



# COLORADO AVALANCHE UPDATE

presented by **uhealth**

## AVALANCHE NOTES

**SHINING STARS:** Cale Makar was named the NHL's Rookie of the Month for November, and Nathan MacKinnon was named the league's Second Star for the month. MacKinnon was also named the NHL's First Star for the week ending Dec. 1.

Makar led all rookies in goals (7), points (16), game-winning goals (3), plus/minus (+10) and average time on ice (21:25) in 14 contests. He became the fifth rookie defenseman in NHL history to record seven or more goals within a single calendar month and the first since Brian Leetch in January 1989. MacKinnon finished the month with 25 points (10g, 15a), the most he has produced in any month of his career and the most by an Avalanche player in a single month since Joe Sakic registered 26 points in March 2000.

"Yeah, he's a pretty good player, huh? Easy game, just come out, two periods, four points. No, I mean he's obviously a world-class player, elite player, superstar in this league and we're obviously thrilled to have him back. You know, anytime you can get assets back – which we will here over the next couple of weeks – we're only going to get better. So, if we can keep this team game together and continue to move forward, we'll be in a good spot moving forward."

—Avalanche defenseman Ian Cole on Mikko Rantanen's return to the lineup on Saturday night

## UPCOMING GAMES



**Wednesday, Dec. 4 at Toronto Maple Leafs**  
**Scotiabank Arena, 5 p.m. MT, TV: Altitude, Radio: 92.5 FM**

The Avs begin a three-game, Eastern Conference road trip against the Toronto Maple Leafs on Wednesday night, which will also close out the two-game season series between the clubs.



**Thursday, Dec. 5 at Montreal Canadiens**  
**Bell Centre, 5 p.m. MT, TV: Altitude, Radio: 92.5 FM**

Colorado heads to Montreal for the first of two meetings against the Canadiens in 2019-20. It will be the second half of a back-to-back set for the Avalanche, which is 2-2-0 in the second half of such sets so far this season.



**Saturday, Dec. 7 at Boston Bruins**  
**TD Garden, 5 p.m. MT, TV: Altitude, Radio: 92.5 FM**

The Avs wrap up their three-game road trip against the Bruins. The clubs previously met on Oct. 10 in Denver with the Avalanche overcoming a two-goal deficit to win 4-2. Colorado is 10-0-1 over its last 11 games in Boston.



**Monday, Dec. 9 vs. Calgary Flames**  
**Pepsi Center, 7 p.m. MT, TV: Altitude, Radio: 92.5 FM**

Colorado closes out a three-game season series against the Flames at Pepsi Center Monday night. The Avs are 2-0-0 against Calgary this season, and including playoffs, have won the last six meetings.

## UPCOMING SCHEDULE

Day	Date	Location	Time
Tuesday	Dec. 3	Team flight to Toronto	
Wednesday	Dec. 4	Morning skate at Scotiabank Arena	11:30 a.m. ET
		<b>Game #27 at Toronto Maple Leafs</b>	<b>7 p.m. ET</b>
Thursday	Dec. 5	<b>Game #28 at Montreal Canadiens</b>	<b>7 p.m. ET</b>
Friday	Dec. 6	No practice	
Saturday	Dec. 7	Morning skate at TD Garden	11:30 a.m. ET
		<b>Game #29 at Boston Bruins</b>	<b>7 p.m. ET</b>

\*All practice dates/times are subject to change

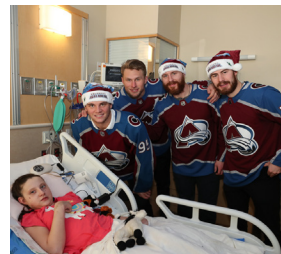
## CENTRAL DIVISION STANDINGS

TEAM	GP	W	L	OT	PTS
St. Louis Blues	29	18	5	6	42
<b>Colorado Avalanche</b>	<b>26</b>	<b>16</b>	<b>8</b>	<b>2</b>	<b>34</b>
Winnipeg Jets	27	16	10	1	33
Dallas Stars	28	15	10	3	33
Nashville Predators	26	12	10	4	28
Minnesota Wild	27	12	11	4	28
Chicago Blackhawks	27	10	12	5	25

## AVALANCHE LEADERS

Category	Player	No.
Goals	Nathan MacKinnon	17
Assists	Nathan MacKinnon	25
Points	Nathan MacKinnon	42
Power-Play Goals	Nathan MacKinnon	6
Shorthanded Goals	Matt Calvert	1
	Matt Nieto	1
Penalty Minutes	Nikita Zadorov	43
Time on Ice/Game	Erik Johnson	22:12
Game-Winning Goals	Andre Burakovsky	3
	Cale Makar	3
Goals-Against Average	Pavel Francouz	2.48
Save Percentage	Pavel Francouz	.924

## COMMUNITY SPOTLIGHT



The Avalanche made its annual Holiday Hospital Visit on Monday afternoon, visiting with patients at a local pediatric hospital in an effort to lift spirits and bring smiles during the holiday season. The players, along with mascot Bernie and the Ram Trucks Avalanche Ice Patrol visited patient rooms, handed out Bernie plush animals, signed autographs and took pictures with the children and their families.