2026-27

Minnesota High School Hockey

"It is a tremendous thrill and privilege to play high school hockey in Minnesota. You get to play the game you love, with your friends, for coaches who care about you. You get to experience meaningful rivalries. All this while surrounded by the love and support of your family."

- Wes Bolin

White Hawk Coaching Staff

Jeff DeGree – Varsity Head Coach
Eric Hodell - Varsity Assistant Coach
Garrit Otten – Varsity Assistant Coach
Pete McGovern – JV Head Coach

Team Managers – Addison Rieger, Alexa Olesinksi

Coach DeGree - Coaching Experience

Minneapolis Youth Hockey Association (2001 – 2015)
- Titles – VP-Hockey (Washburn), Coaching Director
- Coached at every age level

St. Olaf College (2015-16, 2018-2020)
- Assistant Coach – Defenseman, Power Play
- Head coaches – Mike Eaves, Sean Goldsworthy

Colorado State University (2016 – 2018)
- Head Coach
- ACHA D1
- League Coach of the Year, National Coach of the Year finalist
- National Tournament

Minnehaha Academy (2021-22)
- Head Coach

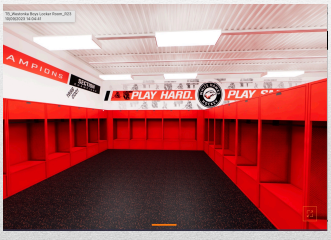
Hamline University (2022 – 2023)
- Assistant Coach – Forwards, Power Play

Mound Westonka High School (2021-present)
- Head Coach

Coach DeGree - coaching tree

- **Kevin Constantine**
  - **NHL head** – HC San Jose, Pittsburgh, New Jersey
  - **AHL** – HC Houston Aeros (Minnesota Wild)
  - **WHL** – HC Everett Silvertips, Wanatchee Wild
- **Troy Ward**
  - **NHL** – AC Pittsburgh Penguins
  - **AHL** – HC Abbotsford Heat (Calgary Flames)
  - **NCAA** – AC Denver, Wisconsin, Minnesota State Mankato
  - **Europe** - HC Linz
  - **USHL, WHL** – HC Madison, Vancouver Giants
- **Mike Eaves**
  - **NHL** – AC Pittsburgh Penguins
  - **AHL** – HC Cleveland (Columbus Blue Jackets)
  - **NCAA** – HC Wisconsin (14 years, NCAA champs), St. Olaf College
- **Luke Stand**
  - **AHL** – Abbotsford, Houston
  - **USHL** - HC Madison Caps, Sioux City
  - **NCAA** - Wisconsin, HC Minnesota State Mankato (current)

Play HARD. Play SMART. Play TOGETHER.





Rule

Do not do anything that is detrimental yourself or our team!

(You represent our hockey program, even when you are not at the rink)

Player Expectations

- No unexcused absences (school or hockey)
- Players who are late or have an unexcused absence (1 class) can not practice or play in a game on that day
- It is the responsibility of the player to clear up any tardies or unexcused absences
- **Player (not parent) text or email** the HC if you will miss a team function (will not remember if you tell us)
- Copy one other coach on every communication
- Do not ask for permission to miss, that is a decision for the player (and his family) to make
- Discuss beforehand with coaches to understand what consequences would be
- Be on time to all team functions
- Do not harass or bully
- Work with the trainer when injured – you will not be allowed to play until she clears their return
- Maintain good grades
- Do not vape or use alcohol, drugs or tobacco

Player Expectations (cont.)

- Communicate directly with your coaches when you have a concern, question or frustration
- Expect open and honest feedback from your coaches
- Dress properly for home and away games and other team functions
- **No cell phone usage in the locker room**
- No inappropriate language in the music played in the locker room or on the bus
- Keep the locker room and your stall clean
- Be respectful of all you encounter, including your coaches, officials and rink personnel
- Give the same effort and have the same attitude regardless of which team you are skating with on any given day or where you are in the lineup

Student Coaching

- During our season, we encourage all our HS players to do five hours of community service either with our youth hockey association or somewhere else
- Inform Jessica Rashleger (jrashleger@gmail.com) of your hours
- Community service participation will be considered as part of our year end award process.
- We will coordinate which teams our players may work with when the HS roster is set
- Players can start getting on the ice before our season starts, please let Jessica Rashleger know if you do this

Player Expectations – Cell Phones

- Players must keep cell phones and smart watches off when they enter any locker room, home or away, at Thaler, Pond or any other rink.
- Team locker room (Thaler)
  - Phones must be placed in the cell phone holder in the locker room and in the pouch marked with the player's number
  - It will be a violation of the policy if the phone is not visible in the holder while the player is present in the locker room
  - One phone may be connected to play music by a player designated by a coach
  - Violations of this policy will have consequences which may include having their phone taken by a coach to be returned to a parent and/or losing ice time during games

Player Expectations – Cell Phones (Games)

- Home games
  - Players must follow the locker room cell phone rules when in the locker room
  - Players may not use cell phones/smart watches any where in the rink after the start of warmups for their game until the game has ended
  - Coaches will assist players in event of a need to contact a parent or if a parent needs to contact a player
- Away games
  - Phones may not be used in the locker rooms at any time.
  - Phones may not be used anywhere (in or outside the rink) after the start of on ice warmups.

Violations of this policy will have consequences which may include having their phone taken by a coach to be returned to a parent and/or losing ice time during games

Player Expectations – Dress Code

- All players are expected to follow the dress code
- Home games
  - Dress pants, button up shirt and tie
  - Suit jackets or blazers are optional.
- Away games
  - Team issued apparel only
  - Joggers, hoodie, team jacket
  - Team Beanie (NO baseball caps, non-team beanies)
  - Jerseys in a garment bag (NOT stuffed in hockey bag)
- Team warmup (home and away)
  - Team issued apparel only
  - Joggers, hoodie
  - Beanie (optional)

Parent Expectations – Conduct

- Be respectful to all you encounter, including every player, coach, official, parent, etc.
- You represent our program (you're probably wearing our logo!)
- Support team rules and the coaches (even if you disagree)
- Support your son by being positive

Parent Expectations – Conflict Resolution

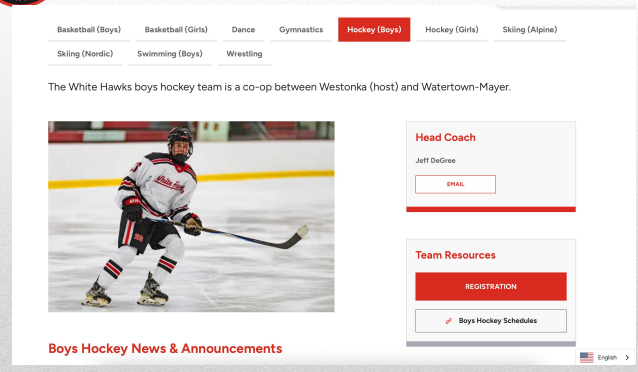
- Support your son's transition from childhood to adulthood
- The parents are also transitioning
- Encourage your son to communicate concerns directly to the coaching staff, we have an open door-policy for players
- Work with them on how to communicate with the coaching staff
- Do not expect calls, texts or emails to coaches on hockey related issues to be returned - the issues raised in them will be discussed with directly with the player
- If the conflict persists after a player has discussed the situation with coaches, there may be times when a meeting with coaches, player, parent(s) and possibly the athletic director is appropriate, but this will occur only in exceptional circumstances.
- Coaches will not have any hockey related conversations with a parent without another coach or the AD being present
- Please DO let coaches know if there are any off-ice issues affecting your son (examples – physical or mental health, academics, family issues etc)

Communication

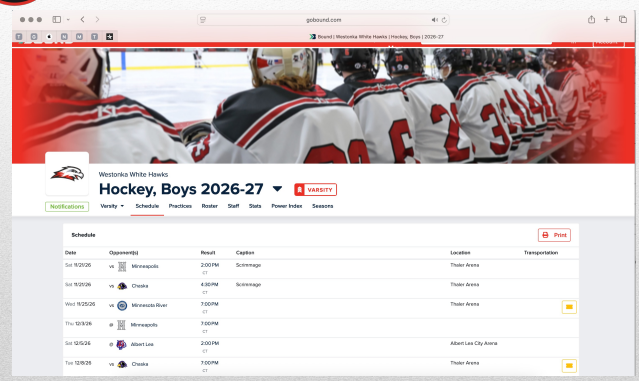
TeamSnap - Team emails and calendar (Players, Coaches, Parents, Administrators, Trainer etc.)

GroupMe – Players, coaches and manager only

Team Website



Bound



Booster Website



Varsity Letter Requirements

To be eligible to receive a varsity letter at the end of the season, a player must be in good standing and have participated (skated, not just dressed) in at least 50% of varsity games.

The coaching staff may award a varsity letter to a player who made a significant contribution to the varsity team even if they did not meet the minimum game participation requirement.

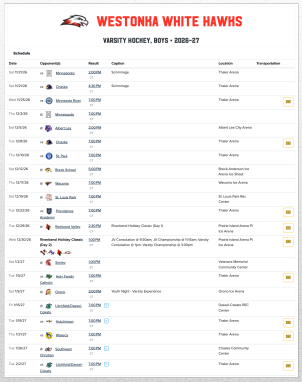
Schedule

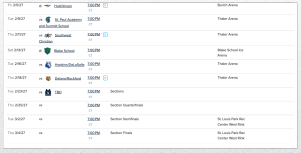
- "Official" Team Calendar is on our TeamSnap home page
- Link this to your phone, whatever calendar you use
- This will have ALL our team functions:
  - Meetings
  - Practices
  - Games
  - Bus loading and departure times
  - Team lifts and stretches (usually Monday AM, Wednesday PM)
  - All other team functions
- Contact the HC if you think something should be included or is wrong
- **Our practice schedule changes frequently, watch the calendar**
- On days with two ice sessions, which team will go first will change. Varsity first on Mondays and JV first on Fridays.
- On days with single ice slots
  - watch calendar
  - practices will often overlap

Tryouts and Team Placement

- Monday - Wednesday, Nov. 16-18 - Evaluations
- We anticipate approximately 35 players trying out
- We may not roster all players who tryout
- Wednesday, Nov. 18 – Inform all players of decision
- Mostly 5v5 scrimmages
- Coaches will evaluate players
- Players will be placed in varsity and JV groups for practice on Thursday, Nov. 19
- This is NOT a permanent placement
- Some players will move between teams, skate at both practices, and in both games throughout the year
- Rosters for practices and games will be communicated to players using GroupMe

2026-27 GAME SCHEDULE





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Season Highlights

- Thursday, Nov. 19 – First team practices
- Friday, Nov. 20 – Pictures, Fundraiser (6:00)
- Saturday, Nov. 21 – JV and V Scrimmages with Minneapolis and Chaska (Thaler)
- Wednesday, Nov. 25 - 1st game v Minnesota River (Thaler)
- Tuesday, Dec. 29 and Wednesday, Dec. 30 – Red Wing Tournament
- Thursday, Feb 18th – Delano (last regular season game)
- Tuesday, February 23– Sectional playoffs start
- March 14– State Tournament

Holiday Break Schedule (expectations)

- Monday , Dec. 21 - Afternoon team practices (attendance expected)
- Tuesday, Dec. 22 – Providence Academy game (Thaler)
- Wednesday , Dec. 23 - Morning team practices (attendance expected)
- Wednesday and Thursday, Dec. 24-25 – Christmas Eve and Christmas (off)
- Saturday, Dec. 26 - Morning position practices (attendance optional)
- Sunday, Dec 27 - OFF
- Monday , Dec. 28 - Morning team practices (attendance expected)
- Tuesday and Wednesday , Dec. 29,30 – JV and Varsity games @ Red Wing
- Thursday, Dec. 31 - OFF
- Friday, Jan. 1 – Morning team practices (attendance expected)
- Saturday, Jan. 2 – @ Simley

Red Wing Tournament

- Reserved a block of rooms for Tuesday night (Dec. 29th) at AmericInn in Red Wing.
- We will have a bus leaving from school on both days for players who do not stay
- We may have team meal, meetings etc depending on how many stay in Red Wing Monday night.

First Week

Monday, Nov. 16 (Pond)
3:15 – hand out tryout pinnies
3:30-5:45 – All players (evaluations)

Tuesday, Nov. 17 (Pond)
3:30-5:45 – All players (evaluations)

Wednesday, Nov. 18 (Pond)
3:30-5:45 – All players (evaluations)
5:45 – Players informed of roster decisions individually after practice when they return pinnies

Thursday, Nov. 19 (Pond)
3:10 – JV Meeting @ Pond meeting room
3:30-4:30 JV Practice @ Pond
4:00 – Varsity meeting @ Pond meeting room
4:45 – 5:45 – Varsity Practice at Pond

Friday, Nov. 20 (Thaler)
3:30 – 5:45 – Picture day
6:00 – Text-a-Thon Fundraiser

Saturday, Nov. 21 (Thaler)
10:15, 12:45 - JV Scrimmages (Mpls, Chaska)
2:00, 4:30 - Varsity Scrimmages (Mpls, Chaska)

Meetings

- Install systems first two weeks
- Video (Hudl Instat)

"A journey of a thousand miles begins with a single step"
-Chinese Proverb