



RALEIGH RAPTORS HOCKEY CLUB

2022 | 2023

SQUIRT 'AA' TEAM
PROGRAM GUIDE

VALUE

DEVELOPMENT

FAMILY



ORGANIZATION



AFFILIATION

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

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.



COACHING STAFF



HEAD COACH: MATT CROSS

- 22 Years Experience in Youth Hockey Development
- 7 Years of Coaching – GTHL Toronto Red Wings AAA
- Head Coach Peewee Raleigh Raptors 2019-20 & 2020-21 Seasons
- Head Coach Peewee Raleigh Raptors SQA 2021-22 Season
- VP of Operations Prime Time Hockey USA
- Education: Centennial College Business Marketing/Admin. Diploma
- Former PTH Student

Coached youth hockey at the highest level for seven years, primarily with the Toronto Red Wings "AAA" organization in the Greater Toronto Hockey League. (2004 – 2011) Head Coached the CHL Champions Raleigh Raptors SQ AA last season. Promoted sportsmanship, healthy living, individual skills training and ensured positive relationships with athletes, parents, and the local community.

COACHING EXPERIENCE:

2003-2004 West Rouge U16 Roller Hockey Team – League Champions
2004-2005 Assistant Coach Minor Peewee 1993 Toronto Red Wings AAA
2005-2006 Assistant Coach Peewee 1993 Toronto Red Wings AAA
2006-2007 Assistant Coach Peewee 1994 Toronto Red Wings AAA
2007-2008 Head Coach 1996 Minor Peewee Toronto Red Wings AAA
2008-2009 Head Coach 1996 Peewee Toronto Red Wings AAA
2009-2010 Head Coach 1996 Minor Bantam Toronto Red Wings AAA
2010-2011 Head Coach 1996 Bantam Toronto Red Wings AAA
2019-2020 Head Coach 200-07 Peewee Raleigh Raptors Hockey Club
2020-2021 Head Coach 2008 Peewee Raleigh Raptors Hockey Club
2021-2022 Head Coach 2011-12 Squirt AA Raleigh Raptors Hockey Club



NOTABLE PLAYERS MATT HAS COACHED:

- Josh Ho-Sang – NHL New York Islanders, AHL Toronto Marlies, OHL Windsor Spitfires
- Jake Walman – NHL St. Louis Blues, OJHL, H-East Providence College, AHL Chicago Wolves
- Alex Richie – OJHL, NCAA Princeton University
- Cameron Brace – OJHL, OHL Bellville Bulls, OUAA University of New Brunswick
- Matthew Alvaro – OJHL, USHL Youngstown Phantoms, H-East University of Vermont
- CJ Bollers – OJHL, Sweden Division 2 Hovas Hockey Club
- Nick Foglia – OJHL, OHL Ottawa 67's
- Quinn Strydiuk – OJHL, BCHL, OUAA McGill University
- Nick Pastorious – OJHL, OHL Soo Greyhounds, Barrie Colts, Niagara Ice Dogs
- Mitch Shennette – Exeter Prep-School, OJHL, GOJHL Brampton Bombers
- Adam Nanji – OJHL Hamilton Red Wings, OHL Plymouth Whalers
- Josh Carrick – OJHL, OHL Barrie Colts, OUAA U. of Ontario Institute of Technology
- Sammy Hu – OJHL Newmarket Hurricanes, Guangzhou China
- Brandon McLean – NCHA Adrian College - Team Captain
- Cody Symonds – OJHL, SUNYAC Buffalo State
- Charlie Connell – OJHL, QMJHL, Drummondville, OUAA University of Toronto
- Michael Greenberg – OJHL Hamilton Red Wings
- Anthony Rhynold – GOJHL Brampton Bombers, ACHA Davenport University
- Riley Mocha – GOJHL Fort Erie Meteors
- Chris Festerini – OHL Erie Otters, OUAA Wilfrid Laurier University
- David Italiano – OJHL St. Mikes, NESCAC Williams College
- Spencer Hyman – OJHL Hamilton Red Wings
- Jason Bird – OJHL Vaughan Vipers, BCHL Merritt Centennials, WCHA Lake Superior State College



NOTABLE LOCAL NC PLAYERS MATT HAS TRAINED:

- Randi Griffin – NAHA, Harvard University, Team Korea Olympic Games 2018
- Kelly Griffin – NAHA, Brown University
- Collen Murphy – NAHA, Northeastern University, Buffalo Beauts WNHL
- Hannah Rodgers – Shattuck St. Mary'S, University of New Hampshire
- Oliver Flynn – Loomis Chaffee, University of Connecticut
- Trevor Smith – Northeast Generals, Greenbay Gamblers
- Lindsay Hylwa – Gilmour Academy, RPI University
- Katherine Murphy – NAHA, Robert Morris University
- Emma Flynn – Loomis Chaffee, Amherst College
- Sydney Collins – Northwood School, Chatham College
- Jessica Tolzman – Winchendon School, New England University
- Avery Flynn – Loomis Chaffee, Amherst College
- Ava Imposimato – Shattuck St.Mary's
- Devin Barresi – Worcester Academy, Proctor Academy, Seacoast Spartans
- Alex Friend – PEAC, Blyth Academy, Anna Maria College
- Ford Hatchett – Brooks School, Syracuse University
- Tucker Hill – Brooks School
- Kurt Reger – Cushing Academy, University of Arizona
- Countless Players – USPHL (Jr. Canes along with other various Organizations)



COACHING PHILOSOPHY



We believe in creating a safe, fun and motivating environment for athletes, to help them get as close to the pinnacle of their potential as possible. This is achieved by showing strong support and encouragement through positive re-enforcement within a structured, organized, demanding and accountable environment. We believe youth sports can be a vehicle to broaden and enrich the lives of the players and parents both on and off the ice. The foundational lessons and tools we provide to the kids will be applied throughout their school life, the workplace, and within the community for the rest of their lives.

It will be our GOAL to encourage and teach:

- Discipline
- Accountability
- Responsibility
- Preparation and Organization Skills
- Goal Setting
- Continuous Healthy Living
- Attitude
- Leadership Skills
- Importance of FAMILY & TEAM
- Respect
- Sportsmanship
- **Most Importantly...FUN!**

Raleigh Raptors SQAA Success

At the Raptors, we aim to create a culture and environment that challenges our athletes. This culture allows our students to develop leadership skills, confidence, critical thinking skills, and communication skills that help them become the best version of themselves. We are extremely discipline with this approach & mentoring strategy, maintaining a long-term view of our development goals. The biproduct of this culture is SUCCESS both on and off the ice!

We are developing athletes and leaders in this community.



Record 28-13-3

Hershey Labor Day
Tournament Champions
SQAA Division

Carolina Presidents Cup
Tournament Champions
SQAA Division

Carolina Hockey League
SQAA Division
League Champions

ONCE THE PASSION FOR 'TRAINING' IS IGNITED DREAMS CAN COME TRUE!





PRE-SEASON TRAINING CAMP

**15 Total Hrs.
Pre-Season
Training and
Development!**



OVERVIEW OF CAMP

- Dates - Over a 3-Day Weekend in August
- 6 Hrs. On-Ice *Friday 1.5 Hrs. – Sat. 3 Hrs. – Sun. 1.5 Hrs.*
- 3 Hrs. Off-Ice Treadmill & Shooting *Sat. 1.5 Hrs. - Sun. 1.5 Hrs.*
- 6 Hrs. Off-Ice/Classroom Sessions *Fri. 2 Hr. - Sat. 2 Hr. - Sun. 2 Hr.*
- Location: The Factory Ice-House, Wake Forest
- Team Barbecue and Celebration to conclude weekend

OFF-ICE FEATURES

Player Handbooks

Individual and Team Goal Setting Exercises

Personal Brand Statements

Personal ABC's

Nutrition Discussion

Hockey System Implementation

Fitness Evaluation

Team Yoga Session

Team Lunches and Dinners

Team Bonding Exercises

ON-ICE FEATURES

Individual Skill Development

Agility & Strength Work

Advanced Power Skating

Shooting & Scoring, Passing & Puck Control

Defensive Zone Coverage

Puck Movement/Passing!

Conditioning



PRE-SEASON TRAINING CAMP



72 Total Hours of On-Ice Training and Development!



These classes will be operated and supervised by the professional staff at Prime Time Hockey USA with over a combined 50+ years experience in the Youth Hockey Development Industry. These athletes will be receiving training from professionals!

ON - ICE DEVELOPMENT



The Raptors Squirt AA Team will attend 2-weekly skill development classes throughout the season. (24 weeks) totaling 48 hrs. of training!

1 Power Skating Session Weekly

1 Shooting & Scoring Session Weekly

In addition, we will have 1-60min team practice weekly (full-ice with just our SQA Team) throughout the season. (24 Weeks) = 24 Hrs. of Team Practices

Location: The Factory Ice-House, Wake Forest

PROGRAM DETAILS:

Power Skating Class

Curriculum Focus: Advanced Edge Work, Puck Control, Flexibility, Agility, Balance, Lateral Motion, Power, Symmetry, Synchronization, Speed and Explosiveness and overall Bio-Mechanics.

Shooting & Scoring Class

Curriculum Focus: Full Development of the Wrist Shot, Snap-Shot, Backhand, One-Timers, Slap Shot, Quick Releases, Shooting in Motion, Scoring in Tight, Breakaways etc.

SKATING TREADMILL TRAINING & SHOOTING SESSIONS



Location:

PTH Off-Ice Training Facility
(The Factory, Wake Forest)

**20 Total Hrs. of
Off-Ice Training and
Development!**

OFF - ICE DEVELOPMENT PROGRAM DETAILS:

- 90-min Team Treadmill/Shooting Sessions
- 8 Total Team Sessions = 12 Hrs. of Training
(2 Sessions @ Training Camp - 6 Sessions During Season)
- 30-min Semi-Private Small Group Shooting Range Sessions
16 Sessions/Player over 24 Weeks = 8 Hrs. of Extra Shooting Training/Player
(Players will shoot 30-min before OR after our weekly TEAM Practice)



SKATING TREADMILL TRAINING:

The treadmill is an excellent source for Technical Training, Strength & Conditioning. The treadmill offers exceptional supplementary training which enhances forward stride technique, posture, flexibility, speed, explosiveness, stride-extension, acceleration and endurance.

SHOOTING RANGE TRAINING:

Curriculum will be designed to fully develop the wrist shot, snap-shot, backhand, one-timers, quick releases, passing, advanced puck-handling, deflections and overall bio-mechanics.



PLAYER EVALUATIONS



With overall athletic and player development being one of the main priorities and focus for this program, it is our goal to provide timely, accurate and honest feedback regarding each individual players development and progress. It is our goal to provide a continuous open line of communication throughout the season supported with detailed 'Player Evaluation Reports.' These Evaluation Reports will be completed by the coaching staff and will be provided 3 times during the season.

1. After Training Camp (Written & In-Person)
2. Mid-Season (Written)
3. End of Season (Written & In-Person)



REGULAR SEASON GAMES



HOME ICE:

The Raptors contract their ice for Home Games

Saturday 3:15pm, 4:45pm, 6:15pm

Sunday 8:15am, 9:45am, 11:15am

Allotted Time for Games: 75 & 90-minutes

of Home Weekends: 6 (12-Games Total)

GAMES:

Our schedule will be built once team selection is complete. It is our goal to have a schedule that is both challenging yet appropriate for this group of athletes. We will have a better idea of what level we should play at, once the team selection process is complete.

Scenario #1

24 Games – Independent Schedule - 6 Opponents*2-Home & 2-Away

16 Games = 4 Tournaments/Showcases (potential for extra games if you advance)

40 Games Total

Scenario #2

12 Games – CHL SQA Division

12 Games – 3 Opponents 2-Home & 2-Away

16 Games = 4 Tournaments/Showcases (potential for extra games if you advance)

40 Games Total



COMMUNITY SERVICE



In addition to developing the athletes and players on the ice, its our goal to help development them into valuable and contributing citizens in the community. Community service and volunteer work is just one way we can use our organization and team platform to help make a difference in our city and state.

All players will be required to participate in a minimum of 6 Hours of Community Service or Volunteer work in our local community. Details of this program will be finalized by our parent group and coaches once we have finalized the team roster. (Potential Volunteer Opportunities: Brown Bag Ministries, JDRF Walk, Support Hockey United Initiatives, X-Mas Stocking Stuffers for Retirement Community Living Residents, Cancer Walk and Fundraiser etc.

“You make a living by what you GET, you make a life by what you GIVE!”

- Winston Churchill’

“The best way to find yourself is to lose yourself in the service of others.”

- Mahatma Gandhi

“Service to others, is the rent you pay for your room here on Earth.”

- Muhammad Ali



One of the greatest gifts you can give, is your **TIME**.





ADDITIONAL PROGRAM FEATURES:



- Tryouts Signing Party
- Training Camp Team Barbecue
- X-Mas Team Party
- Team Yoga Session
- Alternative Team Sports Experiences – Soccer, Basketball, Flag Football etc.
- Social Media Campaigns – Facebook, Instagram, Twitter
- Post Game Player Awards and Player Interviews
- Goalie Specific Training
- Recorded Team Statistics
- Team Snap Website
- Detailed & Supervised Pre-Game Warm-Up Routine
- Summer Off-Ice Development Program
- Detailed and Personalized Tournament Itineraries
- Designated Team Mums, Team Photographers, Tournament Event Coordinators
- Players ONLY 'NHL Fantasy Draft and League'



UNIFORM/APPAREL PACKAGE:



REQUIRED APPAREL

Home Game Jersey
Away Game Jersey
Home Game Socks
Away Game Socks
Practice Jersey
Practice Socks
Hockey Pant Shells
Raptors Hockey Bag
Raptors Dry-Fit T-Shirt
Raptors Work-Out Shorts
Raptors Tracksuit and Pants
Raptors Bauer Hockey Gloves

COST: \$580.00

(approx. cost calculated from last years pricing)

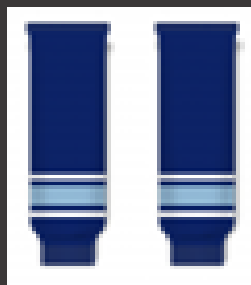
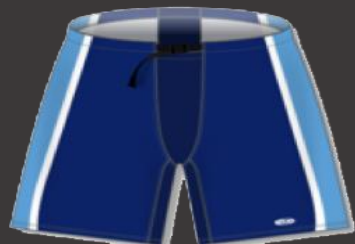
OPTIONAL ITEMS

Raptors Baseball Cap
Winter Style Raptors Jacket
Raptors Cotton Grey T-Shirt
Raptors Golf Shirt
Raptors Backpack

*If you're new to the Raleigh Raptors this season you are required to purchase the apparel/uniform package. If you're a returning family and your items still fit and they are in good condition, they can be re-used this season! All players must provide their own white helmet.

A la carte option will be available for players who don't need entire equipment package.

RAPTORS JERSEYS/COLORS







OVERALL VALUE: We ENCOURAGE you to Compare

Coaching Staff:

A reputable, successful and experienced Non-Parent Head Coach

Development & Training:

- 24 Full-Ice Team Practices (1x week)
- 48 Weekly PTH Development Classes (2x week)
- 12 Team Treadmill & Shooting Hrs. in PTH Facility
- 8 Hrs. Shooting Development Hrs. in PTH Facility
- 15 Hours of Development at Pre-Season Training Camp
- Game Tape and Video Review Sessions

Games:

- 24 Regular Season Games
- 16 Minimum Tournament Games

Over 147 Total Hours of Development!

Also:

- 3 Hrs. of Alternative Sports Experiences & 6 Hrs. Volunteer Work in Community

Uniforms & Gear

- Home and Away Jerseys
- Home and Away Socks
- Practice Jersey and Socks
- Raptors Tracksuit
- Raptors Dry-Fit T-Shirt
- Raptors Workout Shorts
- Raptors Hockey Bag
- Raptors Hockey Pant Shell
- Raptors Branded Hockey Gloves

Most importantly a Fun, Safe, Structured, Motivating, Inspiring, Supportive, Family Friendly Environment and much, much more!

REGISTRATION: \$4295

ONLY \$29.21/HR. OF TRAINING!!



PAYMENT OPTIONS

There will be 3 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 \$4,245 upon signing

Option 2: 3 Payments

\$1,200 upon signing

\$1,547.50 August 31, 2021

\$1,547.50 September 14, 2021

Option 3: 4 Payments

\$1,200 upon signing

\$1,031.66 August 31, 2021

\$1,031.66 September 14, 2021

\$1,031.66 on September 28, 2021

RALEIGH RAPTORS “FAMILY”

