
2025 - 2026
Centennial Spring Lake Park Girls Hockey



THERE'S ALWAYS HOPE

THERE'S ALWAYS HELP

Sophie's Squad was founded to improve mental health of athletes from youth to college by raising awareness of mental health issues and removing the stigma associated with seeking help.

SOPHIE'S SQUAD MENTAL HEALTH AWARENESS

Check us out at sophiessquad.org for more information and mental health resources

sophiessquad

sophiessquad6

CONTRIBUTE TO THE CAUSE

SOPHIE'S SQUAD IS A REGISTERED 501C3 NON-PROFIT ORGANIZATION

Blaine Area
PET HOSPITAL

(763) 754-2131
Hospital Hours: WEEKDAYS 8:00 AM - 5:30 PM

11844 ABERDEEN ST. NE, BLAINE, MN 55449
BLAINEAREAPET@YAHOO.COM
WWW.BLAINEPETHOSPITAL.COM

MINNEAPOLIS OXYGEN
CENTRAL McGOWAN



QUALITY SOLUTIONS YOU CAN RELY ON
20+ LOCATIONS IN THE MIDWEST

- Specialty Gases
- Welding Supplies
- Dry-Ice
- Automation
- CO2
- Service & Repair

LEARN MORE Mplso2.com CentralMcGowan.com

STEVE'S APPLIANCES
MINNESOTA'S Best READERS' CHOICE
GOLD WINNER
2021 • 2022 • 2023 • 2024 • 2025



FAST delivery FREE recycling
& GUARANTEED low price

GO COUGARS!

2841 Mounds View Blvd
Mounds View, MN 55112
www.stevesappliances.com



What will you put under your garage?

SPORT COURT? EXTRA GARAGE SPACE?
WORKSHOP?

» Molin's Hollow Core Plank lets you enjoy more of your home.

MOLIN
Quality Concrete Solutions since 1897

DESIGNERS | MANUFACTURERS | INSTALLERS
STRUCTURAL PRECAST/PRESTRESSED CONCRETE

Centennial Spring Lake Park

Welcome

CSLP Hockey Fans,

As we gear up for the 2025–2026 season, excitement is in the air for another incredible year of CSLP hockey! We're thrilled to introduce a team that blends returning experience with fresh talent, creating a roster full of skill, depth, and determination.

With a strong group of proven goal scorers, a dependable defensive core, and experienced goaltenders anchoring the team, we're confident this lineup has the balance and drive to compete at a high level every game. The addition of new players brings extra energy and perspective—further strengthening an already dynamic group.

We're also fortunate on the coaching side, with most of our dedicated staff returning once again, along with a few key additions who bring new ideas and expertise to help elevate our program even more.

Our mission remains the same: to play with pride, passion, and an unwavering commitment to excellence—on and off the ice. This group is ready to put in the work, push one another, and make a statement all season long. Let's set our sights on returning to St. Paul in February!

Here's to a fun, competitive, and memorable season ahead!

– Sean Molin & the CSLP Coaching Staff



LEFT TO RIGHT: CHELSEA JACQUES, HALEY SLATER-FLOREK, MOLLY SINGEWALD, SEAN MOLIN, RYAN NORMAN, TODD KELZENBERG. MISSING: JAD RAMSEY AND CHEYENNE ABEAR

Coaching Staff

Girls Hockey

Table of Contents

Roster. 7

Schedule. 9

9-11th Grade Photos. 11

Sponsor Guide 13

Player Profiles . . . . . .14 - 31

Team Photo 32-33

Senior Class Photos. 37

Senior Profiles. . . . . .43 - 49

CSLP Alumni in College. 49

Officials Guide 51

CSLP Youth List. 53

Historical Records. 41, 57- 59

Blue Line Club

Ben Ueland - President

Corey Ball - Vice President

Laura Ueland - Treasurer

Kim Sutch - Secretary

Angel Johnson - Fundraising Director

Amy Wolter - Co-op Director/ Volunteer Director

Jill Weiland - Media Director





THREE RIVERS
CONTRACTING

651-504-5655

3RIVERSMN.COM

LC

Lindsey's Cleaning with Care
Ltnowling@gmail.com

gatewayfiber

Fairer. Friendlier. Faster...er.

Powerful internet now has a local address. Are we in your area?

SCAN TO CHECK AVAILABILITY.

www.gatewayfiber.com
888-201-4339

DKN CONSTRUCTION LLC

Building Trust with Quality Work

Remodeling & Renovations, Building Additions, Demolitions, New Building Construction, Cabinets, Flooring, HVAC, Plumbing, Concrete, Electrical, Block & Brickwork and more!

612-333-3857
dknconstruction.com



#	Player Name	Position	Grade
1	Kaia Weiland	Goalie	11
2	Ayla Specht	Forward	12
3	Ashlyn Neimy	Forward/Defense	11
4	Maddie Wolter	Forward	11
5	Annabelle Buccicone	Defense	10
6	Kara Shea	Defense	11
7	Katie Ball	Defense	12
8	Aubrey Reker	Defense	12
8	Avery Wagner	Forward	9
9	Mia Sutch	Forward	10
10	Erica Maida	Defense	11
11	Sammy Kelzenberg	Defense	11
12	Brooke Ueland	Defense	11
13	Ella Perreault	Forward	12
14	Jozie Kelzenberg	Forward	9
15	Grace Laager	Forward	11
16	Brenna Nowling	Defense	9
17	Katie Genia	Forward	9
18	Alaina Gnetz	Forward	12
19	Stella Kramer	Defense	9
20	Keira Briggs	Forward	10
21	Nora Dropps	Forward	9
23	Lilly Renslow	Forward	12
24	Melanie Reff	Defense	12
25	Amelya Nelson	Defense	9
26	Kaitlyn Hemr	Forward	11
27	Piper Dahlberg	Forward/Defense	10
28	Hailey Schwartz	Forward	11
29	Avery Growe	Forward	11
30	Maddie Orlett	Goalie	10
31	Megan Fedor	Goalie	9
32	Abby Peltier	Defense	9
33	Eveyn Herman	Forward	9
35	Megan Gatlin	Goalie	9
36	Grace O'Neill	Forward/Defense	9
38	Khloe Reker	Forward	10

Sean Molin
Head Coach

Ryan Norman
Varsity Assistant Coach

Jad Ramsay
Varsity Assistant Coach

Todd Kelzenberg
Varsity Assistant Coach

Haley Slater-Florek
JV Head Coach

Cheyenne Abear
JV Assisstant Coach

Chelsea Jacques
JV Assisstant Coach

Molly Singewald
Goalie Coach

Tom Breuning
Principal - CHS

Megan Jahnke
Principal - SLP

Matt St. Martin
Director of Athletics & Activities - CHS

Will Wackman
Director of Athletics & Activities - SLP

John Strasky, LAT, ATC
Athletic Trainer

Haley Diggins
Strength Trainer

NUTRITION DEN
YOUR HEALTHY SMOOTHIE BAR

- Protein Shakes
- Energizing Teas
- Healthy Snacks
- Pre/Post Workout Options





9374 LEXINGTON AVE.
CIRCLE PINES, MN 55014

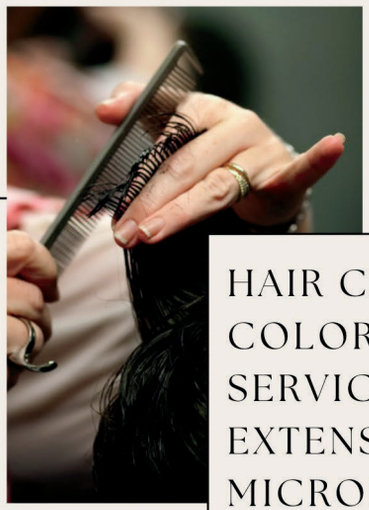
Text Ahead: 651-467-4424
whenpossible text15minutesahead
NAME, ORDER, ARRIVAL TIME

REALTY ONE GROUP CHOICE
OFFICES IN ANDOVER & ALEXANDRIA, MN
RESIDENTIAL REAL ESTATE

ED DROPPS
REALTOR®
763-238-0696
EDDROPPS@GMAIL.COM

ONE REALTYONEGROUP CHOICE

PROUD SUPPORTERS OF CENTENNIAL/SLP GIRLS HIGH SCHOOL HOCKEY!



MINT
SALON & SPA

HAIR CUT &
COLOR
SERVICES, SKIN,
EXTENSIONS,
MICROBLADING
& BROW TATTOO

Circle Pines, MN

ON TIME
BIKE SHOP
3453 LAKE DRIVE
ACROSS FROM
KWIK TRIP



Date		JV Game	Varsity Game	Opponent	Location	Event
Tues	11/11	5:00PM	7:00PM	Rosemount	Rosemount Community Center	
Thurs	11/13	5:00PM	7:00PM	Forest Lake	Forest Lake Sports Center	
Sat	11/15	12:00PM	2:00PM	Minnetonka	Pagel Activity Center	
Tues	**11/18**	**5:00PM**	**7:00PM**	**North Wright County *^**	**Centennial Sports Arena**	**Home Opener**
Sat	11/22	1:00PM	3:00PM	River Cities Blades *^	Coon Rapids Ice Center	
Tues	**11/25**	**5:00PM**	**7:00PM**	**Osseo-Park Center *^**	**Centennial Sports Arena**	
Sat	11/29	None	7:00PM	Holy Family	Victoria Ice Center	
Tues	12/2	5:00PM	7:00PM	Elk River *	Furniture & Things Community Center	
Fri	12/5	5:00PM	7:00PM	Maple Grove ^	Maple Grove Ice Arena	
Tues	**12/9**	**5:00PM**	**7:00PM**	**River Cities Blades *^**	**Centennial Sports Arena**	**Community Service Week**
Thurs	**12/11**	**5:00PM**	**7:00PM**	**Edina**	**Centennial Sports Arena**	**Teacher Appreciation**
Sat	12/13	4:30PM	6:30PM	Eastview	Apple Valley Sports Arena	
Tues	12/16	5:00PM	7:00PM	Armstrong/Cooper *	New Hope Ice Arena	
Sat	**12/20**	**5:00PM**	**7:00PM**	**Holy Family**	**Centennial Sports Arena**	
Mon	12/29	2:30PM	4:30PM	Holy Family	Braemar Ice Arena	
Tues	12/30	TBD	TBD	Invitational	Braemar Ice Arena	
Wed	12/31	TBD	TBD	Invitational	Braemar Ice Arena	
Tues	**1/6**	**5:00PM**	**7:00PM**	**Blaine ***	**Centennial Sports Arena**	
Sat	**1/10**	**12:00PM**	**2:00PM**	**Farmington**	**Fogarty Sports Arena**	
Tues	1/13	5:00PM	7:00PM	Rogers *^	Rogers Ice Arena	
Sat	1/17	1:00PM	3:00PM	Holy Family	Victoria Ice Arena	
Tues	**1/20**	**5:00PM**	**7:00PM**	**Andover ***	**Centennial Sports Arena**	
Thurs	**1/22**	**5:00PM**	**7:00PM**	**Minnetonka**	**Centennial Sports Arena**	**Sponsor Night**
Tues	1/27	5:00PM	7:00PM	Anoka *	Anoka Ice Arena	
Sat	**1/31**	**5:00PM**	**7:00PM**	**Hill Murray**	**Centennial Sports Arena**	**Senior Night Girls Hockey Day**

^ Section 5AA Opponent
*** NWSC Opponent**

Post Season - 5AA Tournament

Sat	2/7	TBD	TBD	Roseville Ice Arena	Section Quarterfinals
Wed	2/10	TBD	TBD	Roseville Ice Arena	Section Semifinals
Sat	2/13	TBD	TBD	Roseville Ice Arena	Section Championship

Minnesota State High School - AA Tournament

Feb	18 -21	Grand Casino Arena	State Tournament



SCREEN PRINT • EMBROIDERY • PROMOTIONAL PRODUCTS

GRAPHIC GOAT

CUSTOM PRINTED MERCHANDISE

PROUD SPONSORS OF CENTENNIAL HIGH SCHOOL, GO COUGARS!

Xtreme

Custom Apparel & Promotions

- TEAM APPAREL -
- EMBROIDERY -
- SCREEN PRINTING -

CONTACT US FOR ALL OF YOUR CUSTOM APPAREL NEEDS!

ph: 763.780.1415 | www.xtreme.us.com



LEFT TO RIGHT: KARA SHEA, KAITLYN HEMR, ERICA MAIDA, MADDIE WOLTER, GRACE LAAGER, KAIA WEILAND, BROOKE UELAND, SAMMY KELZENBERG, AVERY GROWE, ASHLYN NEIMY, HAILEY SCHWARTZ

Juniors

LEFT TO RIGHT: GRACE O'NEILL, ANNABELLE BUCCICONE, KEIRA BRIGGS, MADDIE ORLETT, MIA SUTCH, PIPER DAHLBERG, KHLOE REKER



Sophomores



LEFT TO RIGHT: MEGAN FEDOR, STELLA KRAMER, BRENNA NOWLING, KATIE GENIA, NORA DROPPS, ABBY PELTIER, AVERY WAGNER, JOZIE KELZENBERG, EVELYN HERMAN, AMELYA NELSON, MEGAN GATLIN

Freshman

BLUE HERON GRILL

Hours:
Monday - Thursday 11:00AM - 12:00AM
Friday 11:00AM - 1:00AM
Saturday 9:00AM - 1:00AM
Sunday 9:00AM - 11:00PM

14725 Victor Hugo Blvd N
Hugo, MN 55038
651-756-1894

blueherongrill.com

Join us for Breakfast, Lunch And Dinner





Thank You to our Sponsors

American Family Insurance - Michael Giovinazzo....62
Apitz Garage, Inc....54
Associated Eye Care, Lino Lakes....40
Bates Orthodontics....39
Blainbrook Entertainment Center....34
Blaine Area Pet Hospital....3
Blaine Brothers....20
Blaine Chiropractic Center....62
Blue Heron Grill....12
BNW Outdoor Solutions, LLC....44
Captar Private Weath....38
Carbone's Pizzaria Lexington....61
Carlson Toyota....22
Centennial Glass....22
Centennial Little League / Fast Pitch....50
Centennial Youth Hockey....36
Central McGowan....3
Change by Charity....62
Chet's Shoes LLC....53
Chill Boys....17
Chris Ahles State Farm....54
Circle Pines Barber Shop....29
Clive's Roadhouse Blaine....30
Commers Water....35
Crooked Lake Creamery....61
D&E Driving School....54
DKN Construction....6
DryTech Restoration & Construction....29
Engel & Volkers - Lindsay Bacigalupo....62
Enpro Inc....15
Fire Safety USA....40
Fogarty Arena....56
Gardner Builders....35
Gateway Fiber....6
Graphic Goat....10
Grey Duct Heating & Air conditioning....60
GVT Tire, Auto 7 Transmission - Blaine....60
Heartland Tire....61
Image Printing & Graphics....50
Invictus Brewing....29
Jen with State Farm....15
Jon Jellinger State Farm....34
Just Us Construction....42
KJ Branding....24
Lindsey's Cleaning....6
Malibu Aerospace....61
Mav City Restoration....44
Mint Salon....8
MN Yeti Lacrosse....35
Moe's Icehouse....34
Molin Concrete....3
Muffler Doctor - Circle Pines....48
Namyst Photography....52
Natural Environment Landscaping....54
Near Me Auto Service....22
North Pine Aggregate....35
Northern Chiropractic....58
NSC Sports Center....12
Nutrition Den....8
O'Hara & Hunter Consulting....52
On Time Bike Shop....8
On-Point Concrete Solutions....34
Optimal Performance Hockey....15
OS Hockey....55
Precision Tune Auto Care....24
Realty One Group - Choice - Ed Dropps....8
Renstrom Dental Studio....56
Ron Mikolai Home Team....20
Saint Paul Fire Local 21....53
Scooters by Super Rink....18
Skahan Sports Conditioning....17
Skate to Excellence....29
SLP Youth Hockey....46
Sophie's Squad....2
Steve's Appliances....3
T-Bird Express LLC Trucking....40
TC MedSpa....58
The Accelerated Team - Damien Troupe....44
The Boulevard Bar & Grill....41
The Cool Bus....15
The Training Room Chiropractic & Sports Med....63
Three Rivers Contracting....6
TJB Homes....44
Tom Holland State Farm....39
Twin Cities Eye Consultants....18
Twin Cities Sport Shop....40
Twin Oaks Dental....26
Village Orthodontics - Dr Andrew Wahl....55

Hockey Fans: The local companies who advertise in this program provide financial support to the Centennial Spring Lake Park Girls Hockey Program. Please show your appreciation by patronizing their businesses.



SENIOR * DEFENSE

Katie Ball

PREGAME SONG: GAS PEDAL **PREGAME MEAL:** JERSEY MIKES AND STARBUCKS **BEST SPORTS ADVICE GIVEN:** CONTROL WHAT YOU CAN CONTROL **YOUR HERO:** MOTHER & FATHER **IN 10 YEARS I SEE MYSELF:** STILL INVOLVED IN HOCKEY, HOPEFULLY WORKING IN SPORTS MEDICINE OR MEDICAL SALES **ADVICE FOR YOUNGER PLAYERS:** DON'T TAKE ANYTHING FOR GRANTED **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** TATE MCRAE **GOAL FOR THIS SEASON:** WIN THE STATE TOURNAMENT



SOPHOMORE * FORWARD

Keira Briggs

PREGAME SONG: YOU BROKE MY HEART **PREGAME MEAL:** CHICKEN AND RICE **BEST SPORTS ADVICE GIVEN:** WORK HARD EVEN WHEN NO ONE IS WATCHING **YOUR HERO:** MY PARENTS **IN 10 YEARS I SEE MYSELF:** TRAVELING & STARTING OFF ON MY CAREER **ADVICE FOR YOUNGER PLAYERS:** LOVING THE GAME WILL DRIVE YOUR DESIRE TO SUCCEED **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** BROCK FABER **GOAL FOR THIS SEASON:** INCREASE MY STRENGTH SKILL AND ENDURANCE



SOPHOMORE * DEFENSE

Annabelle Buccicone

PREGAME SONG: ANYTHING THAT'S ON **PREGAME MEAL:** PASTA **BEST SPORTS ADVICE GIVEN:** TRY YOUR BEST AND GOOD THINGS WILL COME YOUR WAY **YOUR HERO:** UNDECIDED **IN 10 YEARS I SEE MYSELF:** OUT OF COLLEGE WITH A DEGREE AND HOPEFULLY WITH A STEADY JOB **ADVICE FOR YOUNGER PLAYERS:** HAVE FUN, HOCKEY IS JUST A GAME NOT YOUR WHOLE LIFE **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** UNDECIDED **GOAL FOR THIS SEASON:** SCORE 10 GOALS



FRESHMAN * F/D

Piper Dahlberg

PREGAME SONG: DON'T HAVE ONE **PREGAME MEAL:** JERSEY MIKES **BEST SPORTS ADVICE GIVEN:** YOU'LL GET OUT OF IT WHAT YOU PUT INTO IT **YOUR HERO:** UNDECIDED **IN 10 YEARS I SEE MYSELF:** HELPING OTHERS **ADVICE FOR YOUNGER PLAYERS:** HAVE FUN **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** UNDECIDED **GOAL FOR THIS SEASON:** GET CLOSER TO NEW PEOPLE, AND CONTINUE TO GET BETTER

ENPRO INC >>> A Relentless Ally For American Manufacturing™

Keeping Industry in Motion

From filtration to process control, we make sure you get the right fit every time.

Chris Orlett
TECHNICAL SALES

Duluth, MN 55811
218 830 0503
Chris_Orlett@enproinc.com
www.enproinc.com



COOL BUS
GET IN
WHERE
YOU FIT IN
BUS RENTAL SERVICES
CALL/TEXT
612-369-3864
651-308-4108
*WEDDINGS*BIRTHDAYPARTIES *PARENTS NIGHT OUT
@TheCoolBus1

OPTIMAL PERFORMANCE HOCKEY DEVELOPMENT

Full-Day Summer Day Camps

AAA Programs

optimalperformancehockey.com
richard.kisskeys@gmail.com

Jen Korus Agency
State Farm®

Let's chat about your insurance needs, explore your options, and get you the quotes you deserve, all with a smile and maybe a little fun along the way.

651-739-9676
www.jenkorus.com
6776 Lake Dr Ste 240, Lino Lakes, MN 55014



FRESHMAN * FORWARD

Nora Dropps

PREGAME SONG: PRAISE BY ELEVATION WORSHIP **PREGAME MEAL:** PASTA **BEST SPORTS ADVICE GIVEN:** HARD WORK PAYS OFF **YOUR HERO:** JESUS **IN 10 YEARS I SEE MYSELF:** GRADUATED FROM COLLEGE AND LANDING MY DREAM JOB **ADVICE FOR YOUNGER PLAYERS:** ALWAYS WORK HARD AND GIVE 110% EVERY PRACTICE , EVERY GAME **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** UNDECIDED **GOAL FOR THIS SEASON:** CONTINUE TO IMPROVE MYSELF



FRESHMAN * GOALIE

Megan Fedor

PREGAME SONG: GLORILLA WATCHU KNOW ABOUT ME **PREGAME MEAL:** YOGURT WITH GRANOLA AND BLUEBERRIES **BEST SPORTS ADVICE GIVEN:** A GOOD GOALIE MAKES STOPS; A GREAT GOALIE MAKES SAVES **YOUR HERO:** JESUS CHRIST **IN 10 YEARS I SEE MYSELF:** A COLLEGE GRADUATE AND BEGINNING MY CAREER **ADVICE FOR YOUNGER PLAYERS:** THROUGH THE UPS AND DOWNS OF HOCKEY REMEMBER TO HAVE FUN **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** HALEY PHAM **GOAL FOR THIS SEASON:** USE MY TRAINING & TALENT TO HELP BUILD A STRONG HOCKEY TEAM



FRESHMAN * GOALIE

Megan Gatlin

PREGAME SONG: BOUND 2 **PREGAME MEAL:** CHIPOTLE **BEST SPORTS ADVICE GIVEN:** HARD WORK BEATS TALENT WHEN TALEN DOESN'T WORK HARD **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** GETTING MY FIRST JOB AT A HOSPITAL DURING MED SCHOOL **ADVICE FOR YOUNGER PLAYERS:** ENJOY PLAYING AND DON'T WORRY ABOUT THE OUTCOME **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** UNDECIDED **GOAL FOR THIS SEASON:** TO GET FOUR SOLO SHUT OUTS



FRESHMAN * FORWARD

Katie Genia

PREGAME SONG: NO BROKE BOYS **PREGAME MEAL:** CHIPOTLE **BEST SPORTS ADVICE GIVEN:** CONSISTENCY IS KEY **YOUR HERO:** GABBIE HUGHES **IN 10 YEARS I SEE MYSELF:** BEING A DOCTOR **ADVICE FOR YOUNGER PLAYERS:** WORK HARD AND ENJOY IT! **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** MADDIE ROONEY **GOAL FOR THIS SEASON:** TO GET BETTER AND BE MORE CONSISTENT EVERY GAME



SKAHAN SPORTS CONDITIONING

1321 Andover Blvd Ham Lake, MN 55304

Sean@SkahanSports.com


Twin Cities Eye
CONSULTANTS
COUGARS HANDLE THE ICE
WE HANDLE THE EYES
LASIK
Cataract
Glasses
Contacts
Eyecare
Schedule My Free LASIK Consultation
tcecmn.com
Twin Cities Eye Consultants
Proudly Sponsors
CENTENNIAL GIRLS
BLUE LINE CLUB
SLP


VISIT US AT 105TH & RADISSON
NEAR THE SUPER RINK
SKATE INTO AMAZING
Caramelicious
Cold Brew
Wild Berry Smoothie
Red Bull Infusion
Brewed Coffee
SCOOTER'S COFFEE
DOWNLOAD THE APP
and start collecting Smiles!
Level Up Your Rewards!
SCOOT ON AROUND™
RADISSON
105TH AVE
SUPER RINK



SENIOR * FORWARD

Alaina Gnetz

PREGAME SONG: ROCK THAT BODY **PREGAME MEAL:** GRILLED CHICKEN & PASTA **BEST SPORTS ADVICE GIVEN:** WORK HARD, BE PATIENT & TRUST THE PROCESS. ALWAYS BE THERE FOR YOUR TEAMMATES & ENJOY EVERY MOMENT ON THE ICE **YOUR HERO:** MY BROTHER TREY **IN 10 YEARS I SEE MYSELF:** INVOLVED IN HOCKEY- MAYBE SPORTS MANAGEMENT OR COACHING & HELPING GROW THE GAME FOR GIRLS **ADVICE FOR YOUNGER PLAYERS:** THE GRIND CAN BE TOUGH, BUT KEEP PUSHING AND REMEMBER TO HAVE FUN **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** CONNOR MCDAVID **GOAL FOR THIS SEASON:** WIN STATE



JUNIOR * FORWARD

Avery Growe

PREGAME SONG: BREAKING DISHES **PREGAME MEAL:** SPAGHETTI **BEST SPORTS ADVICE GIVEN:** PUSH YOURSELF TO IMPROVE EVERY TIME YOU STEP ON THE ICE **YOUR HERO:** MY PARENTS **IN 10 YEARS I SEE MYSELF:** WITH A HOUSE & A HUSBAND **ADVICE FOR YOUNGER PLAYERS:** LOOK FORWARD TO EVERY PRACTICE AND GAME **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** GABBIE HUGHES **GOAL FOR THIS SEASON:** TO SCORE TWICE THE NUMBER OF GOALS THAT I SCORED LAST SEASON



JUNIOR * FORWARD

Kaitlyn Hemr

PREGAME SONG: WHERE HAVE YOU BEEN **PREGAME MEAL:** PASTA **BEST SPORTS ADVICE GIVEN:** GOOD LUCK. DON'T SUCK. **YOUR HERO:** MY SISTER **IN 10 YEARS I SEE MYSELF:** HAPPY **ADVICE FOR YOUNGER PLAYERS:** YOU NEVER KNOW WHAT YOU HAVE UNTIL IT'S GONE **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** AUBREY REKER **GOAL FOR THIS SEASON:** TO HAVE FUN



FRESHMAN * FORWARD

Evelyn Herman

PREGAME SONG: SUPERSTAR **PREGAME MEAL:** JERSEY MIKES **BEST SPORTS ADVICE GIVEN:** DIG DEEP AND NEVER STOP **YOUR HERO:** MY DAD **IN 10 YEARS I SEE MYSELF:** STARTING A FAMILY **ADVICE FOR YOUNGER PLAYERS:** WORK HARD **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** BRYCE CRAWFORD **GOAL FOR THIS SEASON:** TO GET BETTER

WE ARE
HIRING!

Blaine Brothers Inc.
PARTS · SERVICE · TOWING

We offer a supportive work environment where you can build a fulfilling career while helping to drive the success of the transportation industry forward. Apply today and be a part of a team that values reliability, teamwork, and innovation in every mile we cover!

MONTHLY TECHNICIAN INCENTIVE PROGRAMS
CUSTOMIZABLE BENEFITS PACKAGES
401K RETIREMENT PROGRAM
GROWTH OPPORTUNITIES
FAMILY OWNED
TOP PAY

USA TODAY TOP WORK PLACES 2024 USA
USA TODAY TOP WORK PLACES 2025 USA



SCAN HERE TO VIEW OUR OPEN POSITIONS

TOP WORK PLACES 6 YEARS IN A ROW

kw KELLERWILLIAMS. PREMIER REALTY

Ron Mikolai
651-335-9351

Realtor Since 1977
Ron@IKnowThisArea.com
www.IKnowThisArea.com

Hockey ..... Cougars
Real Estate ... Ron Mikolai



IKnowThisArea.com
Ron Mikolai Home Team

REALTOR



FRESHMAN * FORWARD

Jozie Kelzenberg

PREGAME SONG: JESUS SAVES **PREGAME MEAL:** EGGS AND TOAST **BEST SPORTS ADVICE GIVEN:** YOUR HARDEST OPPONENT IS YOURSELF **YOUR HERO:** EMILY BROWN **IN 10 YEARS I SEE MYSELF:** STILL PLAYING HOCKEY **ADVICE FOR YOUNGER PLAYERS:** BELIEVE IN YOURSELF ALWAYS **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** GRACE LAAGER **GOAL FOR THIS SEASON:** WIN



JUNIOR * DEFENSE

Sammy Kelzenberg

PREGAME SONG: GLAMOROUS **PREGAME MEAL:** SMASH BOWL FROM CRISP & GREEN **BEST SPORTS ADVICE GIVEN:** IF YOU DON'T MAKE MISTAKES YOU CAN'T GET BETTER **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** WORKING IN FINANCE AND LIVING BY THE OCEAN **ADVICE FOR YOUNGER PLAYERS:** FOCUS ON THE POSITIVES OF EACH GAME AND PRACTICE **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** ALIX EARLE **GOAL FOR THIS SEASON:** MAKE IT BACK TO STATE



FRESHMAN * DEFENSE

Stella Kramer

PREGAME SONG: I DON'T HAVE ONE **PREGAME MEAL:** PASTA **BEST SPORTS ADVICE GIVEN:** TAKING A FEW DEEP BREATHS AFTER A BAD SHIFT HELPS YOU RESET AND GO INTO THE NEXT SHIFT FEELING BETTER **YOUR HERO:** BROCK FABER **IN 10 YEARS I SEE MYSELF:** PLAYING IN THE OLYMPICS AND PWHL **ADVICE FOR YOUNGER PLAYERS:** PUTTING IN THE EXTRA WORK LIKE STICK HANDLING AND SHOOTING MAKES A BIG DIFFERENCE **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** ABBEY MURPHY **GOAL FOR THIS SEASON:** GET STRONGER AND IMPROVE MY SHOT



JUNIOR * FORWARD

Grace Laager

PREGAME SONG: BEAUTY AND A BEAT **PREGAME MEAL:** IT VARIES BUT STARBUCKS/SCOOTERS BEFORE MOST GAMES **BEST SPORTS ADVICE GIVEN:** YOU ONLY HAVE SO MANY YEARS TO PLAY **YOUR HERO:** TREY GNETZ **IN 10 YEARS I SEE MYSELF:** TRAVELING THE WORLD **ADVICE FOR YOUNGER PLAYERS:** ENJOY ALL OF THE MOMENTS WTH YOUR FRIENDS **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** ALIX EARLE **GOAL FOR THIS SEASON:** TO HELP PUSH EVERYONE ON THE TEAM TO GET BETTER SO WE CAN HAVE THE BEST CHANCE AT WINNING STATE & ENJOYING MY LAST YEAR PLAYING WITH THE SENIORS.

CENTENNIAL GLASS
MOBILE AUTO GLASS SERVICE

Free Mobile Service.
We Come to You!

651.653.1777
www.centennialautoglass.com

we are approved by all insurance companies

NEAR-ME
AUTO SERVICE

GETTING YOU BACK ON THE ROAD.
SO YOU NEVER MISS A GAME!

Trusted local experts in:
- ✓ Vehicle Inspections
- ✓ Heating & Cooling
- ✓ Preventative Maintenance
- ✓ Diagnostics
- ✓ Fleet Service
- ✓ Brakes & Suspension

Women-owned. Community-driven. Always reliable.

7100 FAWN LAKE DR. NE
STACY, MN 55079
(651) 272-5316
JUST CALL MARY!





Carlson TOYOTA
OF COON RAPIDS

12880 RIVERDALE DR NW,
COON RAPIDS, MN 55448
[763]427-3200

Changing the Car Buying Experience



JUNIOR * DEFENSE

Erica Maida

PREGAME SONG: I DON'T HAVE ONE **PREGAME MEAL:** JERSEY MIKES AND STARBUCKS **BEST SPORTS ADVICE GIVEN:** PLAY WITH CONFIDENCE **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** STARTING A FAMILY & BEING A PILOT FOR DELTA **ADVICE FOR YOUNGER PLAYERS:** KEEP WORKING HARD AND DON'T GIVE UP **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** TBD **GOAL FOR THIS SEASON:** TO GET OVER 25 POINTS



JUNIOR * F/D

Ashlyn Neimy

PREGAME SONG: LIFE GOES ON **PREGAME MEAL:** STARBUCKS **BEST SPORTS ADVICE GIVEN:** ALWAYS KEEP YOUR HEAD UP **YOUR HERO:** MY DAD **IN 10 YEARS I SEE MYSELF:** BEING A NURSE **ADVICE FOR YOUNGER PLAYERS:** ALWAYS TRY YOUR BEST AND ALWAYS WORK **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** MEGAN MORONEY **GOAL FOR THIS SEASON:** PLAY AGGRESSIVE



FRESHMAN * DEFENSE

Amelya Nelson

PREGAME SONG: LOVE ME **PREGAME MEAL:** 3-4 HOURS BEFORE IT IS CHICKEN AND RICE AND 1-2 HOURS BEFORE IT'S A BAGEL OR SANDWICH **BEST SPORTS ADVICE GIVEN:** CONSISTENCY BEATS INTENSITY **YOUR HERO:** MY GRANDPA **IN 10 YEARS I SEE MYSELF:** WORKING AS AN ULTRA SOUND TECHNICIAN **ADVICE FOR YOUNGER PLAYERS:** ENJIY THE GAME FIRST, IF YOU ENJOY IT YOU'LL WANT TO WORK HARD TO BE THE BEST YOU CAN BE **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** GRIND4FUTURE2 - MOTIVATIONAL CLIPS **GOAL FOR THIS SEASON:** TO BE A TEAM PLAYER AND GIVE MY ALL



FRSHMAN * DEFENSE

Brenna Nowling

PREGAME SONG: NO BROKE BOYS **PREGAME MEAL:** PASTA **BEST SPORTS ADVICE GIVEN:** THE BEST PLAYERS ARE CONSISTENT WHEN THEY PLAY **YOUR HERO:** JESUS **IN 10 YEARS I SEE MYSELF:** HAVE A FAMILY & A HOUSE **ADVICE FOR YOUNGER PLAYERS:** HARD WORK PAYS OFF - DON'T GET DOWN ON YOURSELF **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** BRYCE CRAWFORD **GOAL FOR THIS SEASON:** IMPROVE IN ON AND OFF THE ICE TRAINING


MAINTENANCE
Precision Tune Auto Care
Precision Tune Auto Care
PAUL'S
Precision Tune Auto Care
LOCALLY FAMILY OWNED SINCE 2004!
PROUD SUPPORTER OF CENTENNIAL SPRING LAKE PARK GIRLS HOCKEY!
MENTION THIS AD AND RECEIVE 10% OFF ANY SERVICE! (EXCLUDING TIRES)
24/24
24 MONTHS 24,000 MILES
Address
7910 Lake Drive, Lino Lakes
Telephone
(651) 784-1100


KJ BRANDING
KARL JAEGER BRANDING
DESIGN | CREATE | INSTALL
#DesignCreateInstall
WE ARE CENTENNIAL STATE APPEARANCES
MINNESOTA FROST
STATE APPEARANCES
ANDOVER HUSKIES
HOCKEY
EXCELLENCE
763.682.3127 · INFO@KJBRANDING.COM · WWW.KJBRANDING.COM
215 ATLAS AVE. NE BUFFALO, MN



FRESHMAN * F/D

Grace O'Neill

PREGAME SONG: DON'T STOP THE MUSIC **PREGAME MEAL:** AVOCADO TOAST **BEST SPORTS ADVICE GIVEN:** PLAY TO THE WHISTLE **YOUR HERO:** MY GRANDMA **IN 10 YEARS I SEE MYSELF:** FINISHING LAW SCHOOL **ADVICE FOR YOUNGER PLAYERS:** LISTEN TO YOUR COACHES **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** MN WILD **GOAL FOR THIS SEASON:** WORK ON GETTING A STRONGER SLAPSHOT



SOPHOMORE * GOALIE

Maddie Orlett

PREGAME SONG: FIRST PERSON SHOOTER **PREGAME MEAL:** MAC & CHEESE **BEST SPORTS ADVICE GIVEN:** BE A GOLDFISH **YOUR HERO:** MY PARENTS **IN 10 YEARS I SEE MYSELF:** IN LAW SCHOOL **ADVICE FOR YOUNGER PLAYERS:** ALWAYS TRY HARD EVERY PRACTICE & GAME BECAUSE YOU NEVER KNOW WHEN IT WILL BE YOUR LAST **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** MADDIE ROONEY **GOAL FOR THIS SEASON:** TO MAKE IT TO THE STATE TOURNAMENT



FRESHMAN * DEFENSE

Abby Peltier

PREGAME SONG: SOMETHING BY DRAKE **PREGAME MEAL:** JERSEY MIKES SANDWICH **BEST SPORTS ADVICE GIVEN:** YOU ARE ONLY AS GOOD AS THE WORK YOU PUT IN **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** IN COLLEGE TO BE A DOCTOR **ADVICE FOR YOUNGER PLAYERS:** HAVE FUN, BUT KEEP FOCUS **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** ANY HOCKEY TRAINING ACCOUNTS ON INSTAGRAM **GOAL FOR THIS SEASON:** TO PLAY WITH VARSITY



SENIOR * FORWARD

Ella Perreault

PREGAME SONG: WHATEVER IS BEING PLAYED IN THE LOCKER ROOM **PREGAME MEAL:** SALAD OR JERSEY MIKES **BEST SPORTS ADVICE GIVEN:** NEVER STOP WORKING HARD, IT WILL PAY OFF **YOUR HERO:** MY PARENTS **IN 10 YEARS I SEE MYSELF:** HAVING A JOB IN THE MEDICAL FIELD & STARTING A FAMILY **ADVICE FOR YOUNGER PLAYERS:** ENJOY EVERY MOMENT, IT GOES BY QUICK **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** ANA STOWELL **GOAL FOR THIS SEASON:** BE A LEADER & ALWAYS WORK HARD





OUR SERVICES

DENTAL SERVICES

AtTwinOaks, weknow your oral health doesn't live insidea box; we're your partners in upgrading your oral health and overall well-being.

WELLNESS MINDED

Weare your dedicated partners innurturing your holistic well-being. When you step through our doors, you're embarking on a transformative journey towards total wellness.

ESTHETIC SERVICES

Whether you'revisitingusfor advanced skincare treatments, regenerative therapies, or wellness-driven esthetic services like filler and wrinkle-relaxers, you'll experience a level of care that's not only skin-deep — it's genuinely soul-deep.

contactus@twinoaksdental.com
763-757-8253 - call or text
@twinoaksdental @twinoakswellness

SCAN TO BOOK DENTAL

#24



SENIOR * DEFENSE

Melanie Reff

PREGAME SONG: JEALOUS **PREGAME MEAL:** JERSEY MIKES **BEST SPORTS ADVICE GIVEN:** DON'T LET UNDER PERFORMANCE CONSUME YOU, JUST KEEP WORKING YOUR HARDEST **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** AN ENGINEER LIVING ON A LAKE WITH A HAPPY FAMILY **ADVICE FOR YOUNGER PLAYERS:** ENJOY EACH YEAR & TAKE ADVANTAGE OF IT. IT REALLY DOES GO BY FAST **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** @PREPPYCUBAN **GOAL FOR THIS SEASON:** HAVE THE MOST FUN SEASON AND WORK AS HARD AS I CAN.

#8



SENIOR * DEFENSE

Aubrey Reker

PREGAME SONG: HEADLINES **PREGAME MEAL:** ENCHILADAS **BEST SPORTS ADVICE GIVEN:** GO HARD AND HAVE FUN **YOUR HERO:** MY PARENTS **IN 10 YEARS I SEE MYSELF:** WORKING AS A PEDIATRIC NURSE AT A CHILDREN'S HOSPITAL **ADVICE FOR YOUNGER PLAYERS:** JUST HAVE FUN **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** KATIE HEMR **GOAL FOR THIS SEASON:** TO GET BETTER

#38



SOPHOMORE * FORWARD

Khloe Reker

PREGAME SONG: PUMP IT UP **PREGAME MEAL:** ZUPA'S **BEST SPORTS ADVICE GIVEN:** HAVE FUN AND PLAY YOUR GAME NO MATTER WHAT **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** HAPPY WITH MY FAMILY AND MY FRIENDS **ADVICE FOR YOUNGER PLAYERS:** JUST HAVE FUN WHILE YOU'RE PLAYING BECAUSE IT IS NOT AS SERIOUS AS IT SEEMS **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** THE STURNIOLO TRIPLETS **GOAL FOR THIS SEASON:** TO GET BETTER AT SHOOTING

#23



SENIOR * FORWARD

Lilly Renslow

PREGAME SONG: DREAMS AND NIGHTMARES **PREGAME MEAL:** A PIECE OF TOAST **BEST SPORTS ADVICE GIVEN:** LET'S GO BOOM ROAST - SEAN MOLIN **YOUR HERO:** JAD RAMSEY **IN 10 YEARS I SEE MYSELF:** ONE DAY AT A TIME **ADVICE FOR YOUNGER PLAYERS:** HARD WORK PAYS OFF. ANYTHING IS POSSIBLE IF YOU WORKL FOR IT AND STAY FOCUSED **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** MINNESOTA WILD **GOAL FOR THIS SEASON:** TO WIN STATE



JUNIOR * FORWARD

Hailey Schwartz

PREGAME SONG: HEATIN UP **PREGAME MEAL:** JIMMY JOHNS **BEST SPORTS ADVICE GIVEN:** HARD WORK BEATS TALENT WHEN TALENT REFUSES TO WORK HARD **YOUR HERO:** MY PARENTS **IN 10 YEARS I SEE MYSELF:** BIG HOUSE & A FAMILY **ADVICE FOR YOUNGER PLAYERS:** DON'T LET THE NEGATIVES GET TO YOU, ALWAYS FOCUS ON THE POSITIVES **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** TBD **GOAL FOR THIS SEASON:** GIVE IT MY ALL



JUNIOR * DEFENSE

Kara Shea

PREGAME SONG: REVOLVING DOOR **PREGAME MEAL:** JERSEY MIKES **BEST SPORTS ADVICE GIVEN:** NEVER GIVE UP EVEN WHEN IT GETS HARD **YOUR HERO:** MY PARENTS **IN 10 YEARS I SEE MYSELF:** BEING A SPORTS MEDICINE PHYSICIAN **ADVICE FOR YOUNGER PLAYERS:** MAKE TOMORROW A NEW DAY **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** TATE MCRAE **GOAL FOR THIS SEASON:** TO ALWAYS BE POSITIVE



SENIOR * FORWARD

Ayla Specht

PREGAME SONG: JEALOUS **PREGAME MEAL:** JERSEY MIKES AND SCOOTERS **BEST SPORTS ADVICE GIVEN:** TO BE A KIND, POSITIVE TEAMMATE **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** LIVING ON A LAKE ACROSS FROM MELANIE **ADVICE FOR YOUNGER PLAYERS:** TO MAKE MEMORIES WITH YOUR TEAMMATES/ BEST FRIENDS YOU'LL REMEMBER FOREVER **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** MELANIE REFF **GOAL FOR THIS SEASON:** GO TO STATE AGAIN



SOPHOMORE * FORWARD

Mia Sutch

PREGAME SONG: NO HANDS **PREGAME MEAL:** JERSEY MIKES, CHIPS & A STARBUCKS BLUEBERRY MUFFIN **BEST SPORTS ADVICE GIVEN:** YOU'VE PLAYED A THOUSAND OTHER GAMES BEFORE, IT'S JUST ANOTHER GAME **YOUR HERO:** MY PARENTS **IN 10 YEARS I SEE MYSELF:** MARRIED TO AN NHL PLAYER **ADVICE FOR YOUNGER PLAYERS:** BE A GOOD PERSON NOT JUST A GOOD PLAYER **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** ASHLEY MOLIN **GOAL FOR THIS SEASON:** BE A PLAYER YOUTH PLAYERS LOOK UP TO AND WANT TO BE LIKE

DryTech

Restoration and Construction Services

13483 Fenway Blvd. Circle N. Hugo,
Minnesota 55038
651. 429. 8444 phone
651. 429. 8451 fax

- Water and fire damage restoration
- Certified mold remediation
- Storm damage repairs
- Licensed construction and remodeling contractor
- Moisture and humidity control
- Complete disaster recovery
- MN contractors license:BC457802

24-Hour Emergency Service

Proud sponsor of Centennial youth sports



Circle Pines Barber Shop

Mon - Fri 8:00 - 6:00
Saturday 8:00 - 4:00

612-401-1960

"Nothing Fancy...Just Good Haircuts"

Walk-Ins Welcome

(612) 401-1960

INVICTUS
BREWING CO.
— BLAINE, MN —

On Site Kitchen

Family Friendly

2025 105th Ave NE
Blaine, MN 55449
www.InvictusBrewingCo.com

Scan the QR Code below to join the waitlist and track your spot in line!

SKATE TO EXCELLENCE

www.SkatetoExcellence.com


Put your plans on ice and come to
CLIVE'S ROADHOUSE
BLAINE
* Outdoor Patio
* Fresh & Tasty Casual American Comfort Food
* Hand-Crafted Brews, Quality Wines & Speciality Cocktails
* Warm, Inviting and Comfortable
* Family Friendly with Large Party Capacity
* Great Music & Plenty of TVs for Sports Viewing
* Incredible Food & Drink Specials
* Free Popcorn
10400 Baltimore St NE
Blaine, MN 55449
763-951-3406
www.clivesroadhouse.com
Clive's Roadhouse... "Not Fancy; Fresh & Fun!"



JUNIOR * DEFENSE

Brooke Ueland

PREGAME SONG: TIME OF OUR LIVES **PREGAME MEAL:** JERSEY MIKES AND STARBUCKS **BEST SPORTS ADVICE GIVEN:** "MAKE EVERY CHANCE YOU HAVE A BOOM ROAST" -SEAN MOLIN **YOUR HERO:** MY MOM & DAD **IN 10 YEARS I SEE MYSELF:** WITH A JOB & A FAMILY **ADVICE FOR YOUNGER PLAYERS:** DON'T EVER TAKE THE TIME YOU HAVE TO PLAY HOCKEY FOR GRANED, IT GOES BY QUICK **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** CENTENNIAL BARSTOOL **GOAL FOR THIS SEASON:** TO MAKE A BIG IMPACT IN EVERYTHING I DO



FRESHMAN * FORWARD

Avery Wagner

PREGAME SONG: NO BROKE BOYS **PREGAME MEAL:** PASTA ALFREDO **BEST SPORTS ADVICE GIVEN:** JUST DON'T GIVE UP AND PUSH YOURSELF **YOUR HERO:** GABBIE HUGHES **IN 10 YEARS I SEE MYSELF:** PLAYING IN THE PWHL **ADVICE FOR YOUNGER PLAYERS:** WHEN YOU THINK YOU CAN'T GIVE ANY MORE EFFORT, YOU ALWAYS CAN **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** MADDIE ROONEY **GOAL FOR THIS SEASON:** TO PLAY VARSITY HOCKEY



JUNIOR * GOALIE

Kaia Weiland

PREGAME SONG: MASSIVE **PREGAME MEAL:** SALMON AND VEGETABLES **BEST SPORTS ADVICE GIVEN:** WINNING ISN'T EVERYTHING, BUT WANTING TO IS **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** TRAVELING THE WORLD, EMPLOYED & HAPPY **ADVICE FOR YOUNGER PLAYERS:** FAILURE IS THE FIRST STEP TOWARDS SUCCESS **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** ALIX EARLE **GOAL FOR THIS SEASON:** WIN THE STATE CHAMPIONSHIP!



JUNIOR * FORWARD

Maddie Wolter

PREGAME SONG: PITCH PERFECT RIFF OFF **PREGAME MEAL:** PB PROTEIN BALLS & PICKLES **BEST SPORTS ADVICE GIVEN:** YOUR BODY LANGUAGE SPEAKS BEFORE YOUR SKILLS DO **YOUR HERO:** MY MOM **IN 10 YEARS I SEE MYSELF:** GRADUATING FROM MEDICAL SCHOOL **ADVICE FOR YOUNGER PLAYERS:** EMBRACE EVERY OPPORTUNITY, BECAUSE IT WON'T ALWAYS BE THERE **FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA:** ALIX EARLE **GOAL FOR THIS SEASON:** PLAYING FEARLESS. NOT WORRYING ABOUT MISTAKES OR WHO'S WATCHING, JUST GOING ALL OUT AND TRUSTING MY GAME.


CENTENNIAL SPORTS ARENA
SHOTS ON GOAL
CSLP
20
20:25
PERIOD 1
HOCKEY
26
SHOTS ON GOAL
PLAYER
PENALTY
CENTENNIAL HOCKEY
PLAYER
PENALTY
Serving Safely Since 1917
Join our Team minnesotacoaches.com
Go Cougars!!
SUMMIT ORTHOPEDICS
Raising Cane's CHICKEN FINGERS
Serving Safely Since 1917
Join our Team minnesotacoaches.com
Go Cougars!!
CENTENNIAL
2007-08
PARTICIPANT
AA GIRLS HOCKEY
CENTENNIAL
2017-18
STATE TOURNAMENT
RUNNER-UP
AA GIRLS HOCKEY
CENTENNIAL
2003-04
STATE CHAMPIONS
AA BOYS HOCKEY


CENTENNIAL
2012-13
STATE TOURNAMENT
AA BOYS HOCKEY
CENTENNIAL
2013-14
STATE TOURNAMENT
AA BOYS HOCKEY
CENTENNIAL
2017-18
STATE TOURNAMENT
AA BOYS HOCKEY

THE JELLINGER AGENCY

StateFarm®

We're a locally owned business who thrives on helping people reach their goals and protect their dreams.

952-545-5820

www.jellingerinsurance.com

3515 Plymouth Blvd Suite 104, Plymouth, MN 55447

EST. 2021
MOE'S ICEHOUSE

YOUR ONE-STOP SHOP FOR HOCKEY, FOOD & BEVERAGES!





(763)-233-0699
9250 LINCOLN STREET NE BLAINE, MN 55434

BLAINBROOK
763-755-8686
12000 Central Ave. Blaine, MN 55434

Brookhall
Event Center
763-755-8731
11930 Central Ave NE Blaine, MN 55434
www.blainbrookbowl.com

ON-POINT
CONCRETE SOLUTIONS
VETERAN OWNED & OPERATED

651-341-1795
Onpointcsmn@gmail.com

MINNESOTA YETI LACROSSE

The Minnesota Yeti is a girls traveling lacrosse squad based in the Northern Minneapolis suburbs. The Yeti practice together summer and fall with training opportunities in the winter. The Yeti participate in local and regional tourneys for players 8th through 12th grade levels. Additionally, Yeti staff offer training clinics open to all youth and high school girls lacrosse players at various times throughout the year.

WWW.MINNESOTA-YETI-GIRLS-LACROSSE.SPORTNGIN.COM

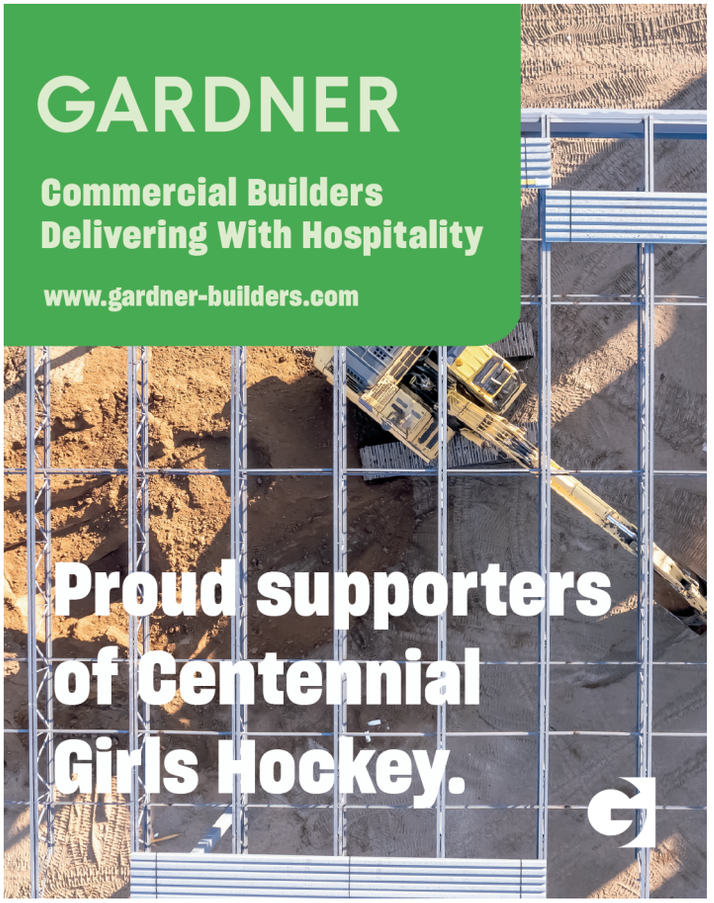
NORTH PINE AGGREGATE INC.
EXCAVATING CONTRACTORS

ROCK TO ROAD
We Deliver Quality!

14551 Lake Drive
Forest Lake, MN 55025
651-464-6802

WWW.NCAIC.NET







PROUD SUPPORTER OF THE CENTENNIAL-SPRING LAKE PARK GIRLS HIGH SCHOOL HOCKEY PROGRAM







CENTENNIAL YOUTH HOCKEY

FOLLOW US ON SOCIAL MEDIA

STAY CURRENT WITH CENTENNIAL YOUTH HOCKEY EVENTS, ACCOLADES, COMMUNICATIONS AND MORE BY CONNECTING WITH US ON FACEBOOK, TWITTER, AND INSTAGRAM

WWW.CENTENNIALHOCKEY.ORG



Seniors



ALAINA GNETZ, MELANIE REFF, KATIE BALL, ELLA PERREAULT, AYLA SPECHT, LILLY RENSLOW, AUBREY REKER


CAPTAR
PRIVATE WEALTH



Tom Holland Agency

763-755-8680

HOLLANDAGENCY.NET

BATES ORTHODONTICS

It's about your Smile

Sean P. Bates DDS, MDS

Hugo Office
14755 Victor Hugo Blvd.
Suite 103
Hugo, MN 55038
(651) 429-0094

Minneapolis Office
2701 University Ave. SE
Suite 101
Minneapolis, MN 55414
(612) 379-2424

Web Address: BatesOrtho.com
E-mail Address: bracedandwired1@yahoo.com

www.TwinCitiesSportShop.com

TWIN CITIES SPORT SHOP

Your Hometown Sport Shop

7860 Lake Dr. NE, Suite 2
Lino Lakes, MN 55014

TwinCitiesSportShop
TwinCitiesSportShop

GO COUGARS!

• TEAM APPAREL • EMBROIDERY •
• SCREEN PRINTING •

Associated Eye Care

Call To Schedule Or Book An Appointment Online
651.275.3000 | associatedeyecare.com
Same Day Appointments Available!



I JUST GOT MY
EYES CHECKED
Now Offering Non-Dilated Exams With Optomap®!

Glaucoma | Pediatrics | Retina | Dry Eye | LASIK | Corneal Disorders
Advanced Cataract Surgery | Eye Alignment | Eye Lid Surgery | Well Vision

STILLWATER LINO LAKES WOODBURY NEW RICHMOND HUDSON

T-Bird Express Trucking is proud to support Centennial-Spring Lake Park Girls High School Hockey

T-Bird Express LLC

Joe Martin
701-371-6088

FIRE SAFETY U.S.A.

1-877-699-3473

www.firesafetyusa.com



Section Results

2024 -2025	Section 5 AA Champions
2023 -2024	Section 5 AA Runner-Up
2022 -2023	Section 5 AA Champions
2021 -2022	Section 5AA Runner-Up
2020 -2021	Section 5AA Champions
2019 - 2020	Section 5AA 1st Round
2018 - 2019	Section 5AA Runner-Up
2017 - 2018	Section 5AA Champions
2016 - 2017	Section 5AA Semifinals
2015 - 2014	Section 5AA Runner-Up
2014 - 2015	Section 5AA Runner-Up
2013 - 2014	Section 5AA Semifinals
2012 - 2013	Section 5AA Semifinals
2011 - 2012	Section 5AA 1st Round
2010 - 2011	Section 5AA Semifinals
2009 - 2010	Section 5AA Runner-Up
2008 - 2009	Section 5AA Semifinals
2007 - 2008	Section 5AA Champions
2006 - 2007	Section 3AA Runner-Up
2005 - 2006	Section 3AA Semifinals

State Appearances

2024 - 2025	State AA Participant
2022 - 2023	State AA Participant
2020 - 2021	State AA Participant
2018 - 2019	State AA Runner-Up
2007 - 2008	State AA 6th Place
2004 - 2005	State AA Cons Champs

Best Team Record

Years	Record	Pts
2024 -2025	25 - 4 - 0	52 pts
2017 -2018	25 - 4 -1	51 pts
2023 -2024	24 - 2 - 2	50 pts
2007 - 2008	25 - 6 - 0	50 pts
2004 - 2005	24 - 6 -1	49 pts
2023 - 2004	22 - 3 - 2	46 pts
2006 - 2007	22- 5 - 1	45 pts
2022 - 2023	21- 8 - 1	43 pts
2014 - 2015	21 - 7 - 1	43 pts
2008 - 2009	20 - 4 - 3	43 pts
2015 - 2016	19 - 7 - 2	40 pts
2005 - 2006	19 - 6 - 2	40 pts

Coaching Records

Head Coach	Years	GP	W	L	T	GF	GA	Win %
Mike Diggins	1999 - 2010	327	210	98	19	971	551	64%
Sean Molin	2011 - 2012	137	105	28	4	551	244	77%
Kristi King	2020 - 2025	141	93	42	6	537	298	66%
Scott Nichols	1995 - 1999	96	42	43	11	246	219	44%
Mark Domschot	2010 - 2012	71	29	25	17	91	74	41%
David Cole	2018 - 2020	54	25	26	3	139	137	46%
Dale Singer	2012 - 2013	27	8	18	1	54	66	30%

Varsity Team Records

Goals Scored		Goals Against		Shots	
2024 -2025	154	2003 - 2004	32	2024 -2025	1273
2017 -2018	135	2023 - 2024	33	2022 -2023	1119
2016 -2017	133	1998 - 1999	34	2023 -2024	1095
2003 -2004	124	2005 - 2006	36	2004 - 2005	940
2023 - 2024	118	2024 -2025	40	2017 - 2018	903
2022 - 2023	118	2017 -2018	42	2003 - 2004	875
2006 - 2007	118	2006 -2007	42	2010 - 2011	865
2007 -2008	111	2001 - 2002	45	2021 - 2022	864



Just Us
CONSTRUCTION & RESTORATION, INC.

Just Us Construction and Restoration, Inc. is a locally owned and operated Restoration and Construction company with over 20 years of experience. We service all communities throughout the Minneapolis/St. Paul Metro area. Just Us provides complete care from start to finish of any restoration or construction project. We utilize the most innovative and state-of-the-art equipment in the industry to get you quality results, as fast and efficiently as possible.

- 24/7 Emergency Service
- At Your Property in 90 Minutes or Less for Emergency Services
- BBB Accredited Business with an A+ Rating
- EPA Lead-Safe Certified Firm
- IICRC Certified Company
- Licensed, Bonded, and Insured
- Mitigation Services and Repairs
- Financing Available
- Over 20 Years of Experience
- Locally Owned and Operated



Contact Us at:

Phone
612-442-9441

Website
www.justusrestoration.com





Alaina Gnetz

Plans for Next Year: Attending UMD & playing hockey
Favorite Hockey Memory: Winning the USA Hockey National Tournament last year with my Elite League team
Other Sports: None
What I'll miss most about CSLP Hockey: My friends





Aubrey Reker

Plans for Next Year: Go to college for nursing to become a pediatric nurse
Favorite Hockey Memory: out of town tournaments in youth hockey and the locker room before games
Other Sports: Soccer & Lacrosse
What I'll miss most about CSLP Hockey: The people and the games

BNW
Outdoor Solutions

Tree & Shrub Removal, Tree Trimming & Pruning, Sump Grinding, Spring & Fall Cleanups, Junk Removal and Demolition

612-703-8624

bnwoutdoorsolutions.com

Hail • Wind • Water
Roof & Exterior Repairs

MAV CITY
RESTORATION INC

Local • Trusted • Reliable

CALL BUCKY JOHNSON TODAY!

(651) 440-8445

Fast Response • Quality Work • Peace of Mind



THINKING ABOUT BUYING OR SELLING?

THE ACCELERATED TEAM

DAMIEN TROUPE
THE ACCELERATED TEAM
612.819.4284
DAMIEN.TROUPE@CBREALTY.COM
WWW.THEACCELERATEDTEAM.COM

Kitchens * Master Suites * Lower-Levels * Porches * Additions * Custom Spaces

TJB REMODELING & DESIGN

REINVENT • *REVIVE* • REDESIGN



TJB HOMES & REMODELING

763-780-2944
TJBREMODELING.COM
QB102000





Ayla Specht

Plans for Next Year: Attend a four year college and study biology and pre-dental
Favorite Hockey Memory: Friends I've made & going to state
Other Sports: Soccer
What I'll miss most about CSLP Hockey: My best friends/teammates & Jad





Ella Perreault

Plans for Next Year: Further my academic & athletic career at the University of Wisconsin River Falls
Favorite Hockey Memory: Going to state my junior year
Other Sports: None
What I'll miss most about CSLP Hockey: How fun our team is and how we are like a family.

SLP HOCKEY

Proud Supporters of the Centennial – Spring Lake Park Girls Program

BEST OF LUCK this Season!



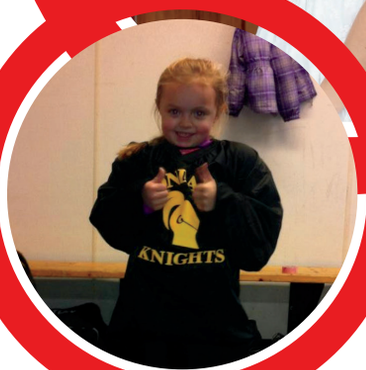




Katie Ball

Plans for Next Year: Attend University of Wisconsin River Falls & play hockey
Favorite Hockey Memory: Winning the section final against Maple Grove Freshman Year
Other Sports: None
What I'll miss most about CSLP Hockey: My teammates





Lilly Renslow

Plans for Next Year: I plan to play hockey at the collegiate level and pursue a degree in business
Favorite Hockey Memory: Beating Maple Grove my freshman and junior years to go to State
Other Sports: Softball
What I'll miss most about CSLP Hockey: The way our team is like a family and our compete level

Muffler Doctor
Auto Clinic



Complete undercar
& maintenance
specialists

9340 North Highway Dr
Circle Pines, MN 55014
Phone: 763-780-5958

Craig Muntifering
Owner





Melanie Reff

Plans for Next Year: Engineering at hopefully UW Madison or Iowa State

Favorite Hockey Memory: Meeting my best friend Ayla and all the fun memories in the locker room and at state

Other Sports: Lacrosse

What I'll miss most about CSLP Hockey: The people and how fun and close our team is

ALUMNI IN COLLEGE HOCKEY

Player	Class	College / University
Shannon Mikel	1999	Univ of MN Duluth
Courtney Carniff	1999	Mankato St / UW River Falls
Danielle Mikolai	2000	St. Thomas
Theresa Guidon	2004	UW Eau Claire
Jamie Cincotta	2004	UW Superior
Jess Tyra	2005	Bemidji St. / UW Superior
Amy Danielson	2005	Finlandia Univ
Megan Sandell	2006	UW River Falls
Kellye Nelson	2006	UW Stevens Point
Alannah McCready	2006	Univ. of Wisconsin
Keeta Koalska	2007	Bemidji St. / Syracuse Univ
Lauren Conrad	2007	UW River Falls
Kayla Chilstrom	2007	UW Superior
Justina DeBruzzi	2008	St. Thomas
Cassi Carpenter	2008	UW Stevens Point
Sarah Armstrong	2008	St. Thomas
Sonya DeBruzzi	2010	St. Scholastica
Sara Hanna	2010	Sacred Heart Univ
Jocie Slattery	2010	Connecticut / Lindenwood
Lauren Schweppe	2011	UW River Falls
Megan Lawry	2012	St. Benedict / Hamline
Kayla Fuechtmann	2012	Augsburg
Katie Armstrong	2012	St. Benedict

Player	Class	College / University
Lauren Kolak	2013	Bethel
Maria Piette	2013	NDSU (ACHA Club)
Kayla Sinna	2013	UW River Falls
Phaylen Meyer	2014	St. Thomas
Shelby Axt	2015	UMD (ACHA Club)
Annie Juergens	2016	Hamline / Augsburg
Gabbie Hughes	2018	Univ of MN Dultuh
Anneke Linser	2018	Univ of MN Dultuh
Emily Nadeau	2018	St. Thomas
Maija Almich	2019	St. Thomas
Abbey Eichelberger	2019	Northland College
Allison Pitlick	2020	St. Thomas
Abby Elliott	2021	Gustavus Adolphus
Megan Goodgreau	2022	UW River Falls
Grace Torma	2022	UW Stevens Point
Lauren O'Hara	2023	Univ of MN / Vermont
Hannah Thompson	2023	Gustavus Adolphus
Kaitlin Groess	2024	Bemidji State
Noelle Hemr	2024	Gustavus Adolphus
Ellie Newpower	2024	St. Michaels / Hamline
Teagan Kulenkamp	2025	St. Thomas
Alexis Larsen	2025	UW River Falls


Centennial Lakes
Little League & Fastpitch
Go Cougars!
Serving the youth in the Lino Lakes area for 67 years.
2026 Registration Opens Dec 1st
CentennialLakesLittleLeague.org


Fulfill all your printing, copying, and graphic needs under one roof. Whether you're in need of budget-friendly copies, expansive outdoor banners and decals, or professional graphic design, we have you covered!
IMAGE
PRINTING & GRAPHICS
763-784-6199
www.imageprintingmn.com
info@imageprintingmn.com
9 Golden Oak Drive
Circle Pines, MN 55014
Like us on Facebook
Follow us on Twitter!
Circle Pines
Lexington Ave.
Lake Drive
35W
Golden Oak Drive
85th Avenue NE
PROUD SPONSORS OF GIRL'S HOCKEY!

Ice Hockey Officials' Signals



Boarding
Strike the clenched fist of one hand into the open palm of the other hand directly in front of the chest.



Butt-Ending
A crossing motion of the forearms, one moving under the other.



Charging
Rotating clenched fists around one another in front of chest.



Checking
(Women's Only)
The nonwhistle hand is placed on the shoulder and then moved out and to the side.



Clipping
Keep both skates on the ice when signaling, using right hand on the leg.



Contact to the Head
Extend arm above head and tap head with open palm.



Cross-Checking
A single forward and back motion with both fists clenched in front of the chest.



Delayed Calling of Penalty
Extend arm to upright position.



Delayed Offsides
Extend arm in the air and point to line with other arm.



Delay of Game
The nonwhistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



Elbowing
Tapping either elbow with the opposite hand.



Fighting/ Punching
A double "punching" motion with fist clenched, fully extended in front of the body.



Roughing
Fist clenched, fully extending arm from the side.



Goal Scored
Point at the net with the nonwhistle hand, palm open.



Grasping the Face Mask
A single or double motion as if grasping a face mask and pulling it down.



Hand Pass
The nonwhistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



High-Sticking
Holding both fists, clenched, one a short space immediately above the other to the side of the head.



Hitting From Behind
Arm placed behind the back, elbow bent, forearm parallel to the ice surface.



Holding
Clasp wrist of whistle hand with the other hand well in front of the chest.



Holding the Stick
Clasp wrist of whistle hand with the other hand well in front of the chest. Next, hold both fists, clenched, one a short space in front of the other at waist height.



Intentional Offside
After blowing whistle for offside, point toward offending team's special spot with nonwhistle hand.



Interference
Crossed arms with fists clenched stationary in front of chest.



Hooking
A series of tugging motions with both arms, as if pulling something toward the stomach.



Icing
The backofficial signals the icing situation by fully extending his free arm (without whistle) at a 66° angle

The front official shall indicate the icing is completed by extending his free arm over his head, up straight, and blowing his whistle.

The back official then will move to the faceoff spot and cross arms to indicate the icing.





Timeout/ Unsportsmanlike Conduct
Using both hands to form a "T" in front of the chest.



Tripping
Keep both skates on the ice when signaling, using right hand on the leg.



"Wash-out"
Both arms swung shoulder height, not waist height.



Kneeing
A single slapping of the right palm to the left knee, keeping both skate blades on the ice.



Misconduct
Hands should be moved once from sides down to hips. Thus, point to player first, hands to hips second.



Obstruction
Hands in the middle of the body in the shape of an "O". Additional infraction following obstruction.



Penalty Shot
Arms crossed (fists clenched) above the head.



Spearing
A single jabbing motion with both hands together, thrust forward in front of the chest, then dropping hands to the side.



Slashing
One shop with the nonwhistle hand across the straightened forearm of the other hand.

O'HARA & HUNTER
CONSULTING, INC.

THE BEST SERVICE POSSIBLE TO INJURED WORKERS

Licensed Qualified Rehabilitation Consultant Firm

Providing Vocational Rehabilitation Services to Injured Workers

Medical Case Management * Transferable Skills Analysis * Vocational Testing
Job Analysis * Job Seeking Skills Training * Resume Preparation
Computerized Job Matching * Vocational & Long-Term Disability Evaluations

OHARAHUNTER.COM

550 Village Ctr. Dr., Ste. #200 * North Oaks * 651-483-5506





Good Luck to Our CSLP Youth Players & their teams this season, and to the many others girls playing on mite teams... Have a great season!

8U Futures
Hailey Beulke
Lillian Carlson
Emily Fettig
Etta Hall
Rosalie Kerr
Mila Martinez
Sena Miedaner
Laurel Nelson
Mildred Prall
Emma Rice
Letty Samson
Shannon Smith
Annie Vulcan

8U B Gray
Leighton Bayer
Scout Boss
Lilian Busse
Katherine Carlson
Payton Dixon
Gianna Farah
Naomi Ferk
Quinn Fisher
Thea Kerr
Sloane Nyre
Devyn Odegard
Madelyn Sayre
Olivia Schugel

8U B Red
Kallyn Jenner
Eloise Shamp
Luella Hambly
Sophie Cokley
Scout Trygstad
Accalia Bisek
Quinn Klick
Logan Johnson
Brynn Beulke
Abigail Oman
Maya Langer
Laurel Zimmerman
Hadley Hill

U8 A
Scarlett Beran
Lennyn Bloom
Adelynn Blum
Elliot Erson
Hailey Fjestad
Mila Kish
Madelyn Koranda
Ruth Moses
Remy Nielson
Jovie Odegard
Elliot Rosky
Lily Schlipp
Melania Smith

10U A
Brynn Ueland
Olivia Singer
Naomi Oster
Layla Mortenson
Harper Nugent
Rikki Kerfeld
Brooklyn Johnson
Kynsley Jenner
Eleanore Szozda
Josephine Jensen
Ivy Vulcan
Callie Cardinal
Mia Johnson
Claire Kieffer
Harper Micheletti
Delaney Nielson
Stella Nyre

10U B1
Sadie Truso
Kinsley Hammes
Libby Groess
Emmrie Carlson
Hazel Thacker
Natalie Smith
Brooklyn Pineda
Hazel Lewis
Naeya Malachesen

10U B1 Cont'd
Claira Moses
Allison Day
Elin Rosky
Audrey Fitzpatrick
Janie Landmeier
Faith Schifsky
Harper Hatley

10U B2
Quinn Krause
Elliot Young
Britta Sundseth
Hannah Vidger
Addison Gardner
Allie Schlipp
Nora Winsky
Ava Kern
Julianna Mack
Evelyn Cisewski
Madelyn Jones
Harper Matusovic
Quinnlyn Schneider
Madelyn Larson
Nora Schreiner
Hazel Klafehn

12 A Black
Olive Carleton
Eleanor Kerfeld

12 A Black Cont'd
Macy Kobeska
Gianna Shafer
Abigail Jones
Morgan Knaeble
Ruby Kramer
Madelyn Wiedewitsch
Avianna Ervasti
Mila Anderson
Emily Zins
Addison Martin
Harper Nagurski
Ellie Hemr
Payton Molin
Isabelle Olson

12U A Red
Taylor Day
Ava Fenno
Macie Fjestad
Audrey Gibbons
Emma Haflund
Maggie Haflund
Josephine Humphrey
Presley Kending
Harriet Lewis
Mila Matusovic
Harper Mortenson
Sophia Peltier

12U A Red Cont'd
Eleanor Spenner
Thora Sundseth
Lily Valberg
Anna Wiedewitsch

12U B1
Grace Berg
Josephine Bies
Lennox Bona
Lilianna Cobbs
Ella Flaten
Emerson Flint
Vivienne Holmes
Elyse Johnson
Maeve Johnson
Victoria Jones
Elizabeth Larson
Rylee Reker
Temple Steinbring
Genevieve Strauss
Ella Swenby

12U B2
Brooke Davidson
Milani Henry
Summer Johnson
Anastasia Jones
Josephine Knudson
Sianna LaMere

12U B2 Cont'd
Nora Lautenschlager
Lucille Martinson
Katherine Nagle
Brinley Norton
Sailor Persons
Lila Renslow
Ella Sawyer
Coralee Skoy
Bryn Winkel

15U A
Reagan Clark
Elsa Erickson
Aubrey Frost
Kylie Hicks
Shelby Kelly
Jori Landmeier
Paige Lewis
Helen Lewis
Piper Lichter
Gabriella Lucente
Grace Mitties Alexis
Nalepka Charlotte
Renberg
Claire Shimabukuro
Alexandra Spenner
Presley Youngberg

15U B
Aubree Beran
Mckenna Loula
Kaylee Bies
Elaina Newcomer
Mila Bighley
Avery Nyre
Lilly Bighley
Skyanne Richie
Ainsley Butler
Noelle Roseborough
Brynn Davidson
Molly Schneider
Kinlee Engstrom
Avery Schotzko
Savannah Goodmanson
Maci Sederberg
Isabella Helget
Hadley Shea
Josie Johnson
Lydia Shepard
Avery Johnson
Ruby Shoquist
Natalie Jorgenson
Haley Tart
Camryn Koustrup
Ava Wendorf





D&E DRIVING SCHOOL INC.

"NERVOUS PEOPLE ARE OUR SPECIALTY"

Experienced and Reputable Instructors

763 - 785- 1440
dandedriving@gmail.com
www.dandedriving.com

APITZ GARAGE, INC.

www.apitzgarage.com

Shuttle Service & Loaner Car
Call for availability

6:30 a.m. - 8:00 p.m.
Monday - Friday

COMPLETE AUTO REPAIR
Foreign & Domestic | Brakes | AC | Suspensions | Electrical
Diagnostic | Engine & Transmission Replacement & Repair
651-484-9046 | 325 Birch St. Lino Lakes, MN 55014

NEC
17
763-544-8002
Landscaping by NEC
www.naturalenvironmentscorp.com

Here for game day and every day.



Chris Ahles Ins Agency

Chris Ahles, Agent
4509 Allendale Dr
White Bear Lake, MN 55127

Bus: 651-653-0044

StateFarm™



Dr. Andrew Wahl
Board Certified Orthodontist
www.discoverbraces.com
612-788-9666

VILLAGE ORTHODONTICS
New Brighton, MN

MINNEAPOLIS ORTHODONTICS
Downtown Minneapolis

ABO American Board of Orthodontics
The highest commitment to excellence.

Member American Association of Orthodontists

Incognito™ Hidden Braces

Mpls St Paul Magazine TOP DENTIST HALL of FAME

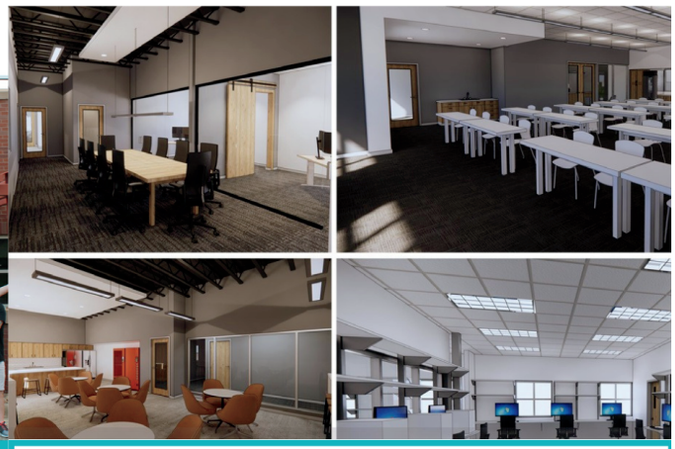
Minnesota Monthly BEST DENTISTS 2021

suresmile® to be sure.

CLARITY™ | ADVANCED
advanced ceramic brackets









We won best place to work in the Quad Community!

National Lab of the Year award, 2024

We moved into Lino Lakes in 2023

Full Service Dental Laboratory Estabished in 1966
in St. Paul 3rd Generation Family Owned

RENSTROM DENTAL STUDIO

(651) 407-0491 | renstrom.com

Affordable | Community | Athletics

Whether you're here for a Game, Tournament, or enjoying a meal at Moe's, we want to make sure all of your needs are taken care of!

FOUR SEASONS CURLING CLUB

FOGERTY ARENA
The ICE HOUSE

Good Luck!

EST. 2006
MOE'S
ICE HOUSE



Single Season

Forwards: Points

Gabbie Hughes	81	2017 -18
Anneke Linser	75	2017 -18
Gabbie Hughes	73	2015 -16
Gabbie Hughes	72	2016 -17
Teagan Kulenkamp	71	2024 -25
Anneke Linser	66	2015 -16
Anneke Linser	64	2016 -17
Jess tyra	61	2004 -05

Goals

Gabbie Hughes	46	2015 -16
Gabbie Hughes	45	2017 -18
Lauren O'Hara	37	2022 -23
Jess tyra	34	2004 -05
Mia Sutch	32	2024 -25
Gabbie Hughes	32	2016 -17
Gabbie Hughes	32	2014 -15
Anneke Linser	29	2017 -18

Assists

Anneke Linser	46	2017 -18
Teagan Kulenkamp	44	2024 -25
Anneke Linser	41	2016 -17
Gabbie Hughes	40	2016 -17
Anneke Linser	38	2015 -16
Grace Laager	37	2024 -25
Gabbie Hughes	36	2017 -18
Lisa Zewers	31	2004 -05

Defense: Points

Katie Ball	36	2024 -25
Hannah Backman	27	2017 -18
Annabelle Buccicone	24	2024 -25
Hannah Backman	24	2016 -17
Katie Ball	23	2023 -24
Melissa Chielewski	23	2004 -05
Ellie Newpower	22	2023 -24
Kayla Chilstrom	22	2006 -07

Goals

Annabelle Buccicone	12	2024 -25
Kayla Chilstrom	12	2006 -07
Lauren Conrad	9	2006 -07
Hannah Backman	8	2016 -17
Kayla Sinna	8	2012 -13
Kayla Sinna	8	2011 -12
Justina DeBruzzi	8	2007 -08
Melissa Chmielewski	8	2004 -05

Assists

Katie Ball	31	2024 -25
Hannah Backman	20	2023 -24
Ellie Newpower	19	2023 -24
Katie Ball	18	2016 -17
Hannah Backman	16	2016 -17
Melissa Chmielewski	15	2004 -05
Brooke Ueland	14	2023 -24
Oliva Wlaschin	14	2021 -22

Goalie: Wins

Cassi Carpenter	24	2007 -08
Kaitlin Groess	23	2023 -24
Katherine Adams	22	2006 -07
Annie Juergens	21	2014 -15
Erika Hanson	20	2008 -09
Kaia Weiland	19	2024 -25
Alannah McCready	19	2004 -05
Alannah McCready	18	2003 -04

Goals Against Average

Celina Dewandeler	0.57	2024 -25
Mackenna Stoterau	1.15	2017 -18
Danielle Mikolai	1.16	1998 -99
Anna Peterson	1.17	2022 -23
Mackenzie Torma	1.18	2017 -18
Kaitlin Groess	1.19	2023 -24
Anna Gilgosch	1.23	2018 -19
Cassi Carpenter	1.30	2007 -08

Save %

Kaitlin Groess	0.955	2023 -24
Anna Peterson	0.951	2022 -23
Erika Hanson	0.951	2010 -11
Mackenna Stoterau	0.949	2017 -18
Alannah McCready	0.949	2003 -04
Celina DeWandeler	0.946	2024 -25
Anna Gilgosch	0.946	2018 -19
Alannah McCready	0.945	2005 -06

Career

Forwards: Points

Gabbie Hughes	315	2013 -18
Anneke Linser	267	2013 -18
Lauren O'Hara	174	2018 -23
Lisa Zewers	145	2002 -06
Teagan Kulenkamp	144	2021 -25
Grace Laager	142	2021 -25
Courtney Canniff	129	1995 -99
Megan Goodreau	123	2018 -22

Goals

Gabbie Hughes	171	2013 -18
Anneke Linser	110	2013 -18
Lauren O'Hara	86	2018 -23
Courtney Canniff	85	1995 -99
Megan Goodreau	70	2018 -22
Allison Pitlick	66	2015 -20
Lisa Zewers	65	2002 -06
Teagan Kulenkamp	58	2021 -25

Assists

Anneke Linser	157	2013 -18
Gabbie Hughes	144	2013 -18
Grace Laager	88	2021 -25
Lauren O'Hara	88	2018 -23
Teagan Kulenkamp	86	2021 -25
Lisa Zewers	80	2002 -06
Megan Sandell	76	2001 -06
Jocie Slattery	73	2006 -10

Defense: Points

Katie Ball	80	2021 -25
Hannah Backman	66	2014 -19
Kayla Chilstrom	53	2004 -07
Melissa Chielewski	49	2002 -06
Annabelle Buccicone	43	2022 -25
Ellie Newpower	42	2019 -24
Hannah Thompson	41	2018 -23
Alana Bordeaux	41	2014 -19

Goals

Kayla Chilstrom	23	2004 -07
Annabelle Buccicone	18	2022 -25
Hannah Backman	17	2014 -19
Kayla Sinna	17	2010 - 13
Katie Ball	16	2021 -25
Kelsey Montgomery	15	2006 -09
Melissa Chmielewski	15	2002 -06
Jenny Armstrong	15	2000 -04

Assists

Katie Ball	64	2021 -25
Hannah Backman	49	2014 -19
Ellie Newpower	36	2019 -24
Hannah Thompson	36	2018 -23
Alana Bordeaux	36	2014 -19
Melissa Chmielewski	34	2002 -06
Cassie Hoyez	30	2006 -09
Kayla Chilstrom	30	2004 -07

Goalie: Wins

Kaitlin Groess	67	2019 -24
Alannah McCready	59	2002 -06
Erika Hanson	51	2007 -11
Danielle Mikolai	39	1995 -00
Annie Juergens	32	2015 -16
Katherine Adams	27	2004 -07
Cassi Carpenter	24	2007 -08
Mackenna Stoterau	22	2016 -19

Goals Against Average (min 35 games)

Katherine Adams	1.52	2004 -07
Alannah McCready	1.64	2002 -06
Mackenna Stoterau	1.82	2016 -19
Kaitlin Groess	1.93	2019 -24
Erika Hanson	1.96	2007 -11
Phaylen Meyer	1.99	2011 -14
Annie Juergens	2.19	2015 -16
Samantha Hessel	2.30	2000 -02

Save %

Kaitlin Groess	0.955	2023 -24
Anna Peterson	0.951	2022 -23
Erika Hanson	0.951	2010 -11
Mackenna Stoterau	0.949	2017 -18
Alannah McCready	0.949	2003 -04
Celina DeWandeler	0.946	2024 -25
Anna Gilgosch	0.946	2018 -19
Alannah McCready	0.945	2005 -06

tC MEDSPA

Your Twin Cities Destination for Total Confidence

763-308-5444

10950 Club West Parkway NE Suite #150
Blaine MN 55449

TCMEDSPAS.COM



NORTHERN
Chiropractic and Wellness

Non Surgical specialists in:

- Athletic Injuries
- Neck Pain
- Low Back Pain
- Headaches
- Sciatic Pain

Call Now!
651-797-3756

Proud sponsors of Centennial athletics since 2016





State Level Award Winners

State All-Tournament Team

2005 - Kellye Nelson
2018 - Hannah Backman
2018 - Gabbie Hughes
2018 - Anneke Linser
2018 - Mackenna Stoterau

Jori Jones Senior Goalie of the Year Award

2006 - Alannah McCready
2011 - Erika Hanson**
2024 - Kaitlin Groess*
** Top 5 Finalist*
*** Top 10 Selection*

All - State Awards

2005 - Jess Tyra*
2005 - Lisa Zewers*
2006 - Alannah McCready
2016.- Gabbie Hughes
2016 - Anneke Linser*
2017 - Gabbie Hughes
2017 - Anneke Linser
2018 - Anneke Linser
2022 - Lauren O'Hara*
2023 - Lauren O'Hara
2024 - Kaitlin Groess
2024 - Teagan Kulenkamp*
2024 - Grace Laager*
2025 - Teagan Kulenkamp
2025 - Grace Laager*

**** Honorable Mention***

Herb Brooks Award

2005 - Kellye Nelson
2018 - Anneke Linser
2023 - Lauren O'Hara

Ms Hockey Award

2018 - Gabbie Hughes*
2018 - Anneke Linser*
2023 - Lauren O'Hara*
2025 - Teagan Kulenkamp*
** Top 5 Finalist*

All-Conference Award Winners

1997 - 1998 North Suburban

Jodie Anderson
Shannon Mikel

1998 - 1999 NSC

Shannon Mikel
Danielle Mikolai
Cassandra Ollila

1999 - 2000 NSC

Danielle Mikolai

2000 - 2001 NSC

Cassandra Ollila
Kari Phippen
Amy Swanson

2001 - 2002 NSC

Samantha Hessel
Cassandra Ollila
Kari Phippen

2002 - 2003 NSC

Jamie Cincotta
Theresa Guindon

2003 - 2004 NSC

Jenny Armstrong
Jamie Cincotta
Theresa Guindon
Alannah McCready
Megan Sandell

2004 - 2005 NWSC

Melissa Chmielewski
Alannah McCready
Kellye Nelson
Jess Tyra
Lisa Zewers

2005 - 2006 NWSC

Kayla Chilstrom
Keeta Koalska
Alannah McCready
Kellye Nelson
Megan Sandell
Lisa Zewers

2006 - 2007 NWSC

Katherine Adams
Kayla Chilstrom
Lauren Conrad
Justina DeBruzzi
Keeta Koalska
Kelsey Swangstue

2007 - 2008 NWSC

Sarah Armstrong
Cassi Carpenter
Justina DeBruzzi
Kiley Gibbons
Sara Hanna
Cassie Hoyez
Jocie Slattery

2008 - 2009 NWSC

Amanda Dalluge
Kiley Gibbons
Sara Hanna
Erika Hanson
Cassie Hoyez
Alison Lindy
Kelsey Montgomery

2009 - 2010 NWSC

Katie Armstrong
Sara Hanna
Erika Hanson
Cassie Hoyez
Alison Lindy
Kelsey Montgomery

2010 - 2011 NWSC

Lauren Anderson
Kayla Fuechtmann
Erika Hanson
Erika Hanson
Lauren Schweppe
Lexi Slattery
Katie Armstrong*
Lauren Kolak*
Ivy Smith*

2011 -2012 NWSC

Katie Armstrong
Kayla Fuechtmann
Lauren Kolak
Kayla Sinna
Megan Lawry*

2012 - 2013 NWSC

Lauren Kolak
Kayla Sinna
Brenna Bakken*
Phaylen Meyer*

2013 - 2014 NWSC

Gabbie Hughes
Phaylen Meyer
Jessica Boespflug*
Anneke Linser*
Hannah Wind*

2014 - 2015 NWSC

Jessica Boespflug
Gabbie Hughes
Annie Juergens
Anneke Linser
Kayla Ostendorf
Hannah Wind
Haley Loveland*
Clare Riley*

2015 - 2016 NWSC

Maija Almich
Alana Bordeaux
Gabbie Hughes
Annie Juergens
Anneke Linser
Hannah Backman*
Allison Pitlick*
Clare Riley*

2016 - 2017 NWSC

Maija Almich
Hannah Backman
Gabbie Hughes
Anneke Linser
Hailee Berg*
Shannon Meany*
Sarah Moen*
Allison Pitlick*
Clare Riley*

2017 - 2018 NWSC

Maija Almich
Hannah Backman
Gabbie Hughes
Anneke Linser
Emily Nadeau
Allison Pitlick
Mackenna Stoterau
Hailee Berg*
Alana Bordeaux*
Lizzy Prato*
Lauren Sicora*
Mackie Torma*

2018 - 2019 NWSC

Maija Almich
Allison Pitlick
Mackenna Stoterau
Sydni Griefenhagen*
Lizzy Prato*

2019 - 2020 NWSC

Sydni Griefenhagen
Lauren O'Hara
Allison Pitlick
Hannah Thompson*

2020 - 2021 NWSC

Abbie Elliott
Summer Francis
Megan Goodreau
Kaitlin Groess
Lauren O'Hara
Ella O'Hearn*
Hannah Thompson*

2021 - 2022 NWSC

Megan Goodreau
Kaitlin Groess
Lauren O'Hara
Olivia Wlaschin
Callie Cody*
Noelle Hemr*
Hannah Thompson*

2022 - 2023 NWSC

Kaitlin Groess
Lauren O'Hara
Noelle Hemr
Ella O'Hearn
Katie Ball*
Jaycee Chatleain*
Teagan Kulenkamp*
Grace Laager*
Alexis Larsen*
Ellie Newpower*
Hannah Thompson*

2023 - 2024 NWSC

Katie Ball
Kaitlin Groess
Noelle Hemr
Teagan Kulenkamp
Grace Laager
Alexis Larsen
Ellie Newpower
Mia Sutch*
Annabelle Buccicone*
Brooke Ueland*
Maddie Wolter*

2023 - 2024 NWSC

Katie Ball
Annabelle Buccicone
Teagan Kulenkamp
Grace Laager
Alexis Larsen
Mia Sutch
Kaia Weiland
Maddie Wolter*
Erica Maida*
Brooke Ueland*
Ella Perreault*

** Honorable Mention*

More Historical Stats Available Online

PROUD SPONSOR OF CENTENNIAL SPRING LAKE PARK GIRLS HOCKEY

GVT TIRE & AUTO
TRUSTED EXPERTS
SINCE 1975

WE KEEP YOUR CAR RUNNING LIKE A CHAMPION!



(763) 755-7255
12850CENTRAL AVENE,
BLAINE,MN 55434

ANDOVER | BLAINE | CORCORAN | GOLDEN VALLEY | LITTLE CANADA | SAVAGE

STAY WARM DURING THE WINTER CHILL



FURNACE TUNE-UP $59.99

SCAN ME

10% OFF ANY REPAIR
10% Off any work performed.
Cannot be combined with other discounts. Must present at time of service.

FREE QUOTE
For Any Furnace or A/C Replacement
Must present at time of service.

FREE SERVICE CALL
Additional Diagnostics May be Required
Cannotbecombinedwithother offers or discounts.Mustpresentattime of service.

ASK ABOUT OUR TRADE-IN PROGRAM FOR YOUR OLD UNITS! UP TO $2,500 VALUE!

(763) 272-4822
nick@greyductmn.com
Blaine, MN
www.greyductmn.com

GREY DUCT
HEATING & AIR CONDITIONING

Proudly supporting
CSLP Girls Hockey!

Conveniently located inside the
Andover Community Center

Offering 28 flavors of Premium Ice Cream,
Nathan's World-famous hot dogs and chili dogs
The area's best Bavarian Pretzels
Popcorn, Candy, Beverages, and more!!

Crookedlakecreamery.com

CROOKED LAKE CREAMERY & DELI

HEARTLAND TIRE
WE CAN DO THAT



www.heartlandtireservice.com

- Free Loaner Cars
- Online Booking
- Digital Inspections
- Oil Changes
- Full Auto Service
- Diagnostics
- Alignments
- Brakes

Piper PA46 Specialists • Annual Maintenance • Pre-Purchase Inspections • STC Upgrades

877.662.5428
www.malibuaerospace.com

MALIBU AEROSPACE

PERFORMANCE, SAFETY, EFFICIENCY

AIRCRAFT SALES & ACQUISITIONS



Whether you're in the market for a Malibu, Mirage, Matrix, Meridian, or JetProp, the experts at Malibu Aerospace can help you fi nd the aircraft you're looking for. We have the experience and industry knowledge to identify which model will best fi t your needs. Once we've helped you locate an aircraft available for purchase, we assist you every step of the way through the buying process. If you're looking to upgrade, we'll be happy to sell your existing aircraft. Often times we'll sell your aircraft before it goes on the open market.

- Aircraft sales and acquisitions
- Pre-purchase inspections
- Import and export of aircraft
- Training recommendations for your new aircraft

Contact Brad Ludlow to discuss buying/selling plans:
bludlow@malibuaerospace.com 763-536-9553, Ext. 1

2180 Oklahoma Ave. NE
Minneapolis, MN 55449
Anoka County Airport (KANE)
info@malibuaerospace.com

Carbone's Pizzeria
LEXINGTON

STOP IN AND TRY ONE
OF OUR DAILY SPECIALS



HAPPY HOUR! MON. - FRI. 3pm -6pm
ALL DAY SAT. & SUN.

DINE IN - TAKE OUT
OR DELIVERY

763-786-1113
9200 LEXINGTON AVE.
CARBONES.COM

CHANGE BY CHARITY

Ready to elevate your game?
Our expert trainers are here to push you past your limits and help you reach your full potential. Whether you're chasing a roster spot or striving to become the strongest version of yourself, we're here to guide you every step of the way. Train with purpose. Perform with confidence.



Our Services:

- Individual Training
- Team Training
- Small Group
- Adult Training / Classes
- Nutrition + Mindset Coaching

7860 Lake Drive
Suite 1
Lino Lakes, MN

Call Us
(612) 669-4468

Email Us
charity@changebycharity.com

AMERICAN FAMILY INSURANCE®

MICHAEL GIOVINAZZO AGENCY



My team is here to serve. Our unique backgrounds, training and experience have prepared us well to help meet your insurance needs. Additionally, as residents of your community, we understand how important it is to be there for you - our trusted friends and neighbors. Together, we're building strong partnerships that help everyone succeed.

AMERICAN STAR

1883 MAIN ST
CENTERVILLE, MN 55038-9794
Phone: (651) 426-1658

https://www.amfam.com/agents/minnesota/centerville/michael-giovinazzo



ENGEL&VÖLKERS
LINDSAY BACIGALUPO

Your home, your legacy, my expertise.

Buyingorsellingyour homeispersonal. I takegreatpride in advising my clients on one of the most significant decisions of their lives. I strive to provide an unmistakable experience tailored to your needs. I would love to accomplish your real estate goals, together.

LINDSAY BACIGALUPO, REALTOR®, OWNER
ENGEL & VÖLKERS MINNEAPOLIS

t: +1-763-350-0022 **e:** lindsay.bacigalupo@evrealestate.com

©2025 Engel & Völkers. All rights reserved. Each brokerage independently owned and operated. Engel & Völkers and its independent License Partners are Equal Opportunity Employers and fully support the principles of the Fair Housing Act.

Blaine Chiropractic Center

Experience You Can Trust



How we can help:

- Natural and drug-free recovery
- Enhanced strength and performance
- Better muscle recruitment
- Better mobility
- Injury treatment and recovery

Chiropractic care specialized for the entire family, especially our young athletes


ELEVATE YOUR GAME
The Training Room
Chiropractic & Sports Medicine
SPORTS PERFORMANCE CARE
Dr. Maring has worked with professional athletes in the NHL, MLS, MLB, and as a team chiropractor in the NFL.
SCHEDULE
A FREE DISCOVERY
VISIT TODAY!
10705 TOWN SQUARE DRIVE NE
SUITE 220
BLAINE, MN 55449
TTR
WWW.TTRCHIRO.COM

Thank You

to our Jersey Sponsors

More detail on each sponsor inside the book



Gateway Fiber



Apitz Garage



Chris Ahles State Farm



Invictus Brewery



Twin Cities Eye Consultants



Malibu Aerospace



Drytech



Jon Jellinger State Farm



Graphic Goat



O'Hara & Hunter



The Training Room



Captar Private Wealth



Steve's Appliance



Molin Concrete



Twin Oaks Dental



The Accelerated Team



DKN Construction



Tom Holland State Farm



Just Us Construction



Mint Salon



D & E Driving School



Realty One Group Ed Dropps



BNW Outdoor Solutions



Chet's Shoes



Central McGowan



Heartland Tire



Engel & Volkers Lindsay Bacigalupo



Fogarty Arena



SLP Youth Hockey



Change by Charity



Associated Eye Care



Centennial Youth Hockey



North Pine Aggregate



Sophie's Squad



Carbone's Pizzaria



Gardner Builders



Twin Cities Sport Shop



MN Yeti Lacrosse