



# Raptors Hockey Club

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2023-24 U16 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)**  
**Carolina Hockey Alliance AAA (CHA)**

## Organization Executives:

- Stan Misthios
- Ed Levens
- Pamela Mitchell
- Richard Tooke



# RAPTORS HOCKEY CLUB

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## 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 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.



# U16 AA TEAM

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## Team Staff:

### Head Coach

– Steve Hoffman

### Assistant Coaches

– TBD

## Team Roster:

Team will roster a total of 18-19 players (16/17 skaters and 2 goalies)



# 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) End-of-Season Evaluation



# ON ICE DEVELOPMENT

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## Pre-Season Team Training Camp:

- 6 Hours On Ice (1.5 hours Friday, 3 hours Saturday, 1.5 hours Sunday)

## On Ice Team Practice:

- 2 Hour Weekly (typically in Wake Forest, but could be rotated)
- 2022-23 was Tuesdays & Thursdays at Factory Wake Forest

## On Ice Development:

- 1 Hour Weekly, 2022-23 was Mon 8:45 PM in Wake Forest (Skating/Agility/Puck Control)
- 1 Hour Weekly, 2022-23 was Thurs 7:15 PM in Wake Forest (Shooting & Scoring)

*\*Players will participate in these development sessions on a bi-weekly basis.*

**Total On Ice for Team Practice & Development: 78 Hours!**



# OFF ICE DEVELOPMENT

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## Conditioning:

- Players will run a timed 2-mile distance three times throughout the season to measure how their endurance increases:
  - Training camp
  - Mid-season
  - End of season
- A conditioning session will be held weekly before or after team practice session\*
  - Session will be maximum of 30 minutes
  - Players will run a mile and/or perform conditioning exercises (push-ups, squats, wall sits, etc.)

*\* Note: This is dependent on practice time slot and allowing the families to get home at a reasonable time*



# PRE-SEASON TRAINING CAMP

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August 2023, 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





# EXTRA TRAINING & DEVELOPMENT

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

- 3 90-min Team Training sessions for an additional 4.5 hours of training & development



# GAMES

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## The team plans to play in the U16AA Division of the Carolinas Hockey League (CHL):

- 16 Games = CHL Schedule (based on 5 team division)
- 8 Games = "Home & Home" matchups vs. 2 Teams\*
- 16 Games = 4 Tournaments (potential for extra games)

## Total Games: 40

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

\*\*Potential for additional exhibition games to be played



# HOME ICE

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- The Raptors HC will contract the following time slots for team home games:
  - Saturday's at 3:15 PM, 4:45 PM, 6:15 PM or 7:45PM
  - Sunday's at 6:45 AM, 8:15 AM, 9:45 AM or 11:15 AM
- 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



# COMMUNITY SERVICE

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

It will be our goal to have the entire team participate in a minimum of 3 hours of Community Service.

Some of the community service projects from past seasons:

- Christmas Stockings for Assisted Living Facility
- Toys for Tots Toy Drive
- JDRF One Walk for Type 1 Diabetes awareness



# OUR COLORS



# EQUIPMENT PACKAGE

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## **Included as part of the package:**

- Home and Away Game Jerseys
- Home and Away Game Socks
- Practice Jersey
- Practice Socks
- 3-color Hockey Pant Shells
- Raptors Hockey Bag
- Raptors Athletic Shorts
- Raptors Dry-Fit Athletic T-Shirt
- Helmet stickers
- Raptors Tracksuit Jacket and Pants
- Raptors Bauer Hockey Gloves

**COST: \$620.00**

(approx. cost calculated from last years pricing)

\*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 reused this season!

\*All players must provide their own white helmet.



# VALUE

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## **We encourage you to compare:**

- 88 Total Hours of Training & Development
- Training & Development under the supervision of a Development Staff with over 48 years of experience directing Advanced Skating and Hockey curriculums
- 40+ Hockey Games
- Set days and location for Home Games

**All for a Registration Fee of \$4,025\***

*\*Equipment & Apparel package will be approximately \$620*



# 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 \$3,975 upon signing
- \$50 discount from full fee of \$4,025

## Option 3: 4 Payments

- \$1,575 upon signing
- \$1,000 July 2, 2023
- \$800 August 6, 2023
- \$650 September 3, 2023

## Option 2: 3 Payments

- \$1,975 upon signing
- \$1,050 July 2, 2023
- \$1,000 August 6, 2023

## Option 4: 5 Payments

- \$1,100 upon signing
- \$825 July 2, 2023
- \$800 August 6, 2023
- \$675 September 3, 2023
- \$625 October 1, 2023

