



Raptors Hockey Club

2020-21 Pee wee 2009 Program Guide

ORGANIZATION

Affiliation:

Raptors Hockey Club is a member of USA Hockey under the local affiliate Carolina Amateur Hockey Association (CAHA)

Organization Executives:

- Stan Mithios
- Ed Levens



RAPTORS HC

Philosophy:

Raptors Hockey Club will be the **“Organization For Coaches”**

Raptors HC aims provide an environment that will encourage our Coaches and Team Managers to act with autonomy to nurture and develop guidelines that will cater to the needs of the players specifically on their team.

Raptors HC will work with Player Development and Player Advancement as our primary goal and guiding principle. Families of the hockey community will be looking to us to provide a positive, structured, supportive, competitive, safe, and fun environment for their kids – and we will do everything to accept, respect, flourish and deliver under these responsibilities that we take seriously.



PEEWEE 2009 TEAM

Team Staff:

Head Coach – Stan Misthios

Team Manager – Pamela Mitchell

Assistant Coach – Jim Klym *

Assistant Coach – Fred Redding *

** Because the Head Coach of the team is a "Non-Parent", the team will once again seek to have parents fill the rest of the coaching staff. (has served as a great Check & Balance)*

Team Roster:

Team will roster a total of 15 or 16 players.

(Either 9/5/1 or 9/6/1)

Competitive Level:

Peewee AA (2009 birth year)

* Team will not shy away from scheduling games vs good mixed birth year Upper A competition.



HOME ICE

- The Raptors Hockey Club will once again contract its time slots for home games:
 - **Saturday's for 1 game.** Saturday home games during the 2019-20 season were 2:15pm @ Factory Wake Forest, per contracted ice.
 - **Sunday's for 1 game.** Most Sunday home games during the 2019-20 season were 8:45am @ Factory Wake Forest, per contracted ice.
- Allotted Ice Time for Games : 90 min
- Number of Home weekends : 6
 - Potential for adding a 7th home weekend as practice or games.



GAMES

As it did in the 2019-20 & 2018-19 hockey seasons, the team will plan an independent schedule consisting of:

- 24 Games = "Home & Home" matchups vs. 6 Teams
- 16 Games = 4 Tournaments (potential for extra games)
- 2 Games = Exhibition or Extra Games

2020-21 H&H Targets will be (some of which are already locked in) :

| | | | |
|---------------------------|------------------------|-------------------------|--------------------------------|
| The St.James* | Carolina Rage* | Charlotte Rush* | Pineville Falcons** |
| Jr. Hurricanes*-** | State College | Triad Storm*-** | Hampton Roads Whalers** |
| NC Force** | Reston Raiders* | Ashburn Extreme* | Richmond Generals |

** Teams played in 2019-20 Season **Teams played in 2018-19 Season when Raptors were younger birth year of age group.*

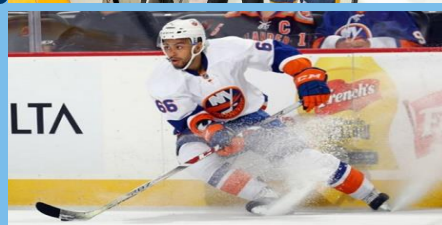
Note :

Based on the make up of the CHL, the team could end up playing in the league. Should this occur, some of the Home & Home matchups will be replaced by the CHL schedule. This could include some of the same matchups listed above.

Total Games: 42, of which 12-16 will be games in Raleigh.



ONCE THE PASSION FOR TRAINING HAS BEEN IGNITED... DREAMS CAN COME TRUE !!!



Here are some players that your Raptors Peewee 09
Head Coach worked with when they were just kids...

Top Left Clockwise - Brent Burns, Trevor Daley, Daniel Carcillo,
Tyler Seguin, Warren Foegele, John Tavares, Malcolm and PK
Subban, Joshua Ho Sang, Michael Cammalleri, Michael Vernace,
Anthony Nigro, Matthew Pelech, Daniel Girardi, Chris Terry.



ICE TIME & DEVELOPMENT

Pre-Season Team Training Camp:

- 6 Hours On Ice (3 days @ 2hrs/daily)

On Ice Practice:

- 1 Hour Weekly (most likely @ Factory Wake Forest, but could potentially move)
- 2019-20 Time Slot : Monday 6:00pm-7:15pm @ Factory Wake Forest.

Weekend On Ice Practice:

- 1 Scheduled weekend of Team Practice (2 sessions, 90 min per session)

On Ice Development:

- 1 Hour Weekly, 2019-20 was Tues 4:45pm @ Factory Wake Forest (Skating/Agility/Puck)*
- 1 Hour Weekly, 2019-20 was Thurs 5:45pm @ Factory Wake Forest (Shooting & Scoring)*

**Schedule for 2020-21 sessions could vary slightly as the team is now Peewee age.*

Total On Ice for Team Practice & Development : 81 Hours!



Pre Season Training Camp

Will Take place in August 2020, featuring both ON and OFF ICE team building sessions daily :

• OFF ICE FEATURES

- Individual and Team Goal Setting
- Player Handbook
- Hockey System Implementation
- Personal Brand Statements
- Personal ABC's
- Concussion Symposium
- Nutrition Guidelines
- Fitness Evaluation
- Agility and Strength Work
- Team Lunch and/or dinner

• ON ICE FEATURES

- Hockey System Implementation
- Agility and Strength Work
- Player Evaluations
- PTH Hockey Instruction
- Power Skating
- Shooting and Scoring
- Puck Control
- Skating Treadmill
- Passing
- Defensive Zone Coverage



EXTRA TRAINING & DEVELOPMENT

The team will take full advantage of the Prime Time Hockey training facility in 2 ways:

- 12 90-min Team Training sessions for an additional 18 hours of training & development
- 2 weekly 30min shooting sessions in small groups following the team's on ice sessions that are at The Factory.*

**small group shooting sessions can be scheduled on any 2 of the on-ice days the team prefers. This season the sessions will be conducted in smaller groups bi-weekly.*



SPECIALIZED EXTRA TRAINING & DEVELOPMENT

ALL Raptors Peewee 09 players will receive 2 complimentary semi-private lessons from Prime Time Hockey:

- Sessions will take place during the Stick/Puck ice times offered at Factory Ice House
- Sessions will be 60 minutes in length
 - *Families will be required to cover the cost for Stick/Puck Registration*



THE DEVELOPMENT PROCESS

Part of the Development Process for the Raptors Peewee 09 Team will be to have an open line of communication with players and parents thru Individual Evaluations.

The coaching staff will conduct individual player evaluations in 3 phases during the hockey season:

- 1) Post Training Camp Evaluation.
- 2) Mid-Season Evaluation.
- 3) Final Evaluation at Season's End.



OUR COLORS



COMMUNITY SERVICE

In addition to developing our players on the ice, Raptors HC will aim to have our players help develop and improve parts of our local community.

It will be a goal to have our entire Pee wee 09 team participate together in a minimum of 3 hours of Community Service.

During the team's first 2 seasons as Squirts, the Raptors created and delivered a huge care package for U.S. Troops stationed overseas, filled Xmas Stockings for both a senior citizens home and kids that were impacted by Hurricane Florence. The team also participated in the JDRF One Walk for Type 1 Diabetes awareness and fundraising.



VALUE

We ENCOURAGE you to compare:

- 104 Total Hours of Training & Development.
- 104 Total Hours of Training & Development under the supervision of a Head Coach with over 30 years of experience working and directing advanced Skating and Hockey curriculums.
- 40+ Hockey Games.
- Set days and location for Home Games.

All for a Registration Fee of \$3,795

**Equipment & Apparel package for 2019-20 was \$445. An 'A La Cart' menu will be made available for returning Raptors that don't require entire package.*



Payment Options

There will be 4 options available for payment of registration fees.

All payments made by credit card will be subject to an additional 3% fee.

Option 1: Full Payment

- Full payment of \$3,745 upon signing
- \$50 discount from full fee of \$3,795

Option 3: 4 Payments

- \$1,095 upon signing
- \$950 June 11, 2020
- \$875 July 2, 2020
- \$875 on August 8, 2020

Option 2: 3 Payments

- \$1,495 upon signing
- \$1,200 July 1, 2020
- \$1,100 August 8, 2020

Option 4: 5 Payments

- \$895 upon signing
- \$750 June 12, 2020
- \$750 July 2, 2020
- \$700 on July 20, 2020
- \$700 on August 8, 2020



COVID POLICY

No one can accurately plan for the current state of the world and the impact COVID-19 has had on our lives. The changes that have taken place and the uncertainty of when things might return to normal are unprecedented.

The Raptors Hockey Club is confident that a new normal will emerge that will allow us to practice, play games and even go to tournaments. We just don't know when this will happen. As we build-out and implement our programs, our number one priority is the safety and well-being of our players, families and coaches.

With that said, the key word that will describe our COVID Policy is **FLEXIBILITY**. We will be flexible with our programming to allow our teams to safely practice and train. We will be flexible with our facility hours to give smaller groups of players an opportunity to complete sessions. We will be flexible with our payment plans to reflect what we *can do*, and **NOT** what we *think is possible*.

Please feel free to contact the RAPTORS directly for any further assistance you may need regarding our COVID-19 Policy.



EQUIPMENT PACKAGE

Included as part of the Raptors Peewee 09 package:

- Personalized, high quality Home and Away game jerseys.
- High quality Home and Away game socks.
- Personalized, high quality canvas hockey bag.
- High quality, 3-color pant shells.
- Track suits, jacket & pants.
- Pair of dry-fit athletic shorts.
- Dry-fit athletic tee shirt.
- Helmet Stickers



Optional equipment add on:

- Customized Raptors hockey gloves.



**Equipment & Apparel Package was \$445 in 19-20. It will be similar for 20-21.*

**Players must provide their own white helmet.*



#1 REASON TO BE A RAPTOR ???

Easy...!

Because after all of the ice time, the development, the culture, and the value - when it comes to the kids...*we just know how to have the most fun and create the best memories !!!*



The RAPTORS have arrived...!!!



NOTES

