



RALEIGH RAPTORS U16

PROGRAM OVERVIEW




We will be the

hardest working team

– on and off the ice – in everything we do.

We will outwork our competition every day at the rink, in our training facilities, in the classroom and in the community.



– *Coach Ed Levens*





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PROGRAM OVERVIEW

The Raleigh Raptors U16 program is committed to creating a strong, family-centered community of individuals focused on all aspects of hockey development from puck skills, shooting and skating to high-level game competition, nutrition and sportsmanship. Our goal is to develop high level travel hockey players that are well-rounded, grounded, confident individuals—demonstrating leadership, teamwork and respect for themselves and others on and off the ice. We hope to instill in our players a life-long passion for excellence, the game of hockey and service to others.



U16 PROGRAM FEATURES

- **Team Make-up**
Mixed birth year team (2003-2004), Independent but looking at CHL and EJ 35-40 Games
- **3-5 Tournaments**
1 Raptors Hosted, Other Locations to be determined.
- **44 On-Ice Practices**
44 Full Ice Practices
- **20 Hours of On Ice PTH Player Development**
Power Skating, Skill Development, Shooting and Scoring
- **20 Hours of PTH Off Ice Player Development**
22 Facility Sessions, 3 Treadmill
- **3 Player Evaluations**
Preseason, Midseason, Exit Interview
- **Video Sessions**
- **Summer Camp**
1 Hour of Classroom Instruction, 3 Hours of On-Ice Instruction, Off-Ice Workouts, 1 PTH Facility Session
- **Training Camp**
3 Hours of Classroom Instruction, 4 Hours of On-Ice Instruction, Team Meals, 1 PTH Facility Session, 1 Treadmill Session, Guest Speakers, Goal Setting and Player Notebook
- **In Season Weekly Off Ice Training**
Focus on Agility, Strength, Teamwork and Stamina
- **Specialized Goalie Training**
Weekly Instruction from Goalie Coach
- **3 Social Events**
Signing Party, Holiday Party, End of Year Banquet
- **Community Service**
2 Community Service Projects, 1 Non-Profit Showcase Game
- **Healthy Snack Program**
- **Game Day Environment**
Detailed Player Warm-up, Position Meetings, Home Game Entrance Music, Pre-game Points of Emphasis, Locker Room Music, Post-Game Interviews
- **Schedule**
Program starts August 20, Practice Schedule Typically Tuesday through Thursday, Weekend Games, Occasional Weekend PTH Sessions, Christmas Holiday Break
- **Social Media**
Use of social media to quickly communicate and remind families of game and practice schedules as well as facilitate game updates, highlights and photos to friends and family.
- **Optional Summer Conditioning Program**
2-3 Conditioning Sessions and 1 Skate per week
- **Corporate Sponsor**



OUR IDENTITY

- Our environment will be based on four principles: **Having Fun, Being a Good Teammate, Giving Max Effort** and **Respecting the Game** and those that make it possible (parents, coaches, refs., teammates, other players, etc.).
- We will represent our organization, teammates, families and the community with **class** and **honor**.
- The strength of our program lies in the **combination** of high-level competition, player development, parent involvement, high-performance training and the commitment of our players and coaching staff to excellence.
- We will be the **hardest working team** – on and off the ice – in everything we do. We will outwork our competition every day at the rink, in our training facilities, in the classroom and in the community.
- We believe that having **fun** is an important goal.
- Our players and coaches will be **accountable**.
- We will encourage and engage in **service and philanthropic activities** to feel more connected to our community and each other. Our service initiative will showcase how our actions – even small ones – can make a lasting impact.
- We expect our families and coaches to create and nurture **open lines of communication**.
- We want **well-rounded kids** in our program and will **embrace** their activities and interests outside of hockey.



OUR STAFF

EDWARD LEVENS

Head Coach

USHA Level 3 certified, 7 years of youth hockey coaching experience, 30 years playing the game, successful entrepreneur, business owner and developer of high performance teams.

MARK BAVISOTTO

Assistant Coach

USHA Level 4 certified, 13 years of coaching experience. 34 years playing hockey including 11 years in travel hockey. Played Junior hockey in both the US and Canada. Technology Business owner of 10 years.

ANDY RODGERS

Goalie Development

Non-parent, extensive playing background including playing goal at the AAA travel level and Major Junior hockey with the OHL's Sarnia Sting, 14 years of coaching experience.

STAN MISTHIOS

Co-Director of Player Development

Founder of Prime Time Hockey, over 30 years in the hockey industry, 5 years Junior Hockey in Toronto and Ottawa, 4 years instructing, Dr. Smushkin Hockey School, USHA Level 2 certified. Owner of the Raleigh Raptors.

MATT CROSS

Co-Director of Player Development

VP of Operations at Prime Time Hockey, over 17 years of experience in the Hockey School Industry, 8 years of coaching experience with the Toronto Red Wings 'AAA' Organization (GTHL), USHA Level 3 certified.



FULL PROGRAM DETAILS

SUMMER CAMP

The Raleigh Raptors will kick things off with a week-long summer camp in June. Camp will run during the evening for five days and will focus on skating, fitness and skill development. We will use this week to set expectations for our players and begin to instill our values and culture. The dates are being finalized.

OFF-SEASON CONDITIONING

The Raptors will never be out worked on the ice. This starts in the off season with our conditioning program. After Summer camp through our Training camp, we will hold weekly off-ice conditioning sessions and skates.

PRE-SEASON TRAINING CAMP

The Raptor's U16 programs will kick-off in mid-August with a two-day training camp. The camp will feature classroom learning, on-ice and off-ice instruction, player evaluations, team building and athletic training and testing. The program will include:

- Individual and Team Goal Setting
- Player Handbook
- Hockey System Implementation
- Personal Brand Statements
- Personal ABC's
- Nutrition Discussion
- Fitness Evaluation
- Agility and Strength Work
- Team Dinner and Lunch
- On-Ice Video Capture
- Player Evaluations
- Concussion Symposium
- PTH Hockey Instruction
- Power Skating
- Shooting and Scoring
- Puck Control
- Skating Treadmill
- Passing

GAME SCHEDULE

The Raptors U16 teams will play between 35-40 games when you include tournament play. We will have 12 home games with many of our 'away' contests being in North Carolina.

ON-ICE PRACTICE

The practice schedule will feature:

- 44 Full Ice Practices
- Detailed Practice Plans, Organized Coaching Staff
- Located in North and South rinks
- Practice Times are TBD

PRIME TIME HOCKEY PLAYER DEVELOPMENT

Prime Time Hockey (PTH) has established itself as a leader in North America for advanced skating and skill development. PTH will direct our player development program through specialized weekly on-ice instruction and off-ice training in their facility. The program will include:

- 20 Hours of On-Ice Instruction Focused on Agility and Power Skating, Edge Control, Puck Handling, Shooting and Scoring Instruction
- 3 Skating Treadmill Sessions to Enhance Speed, Skating Stride and Acceleration
- 20 Hours of Team Facility Instruction Focused on Shooting, Passing and Puck Control

PLAYER DEVELOPMENT REVIEW

Player evaluation will be critical part of our program. We feel it is important to provide our players and their parents with player development reviews throughout the season. Evaluations include:

- Evaluation of Skating, Hockey Skills, Attitude, Fitness and Positioning
- Three Evaluations: Preseason, Midseason and Postseason
- Use of Video
- Detailed Player Evaluation Sheets
- Parent and Player Meetings

PLAYER HANDBOOK

All players in the U16 program will get a detailed player handbook. The book will house our offensive, defensive and fore-check systems along with our power play and penalty kill philosophy. The book also contains our team rules and goals, player goals, evaluations and brand statement. The player handbook is a big part of our program and will be key to all we do during the year.

VIDEO PROGRAM

The use of video will be essential to our program. It will be utilized to reinforce what our players are doing well, identify areas of improvement and help in player evaluation. The coaching staff will watch games and some practices to provide clips that will help in the development of our players.

SOCIAL EVENTS

Part of our mission is to create a family environment and we will help nurture that through team activities away from the rink. There will be team funded events and parent-sponsored, less structured gatherings. The main events include:

- **Signing Party:** Making a travel hockey team is a giant accomplishment and we want to celebrate our players and their achievement. At the event players will be formally introduced as Raptors, sign their contracts, pose for photos with the organization and their teammates. Food will be provided.
- **Holiday Party:** Before our team goes on its Holiday Break, we will have a team gathering to celebrate the season. We will do a team gift exchange, enjoy time with each other off the ice and have a nice meal.
- **End of Season Family Skate and Game:** At the end of the year, the team will gather to celebrate the season. Parents and siblings will take on their each other out on the ice!
- **Other non-formal social events** will be put together by our social committee and include hockey games, laser tag, movies, birthdays, etc.

HEALTHY SNACK PROGRAM

If we are going to teach our players about nutrition, we need to provide them healthy options before, during and after our practices. A cooler will be at every game and practice and will be stocked with the snacks and drinks

outlined by our Nutrition consultant. Each player will be charged on consumption (likely \$2 drinks/\$1 snacks) with monies collected at the end of every month. The proceeds of the Healthy Snack Program will be donated to the non-profit featured in our community showcase game.

COMMUNITY SERVICE

Volunteerism teaches basic character foundations to kids and makes them feel more connected to the community and each other. Service promotes values that will last a lifetime including trustworthiness, respect, fairness, honesty, responsibility, citizenship and caring. We will have two community service days and one community showcase game where we will drive awareness for a local non-profit during our hockey game. We also have a Big Brother program with the Raleigh Raptors U12 (PW) team.

GAME DAY ENVIRONMENT

Game Day will be different and special. Our game day program will start with the player arrival. The locker room will have energy with music and a coaching staff that is excited to be there. After players get into their work-out gear, a detailed player warm-up will be conducted that will prepare our players both physically and mentally for the game. After warm, the coaching staff will reinforce our pre-game points of emphasis, conduct position meetings and work to make our players focused and ready to play. For home games, the team will decide on an entrance song and warm-up music. After some games, we'll conduct player interviews and post them to our social media outlets. The goal with our game day environment is to create a safe, focused, exciting and fun environment for hockey.

ONLINE PRESENCE

The Raleigh Raptors U16 teas will have a robust online presence and make use of the Raptors Website, Twitter, Instagram and Facebook. We will also use a scheduling application called TeamSnap to help parents, coaches and players keep track of our practices, games and stats. From a social media perspective, we will use Twitter and TeamSnap to quickly communicate and remind families of game and practice schedules as well as facilitate game updates, highlights and photos to friends and family.

SCHEDULE OVERVIEW

The schedule is still a work in progress. At this time, here is what we think will be our month to month schedule and proposed 'typical week.'

May: Tryouts, Parent Information Meeting

June: Signing Party, Summer Camp, Optional Conditioning Program Begins

July: Optional Conditional Program

August: Preseason Camp, Evaluations, Hosted Tournament

September: Practice and Off-Ice Program, Games

October: Practice and Off-Ice Program, Games, Tournament, Community Service Project

November: Practice and Off-Ice Program, Games, Potential Tournament

December: Practice, Off-Ice Program, Holiday Party, Winter Break, Mid-Season Evaluations

January: Practice, Off-Ice Program, Games

February: Practice, Off-Ice Program, Games, Potential Tournament or Trip

March: PTH Training Concludes, Family Skate and Game, Exit Interviews

Typical Week*: PTH Off-Ice Training and Conditioning on Tuesday** | Wednesday, On-Ice Practice | Thursday, On-Ice Practice and Conditioning | Games on Weekends

**Days and times are target only. We do not have confirmation of ice slots or days of the week yet*

*** Tuesday's training could be added to Wednesday or Thursday*

PARENT INVOLVEMENT

It really does take a village... In order to have this program be successful, we have to have everyone – players, coaches and parents – going in the same direction. We will have responsibilities for every parent from game video and stats to events and social media. Parents will be able to select their involvement level during our first Team Meeting in May.



PROGRAM COSTS

The Raleigh Raptors U16 Program has corporate sponsors in order to keep things affordable while offering the most robust travel hockey, player and athlete development program in the market. The program fee will be **\$3,500.00** based on 17 players and covers all hockey activities, social events, player development and tournaments as outlined in this overview. Please ask our coach about **Financial Aid** and **Flexible Payment** plans.

Tournament travel is not included nor is hockey equipment, parent sponsored events and team required apparel. The apparel package with the Raleigh Raptors costs \$450.00 and includes:

- Game jerseys/socks (2)
- Track suit jacket/pants
- Pant shell
- Player bag
- Workout shorts & shirt
- Helmet stickers
- Nameplate
- Practice jersey/socks

If a player played within the Raleigh Raptors organization last season, a full apparel package may not be necessary as the player may already have much of the required items.



CONTACT INFORMATION

EDWARD LEVENS

Director of U16 Hockey

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