



ANCHORAGE HOCKEY
ASSOCIATION

AHA MONTHLY NEWSLETTER

HELPING EVERY KID PLAY THE GREATEST GAME ON ICE



2026 PRESIDENTS' DAY INVITATIONAL

Two Weekends | 250+ Games | 1,500+ Players
Another Great AHA Tournament in the Books!

AHA 12A COMETS | DUPREE

AHA 16A COMETS | DUNNE



2026 CHAMPIONS

10A: Palmer Pioneers

10B: Healy Coal Kings

12A: AHA Comets

12B: Nikiski Ice Dawgs

14A: Hockey Club Fairbanks

14B: Kodiak

16A: AHA Comets

16B: Delta Huskies

18A: Juneau Capitals

18B: Mat-Su Eagles

The Presidents' Day Invitational is a tournament like no other in the State of Alaska. 2026 was no exception.

Teams traveled from all over Alaska to participate in over 250 games over two weekends in February. This year's tournament was another one for the record books. Both weekends were filled with great competition, hard work, smiles, victory and defeat.

This tournament offers A and B level divisions for recreational teams, run in a world class tournament format. Fans walked away with a great experience including music, an MC and medals for both teams after all championship games held at Ben Boeke Ice Arena on Sunday.

Congratulations to everyone who came to compete and to all the winners on a job well-done!

2026 ALASKA GIRLS HIGH SCHOOL STATE TOURNAMENT



DIMOND/WEST CAPTURES FIFTH CONSECUTIVE STATE CHAMPIONSHIP

When a championship is on the line, a team needs players to step up.

On Championship Saturday, it was Dimond-West freshman Chloe Hayner who answered the call, locking in the team's fifth straight girls hockey state championship with a goal in her first game back after a month-long injury. "My heart was racing before I got on the ice," said Hayner. "I settled down, and I was like 'We got this. We got it.'" With 38 seconds left in the first period, Hayner connected on a pass from Elizabeth Sharpe amid chaos at the net to give Dimond-West the 2-1 go-ahead power play goal over Chugiak-Eagle River.

"She's a sparkplug that really ignites us," said Dimond-West coach Brian Gross. "It was great to have her back again."

An empty-netter from Dimond-West defender Svea Dorman in the waning seconds of the game padded the lead and erupted the bench into cheers. Just one state championship puts a target on a team's back, let alone four in a row.

Chugiak-Eagle River's dangerous offensive trio came out of the gate ready, with Reece Dutton cashing in an early lead in the first minute of play on assists from Summer Olmstead and Sophia Bruno.

Dimond-West evened things up with five minutes left in the first, a nice close-range goal netted by Zoey Brady on another assist from Sharpe.

Historically, Dimond-West's roster size has given them a three-line boost over opponents who often have just two (or fewer) lines. Gross credited Chugiak-Eagle River's speed and forechecking for making his team's goal, to "keep the game fast and try to run them out of gas," a more difficult task on Saturday.

Despite the high-speed game on both ends, Dimond-West's defensive end continues to be the difference maker — allowing just 17 shots against goalies Trinity Damrill and Kiera Lardizibal, as opposed to 35 shots taken by the champs on Saturday.

After the final buzzer, players took turns hoisting the trophy for selfies with friends and photos with proud parents — a few short minutes of sweet post-championship glory for the storied team before being quickly ushered off the ice so the Zam could prepare for the next game.

Until next season, at least....

Thanks and credit to the [Alaska Sports Report](#) for their great coverage of Girls HS Hockey!

Link [HERE!](#)



FAMILIES NAVIGATE THE NEXT STEP: MITE TRANSITION MEETING

The Anchorage Hockey Association recently hosted a Mite Transition Meeting to help families better understand the next step in their players' hockey journey from the Little Dippers Mite Program into 10U hockey. The meeting introduced families to all the directors and the different 10U options available, including the Comp North Star Program, as well as the Rec A Comets and Rec B teams. Directors and staff outlined the differences between the programs and highlighted the unique benefits each one offers depending on a player's development and goals. It was a great opportunity to answer questions, ease concerns, and share success stories from players who have thrived in each pathway.

Thank you to all the families who attended and continue to support our mission of developing confident, well-rounded young athletes.

LTS/LTP SEAPUPS → LITTLE DIPPERS MITE PROGRAM → 10U REC → 10U NORTH STARS



Questions? Contact Information for Program Directors

Mite Director | Kirk Kullberg | kkullberg@anchoragehockey.com
Rec Director | Brian Gross | bgross@anchoragehockey.com
Girls Program Director | Cassi Campbell | ccampbell@anchoragehockey.com
NS Director | Barrett Heisten | bheisten@anchoragehockey.com

2026-2027 NORTH STAR GIRLS TRYOUTS

14U TII GIRLS

APRIL 29- 5:45-6:45 PM @ UAA

APRIL 30- 5:45-6:45 PM @ UAA

MAY 1- 5:45-6:45 PM @ UAA

16U TII GIRLS

APRIL 29- 7:00-8:00 PM @ UAA

APRIL 30- 7:00-8:00 PM @ UAA

MAY 1- 7:00-8:00 PM @ UAA

19U TII GIRLS

APRIL 29- 5:45-6:45 PM @ UAA

APRIL 30- 5:45-6:45 PM @ UAA

MAY 1- 5:45-6:45 PM @ UAA

COACHES WILL BE ANNOUNCED 3/1/26

CONTACT:
CASSI CAMPBELL
AHA GIRLS DEVELOPMENT DIRECTOR
CCAMPBELL@ANCHORAGEHOCKEY.COM
(907) 982-1031



ANCHORAGEHOCKEY.COM/
AHAREGISTRATIONS

2026-2027
19U NORTH STAR GIRLS
COACHING STAFF

Chris Bullock
Sean Honeman
Asya Stivers




Tues-Mon
March 18 - April 2
Registration to 907.982.1031

Tues-Mon
April 29 - May 1
Registration to 907.982.1031

2026-2027
16U NORTH STAR GIRLS
COACHING STAFF

Alli Green
Todd Green
Dani Heltsman




Tues-Mon
March 18 - April 2
Registration to 907.982.1031

Tues-Mon
April 29 - May 1
Registration to 907.982.1031

2026-2027
14U NORTH STAR GIRLS
COACHING STAFF

Cassi Campbell
Sami Rutherford
Xavier Schlee




Tues-Mon
March 18 - April 2
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April 29 - May 1
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GIRLS TRYOUT TUNE-UPS

WEEKLY ICE
BEN BOEKE
& DRYLAND
AHA TRAINING &
DEVELOPMENT CENTER



MARCH 18 - APRIL 23
WEDNESDAYS & THURSDAYS



For Questions or Comments please reach out to our NS Girls Program Director, Cassi Campbell at ccampbell@anchoragehockey.com



SUMMER IS COMING...



I'M NOT SURE
WHAT TO DO



MAKE SURE YOUR ATHELTE (& FAMILY) TAKE SOME TIME TO ENJOY ALL THAT ALASKA HAS TO OFFER DURING THE SUMMER MONTHS. YOU'LL BE BACK AT THE RINK SOON ENOUGH.

The Anchorage Hockey Association believes that the best hockey players are first and foremost great athletes, and summer in Alaska is the perfect time to build that wider athletic foundation through other sports and outdoor activities. Stepping away from the rink for a few months to play soccer, mountain bike, hike, or just explore Alaska's trails is not "falling behind"—it is one of the smartest long-term choices a young hockey player can make.

Why multi-sport summers help hockey players

Medical and sport organizations such as the American Academy of Pediatrics and the American Orthopedic Society for Sports Medicine recommend that young athletes delay single-sport specialization and play multiple sports through physical maturation. Research links year-round single-sport training with a significantly higher rate of overuse injuries, while varied activity distributes stress across different muscles, tendons, and joints. Multi-sport athletes tend to develop broader strength, endurance, agility, and balance, all of which translate directly to skating power, edge control, and on-ice resilience.

Soccer is a natural fit in the summer months, building lower-body strength, footwork, small-area decision-making, and conditioning that carry over to both forwards and defensemen. Mountain biking and hiking challenge balance, core stability, and leg strength while also immersing kids in the outdoors, which supports mental health and reduces burnout compared with constant indoor, single-sport training. Even unstructured play—pickup soccer at the park, riding bikes with friends, exploring local trails—adds to the movement "toolbox" that helps athletes learn new skills faster once they return to the ice.

Long-term development and enjoyment

Studies note that multi-sport athletes have lower rates of overuse injury and burnout and often show better long-term performance and learning capacity than early specialists. Many elite hockey players grew up playing other sports and credit that diversity for their creativity, coordination, and durability at the highest levels. College and professional coaches increasingly say they look for well-rounded, multi-sport athletes rather than players who have been on the same ice schedule 12 months a year.

For Anchorage families, that means it is not only acceptable but encouraged to treat summer as a true off-season from formal hockey, focusing on rest, recovery, and other sports and outdoor adventures. When players come back to the rink in the fall with healthier bodies, fresh minds, and new athletic skills, they are better positioned to enjoy the game, stay in it longer, and reach their own personal potential in hockey and beyond.

So go fishing, camping, mountain biking and hiking. Enjoy what Alaska has to offer in the summer with your family. Keep your skates close and join a week or two of the [Anchorage Hockey Academy](#), a pick up skate or a camp of your choice to stay fresh. But don't overthink it.

At the end of the day, the overall health and well being of your young athlete is the most important part of everything that we do at AHA.





ANCHORAGE HOCKEY ACADEMY
SUMMER CAMP 2026
 Presented by Anchorage Hockey Association

ELITE SKILL DEVELOPMENT | FUN & GAMES | ON-ICE + OFF-ICE TRAINING

o Dempsey Anderson Ice Rink
 o May 22 – July 3, 2026
 o 8:00 AM – 5:00 PM Daily
 (Camp will start at 7:45 AM)

WHAT TO EXPECT:

- Elite On-ice Skills & Technique Sessions
- Off-ice Athletic Development & Games
- Age-Specific Training & Fun Activities
- Weekly Pool Trip for Each Group!

AGE GROUPS (BY BIRTH YEAR!)

- 8U: 2018-2019-2020-2021 (w/ approval)
- 10U: 2016-2017
- 12U & Older: 2014-2015
- Elite Division: 2011-2013

REGISTER NOW!



SIGN UP NOW



ALASKA ANCHORAGE SEAPUPS

SPRING LEARN TO SKATE & PLAY

Learn to Skate/Play South

- Monday/Wednesday
- Diamond Center
- Starting April 6th
- 4 weeks

For more information, Scan the QR Code



Full gear is required. Gear rental for \$40 based on availability. \$50 per session



ANCHORAGE HOCKEY ASSOCIATION

2026 SPRING HOCKEY LEAGUES @ DEMPSEY ANDERSON

ALCAN Comp Spring League
 Starts April 7th
 Tuesdays & Thursdays
 6U-12U @ Dempsey
 14U-16U @ Boeke

5 weeks with 2 skates per week

Information
SCAN ME


Rec Spring League
 Starts April 6th
 Mondays & Wednesdays
 10U-18U Divisions

4 weeks with 2 skates per week

Registration
SCAN ME





For Questions on Registrations please contact Kirk Kullberg at kkullberg@anchoragehockey.com

2026 AHA BOARD ELECTIONS

PLEASE VOTE | YOUR OPINION MATTERS TO AHA!

MAKE SURE YOU GET YOUR VOTES IN BEFORE THE DEADLINE

The Anchorage Hockey Association's Board of Directors election is now underway, and we are grateful to have 9 great candidates stepping forward to serve a two-year term in 5 open board seats.

Your participation in this process helps ensure strong, member-driven leadership for our youth hockey community today and in the seasons ahead. Board of Director positions and the work performed are an integral part of the successful oversight and direction of Anchorage Hockey Association. Our Directors help guide long-term planning, support our players and families, and uphold AHA's mission as a youth hockey non-profit serving nearly 800 athletes across Anchorage.

All eligible members should have received an electronic ballot by email and text using the contact information provided during your child's 2025-26 player registration.

If you did not receive your ballot, are unsure of your eligibility, or have any questions about the voting process, please contact Executive Director Rob Forbes at rforbes@anchoragehockey.com.

Thank you for taking the time to review the 9 candidates and cast your vote; your engagement in this election directly supports the health, stability, and success of the Anchorage Hockey Association.

Electronic voting will close on Tuesday, March 17th at 11:45pm and the election results will be announced during AHA's Annual Meeting on Wednesday, March 18th at 6 pm.

(Election voting is electronic and is hosted by Election Buddy. Members should have received their ballot in an email and a cell text invitation using the contact information you provided in your child's 2025/26 PLAYER REGISTRATION. Contact Laura Higgins if you want to confirm that information or change it at anchoragehockeyoffice@gmail.com)

STATE TOURNAMENTS

2025/26 ALASKA STATE HOCKEY TOURNAMENTS

The end of the season is fast approaching and Alaska is a BIG state with tournaments for each division and age group held in a variety of locations. You will find a link below to each ASHA State Tournament Schedule for your reference and planning!

CLICK THE DIVISION LINK BELOW FOR A PDF OF THE CORRESPONDING ASHA STATE TOURNAMENT SCHEDULES

REC DIVISIONS



- [10B](#) [10A](#)
- [12B](#) [12A](#)
- [14B](#) [14A](#)
- [16B](#) [16A](#)
- [18B](#) [18A](#)



OFFICIAL HOME OF ALASKA STATE HOCKEY ASSOCIATION



COMP DIVISIONS

- [10 Minor](#) [10 Major](#)
- [12 Minor](#) [12Major](#)
- [14T2](#) [16T2](#)
- [18T2](#)