

COLORADO 14ERS NEWSLETTER

AFFILIATED WITH THE LITTLETON HOCKEY ASSOCIATION (LHA)



OCTOBER PULSE SURVEY

Thanks so much to the families that filled out our October Pulse Survey! We had 81 respondents, which is terrific for our first time sending out this type of survey specific to the 14ers experience this season.

Across all age levels, families reported extremely high satisfaction with the overall experience.

Key strengths included:

Outstanding coaching: Many of you highlighted the effort, communication, and passion our coaches bring daily. Several teams received exceptional praise for player development, motivation, and creating a positive, structured learning environment.

Strong team connection and sportsmanship: Players feel connected, supported, and proud to be a 14er, with teams demonstrating strong respect and culture both on and off the ice.

High-quality development: On-ice instruction, systems learning, and overall player growth were repeatedly mentioned as standout strengths.

Positive manager communication: Most families feel well informed and supported by their managers throughout the season.

Families consistently shared that their players are developing confidence and truly enjoying hockey. Across age groups, many parents mentioned that their daughters are happier, more motivated, and more confident this season. This speaks to the environment the coaches, managers, and families are helping create, one that builds both skill and love for the game.

Areas We Will Continue to Improve

Your feedback also highlighted important opportunities, and we are committed to addressing them:

- More consistency and advance notice for scheduling, especially around late practices, added sessions, and shared ice.
- Clarity around off-ice expectations, including age-appropriate conditioning, avoiding excessive fatigue, and limiting multi-team overlap when possible.

Continued...

- Greater transparency around team finances, with clearer breakdowns for travel, tournaments, and fee planning.
- Refinement of coaching communication styles where needed.
- Creating more alignment and consistency across teams in how skills sessions, dryland, and video work are structured.
- Families shared that some teams have robust off-ice and skills programs while others have little or none, and expectations aren't always clear.

We appreciate the honesty and thoughtfulness in all the feedback. It helps us prioritize where to direct our attention and how we can make meaningful improvements throughout the season.

A second Pulse Survey will be sent in January and a final Survey sent in mid to late March.

Comments related to specific coaches/managers/treasurers will be shared with those individuals directly.

Updates related to the improvement areas will be shared with the membership periodically.

Thanks again for your feedback!

UPCOMING CLUB EVENTS



SAVE
THE
DATE

DECEMBER 16, 2025

EDGE ICE ARENA

6:15 - 8:00

6:40 PM	10U
6:45 PM	12U B
6:55 PM	12U A
7:00 PM	15U B
7:15 PM	15U A
7:20 PM	14U Tier II
7:30 PM	16U Tier II
7:35 PM	19U Tier II
7:45 PM	Association Photo
8:00 PM	Coaches Photo

Monthly Highlights





8U girls took a road trip to Cheyenne!



A Halloween to remember!



Spotlight on...16UAA Coaches

Each month, we put a spotlight on different members of the 14ers community. This month, we learn a little more about our 16UAA coaches!



Head Coach Sasha Maslowski Vavpetic

How long have you played hockey and where?

I've played hockey since 2009 so 16 years! I started at NCYH Jr Eagles, then moved to the Rocky Mountain Lynx (which became the Lady Roughriders the next year). I played there on the 14U AA team and then played up on the 16U AAA. After Roughriders I moved to Dallas and played for DSE 14U AAA. Then I played Colorado Select 16U AAA. I then had to take a year off due to injury but I finished my youth hockey at Littleton playing on the 19U AA girls team. I played four years on the University of Colorado ACHA DI team where we qualified for nationals twice and I was the president my junior year and captain my senior year



How long have you coached hockey and where?

I have coached since 2022 so coming up on four years! I started with 10U Hyland and High Plains. After my first year, I knew I wanted to jump into AA coaching so I reached out to Hannah and she gave me the opportunity to coach at the 14ers the 2023-2024 season and I've been here ever since!



What do you like best about coaching 16U?

I think 16U is so fun - we get to really hone in on hockey IQ and holistic athlete development. Specifically this year, we are so lucky to have a group of really driven talented (and funny) athletes. They make every day so fun.

Favorite Thanksgiving dish

I'm not a huge Thanksgiving food fan actually but I do like some pecan pie!





Assistant Coach Jessica Sanstra

How long have you played hockey and where?

18 years of playing hockey - Colorado select, NAHA, Littleton Hawks, Team Colorado, CU Boulder.

How long have you coached hockey and where?

This is my first season coaching with the 14ers.

What do you like best about coaching 16U?

I love to connect with the players and not only coach them for hockey but also life.

Favorite Thanksgiving Food

Green bean casserole



Assistant Coach Maura McKeown

How long have you played hockey and where?

I have played hockey for 20 years. When I was 4 years old I played on one of the first girls teams in the USA; The San Jose Jr. Sharks. When I turned 13 years old, I was given the opportunity to play at Gilmour Academy; a boarding school in Cleveland, Ohio. Truly a magical experience that I am grateful for til this day. I went on to play 1 year of college hockey at Oswego State University. After that year, I made the decision to transfer to Arizona State University. I dabbled in club hockey there, but ultimately landed on the lacrosse team.

How long have you coached hockey and where?

I am in my second year of coaching hockey! When I first moved to Denver, I reached out to Hannah to see if I could coach. I'm very appreciative that her, the coaching staff, and the girls welcomed me with open arms. The 14ers is such an incredible organization that has taught me so much.

What do you like best about coaching 16U?

Where do I start? I mean the group of girls this year are a gift. They are sooo funny and quick-witted.

Favorite Thanksgiving Food

Stuffing



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.