**A logo with red letters and a blue circle

Description automatically generatedCherry Creek Lady Bruins Colorado Prep Hockey League Program Information**

**Tryouts 2025-2065 Season - August 8th & August 10th**

**Family Sports Center South Suburban Sports Complex**

The Cherry Creek Lady Bruins Hockey program 2025-2026 Season 3 Information is listed below.

The Lady Bruins will compete in the Colorado Prep Hockey League (CPHL) Girls Division. The CPHL is a USA Hockey High School sanctioned League that offers the League Champion the Colorado bid to the USA Hockey Nationals in March 2026 in Plymouth Minnesota.

The Lady Bruins will play a Conference and Non-Conference Fall / Winter schedule against CPHL teams. CPHL League games will begin in September and continue throughout the 2025-2026 Season. Playoffs late February. Additional Non-League CGHL and Tournaments will be played throughout the season. NGHL games will be considered TBD on schedule.

Eligible players will be incoming 9th-12th grade students. The Cherry Creek Lady Bruins will have a dedicated staff of coaches who will work with our players to achieve success both on the ice athletic and academically in the classroom.

The Cherry Creek Lady Bruins will be led by Head Coach Emma Guzdek. Coach Guzdek has a wealth of experience in USA Hockey Coaching and instruction. Emma is currently also working for the University of Denver NCAA Team and as a Player Advisor for a Montreal based Firm.In Addition, Emma was the Associate Director and On-Ice Coach for the New York State Amateur Hockey Association Sponsored House League Clinics. Emma was also selected by USA Hockey Coach Development (Hybrid) Coach Developer teaching segments of classes in USA Hockey Coaching Education Programs. Emma attended Wilkes University in Wilkes Barrie, Pennsylvania playing NCAA Division III Women’s Ice Hockey.

Cherry Creek Lady Bruins Assistant Coach Ashlyn Marshall. Ashlyn played 4 years of NCAA Hockey at Concordia University Wisconsin. Ashlyn is looking forward to sharing her passion for the game with the next generation of girl hockey players. She is excited for the endless possibilities that are available to our Lady Bruins players.

**Coaching Staff**

Hockey Director -Jeff Mielnicki  
Head Coach- Emma Guzdek  
 Assistant Coach -Ashlyn Marshall  
 Assistant Coach – Matt McGregor  
 Goaltending Director Nevan Costello  
Shannon Valerio Power Skating  
 Perfect Skate / Ignite Skills Training  
Bond Sports Performance

\*Total Fees Minus Tryout Deposit Balance Payment August, October November December

\*\* Season fees installment plan is listed below. Pay in Full Option and Payment Plan Option.  
Season fee installment plan is after (Less) Initial $500.00 1st payment Deposit collected at Tryouts.

\* Season Fee \*Season Fee August 7- Oct. 7 Nov. 7 Dec. 7 Jan

PIF Pay Plan Payment   
 Balance. Balance

Lady Bruins. $3400.00 $3600.00. $700.00 $725.00 $725.00 $725.00

January 7th $725.00

Lady Bruins Registration Fee $3900.00 PIF  
- Game Jerseys  
- Game Socks  
- Shells  
- Practice Jersey  
- Practice Socks  
- Ice Practice 2-3 per week  
- CPHL League and Non-League Games  
 -CGHL Non-League Invitations

Practice Schedule

Full ice and shared practices on selected Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday.

Schedule on calendar.   
  
Bond Sports Performance Training

Valerio Power Skating   
Perfect Skate / Ignite Skills Training  
 Mental Skills Performance TBD

Local Tournaments TBD

Twisted Wrister CPHL August  
Summit  
Vail  
Silver Stick TBD  
Frightfest TBD  
\*CGHL Showcase TBD

\*Travel Tournament / Showcase  
Out of State

Rush Tournament Arizona

Rush Tournament Florida  
  
\*\* Team required apparel and equipment are in addition. Landow Sports Performance off ice Team training and Power Skating is in addition.

Registration - Bond Sports Performance/Valerio Power Skating Registration provided after Tryout selections.

\*\* Team Travel and Tournament / Showcase expenses are in addition which include coaches travel and expense. Player team travel is responsibility of player family.