

FEBRUARY 2026 ISSUE 7

# COLORADO 14ERS NEWSLETTER



AFFILIATED WITH THE LITTLETON HOCKEY ASSOCIATION (LHA)

# COLORADO 14ERS 2026 SENIORS



# Congratulations Class of 2026

In just a few short months, our six senior players will be graduating and heading off to their next adventure.

Please join us in congratulating them!



## MEET OUR SENIORS!

### ALEXIS SUGARMAN

Alexis is undecided on which college she will be attending in the fall, but has decided to pursue health sciences with a pre-med track.



### JAMIE LYNN FRANK

Jamie is undecided on which college she will be attending in the fall, but she will be majoring in Psychology with a minor in Forensics. Plans to attend a two year vet tech school.



### KAMILAH CASTILLO

Kamilah will be attending Hood College in the fall where she will continue her hockey career playing NCAA Division III.



### OLIVIA GORE

Olivia is attending the University of Wyoming in the fall and will be playing ACHA hockey, along with being a member of the Wyoming marching band.



# MARIE HJELMSTAD

Marie will be attending Franciscan University in the fall where she will be majoring in theater and film.



# TALIA RUPERT

Talia is undecided as to where she will attend college in the fall, but she plans to major in public health.



## Senior Night - Saturday 2/28

### Senior Night is coming!

Please come and support our 19U team and graduating seniors as they play the Philadelphia Liberties on Saturday, February 28<sup>th</sup> at 7PM at Edge Ice Arena. On ice recognition will take place prior to the game.



### USA Women's Team Wins Gold!



People don't know how fantastic women's ice hockey is. People don't know how fantastic hockey is in general.

-Hilary Knight

# 14ers Association Virtual Meeting

The 14ers are hosting an association virtual meeting on **Sunday, March 1<sup>st</sup> at 5:00 PM.** This meeting will cover:

- Tryout dates for the 2026-2027 season
- Anticipated teams
- Summer programming
- Leagues
- Fees
- Apparel

Dial in information will be sent out via email. We hope that you are able to join us!

## Girls Learn to Play

The Colorado 14ers and the Littleton Hawks are proud to partner with the Colorado Avalanche to offer Mile High Mites Learn to Play Hockey for girls. The per person cost includes ice time and brand new equipment. Sessions will run from April 11<sup>th</sup> through May 3<sup>rd</sup>. This is a great way for your 5-9 year old to try hockey.



The Colorado Avalanche are pleased to announce a partnership with the NHL & NHLPA to bring you the Mile High Mites Learn to Play Hockey Program for **GIRLS** aged 5-9 years old. Built to maximize the number of **GIRLS** playing hockey in Colorado by providing the gold standard of Learn To Play Programs. Each host association will provide a fun and effective program by delivering the game in an age-appropriate manner, consistent with USA Hockey ADMILTAD models.

*\*Registration and rink locations will be first-come, first-served and based on availability\**

### \$305 PER PLAYER

Limited total players per location. No taxes or fees.

SAT April 11 <sup>th</sup>	@ 9:15 AM – 10:15 AM
SUN April 12 <sup>th</sup>	@ 9:15 AM – 10:15 AM
SAT April 18 <sup>th</sup>	@ 9:15 AM – 10:15 AM
SUN April 19 <sup>th</sup>	@ 9:15 AM – 10:15 AM
SAT May 2 <sup>nd</sup>	@ 9:15 AM – 10:15 AM
SUN May 3 <sup>rd</sup>	@ 9:15 AM – 10:15 AM

Littleton Hockey Association & Colorado 14ers  
Edge Ice Arena  
6623 S Ward St, Littleton, CO 80127



### INCLUDES:

- One (1) player registration for the Learn to Play program at the association/rink of your choice
- Full set of brand new fitted hockey gear through PureHockey
- Six (6) 1-hour on-ice instructional sessions
- One (1) on-ice session will include Colorado Avalanche Alumni or Female Ambassadors members to teach the game and educate the players\*
- The program is available for players that are not currently rostered on a team and registration is based on that criteria. All player eligibility is subject to review and spots are not guaranteed until your player has been cleared by USA Hockey, CAHA and the Colorado Avalanche.

- One (1) Colorado Avalanche ticket per registration.

*\*Subject to Colorado Avalanche Alumni availability.*

**FOR MORE QUESTIONS OR MORE INFORMATION, PLEASE VISIT:**

[learntoplay.nhl.com/locations/avalanche/](http://learntoplay.nhl.com/locations/avalanche/)

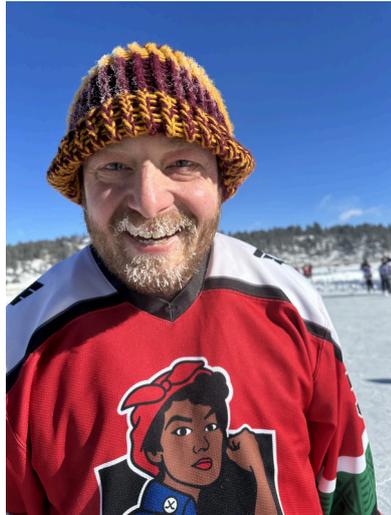


COLORADO AVALANCHE YOUTH HOCKEY DEVELOPMENT  
[Youth.Hockey@TeamKSE.com](mailto:Youth.Hockey@TeamKSE.com)

# Spotlight on...12UB Coaches



Each month, we put a spotlight on different members of the 14ers community. This month, we learn a little more about our 12UB coaches!



## Head Coach John Anderson

### How long have you played hockey and where?

I grew up playing hockey on Evergreen Lake. My childhood home was almost within sight of the lake, so much of my winters were spent there. I also played goalie for both the Arvada Vipers and Mountain ICE (Evergreen High School) growing up.

### How long have you coached hockey and where?

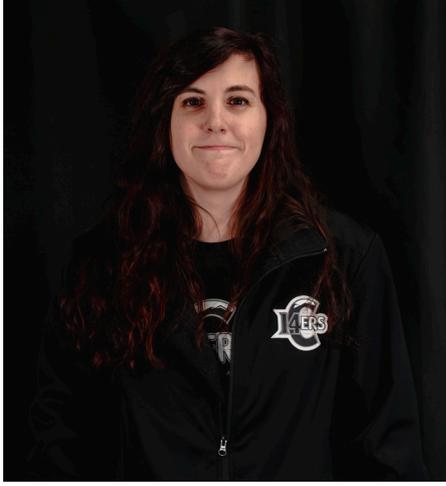
This is my 11th year coaching hockey and I've held just about every position you can during that time. I've been a goalie coach, assistant coach, skills coach, league commissioner, and head coach. Most of my experience comes from the University of Denver and University of Colorado Women's Hockey Teams who play in the American Collegiate Hockey League. In the spring months, I coach the Wolves, a High Plains Hockey League team (go wolves!). I also developed a Learn to Play hockey program at the University of Colorado and coach skills privately on the side.

### What do you like best about coaching 14U?

No doubt it's the community. From the top of the organization on down, I've had a blast during my first year with the 14ers. The organization itself has been very supportive, giving us the tools and resources we need to succeed. We have excellent, knowledgeable, and kind assistant coaches who have been unbelievable this season. We also have a group of parents who have jumped in to run the team so smoothly I'm thinking they should start a consulting firm. And then, of course, we have just the most wonderful group of players. They work hard, they have fun, they support each other, they battle fiercely, they respect their opponents, and are excellent teammates. They just simply rock.

### Favorite Valentine's Candy

To paraphrase the noble Ralph Cox: "I like whatever isn't gonna get me hit".



## **Assistant Coach Marissa Oakley**

### **How long have you played hockey and where?**

I grew up in Pittsburgh, PA, and started playing when I was 12 on the inaugural U14 team for the SHAHA Panthers. From there, I continued developing my game with Bethel Park's men's high school team. I wrapped up my high school career as an assistant captain for the Steel City Selects U19 team.

I went on to attend the University of Pittsburgh, where—unfortunately—there wasn't a women's hockey program at the time. A few friends and I decided to change that and started a women's team that is still going strong today, even seven years after I graduated. Hail to Pitt!

### **How long have you coached hockey and where?**

I've been coaching since moving to Denver five years ago. During that time, I've coached at the University of Denver, Cherry Creek High School, and High Plains Wolves in the spring. But this year I couldn't be happier to be working with the 12U Developmental team for the 14ers. It's been such a rewarding experience.

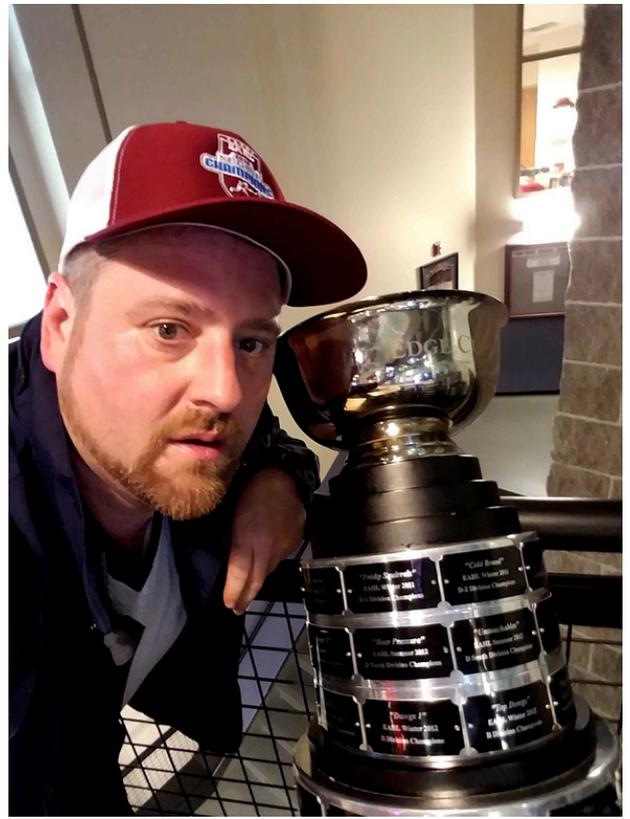
### **What do you like best about coaching 12U?**

The kids—hands down. Every player is different, which means not every athlete learns the same way. This year really sharpened my ability to teach skills in multiple ways so that every player truly understands what she's learning. It's not about getting nods of agreement—it's about making sure they genuinely grow, improve, and build confidence on and off the ice.

### **Favorite Valentine's candy**

Snickers, always.





## **Assistant Coach Dustin Bartel**

### **How long have you played hockey and where?**

I grew up playing hockey in Anchorage, Alaska, starting at age 6. One of the best parts of growing up there was getting to skate outdoors (even during gym class!) and learning from some excellent local coaches. By age 12, I was traveling internationally to play teams from Czechoslovakia, Yugoslavia, and Austria—an experience that really fueled my love for the sport. When I moved to Colorado at 15, hockey was much harder to find at the time, so it took a back seat for a while. I picked it back up in college at the Colorado School of Mines, where I helped start a club hockey program.

### **How long have you coached hockey and where?**

I have been coaching youth hockey for over 12 years. I started coaching when my son was 6 and spent about 10 years helping with his teams here in Colorado. I'm a USA Hockey Level 4 certified coach, and I've made it a priority to learn the goalie position as well—so I can support the entire team, not just focus on defense. I've also had the privilege of coaching alongside some outstanding coaches, including Ken Klee during the 2013–14 season on a U10 team.

### **What do you like best about coaching 12U?**

What I enjoy most is watching the players grow—not just in skill, but in confidence, teamwork, and love of the game. This year has been especially rewarding seeing how much each of our girls has developed as both individuals and players, while continuing to enjoy the team and the sport. Being part of this program has been a real pleasure.

### **Favorite Valentine's candy**

Peanut butter-covered chocolates.





## **Assistant Coach Tim Matthews**

### **How long have you played hockey and where?**

I grew up playing hockey (as a goalie!) in Illinois for the Rockford Roadrunners, the Rockford Icemen High School team, as well as the Northwest Chargers in Chicago. From there I moved onto play Juniors in St. Paul, Minnesota for 2 years and then onto playing NCAA D3 for St. Norbert College in DePere, WI.

### **How long have you coached hockey and where?**

I began coaching goalies when I was 14 and working with the local youth goalies in Rockford, and was the Head Goalie coach for the club for four years. From there I coached youth goalie camps throughout the Midwest, most notably with the Rick Heinz Goalie schools. After taking a break from coaching for a while, I started coaching again with the Jr. Pioneers U8 program for three years, and then with the Littleton Hockey Assoc. for their 10U and 12U travel teams the past four years. This is my first year coaching with the 14ers!

### **What do you like best about coaching 12U?**

I love that the players are still learning the game and the eagerness they have to improve. Most 12U players just love being on the ice, and I really enjoy sharing those moments with them.

### **Favorite Valentine's candy**

Mike n ikes!





# Resources

We want to ensure that you are able to get answers to all your questions throughout the season. These are your point people and their areas of responsibility:

**Coaches:** Coaching, competition, and player development

**Team Manager:** Communication, fundraising, social events, team travel arrangements, minor official staffing (scoreboard/scoresheet/penalty box), Tier II team paperwork gathering/compilation (if applicable)

**Team Treasurer:** Bookkeeping (calculation/collection/management/tracking of team fees)

**Level Representatives:** Conduit between the team managers/coaches and the Colorado 14ers director, responsible for planning and execution of 14ers all club activities, coordination of manager and treasurer activities to share best practices and ensure all required activities are completed (SafeSport training, monthly accounting submission, etc.)

**Colorado 14ers Director:** Overall 14ers program responsibility

As a reminder, the 24 hour rule applies for any complaints:

*Parents may not approach or contact a coach, team manager, level representative, segment leader, or other LHA staff member to voice complaints or displeasure with coaching decisions during or immediately following a game or practice. Parents must wait a minimum of twenty-four (24) hours before initiating contact or communication with such individuals.*

*Coaches, team managers, level representatives, segment leaders, or LHA staff members may not approach or contact a parent to voice complaints or displeasure during or immediately following a game or practice. Such individuals must also wait a minimum of twenty-four (24) hours before initiating contact or communication with a parent; provided, however, that such 24-hour period does not apply to electronic communications in which a parent is copied pursuant to the Social Media and Electronic Communication Policy.*