

Welcome to the La Crosse Flames



2025-2026 Mite Hockey Essentials
Quick Facts & Checklists

Practices *(Green Island Ice Arena)*

-We will not hold Saturday practice on Jamboree weekends

- Wednesday — 5:45-6:45 pm
- Thursday — 5:45-6:45 pm
- Saturday — 10:15-11:15 am Mites / 11:15-11:45am Learn to Skate

***Learn to Skate:** If your child is a new skater or a first year mite, they will participate in our Learn to Skate curriculum. These skaters should attend regular Wed/Thurs practices. However, on **Saturdays through December**, they should only attend the **Learn to Skate practice** from **11:15am - 11:45am**. We will hold Learn to Skate practices on Jamboree weekends in December.

Equipment

-At the mite level, RCYH provides most equipment, including helmet, chest/shoulder pads, elbow pads, shin pads, gloves, neck guard, and breezers (padded pants).

- First Year Mites: Equipment & Jersey is provided free of charge (\$150 equipment deposit & \$75 jersey deposit)
- Returning Mites: \$35 Annual Equipment Rental Fee (+\$150 equipment deposit & \$75 jersey deposit)
- Purchase from RCYH: Hockey Socks (\$32)
- Purchase yourself: Skates and stick
- Optional: Skate guards, mouth guard

JERSEYS

- Mites will have brand new jerseys for the 2025-2026 season. These will be provided for registered skaters with a jersey deposit OR you may personalize a jersey for \$82. Personalized orders must be submitted to Games People Play by Oct 17th through

<http://gppsports.chipply.com/LaXFlamesJersey>

Jamboree Dates

-At Jamborees, skaters play three short games against mites from other associations. No score is kept. Levels of play: Blue (beginner), White (intermediate), Red (advanced).

***Please RSVP in Crossbar at least one month in advance.

- October 18 - Black River (Reds only)
- November 22 - Winona
- December 6 - Sparta
- December 13 - West Salem
- January 4 - Viroqua
- January 10 - Black River Falls
- January 24 - La Crosse Home Jamboree
- January 31 - Onalaska/Holmen (Reds only)
- February 1 - Onalaska/Holmen (Blue & White & Reds)
- February 7 - La Crescent
- February 21 - Tomah

Volunteering

-Hours required are per family and are assigned based on your oldest skater

- First Year Mites — Required to complete 5 hours of volunteering (\$100 deposit)
- Returning Mites — Required to complete at least 10 hours of volunteering (\$200 deposit)

Volunteering opportunities:

-The Volunteer Coordinator will send out volunteer signups by email/Crossbar.

- Elected Positions – Board positions, parent reps, concessions manager, pro shop manager, coaching director, girls coordinator, team photos coordinator, etc.
- Concessions – Concessions sales are a critical revenue source. Please sign up!
- Pro Shop – Sharpening skates, selling tape & gear, welcoming guests, etc.
- Game Box – Scorekeeping, running clock/scoreboard, announcing, penalty box, etc. during squirt, peewee, or bantam games.
- Mite Helpers — Sit on bench during practice and provide assistance, e.g. bathroom breaks, rests, water, and more (requires USA Hockey SafeSport certification).
- Miscellaneous – Install ice, paint ice, cleanup arena, pre/post season facility care, etc.

Fundraising

- First Year Mites = Sell at least 10 pizzas. NO raffle ticket sales required.
- Returning Mites = Sell at least 10 raffle tickets (\$100 deposit) & and at least 10 pizzas.

Financial Assistance

- RCYH offers financial assistance and payment plans to help families offset or extend the payment of hockey registration fees. Based on the same criteria used to determine qualifications for free or reduced meals within the La Crosse School District.
- Scholarship Application:
[https://cdn1.sportngin.com/attachments/document/a8a9-1973133/loi_Financial_Assistance_Application_00851836x7A87F .pdf](https://cdn1.sportngin.com/attachments/document/a8a9-1973133/loi_Financial_Assistance_Application_00851836x7A87F.pdf)
- If you have concerns about affordability but do not meet the above criteria, please reach out to the Board of Directors. Individual situations will be evaluated on a case-by-case basis.

Contact Info

-Please make sure to cc all lead coaches (Alex, Bryan, and Cody) on any coaching or game-related emails. This will ensure a timely response.

<u>Lead Coaching Team</u>	<u>Parent Representative</u>
Alex Schmig, Head Coach Sponsorship Committee Member schmig22@gmail.com Bryan Morris, Assistant Coach Learn to Skate Coordinator bmorris@lacrossesd.org Cody Pfennig, Assistant Coach Try Hockey Free Coordinator codypfennig@macqueengroup.com	Marie Bina mites@lacrossehockey.com (608) 397-8844

Checklist: First Year Mites

***IMPORTANT:** Write separate checks for each requirement & make out to RCYH. Submit a registration fee for each skater you register. If renting mite equipment, submit an equipment deposit for each child renting. Volunteer and raffle requirements are per family, so only one check is needed for each. However, make sure the amount submitted corresponds with the amount required for your oldest skater's level of play.

Required Registration Fees & Deposits:

\$60+ - Register each skater with USA Hockey (fees vary by birth year)

\$125 - Register each skater with River City Youth Hockey (pay online)

\$32 - Team Socks (pay with card at equipment pick up)

\$75 - Jersey Deposit (one deposit per skater - postdate March 1, 2026)

\$150 - Equipment Deposit (one deposit per skater - postdate March 1, 2026)

\$100 - Volunteer Deposit (check - postdate March 1, 2026)

Bring birth certificate to first parent meeting

Bring fees & deposit checks to first parent meeting

**First year mites are not required to sell raffle tickets, and equipment is provided free of charge. If your first year mite has a sibling in a higher level of play, your volunteer & raffle requirements correspond to the higher level of play.*

Other Requirements:

Pick up RCYH equipment **only if renting*

Purchase hockey skates (choose well-fitting skates w/ laces)

Purchase stick (height should be between chin and nose)

Download Crossbar App (register w/ email address used for RCYH registration)

Fulfill volunteer requirements by end of season (5 hours)

Sell minimum of 10 pizzas for the pizza fundraiser

	Checklist: Returning Mites
	<i>*IMPORTANT: Write <u>separate</u> checks for each requirement & make out to RCYH. Submit a registration fee for each skater you register. If renting mite equipment, submit a rental fee and equipment deposit for each child renting. Volunteer and raffle requirements are per family, so only one check is needed for each. However, make sure the amount submitted corresponds with the amount required for your oldest child's level of play.</i>
	Required Registration Fees & Deposits:
	\$60+ - Register each skater with USA Hockey <i>(fees vary by birth year)</i>
	\$175 - Register each skater with River City Youth Hockey <i>(online or by check)</i>
	\$32 - Team Socks <i>(pay with card at equipment pick up)</i>
	\$50 - Equipment Rental Fee <i>(check - non-refundable)</i>
	\$75 - Jersey Deposit <i>(check postdated March 1, 2026)</i>
	\$150 - Equipment Deposit <i>(check postdated March 1, 2026)</i>
	\$200 - Volunteer Deposit <i>(check postdated March 1, 2026)</i>
	\$100 - Raffle Deposit <i>(check postdated February 1, 2026)</i>
	Other Requirements:
	Pick up RCYH equipment <i>*only if renting</i>
	Ensure you have a stick and skates that fit
	Confirm you're set up with Crossbar
	Fulfill volunteer requirements by end of season <i>(10 hours)</i>
	Sell a minimum of 10 raffle tickets before assigned due date
	Sell a minimum of 10 pizzas for the pizza fundraiser