**POSTGAME NOTES & QUOTES**
**COLORADO AVALANCHE 4, SAN JOSE SHARKS 0**
**JANUARY 16, 2020**

**First Star**
Philipp Grubauer (27 svs)

**Second Star**
Cale Makar (1g)

**Third Star**
Matt Calvert (1g)

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**TEAM STATISTICS**

**Avalanche**
- Shots: 38
- Power Play: 0-3
- Penalty Kill: 2-2
- Faceoffs: 62%

**San Jose**
- Shots: 27
- Power Play: 0-2
- Penalty Kill: 3-3
- Faceoffs: 38%

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**Avalanche Schedule**
- Friday, Jan. 17
  - 12 p.m.
  - Practice at Family Sports

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**TEAM NOTES**

The Avalanche scored four or more goals for the 23rd time this season and is 20-2-1 when tallying 4+ goals. The Avs’ 3.57 goals-per-game average ranks third in the NHL. Colorado scored twice in the opening frame and leads the league in first-period goals with 56.

Tonight’s shutout was Colorado’s second of the season (also: Nov. 12 at Winnipeg) and its first at home since March 17, 2019 vs. New Jersey.

The Avalanche has scored seven shorthanded goals this season, tied for fourth in the league.

**INDIVIDUAL NOTES**

Philipp Grubauer earned his first shutout of the season and the 10th of his career (last: March 17 vs. New Jersey).

Cale Makar notched his 10th goal of the season, matching John-Michael Liles’ franchise record for goals by a rookie defenseman (2003-04). Makar tallied his 10th marker in his 39th game, 40 fewer contests than Liles in his rookie season (79 GP).

Pierre-Edouard Bellemare finished with an assist and now has 17 points this season, a new career high that surpasses his previous best of 16 points during the 2017-18 campaign with Vegas.

Vladislav Kamenev recorded an assist for his sixth point of the season, surpassing his career high from last year.

Matt Calvert collected his third shorthanded goal of the season, equaling his career high for shorthanded tallies in a season from 2016-17 with Columbus. Calvert’s three shorthanded goals are tied for the league lead.

Valeri Nichushkin’s first-period tally stood as the game winner and is the third game-winning goal of his career, a new career best that surpasses his previous high of two set during his rookie campaign with Dallas in 2013-14.

J.T. Compher skated in his 200th NHL game.
QUOTES

Colorado D Cale Makar

On The Momentum From His Goal: “I wouldn’t say it’s a momentum shift. We had a lot of guys who were playing well tonight and especially Calvy’s (Colorado LW Matt Calvert) goal, I think that was a momentum shift. The boys were pretty fired up for that one on a shorthanded goal, so that was awesome.”

On The Avs’ Consistency: “Obviously, we’re coming down to the break here and we want to find some success before the break starts. So for us, it’s just trying to be consistent and I think we stressed that on our day off and I think guys came in today and were ready to work.”

Colorado D Ryan Graves

On The Avs’ Performance: “I thought we played a really good game tonight. I think we came out really strong and kind of continued the whole time. I think that we played good defensively. We were on pucks hard, we played the right way all night.”

On Colorado G Philipp Grubauer’s Shutout: “Grubi was great tonight. It's nice to see. He's obviously a great goalie. He's good for us every night, so it's nice to see him get rewarded with something like that.”

Colorado G Philipp Grubauer

On The Avs’ Performance: “I think we are a whole different team when we play that way. That’s the way we played last year when we turned it around before we got into the playoffs. We started playing playoff hockey basically in January, February, so it makes my job really easy if the guys play like this. That was unbelievable. One of the best games I’ve seen this team play.”

On His Shutout: “For sure, it feels good. I think everybody can be proud of themselves, how they played [tonight]. As a team, everybody did the right stuff, so we got to build on that. We built on that since the Pittsburgh game. First period was unbelievable, last game was really good and this game was the most complete I’ve seen, so we got to make sure we get consistency in that and move on.”

San Jose D Brent Burns

On Tonight’s Game: “I mean I think it’s a vicious cycle of getting behind, trying not to make mistakes, not helping the next guy. It’s tough to play when, you know, you’re maybe nervous about making a mistake, thinking about it, the support, the battle. It’s just an unacceptable game.”

On The Team’s Performance: “There’s a lot of [stuff] going … It’s a tough game. But I think when that starts to happen, it makes it harder, it makes it tougher, you know, you start whacking it away.”

San Jose G Martin Jones

On Colorado D Cale Makar’s Goal: “Yeah, that was too bad. Unlucky bounce there. It puts you in a tough spot, but we weren’t out of the game by any means. We could’ve come out and had a strong second, but we just didn’t.”

On His Game: “I want to play, obviously, but I’m just trying to take advantage of this time that I have in practice now, work at stuff, and try to make sure I’m improving my game here.”