



Welcome to the Coulee Region Stars Youth Hockey Girls Program 2024-2025 Hockey Season

Welcome!

On behalf of the girls directors we would like to welcome all the players and parents. The Coulee Region Stars are a co-op made up of girls from Holmen/Onalaska Tornado, La Crosse River City Flames and West Salem Panthers. Each skater is part of the co-op of girls only teams but will register with a home youth hockey association. It is our hope that the girls will develop strong skills and build team relationships supporting them from 10U up to the high school girls co-op team, Coulee Region Cyclones.

In an effort to continue to improve communication we have created a group of directors from each association. These directors are Andrea Kelm, Jessie Luebke, and Megan Binsfeld. At each association they have been put in charge of communicating co-op decisions to the association boards. If you have questions or something needs to be addressed please reach out to one of these ladies, or email couleeregionstars@gmail.com.

Volunteering

Volunteer hours and fundraising are based on your home association's requirements; the co-op does not currently require additional service hours. Parents are expected, however, to volunteer in the penalty boxes, running the clock, and managing the scoresheet during home games and the teams home tournament. Parents should fulfill all or a majority of their volunteer hours at their home association. Green Island and the Panther Den both have concessions that need to be worked at and require zamboni drivers for practices and games. Training will be provided so we can all help one another succeed.

Equipment & Uniforms

According to USA Hockey rules protective equipment is required to be worn at games, warm-ups and practices. Protective equipment includes HECC approved helmet (certification sticker must be visible and valid), non clear mouth guard, shoulder pads, elbow pads, gloves, padded hockey pants/breezers, protective cup/Jill, and shin pads. Skates and a stick are also equipment players should have at the start of the season. It is recommended that skates be sharpened every couple weeks.

As of August 2024 USA Hockey requires that all skaters wear a neck laceration protector.

Not required but helpful is a hockey bag, most prefer wheels. Equipment can be purchased at any sporting good store or you may have luck on local hockey equipment swap facebook pages. Your home association may also have equipment for rent, if your family is in need of this please reach out to your home association.

Thanks to a generous donation from Dataview Consulting uniforms will be provided free of charge to skaters again this year!!! All new skaters to CRS will get two jerseys and a pair of socks that are theirs to keep. Skaters that need a larger size jersey or new socks will also be able to order those. A google form will be emailed in the coming week. Please order jerseys with the intention of wearing them for a couple years. We will be looking for jersey sponsors for future years to continue to keep costs low, however, if this is not accomplished families may have to pay for jerseys in the years to come.

Teams and Evaluations

USA Hockey classifies ideal team sizes and birth year as:

10U (2014 & 2015): 10-12 skaters, 1 goalie

12U (2012 & 2013): 15 skaters, 2 goalies

14U (2010 & 2011): 15 skaters, 2 goalies

Registration is well under way and as of mid September it looks like we will be forming one 10U team (13 girls registered), two 12U teams (28 girls registered), and one 14U team (14 girls registered). If you know of a friend or family member interested in hockey but they aren't sure where to start, encourage them to attend Try Hockey for Free at one of the home associations.

In the event registration numbers allow for two teams at a given age level, evaluations will take place to form two teams. The date and time of evaluations will be communicated to families once they are set. It is our intention to have evaluations in the beginning weeks of the season during an already designated practice time.

Last year WAHA passed a motion to change the way 10U and 12U girls teams are classified. 14U girls teams will remain classified as A and B. The following is the current way 10U and 12U will be classified:

- associations submitting two teams in an age divisions (formerly A and B) will be classified as Gold and Bronze; they can select to designate both teams as Gold, but not both as Bronze
- associations submitting one team in an age division will be classified as Silver

After evaluations are complete and teams are formed parents will receive an invitation to join SportsEngine and coaches will be put in place by the girls directors. This app will be the main form of communication between the team manager, coaches, parents and players.

Practices

Practices are typically three days a week rotating between each association's home rink unless there is a holiday/association event which interferes. Dates and times of practices are set by the associations. While consistency is important there is no guarantee that every week's schedule will be the same. Practices at Green Island, for the most part, will be the same day and time each week. Practices at Panther Den and Omni Center may change based on high school teams practices and games but every effort is being made to provide consistency. Below gives you an idea of the practice schedule as we know it. Once schedules are approved SportsEngine will be updated, if there are changes to the schedule an update will be sent.

10U Schedule: TBD at Panther Den, Tuesday at Omni Center, 4:45 Wednesday at Green Island

12U Schedule: 7:30 Monday at Green Island, TBD at Panther Den, Thursday at Omni Center

14U Schedule: 8:30 Monday at Green Island, TBD at Omni Center, TBD at Panther Den

Onalaska Omni Center
255 Riders Club Road
Onalaska WI

Green Island Ice Arena
2312 7th St S
La Crosse WI

Panthers Den Ice Arena
601 N Mark St
West Salem WI

Games

Parents can expect to play all girls teams within Region 6. Team managers may schedule with co-ed teams in both WI and MN to fill the schedule and get appropriate competition. Games will take place at all three home rinks with an equal number at each as much as possible. When traveling an hour or more every attempt will be made to schedule two games.

Each age level has a game limit, listed below, which was set by USAHockey. Included in those games will be a potential of two away tournaments and one home tournament. If teams qualify they will also play in the WAHA Playdowns and State tournament.

10U: a total of 20-25 games in a season

12U: a total of 30-35 games in a season

14U: a total of 35-40 games in a season

Home Tournament: January 17-19 (10U: Omni, 12U: Panther Den, 14U: River City)

Away Tournaments: 10U: Dec 6-8 Appleton & Feb 7-9 Washington County

12U: Nov 15-17 River Falls & Dec 6-8 Appleton

14U: Dec 6-8 Hayward & Jan 10-12 Baldwin

Playdowns: February 1-2

State Tournament: 10U: March 8-9 (Gold: Superior, Bronze: Tomah)

12U: March 1-2 (Gold: Hudson, Bronze: Chippewa)

14U: Feb 22-23 (B: Ozaukee)

Key Dates

24/25 Season: October - March

Welcome Social with Open Hockey: October 7th at 5:00 or October 8th at 5:15

- More details will be emailed but mark your calendar

Mandatory Team/Parent Meeting: First practice after managers and coaches are put in place

Anticipated First Practice:

| | | |
|------------------|-----------------|------------------|
| Omni Center | Green Island | Panthers Den |
| Week of Oct 14th | Week of Nov 4th | Mid-Late October |

- We NEED goalies - girls will be asked to try goalie if there isn't a full time goalie (equipment is available to borrow and a goalie coach will help when available).
- We NEED Green Island and Panther Den zamboni drivers! We are in charge of cleaning the ice before our time slots.
- We NEED volunteers to work in the concession stand at Green Island and Panther Den.
- We NEED locker room Moms before and after every practice and game!
- We NEED team managers!
- We NEED coaches!

★ Like and follow the Coulee Region Stars Hockey facebook page

Other useful resources can be found at USAHockey (<https://www.usahockey.com/newparents>) and WAHA hockey (<https://www.wahahockey.com/>).

Welcome and thank you for being involved with Coulee Region Stars girls hockey!

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