



2026-2027

CAHA High School Girls Hockey

Program Guide

Program Overview

The 2026-2027 CAHA Girls High School Hockey Program provides a unique and exciting platform where female high school athletes from across the affiliate can showcase their skills, pursue advanced competition, and build lasting connections within the hockey community. This program is designed to bring our best players together and prepare them to compete at the 2027 USA Hockey High School Girls Nationals.

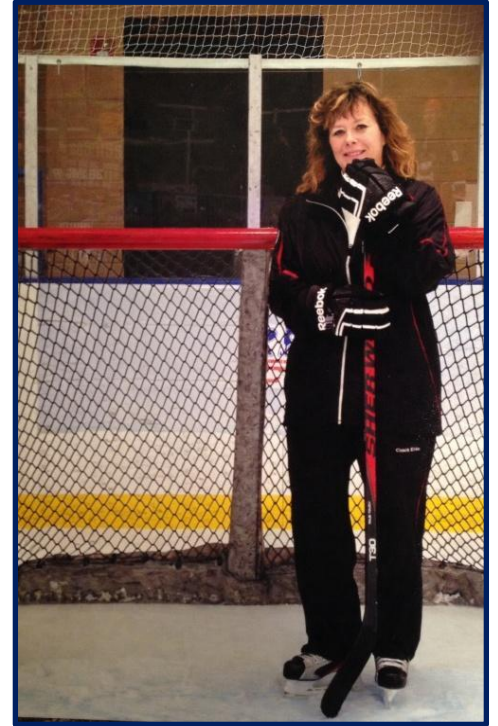
Coaching Staff

The CAHA High School Girls team is led by Head Coach Michele Krisa and a staff of experienced female coaches from across the Carolinas. Supporting the program's broader mission are Girls Hockey Directors Sarah Antonelli (Carolina Jr Hurricanes), Laura Lundblad (Queen City Royals), and Kylie Roy (Carolina Lady Thunderbirds). These leaders provide an ongoing advocacy for girls' hockey in the Carolinas to ensure a seamless path for our players from the youth level to the high school stage.

Head Coach: Michele Krisa

Originally from Toronto, Michele brings over 30 years of experience to the game. She began coaching in Ontario during the infancy of girls' hockey, gaining experience within the competitive boys' systems of the GTHL and GLHA. Throughout her career, Michele has coached all ages and levels from Mite through High School and College, including tenures with the Charlotte Jr. Checkers, Charlotte Rush, and Queen City Royals since moving to the Carolinas in 2004.

A USA Hockey CEP 4 and Hockey Canada Level 3 coach, Michele is also a Skate Canada professional and PowerSkate coach. Currently, she serves as the CAHA Director of Girls'/Women's Hockey and leads the CAHA Women Coaches Alliance Mentorship program.



Goalie Coach: Kylie Roy

Kylie is a North Carolina native who grew up playing boys' hockey locally with the East Coast Eagles. She went on to play prep-school hockey at Noble & Greenough in Dedham, MA, and collegiate hockey at Harvard. Since returning to North Carolina in 2011, Kylie has supported youth hockey and goalie development across the state with such organizations as GYHA, WSYHA, THA, Jr. Hurricanes, and others. She currently serves as the Girls Hockey Director for the Carolina Lady Thunderbirds and as a Goalie Development Coordinator for CAHA. Professionally, Kylie runs a tech startup developing resources to support the delivery of mental health services.



Assistant Coach: Jessica Hughes

Jessica 'Boston' Hughes is a Level 4 USA Hockey certified coach and current Board Member with the Carolina Junior Hurricanes Organization. A former competitor at multiple USA Hockey Adult National Championships, her coaching journey began when the Carolina Hurricanes approached her to assist with youth outreach initiatives. That opportunity revealed the growing need for intentional girls development, a mission that has since defined her work.



After coaching NC State's Women's Ice Hockey program to back-to-back title game appearances and securing the program's first championship, Jessica broadened her impact by supporting multiple girls programs across the region. In doing so, she recognized an even greater opportunity, strengthening the foundation of the female game at the grassroots level. She intentionally shifted her focus to younger birth-year athletes, prioritizing the development of fundamental skill, hockey IQ, and confidence to help emerging players build a strong and sustainable path forward.

That developmental foundation directly elevates her work at the high school and national level. Her philosophy emphasizes long-term growth, leadership, and empowering players to take ownership of their development both on and off the ice. The objective is not only to compete successfully on a national stage, but to prepare athletes to continue advancing in the game well beyond a single season.

Assistant Coach: Jenny Tardelli

Jenny Tardelli is originally from Upstate New York, where she grew up playing hockey her entire life. One of her biggest accomplishments was competing for the SUNY Oswego Club Women's Hockey Team. She continues to stay active in the sport by playing on the Lady Canes travel women's team, as well as in a local men's recreational league. Her passion for the game has grown beyond playing, as she has coached within the QCR program for the past two years and loves helping young athletes develop their skills and confidence on the ice.



Outside of the rink, Jenny enjoys running, fostering dogs, reading, and traveling. She values staying active and being involved in her community. She is incredibly excited about this evolving girls' program and cannot wait to be a part of its growth and success!

Tryouts

CAHA will conduct open tryouts to evaluate and select players for the 2026–2027 Girls High School Tier I Team. Tryouts are designed to ensure a fair, transparent, and comprehensive assessment of all participants.

Tryout Details

- Saturday, May 30th
- Location: Greensboro Ice House, Greensboro NC
- Tryout Format: Two (2) on-ice sessions, each one 90 minutes in length.
- Times: 12:00-1:30 PM, 4:00-5:30 PM
- Players are expected to attend assigned sessions unless otherwise approved by the coaching staff.
- We invite Tier I and high-end Tier II players in grades 9–12 who demonstrate the exceptional skill and competitiveness required to represent the best of the region.
- **Evaluation & Oversight**
 - All evaluations will be conducted by the Girls High School coaching staff and external evaluators at the coaches discretion.
 - Player assessments will consider game play, competitiveness, hockey sense, coachability, and overall fit within a high-performance team environment.
- **Registration & Fees**
 - Registration: Online registration required:
<https://carolinahockey.sportngin.com/register/form/752033080>
 - Players must register by May 1 and will be notified if they have been accepted by May 15.
 - Tryout Fee: \$95

Requirements

- All players must be enrolled as full-time high school students (grades 9-12) in NC or SC or a state recognized Home School.
- North or South Carolina residents only.
- Must be registered with USA Hockey
- The team must play a minimum of 10 games against high school competition.
- Each player must play a minimum of 5 games with the team.

Costs

- Cost Per Player Cost: \$1500.
- 3-5 weekends plus Nationals. Includes August Kickoff, game weekends, and practices.
- Team will play a minimum of 10 games to meet the USA Hockey requirement.
- Apparel Package.

Upcoming Events

Zoom Information Sessions: Open Q&A with coaching staff, parents, players, and CAHA representatives.

- Wednesday April 8 @ 8pm: <https://usahockey.zoom.us/j/98577237607>
- Wednesday May 6 @ 8pm: <https://usahockey.zoom.us/j/96690402834>

Tryouts: Saturday, May 30 @ Greensboro Ice House

Schedule

The team will compete in a combination of tournaments and exhibition games aligned with USA Hockey Girls High School National Championship requirements. The team is scheduled to compete on 3-5 weekends plus Nationals during the 2026-2027 season. Practice times and locations selected by the coaching staff based on availability and program needs. CAHA will work with Association leaders to avoid conflicts between teams.

Uniforms

- Players will wear local club helmets and gloves.
- Team T-shirt, shorts, hoodie, and leggings will be provided.
- Home and Away jerseys, shells, and socks

Summary

The CAHA Girls High School Hockey Program provides a unique and exciting competitive opportunity for female athletes across the affiliate. Through experienced coaching and exposure to high-level competition including the USA Hockey Nationals, the program is designed to advance the high school hockey pathway while emphasizing accountability, teamwork, and respect for the game.



FAQs

- **What are the residency requirements?**

Players must be legal residents of North Carolina or South Carolina. No out-of-affiliate players will be accepted.

- **Does my hockey Association need to give me permission?**

*While players dual-rostering on high school teams are exempt from formal written release requirements, it is **highly recommended** to communicate with your local association to ensure you avoid scheduling conflicts.*

- **Can I play on both a Tier I/Tier II team and the high school team?**

***Yes.** Players are permitted to dual-roster on both a youth travel team and a high school team, provided they meet the eligibility requirements for both.*

- **What happens if there are games on the same weekend as my travel team?**

We are actively coordinating with Associations to build a conflict-free calendar. Should an overlap occur, we will work directly with the player and their home Association.

- **If I am homeschooled, can I participate?**

***Yes.** Homeschooled students are eligible if they are enrolled in a recognized program (legally recognized in North or South Carolina) and carrying sufficient credits to be considered a full-time student toward graduation.*

- **When does the season start and end?**

*The season typically runs from **August through early April.***

- **Do I have to travel or be present for all events?**

*Players are expected to be present for team activities. To be eligible for post-season play, a player must compete in at least **5 games** with the team, while the team itself must play a minimum of **10 games** (combination of exhibitions and tournaments)*