



# Raptors Hockey Club

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2022-23 U16 A 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)**

**Carolina Hockey Alliance (CHA)**

## Organization Executives:

- Stan Misthios
- Ed Levens



# RAPTORS Hockey Club

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## Philosophy:

In just 4 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.



# RAPTORS U16 A TEAM

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## Team Staff:

Head Coach – Alex Rivers

Assistant Coaches

- Robert Dozier
- Kenny Gillespie
- Michael Ptasinsky

Team Manager – TBA

## Team Roster:

Team will roster a total of 18 or 19 players.

(10-6-2, 11-6-2, or 12-6-2)



# ICE TIME & DEVELOPMENT

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

- 6 Hours On Ice (3 days @ 4 sessions, 1.5hrs/daily)
- Will take place on a weekend in August 2022

## **2 Hours Weekly On Ice Practice:**

- Mid-Week sessions
- 60 min sessions, with just U16A Team on the ice
- Last season practices were on Tuesdays & Wednesdays, with the Wednesday session being right after school. The schedule will be similar for this upcoming season.

**Total On Ice for Team Practice & Development : 54 Hours**



# HOME ICE

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- The Raptors Hockey Club will once again contract its ice slots for consistency of home game times:
  - **Saturday's for 3 games.** Saturday home games during the 2020-21 season were 3:15pm & 4:45pm & 6:15pm @ Factory Wake Forest, per contracted ice.
  - **Sunday's for 2 games.** Most Sunday home games during the 2020-21 season were 8:15am & 9:45am & 11:15am @ Factory Wake Forest, per contracted ice.
- Allotted Ice Time for Games : 75 & 90 min
- Minimum number of Home weekends : 6
  - Potential for adding a 7<sup>th</sup> home weekend as practice or games.



# GAMES

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**The team will play in the A Division of the CHL, or possibly transition to an Independent schedule :**

- 16 Games = CHL Schedule
- 8 Games = "Home & Home" matchups vs. 2 Teams \*
- 16 Games = 4 Tournaments (4 games plus potential for extra games)
- 2 Games = Exhibition Games\*

**Total Games: 40-42\* (of which 16-22 will be in Raleigh)**

*\*Additional 8 games in Raleigh if team elects to play in local tournaments*



# PRE-SEASON TRAINING CAMP

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August 2022, featuring both ON and OFF Ice team building sessions daily :

## OFF ICE

- 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

- 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





# DEVELOPMENT FOCUS

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Evaluations will be conducted to provide feedback and communication to players and parents throughout the season.

Coaching staff will conduct individual player evaluations at key intervals during the hockey season:

- 1) Post Training Camp Evaluation
- 2) Mid-Season Evaluation
- 3) Final Evaluation at the end of season



# COMMUNITY SERVICE

In addition to developing our players on the ice, Raptors HC encourages its players to help develop and contribute to our local community.

An important team goal will be a full team event to participate in 3 hours of Community Service.

Specific details will be decided by the team after the final roster is selected.



# OUR COLORS



# EQUIPMENT PACKAGE

## Included as part of the package:

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

## Optional equipment add on:

- Customized Raptors hockey gloves.



*\*Equipment & Apparel package will be between \$485-\$525, pending any added options.*

*\*Players must provide their own white helmet.*



# VALUE

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## We encourage you to compare:

- 62 Total Hours of Training & Development
- Training & Development under the supervision of a Development Staff with over 45 years of experience working and directing advanced Skating and Hockey curriculums
- Team only on the ice for 2 practices per week
- Individual evaluations to track player development
- 40+ Hockey Games
- Set days and location for Home Games



**All for a Registration Fee of \$3,675\***

*\* Equipment & Apparel package \$485-\$525. An 'A La Carte' list will be available for returning players who do not need the entire package.*



# REGISTRATION FEE PAYMENT OPTIONS

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## Option A: Full Payment

- Full payment of \$3,625 upon signing
- \$50 discount from full fee of \$3,675

## Option B: 3 Payments

- \$1,375 upon signing
- \$1,200 July 22, 2022
- \$1,100 August 22, 2022

## Option C: 4 Payments

- \$975 upon signing
- \$925 June 15, 2022
- \$900 July 17, 2022
- \$875 August 19, 2022

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

