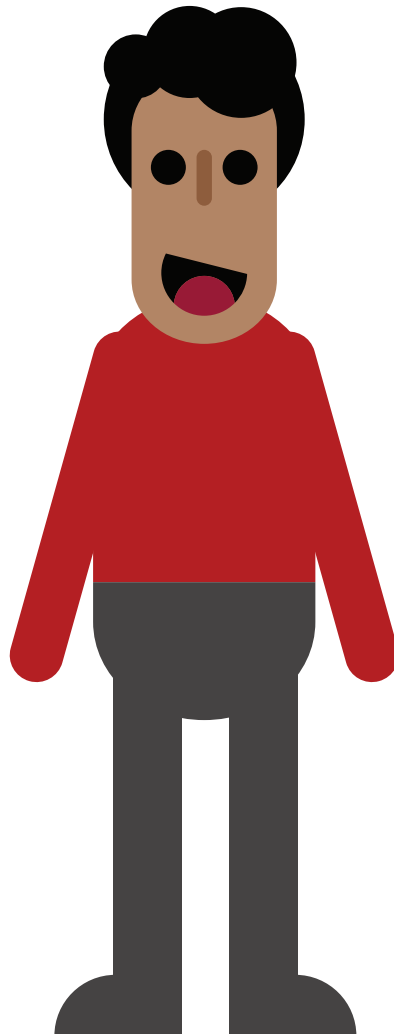
WINGER
ARENA
JERSEY
ZAMBONI

INTERMISSION
GOALIE
VOUCHERS
BIRTHDAYS



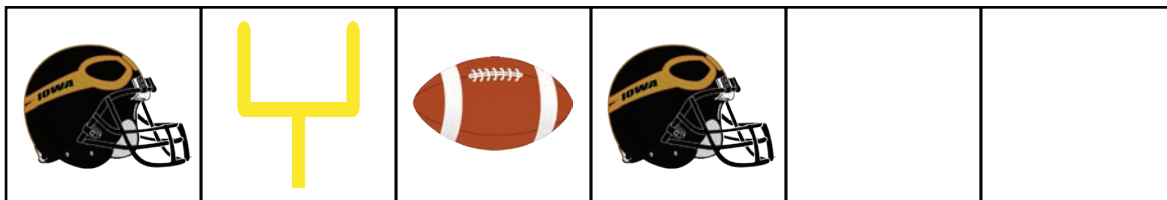
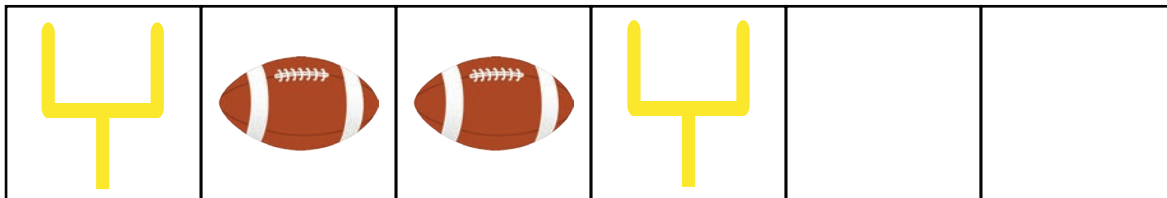
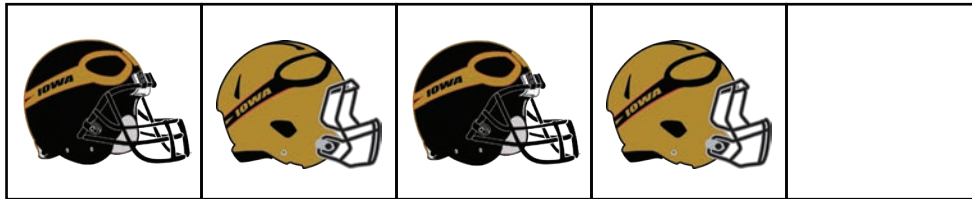
DRESS THE PLAYER

Help the Barnstormers player get ready for the game by circling the items that he needs to complete his outfit!



COMPLETE THE PATTERN

Draw in the missing pictures to complete the pattern!



FOOTBALL WORD SEARCH

Find the hidden words related to football!

WORD KEY

ATHLETE

GAME DAY

LOCKER ROOM

TOUCHDOWN

DEFENSE

HELMET

QUARTERBACK

FOOTBALL

TACKLE

INTERCEPTION

E	D	D	U	L	Z	H	N	L	A	I	R	P	V	T
S	K	I	C	B	O	Q	E	C	R	X	P	A	T	O
N	K	D	J	D	M	C	Y	L	S	O	Y	X	Y	U
E	P	Z	V	L	J	X	K	A	M	K	Y	Q	E	C
F	A	T	H	L	E	T	E	E	D	E	O	N	W	H
E	Y	N	O	I	T	P	E	C	R	E	T	N	I	D
D	I	H	O	E	L	K	C	A	T	R	M	D	C	O
Q	U	A	R	T	E	R	B	A	C	K	O	A	D	W
V	C	H	L	L	A	B	T	O	O	F	X	O	G	N
B	C	F	O	B	M	H	Y	E	R	L	M	V	M	V



MY SPORTS CARD

Draw a picture of you playing your favorite sport, then fill out your information to complete the card!

Draw Yourself!

First Name:

Last Name:

Age: _____ Height: _____ Feet _____ Inches

Hometown: _____ Shoe Size: _____

Favorite Sport: _____ Favorite Ice Cream: _____

Favorite Team: _____ Favorite Color: _____

Fun Fact About Me:



THANK YOU

Color the logos of the Des Moines sports teams!

