



Raptors Hockey Club

2023-24 Bantam AA Program Guide

ORGANIZATION

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 AAA (CHA)

Organization Executives:

- Stan Misthios
- Ed Levens
- Richard Tooke



RAPTORS Hockey Club

Philosophy:

In just 5 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

Team Staff:

Head Coach – Stan Misthios

Team Manager – Pam Mitchell

Asst Coach – Jim Klym

Asst Coach – Parker Jones

Asst Coach - TBD

Team Roster:

Team will roster a total of 17 or 18 or 19 players.

(Either 9/6/2 or 10/6/2 or 11/6/2)

Competitive Level:

Bantam AA (2009 birth year)*

**The team could decide to add 2010 birth year players if they are qualified.*



HOME ICE

- The Raptors Hockey Club will once again contract its ice slots for consistency of home game times:
 - **Saturday's for 4 games.** Saturday home games during the 2022-23 season were 3:15pm & 4:45pm, 6:15pm & 7:45pm @ Factory Wake Forest, per contracted ice.
 - **Sunday's for 4 games.** Most Sunday home games during the 2022-23 season were 6:45am, 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 : 5
 - Potential for adding a 6th home weekend as practice or games.



GAMES

As it did in its first 5 seasons, the team will plan to play an independent schedule consisting of:

- 20 Games = "Home & Home" matchups vs. 5 Teams
- 20-22 Games = 5 Tournaments or Showcases (potential for extra games)

Some 2023-24 H&H Targets will include (not all of these will be selected) :

The St.James**	Carolina Rage**	Queen City Royals*	Roanoke/Lynchburg*
Jr. Hurricanes*	Potomac Patriots*	Richmond Generals	NC Golden Bears*
Atlanta Fire**	Reston Raiders*	Ashburn Extreme**	Charleston Stingrays**

** Teams played in 2022-23 Season **Teams played in 2021-22 Season when Raptors were older birth year of age group.*

It is anticipated that the team will once again be very competitive, and as a result families should be prepared at times to travel further than the team has in its previous 5 seasons. Families should be prepared to make an extra trip to some but not all the following locations:

D.C. Area	Charlotte, NC	Buffalo, NY	Hershey, PA	Nashville, TN*	Rochester, NY*
Detroit, MI*	Chicago, IL	Pittsburgh, PA*	Charleston, SC	South Bend, IN	Coral Gables, FL*

***Potential supplementary tournament locations for some of our players via Carolina Alliance.**

Total Games: 40-42, of which 14-22 will be games in Raleigh.**

****for 22-23 season the team played 25 of its 44 games in Raleigh.**



Extra AAA Tournament Opportunity



The Raleigh Raptors are a founding Member Club of the Carolina Alliance. This initiative is a joint effort of several CAHA Tier 2 Clubs to provide select players the opportunity to play 15-18 additional games at AAA tournaments.

Summer Tryout session to select players from the member hockey clubs that will play in 3 AAA tournaments to take place June 4-5 in Charlotte, NC.

**The fee for Carolina Alliance in 2022-23 was \$785 for 3 tournaments.*



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



Here are some players that your Raptors Bantam AA 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 (4 days @ 1.5hrs/daily, or possibly transition to full weekend)

On Team Ice Practice:

- 1 Hour Weekly (traditionally @ Factory Wake Forest, but plan is to move Cary Ice House for 23-24)*
- 2022-23 Time Slot : Wednesday 5:30pm-6:30pm @ Factory Wake Forest.
(4 practices were in south Raleigh at Cary Ice House @ 5:30pm-6:30pm)

****Based upon the expected make up of the final roster, it is likely that most if not all of the Team Practice sessions will be in south Raleigh for 2023-24 season.***

On Ice Development:

- 1 Hour Weekly, 2022-23 was Mon 7:30pm @ Factory Wake Forest (Skating/Agility/Puck)
- 1 Hour Weekly, 2022-23 was Thurs 6:00pm @ Factory Wake Forest (Shooting & Scoring)*

***Similar to 22/23 season, this session will once again be used primarily as an additional team practice session.**

Total On Ice for Team Practice & Development : 84 Hours!



Pre Season Training Camp

Will Take place in August 2023, featuring both ON and OFF ICE team building sessions daily :

• OFF ICE FEATURES

- Player Handbook
- Individual and Team Goal Setting
- 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 & Puck Movement
- Defensive Zone Coverage



EXTRA TRAINING & DEVELOPMENT

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

- 6 90-min Team Training sessions for an additional 12 hours of training & development
- 1 weekly 30min shooting sessions in small groups following the teams 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 again be conducted in smaller groups bi-weekly or bi-monthly sessions.*



SPECIALIZED EXTRA TRAINING & DEVELOPMENT

ALL Raptors Bantam AA players will receive 1 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 Bantam AA 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 3 times during the hockey season:

- 1) Post Training Camp Evaluation. (Written & In person)
- 2) Mid-Season Evaluation. (Written with In person optional)
- 3) Final Evaluation at Season's End. (Written & In Person)



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 Bantam AA team participate together in a minimum of 3 hours of Community Service.



During the team's first 5 seasons, 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, and organized a food drive, and cleaned a local Creek and neighborhood. The team has also participated in the JDRF One Walk for Type 1 Diabetes awareness and fundraising.



VALUE

We ENCOURAGE you to compare:

- 119 Total Hours of Training & Development.
- 119 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 \$4,375

**Equipment & Apparel package for 2022-23 was \$515. 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 \$4,325 upon signing
- \$50 discount from full fee of \$4,375

Option 3: 4 Payments

- \$1,275 upon signing
- \$1,125 June 22, 2023
- \$1,025 July 31, 2023
- \$950 on August 22, 2023

Option 2: 3 Payments

- \$1,525 upon signing
- \$1,475 June 28, 2023
- \$1,375 August 20, 2023

Option 4: 5 Payments

- \$975 upon signing
- \$900 June 16, 2023
- \$850 July 10, 2023
- \$825 on August 6, 2023
- \$825 on August 30, 2023



EQUIPMENT PACKAGE

Included as part of the Raptors Bantam AA 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 \$515 in 22-23. It will be similar for 23-24.*

**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 and our families...*we just know how to have the most fun and create the best memories !!!*



NOTES

