



Welcome to the Coulee Region Stars Youth Hockey Girls Program 2025-2026 Hockey Season

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 the local associations; 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 their home youth hockey association.

A representative from each association has been put in place as a girls director. These directors are Andrea Kelm from TYH, Angela Gross from West Salem and Megan Binsfeld from River City. It is our hope that the girls will develop strong skills and build team relationships supporting them through youth hockey up to the high school girls co-op team, Coulee Region Cyclones. If you have questions or something needs to be addressed please email one of us at 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. Green Island and the Panther Den both have concessions that need to be worked at and zamboni drivers are needed for practices and games in West Salem. 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 and practices. Protective equipment includes HECC approved helmet (certification sticker must be visible and valid), non clear mouth guard, shoulder pads, elbow pads, gloves, breezers, protective cup/Jill, shin pads and neck laceration protector. Skates and a stick are also equipment players should have at the start of the season. Properly fitting equipment helps reduce the chance of injury, please be sure to try on all equipment prior to the start of the season.

Thanks to a generous donation from Dataview Consulting uniforms will be provided free of charge to skaters!! 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 weeks. Please order jerseys with the intention of wearing them for a couple years.

Teams and Evaluations

USA Hockey classifies ideal team sizes and birth year as:

10U (2015 & 2016): 10-12 skaters, 1 goalie

12U (2013 & 2014): 15 skaters, 2 goalies

14U (2011 & 2012): 15 skaters, 2 goalies

10U and 12U female teams are classified as Gold, Silver, Bronze. An association with two teams in one of these age divisions will classify the teams as Gold and Bronze (both teams can be classified as Gold teams but there can not be two Bronze). An association with only one team in an age division will classify the team as a Silver team. 14U teams are currently still classified as A and B.

In the event registration numbers allow for two teams at a given age level, evaluations will take place to form two teams. It is our intention to have evaluations in the beginning weeks of the season during an already designated practice time. After evaluations are complete and teams are formed parents will receive an invitation to join GameChanger 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/high school hockey game which interferes. Dates and times of practices are set by the associations and communicated to the co-op. While consistency is important there is no guarantee that every week's schedule will be the same. Once schedules are approved GameChanger will be updated, if there are changes to the schedule an update will be sent.

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 16-18 (10U: Panther Den, 12U: Omni Center, 14U: River City)

Away Tournaments: 10U: Nov 21-23 River Falls & Dec 12-14 Baldwin
12U: Dec 12-14 Baldwin & Jan 23-25 Chippewa Falls
14U: Dec 5-7 Hayward & Jan 23-25 Chippewa Falls

Playdowns: February 7-8

State Tournament: 10U: March 7-8 (Silver: Black River Falls)
12U: Feb 28-March 1 (Gold: Elmbrook, Bronze: Green Bay)
14U: Feb 21-22 (A: Patriots, B: LaCrosse)

- 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 volunteers; coaches, 12U team managers, event planners!
- ★ 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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