



UAA Family Night: Howl For The Home Team

Hosted by AHA

UAA vs Denver

- 10/5 - 4:30 pm Tailgate / 6pm Game

UAA vs UAF

- 11/16 - 5:00 pm Game Time

UAA vs Augustana

- 12/13 - 7:00 pm Game Time
- Skate w/ Seawolves after game

UAA vs UAF

- 1/18 - 6:00 pm Game Time

AHA MONTHLY NEWSLETTER

Game On: Kicking Off another Exciting Hockey Season!

Welcome to the Anchorage Hockey Association's 63rd hockey season! As the days grow shorter and the air crisper, our rinks are once again coming alive with the sounds of skates cutting through the ice and pucks clashing against the boards. This season promises to be one of the most thrilling yet, with fresh faces joining our ranks and seasoned players returning with renewed vigor.

We've got a lot of great activities lined up for the 24-25 season and we can't wait to see the blue and gold in action! This year, we're more than just a hockey community—we're a family, united by our love for the game and our commitment to each other. Whether you're a player, coach, parent, or fan, your support and enthusiasm makes all the difference. Together, we'll face the challenges and celebrate the victories that lie ahead.

So, lace up your skates, sharpen those blades, and get ready, because the puck drops now, and it's going to be an incredible season! Let's make this year one to remember.



Team Building With a Splash of Color

The Girls North Star teams recently traded their skates for paintball blasters as they participated in a team building event at 907Paintball. The day was packed with action, camaraderie, and invaluable lessons that will serve them well both on and off the ice.

The teams faced off in friendly yet fierce competition, with players ducking, diving, and strategizing their way through the paint-splattered battleground. The teams left the experience not just as better teammates but as a stronger, more cohesive unit—ready to take on the challenges this season may bring.

Dream Big: The Critical Role of Sleep in Hockey Success



In the fast-paced, high-energy world of hockey, athletes are often reminded to train hard, eat right, and stay focused. But there's another crucial element that's just as vital to on-ice success, and that's sleep. Proper rest is the foundation upon which physical performance, mental sharpness, and overall well-being are built.

Sleep is when the body repairs and strengthens muscles, consolidates memory, and restores energy levels that are essential processes for any hockey player looking to perform at their best. During deep sleep, growth hormone is released, aiding in muscle recovery and tissue repair, which is critical after intense practices and games.

Without sufficient rest, players are at higher risk of injury, and their ability to recover is significantly impaired. Remember that hours spent resting and recharging are just as important as those spent training. Prioritize sleep, and you'll be setting yourself up for success both on and off the ice.

Fueling The Future: ConocoPhillips Sponsors AHA

The Anchorage Hockey Association is thrilled to announce a new partnership with ConocoPhillips for the 2024-2025 season. As one of Alaska's most prominent companies, ConocoPhillips is committed to supporting local communities, and their sponsorship marks a significant investment in the future of youth hockey in Anchorage. With this generous support, AHA can provide even more opportunities for our young athletes to develop their skills, foster teamwork, and build lifelong memories. Thank you, ConocoPhillips, for fueling the future of hockey in Anchorage!



Skating Towards Success: Alaska 529 Backs AHA

AHA is proud to announce that Alaska 529 is continuing its sponsorship for the second year in a row. Alaska 529, the state's premier education savings plan, is dedicated to helping families invest in their children's future education. This partnership is a testament to the shared values of education, growth, and success that both Alaska 529 and AHA hold dear. We are grateful for Alaska 529's continued commitment to our association and athletes. Together, we're not just skating towards success on the ice- we're building a brighter future for our children, both in their education and beyond!

New Beginnings: Seattle Kraken Learn To Play

This past month, AHA hosted the new Seattle Kraken Learn to Play Camp, designed specifically for beginner hockey players aged 4 to 9 years old. This camp is the perfect introduction to the sport, providing young athletes with everything they need to hit the ice with confidence.

One of the standout features of this camp is that all participants are provided with full gear to ensure all players are properly equipped to play hockey. Throughout the camp, the young players have been learning the fundamental skills of hockey. It's more than just a camp, it's the beginning of a lifelong love for hockey!



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Former North Star Makes US Rugby History!

Alev Kelter and the US Women's Olympic Rugby team made history at the 2024 Paris Olympics when they won the Bronze Medal against Australia in a thrilling finish. After a strong and powerful drive, Alev tied the game 7-7 in the final minute of the first half. In the final minute of the second half, Australia scored a try to make it 13 to 7 and it looked like they would be the likely winner. With seconds running down, USA broke a tackle and ran the ball the full length of the field to score a try and tied up the game. With a completed kick for a 2 point conversion, the US Women's Olympic team earned it's first ever Olympic medal in Rugby Seven's!

Congratulations Alev and the US Women's Rugby team!

Mark Your Calanders

Comet Rec A Evals - September 9 - 11 @ DA2

- 12U Rec A Comets - Broady, Gastrock, Dickey, Krueze, Whittle
- 12U Comet Girls - Wigren
- 14U Comet Girls - Campbell, Hamner
- 14U Rec A Comets - Gross, Gastrock, Bowman
- 16U Rec A Comets - Dunne, Sillers, Gross

Rec B First Practices - September 16th & 18th

Players must be registered for the season in order to be evaluated or attend first practices.

North Stars Skating Clinic - September 9th

- Monday mornings starting September 9th @ Ben Boeke
- Sold as sessions (3 consecutive Monday skates)

North Stars Scoring Clinic - September 21st

- Saturday mornings starting September 21st @ Ben Boeke
- Players can sign up for individual skates

Games & Events!

- Great Alaska Duck Race - September 7th
- 18A Comets vs 18AA All Stars - September 7th
- North Star 16U vs VT 16U - September 18th
- NS12 Bell vs NS12 Kullberg - September 20th
- North Star 16U Girls vs All Stars 16U - September 29th

2024-2025

10U GIRL SKATES

SEPTEMBER 15

12:15-1:15PM @ DA2

OCTOBER 20

12:15-1:15PM @ DA2

NOVEMBER 17

12:15-1:15PM @ DA2

DECEMBER 8

12:15-1:15PM @ DA2

JANUARY 12

12:15-1:15PM @ DA2

FEBRUARY 2

12:15-1:15PM @ DA2

MARCH 9

12:15-1:15PM @ DA2



SCAN ME TO REGISTER



Calling All Hockey Moms!

The Anchorage Women's Hockey League (AWHL) is looking for women who want to play hockey. They have divisions for different skill levels, including a beginner/recreational division where no experience is needed. Season starts in late September. Registration is taking place now. Come experience the coolest game on ice! For more info, go to www.anchoragewomenshockey.com

