



# Raptors Hockey Club

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2021-22 Bantam AA Program Guide

# ORGANIZATION

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## Affiliation:

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

## Memberships:

Carolinas Hockey League (CHL)

## Organization Executives:

- Stan Misthios
- Ed Levens



# RAPTORS Hockey Club

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## Philosophy:

In just 3 seasons, Raptors Hockey Club has quickly emerged as the **“Organization of Culture”** for youth hockey in Raleigh, NC.

Raptors HC provides 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 specific players and families 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 continue to look 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.

Raptors HC will continue to prioritize providing hockey families with more ice time, more programming, and more accountability for lower registration fees than the other local hockey groups.



# BANTAM AA TEAM

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## Team Staff:

Head Coach – Ken Glonek

Team Manager – TBD

Assistant Coach – Rick Sina

Assistant Coach – Darren Hazzard

## Team Roster:

Team will roster a total of 16 or 17 players.

(Either 9/6/2 or 9/5/2 or 10/6/2)

## Competitive Level:

Locally in Raleigh: AA

CHL Level: AA

Outside of Raleigh: AA & AAA



# HOME ICE

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- The Raptors Hockey Club will once again contract its time slots for home games. Last season the Raptors hosted “Double-Headers” every weekend at Factory Ice House:
  - **Saturday’s** : Saturday home games during the 2020-21 season were 2:45pm & 4:30pm @ Factory Wake Forest, per contracted ice.
  - **Sunday’s** : Sunday home games during the 2020-21 season were 10:00am & 11:45am @ Factory Wake Forest, per contracted ice.
- Allotted Ice Time for Games : 75-90 min
- Number of Home weekends : 6
  - Potential for adding a 7<sup>th</sup> home weekend as practice or games.



# GAMES

**The team will plan to play in the Bantam AA division of the CHL.**

- 8 Games = "Home & Home" matchups Vs. 2 Teams
- 16 Games = CHL Schedule
- 16 Games = 4 Tournaments (potential for extra games)
- 2 Games = Extra Exhibition Games or Extra Tournament or Showcase Games.

## 2021-22 H&H Targets will be:

**The St.James**

**Queen City Royals**

**Triad Storm**

**Richmond Generals**

**NC Force/Golden Bears**

**Hampton Roads Whalers**

## 2020-21 Tournament Targets will be:

**Raleigh (Local)**

**Charleston, SC**

**Hershey, PA**

**Charlotte, NC**

**New England**

**Total Games: 42, of which 20-22 will be games in Raleigh.**

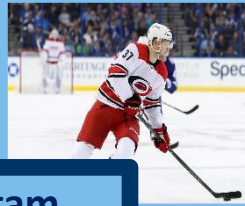


# Extra AAA Tournament Opportunity

- The Raleigh Raptors will be part of an initiative with other CAHA Tier 2 Clubs that will be joining efforts to provide select players with an opportunity to play 8 additional games at the AAA level.
- There will be a Summer Tryout session to select players from the following hockey clubs that will play in 2 AAA tournaments:



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



Here are some players that your Raptors Bantam Development Coaches worked with when they were just kids...

Top Left Clockwise - Brent Burns, Trevor Daley, Daniel Carillo, 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

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## **Pre-Season Team Training Camp:**

- 6 Hours On Ice (Most likely over one full weekend)

## **On Ice Practice:**

- 1 Hour Weekly (most likely @ Factory Wake Forest, but could potentially move)
- 2020-21 Time Slot : Thursday 7:00pm-8:00pm @ Factory Wake Forest.
- 2021-22 Time Slot : TBD

## **On Ice Development:**

- 1 Hour Weekly, 2020-21 was Mon 7:30pm @ Factory Wake Forest (Skating/Agility/Puck Control)\*
- 1 Hour Weekly, 2020-21 was Fri 5:30pm @ Raleigh ceplex (Shooting & Scoring)\*

*\*Schedule for 2020-21 sessions will likely vary slightly.*

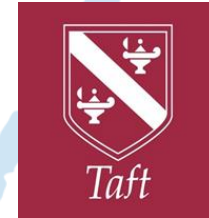
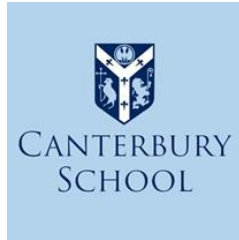
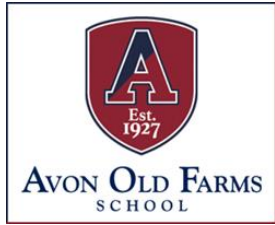
**Total On Ice for Team Practice & Development : 74 Hours!**



# PREP SCHOOL EXPOSURE

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- Schedule a competitive 4 game weekend in New England Area
- Tour local Prep schools
- Understand what options are available to Raptors families
- Meet with Prep Coaches
- Exposure / Recruitment Opportunities
- *Raptors BTAA Head Coach Ken Glonek currently has his 2004 birth year son Camden playing at Canterbury School*



# OFF ICE FITNESS DEVELOPMENT



Hello Prime Time coaching staff,

Thanks for taking the time to learn about our off ice athlete development offering. We put together two offerings to properly prepare your athlete's this off-season and in-season. Programs have been designed by Mark Fitzgerald. Mark is well know as a top strength and conditioning coach. Mark was the Anaheim Ducks Strength coach and has a long history training professional and up and coming athletes through many sports.

Our offering is delivered through athlete development technologies that link athlete's to their programing. Benefits include:

- Prime Time Athlete's access workouts directly from their mobile device
- Coaching staff access athlete / team progress reports
- Age appropriate programs are highly affordable, easy to follow & designed by NHL level trainers. At home workouts requiring minimal equipment
- Progress reports keep athlete's & team's accountable
- Parents receive weekly auto-generated e-mail reports detailing athlete & team progress.
- Weekly Nutrition tips (meal suggestions and recovery strategies included).

Join Prime Time Coach Education! Thursday's 7PM (Eastern Standard Time):

- SUNDAY MAY 20th [Book Here](#)
- SUNDAY MAY 27th [Book Here](#)



- Dashboard
- Workout
- My Profile
- My Progress
- My Events
- My Messages
- Daily Self Assessment
- Testing Results
- Competition
- Training
- Nutrition Blog

## Actual Screenshots from App

Dashboard

You have 1 Messages [View](#)

[Workout now](#)

### Wellness

Overall Score  
**86**  
30 day average: 86

Body	100%
Hydration	50%
Nutrition	100%
Sleep	100%
Stress	80%

Dashboard Workout

### Workout Phase

Single Leg Skater Squat  
[Watch Video](#)  
[View Details](#)

Sets	Reps	Tempo
1	8	3/1/X

Mark Complete

> Log Details

Mini Band Glute Med 3-Touch  
[Watch Video](#)  
[View Details](#)

Sets	Reps	Tempo
1	5	2/2/2

Mark Complete



# OFF ICE FITNESS DEVELOPMENT

## OFF-Season Training

**Start Date:** June 15, 2021

**End Date:** August 31, 2021

### Includes:

- off-season age appropriate workouts (3-per-week, 30-workouts total)
- minimal equipment required
- lifestyle tracking (sleep, hydration, nutrition & recovery)
- athlete progress reports
- team progress reports
- messaging features
- event scheduler (sync's to mobile phone calendar)
- team coach reports
- weekly nutrition education from expert nutritionists
- weekly auto-generated parent e-mail updates
- Program designed by NHL level strength coach's

\*Pricing in Canadian dollars

**Team Pricing:** \$150 CDN / athlete (\$108 USD)



The 3-Month Off Season program is included in the registration fees for the team. Team will discuss the continuation into the season at the end of the summer.

## Full Season Team Training (off-season and in-season training)

**Start Date:** June 15, 2021

**End Date:** May 1, 2022

### Includes:

- off-season age appropriate workouts (3-per-week)
- in-season age appropriate workouts (2-per week)
- minimal equipment required
- lifestyle tracking (sleep, hydration, nutrition & recovery)
- athlete progress reports
- team progress reports
- messaging features
- event scheduler (sync's to mobile phone calendar)
- team coach reports
- weekly nutrition education from expert nutritionists
- weekly auto-generated parent e-mail updates

**Team Pricing:** \$250 CDN / athlete (\$180 USD / athlete) [Register Team](#)

**Individual Pricing:** \$500 CDN (\$360 USD / athlete), [Register Here](#)

***“My son leveraged the platform last summer. It provided individual specific training needs. He will be using it again as he trains for D1 Showcase Camps this coming season. This is an Elites training program for elite athletes that is age appropriate. I will be recommending this platform to my U14 team this season”***

**- Ken Glonek, Head Coach U14AA Raleigh Raptors**



# Pre Season Training Camp

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Will Take place in August 2021, 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 Discussion
- 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

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## **The team will take full advantage of Prime Time Hockey's off ice Training Facility :**

- The team will have 6 90-min Team Training sessions for an additional 9 hours of training & development.
- *Schedule for these sessions will be approximately 1 per month.*
- *Off ice fitness training and/or small group video review could be incorporated into these sessions.*



# THE DEVELOPMENT PROCESS

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Part of the Development Process for the Raptors Peewee 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 continue to have our players to help develop and improve parts of our local community.

It will be a goal to have our entire Bantam 07AA team participate together in a minimum of 3 hours of Community Service.



*Over the past 2 seasons the Raptors filled and delivered Xmas Stockings for a senior citizens home and disaster victims, participated in the JDRF One Walk for Type 1 Diabetes awareness and fundraising. As well, the Covid-19 Pandemic did not stop our players from organizing both Toy Drive and Food Drive donation campaigns.*



# VALUE

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## We ENCOURAGE you to compare:

- 100+ Total Hours of Training & Development
- Training & Development under the supervision of a Development program 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 \$3,995

*\*Equipment & Apparel package for 2020-21 was \$475. An 'A La Cart' menu will be made available for returning Raptors that don't require entire package.*



# Payment Options

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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 \$3,945 upon signing
- \$50 discount from full fee of \$3,995

## Option 3: 4 Payments

- \$1,295 upon signing
- \$975 July 6, 2021
- \$950 July 29, 2021
- \$875 on August 18, 2021

## Option 2: 3 Payments

- \$1,495 upon signing
- \$1,300 July 7, 2021
- \$1,300 August 10, 2021

## Option 4: 5 Payments

- \$895 upon signing
- \$875 June 30, 2021
- \$825 July 17, 2021
- \$775 August 5, 2021
- \$725 August 22, 2021



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# EQUIPMENT PACKAGE

## Included as part of the Raptors Squirt 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 \$475 in 20-21. It will be similar for 21-22.*

*\*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 !!!*



# NOTES

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