



COLORADO AVALANCHE UPDATE

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AVALANCHE NOTES

LIGHTING THE LAMP: Colorado ranks second in goals per game (3.60), trailing only Florida (3.62). The Avalanche's 162 goals overall rank fourth in the NHL, which includes a league-best 52 first-period tallies. Only Florida (67) has more second-period goals than Colorado's 62.

NEW YEAR'S RESOLUTION: Since Jan. 1, Samuel Girard leads all NHL players in assists (9) and is tied for third in points (9), a total which leads all blueliners. His four-assist night on Jan. 2 tied the franchise record for a defenseman in a single game, and he was the first blueliner in Avalanche/Nordiques history to record nine assists in a five-game span from Dec. 31–Jan. 7.

"It is nice to get a couple days for practice in the middle of the season. We know our schedule is going to be even harder after that. March is packed in there, February same thing. Just regroup you know, fix our mistakes. We have been talking, we have been talking a lot. A couple of video meetings about that, how to improve our game, so I think we will be ready to go for [Tuesday]."

-Avalanche defenseman Nikita Zadorov on the team having two practices before continuing the homestand Tuesday

UPCOMING GAMES



Tuesday, Jan. 14 vs. Dallas Stars
Pepsi Center, 7 p.m. MT, TV: Altitude, Radio: 92.5 FM

The Avalanche wraps up its four-game season series against the Dallas Stars on Tuesday night. It's the second contest of a five-game homestand, tied for the longest home stay of the campaign (Feb. 11-19). Colorado is 0-2-1 against the Stars this season.



Thursday, Jan. 16 vs. San Jose Sharks
Pepsi Center, 7 p.m. MT, TV: Altitude, Radio: 92.5 FM

Colorado and San Jose meet for the first time since Game 7 of the second round of last year's Stanley Cup Playoffs. The Avs will make their lone trip to San Jose on March 8, while the Sharks will return to Denver on March 17 to close out the series.



Saturday, Jan. 18 vs. St. Louis Blues
Pepsi Center, 1 p.m. MT, TV: Altitude, Radio: 92.5 FM

The Avs host the Central Division-leading St. Louis Blues on Saturday, the fourth of five matchups between the clubs. Each team has held serve at home, as the Blues won the first two games at Enterprise Center and the Avalanche won the last outing at Pepsi Center.



Monday, Jan. 20 vs. Detroit Red Wings
Pepsi Center, 1 p.m. MT, TV: Altitude, Radio: 92.5 FM

Colorado closes out the homestand against the Detroit Red Wings, which is also the last contest before the team heads into the All-Star Break. The Avs will visit the Motor City on March 2 to wrap up the two-game series.

UPCOMING SCHEDULE

Day	Date	Location	Time
Tuesday	Jan. 14	Game #46 vs. Dallas Stars	7 p.m.
Wednesday	Jan. 15	Practice at Family Sports	12 p.m.
Thursday	Jan. 16	Morning skate at Pepsi Center	10:30 a.m.
		Game #47 vs. San Jose Sharks	7 p.m.
Friday	Jan. 17	Practice at Family Sports	12 p.m.
Saturday	Jan. 18	Game #48 vs. St. Louis Blues	1 p.m.
Sunday	Jan. 19	Practice at Family Sports	11 a.m.
Monday	Jan. 20	Game #49 vs. Detroit Red Wings	1 p.m.

*All practice dates/times are subject to change, all times mountain unless otherwise noted

CENTRAL DIVISION STANDINGS

TEAM	GP	W	L	OT	PTS
St. Louis Blues	47	30	10	7	67
Dallas Stars	45	26	15	4	56
Colorado Avalanche	45	25	15	5	55
Winnipeg Jets	46	24	18	4	52
Nashville Predators	44	21	16	7	49
Minnesota Wild	45	20	19	6	46
Chicago Blackhawks	46	20	20	6	46

AVALANCHE LEADERS

Category	Player	No.
Goals	Nathan MacKinnon	27
Assists	Nathan MacKinnon	39
Points	Nathan MacKinnon	66
Power-Play Goals	Nathan MacKinnon	9
Shorthanded Goals	Matt Calvert	2
	Matt Nieto	2
Penalty Minutes	Nazem Kadri	77
Time on Ice/Game	Samuel Girard	21:46
Game-Winning Goals	Cale Makar	4
	Mikko Rantanen	4
Goals-Against Average	Pavel Francouz	2.41
Save Percentage	Pavel Francouz	.926

COMMUNITY SPOTLIGHT



Avalanche forward Mikko Rantanen and goaltender Pavel Francouz skated with 50 visually-impaired athletes at the Avalanche's third annual Blind Hockey Clinic, presented by Delta Dental, on Jan. 9 at Pepsi Center. The event was held in conjunction with the NHL's Hockey is for Everyone initiative, which aims to support any teammate, coach or fan who brings heart, energy and passion to the rink, reaffirming that all hockey programs — from professional to youth organizations — should provide a safe, positive and inclusive environment for players and families regardless of race, color, religion, national origin, gender, disability, sexual orientation and socio-economic status.