



# RALEIGH RAPTORS HOCKEY CLUB

2024 | 2025

PEEWEE AA TEAM  
PROGRAM GUIDE

VALUE

DEVELOPMENT

CULTURE



# ORGANIZATION



## AFFILIATION

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

## PHILOSOPHY

In just 6 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

- 20+ Years Experience in Youth Hockey Development
- 7 Years of Coaching – GTHL Toronto Red Wings AAA
- Head Coach Peeewe Raleigh Raptors – 2-Seasons (2019/20 & 2020/21)
- Head Coach SQAA Raleigh Raptors – 2-Seasons (2021/22 & 2022/23)
- Head Coach PWAA Raleigh Raptors – 1 Season (2023/24)
- VP of Operations Prime Time Hockey USA
- Education: Centennial College Business Marketing/Administration
- 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 Coach for the Raleigh Raptors the last 5-seasons. 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 Peeewe 1993 Toronto Red Wings AAA  
2005-2006 Assistant Coach Peeewe 1993 Toronto Red Wings AAA  
2006-2007 Assistant Coach Peeewe 1994 Toronto Red Wings AAA  
2007-2008 Head Coach 1996 Minor Peeewe Toronto Red Wings AAA  
2008-2009 Head Coach 1996 Peeewe 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 2008/07 Peeewe Raleigh Raptors Hockey Club  
2020-2021 Head Coach 2008 Peeewe Raleigh Raptors Hockey Club  
2021-2022 Head Coach 2012/2011 SQAA Raleigh Raptors Hockey Club  
2022-2023 Head Coach Carolina Alliance 2012 AAA Team  
2022-2023 Head Coach 2012/2013 SQAA Raleigh Raptors Hockey Club  
2023-2024 Head Coach 2011/2012 PWAA Raleigh Raptors Hockey Club



## NOTABLE PLAYERS MC HAS COACHED:

- Josh Ho-Sang – OHL Windsor Spitfires, NHL New York Islanders
- Jake Walman – OJHL, H-East Providence College, AHL Chicago Wolves, Detroit Red Wings
- 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

# ADDITIONAL STUDENTS



- 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, ARMY
- 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, Butler University
- Kurt Reger – Cushing Academy, University of Arizona
- Ryan Hedley – Salisbury School
- Olivia Kurtz – Fredrick Gunn
- Dylan Chernoff – Berkshire School
- Pavel Jirku – North Shore Academy
- Mark Miller – American Hockey Academy
- Countless Players – USPHL & College Club Hockey



# 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. My responsibility as their coach is to provide a consistent and admirable role model and leader. I accept this responsibility and understand the significance of this role in these young kids lives and overall development. Ultimately, I'm in the business of creating young LEADERS for our various communities. Hockey is just the vehicle, to assist in making this a reality.

## It will be our GOAL to encourage and teach:

- Continuous Healthy Living
- Strong and Focused Work Ethic
- Discipline
- Accountability
- Preparation and Organization Skills
- Goal Setting
- Time Management
- Attitude
- Leadership Skills
- Importance of FAMILY & TEAM
- Respect
- Sportsmanship
- **Most Importantly...FUN!**

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



Here are some of the players that the Raptors Management 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.



# PROVEN PERFORMANCE & CULTURE



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 very disciplined 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!**

Our mission is to develop athletes and leaders in our community.



# WE ARE PROVEN WINNERS



## 2023-24

Won 2 of 3 NC Championships to represent CAHA at USA Hockey Nationals at Tier2

## 2022-23

Won 1 of 3 NC Championships to represent CAHA at USA Hockey Nationals at Tier2



## 2023-24

Of the 6 teams that the Raptors had in the CHL - 3 of them WON the CHL Championship (50% of our teams)

## 2022-23

Raptors had 10 teams play in the league – 5 of them won the CHL Championship (50% winning rate)  
2 Teams finished 2<sup>nd</sup> Place!



## 2023-24

Raptors had more players selected to the rosters than any other Club, making up 45.7% of the total players chosen at tryouts.

## 2022-23

Raptors had 34.8% of the players selected to the final rosters – more than any other Club.



## 2023-24

For the Inaugural season of the ACHC, the Raptors had teams participate in each of the 2 divisions that conference rolled out.

No Championships, but 1 of our 2 teams gave themselves a chance by reaching the Finals and finishing 2<sup>nd</sup> Place out of 6 Teams!



# PRE-SEASON TRAINING CAMP

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



## OVERVIEW OF CAMP

- Friday, Saturday, Sunday in August (TBD)
- 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.\*
- 6 hrs. Team Building, Alternative Sports Games
- 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





# SUMMER TRAINING PROGRAM



**12 Total Hrs. of  
Training Prior to  
Training Camp**

## **Weekly Workout**

Six Off Ice Strength Training Workouts  
60-min Sessions (Day/Time/Cost TBD)

## **Weekly On-Ice Practices**

Six 90-min Session @ Polar Ice Wake Forest  
(Day/Time/Cost TBD)

## **At Home Shooting Program**

5000 Puck Challenge – 6 Week Program

**6 Week Program:** Starting Week of July 13 leading into Team Training Camp Weekend

*Supplemental Cost to Raptor Registration (estimate \$300/player)*

# 78 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

### 2 WEEKLY SKILL DEVELOPMENT CLASSES

24 weeks totaling 48 HRS. OF TRAINING!

1 Power Skating Session

1 Shooting & Scoring Session

*Location: The Factory Ice-House, Wake Forest*

### 1 WEEKLY 60-min FULL ICE TEAM PRACTICE

24 Weeks totaling 24 HRS OF TRAINING!

## 3-SESSIONS PER WEEK FOR 24-WEEKS!

### 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.





### Location:

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

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



# TREADMILL & SHOOTING

## PROGRAM DETAILS:

- 90-min Team Treadmill/Shooting Sessions
- 10 Total Team Sessions = 15 hrs. of Training  
(2 Sessions @ Training Camp - 8 Sessions During Season)



## 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.



# STRENGTH TRAINING

## Bi-Weekly in Season Training Session

10 Sessions (prior to Friday 7:15pm  
Practice @ Polar Ice Raleigh)



### Curriculum:

- Speed and Explosiveness
- Strength Training
- Toughness Training
- Agility, Coordination, Flexibility Training
- Endurance and Conditioning

# GAMES



## HOME ICE:

The Raptors contract ice for Home Games

Saturday 3:15pm, 4:45pm, 6:15pm, 7:45pm - Sunday 6:45am, 8:15am, 9:45am, 11:15am

# of Home Weekends: 6

## 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.
- The Raptors PW AA Schedule will include some AA & possibly AAA Tournaments and/or games
- 6 Home Weekends = 12 Total Games - 6 Away Weekends = 12 Total Games = 24 Total Games

## TOURNAMENTS:

4 Tournaments = Minimum 16 Games

Super Series, 200x85, Travel Champs, Nickel City Hockey, One Hockey, My Hockey etc.





# POTENTIAL OPPONENTS



It is our goal to design a schedule that is challenging for our players, while providing a valuable development experience to help our kids reach new levels. We feel we can achieve this by playing competitive teams and organizations this upcoming season

With the proven success & reputation of the Raptors over the last 2-seasons, we are confident in our ability to attract these quality games for our group.

Here are just a few of the potential opponents:

St. James  
Ashburn Extreme  
Loundon Knights  
Carolina Premier (CPH)  
Jr. Hurricanes  
Queen City Royals  
Washington Little Caps  
Pittsburg Penguins Elite

Tampa Bulls  
Nashville Warriors  
Nashville Jr. Preds  
Dallas Stars Elite  
Florida Alliance  
Philadelphia Little Flyers  
Pittsburg Vengeance  
Pittsburg Predators

Gulf Coast Flames  
Carolina Stars  
St. Louis Knights  
Philadelphia Revolution

# UNMATCHED DEVELOPMENT

WE ENCOURAGE YOU TO COMPARE!

## TOTAL SESSIONS

TOTAL SESSIONS	TEAM PRACTICES	ON-ICE SKILLS	OFF-ICE	TOURNAMENTS	TOTAL GAMES
107	33	48	26	4	40+

## TOTAL TRAINING HOURS

ON-ICE	OFF-ICE	TOTAL HOURS
84	31	115



The Carolina Hockey Alliance is a USA Hockey sanctioned youth hockey club that participates in AAA tournaments during the winter season.

The rosters for the Carolina Hockey Alliance are made up of players from local Tier 2 teams in both North and South Carolina.

2012 Birth Year (2 or 3 Tournaments = 8 or 12 Games)

2013 Birth Year (2 or 3 Tournaments = 8 or 12 Games)

The Carolina Alliance administrators are in the process of determining which events will best suit the Club for this upcoming 2024-25 hockey season.

**Carolina Alliance Club Members:**

Raleigh Raptors, Charleston Jr. Stingrays, NC Golden Bears, Carolina Rage, Cape Fear Warriors, Wilmington Jr. Seahawks, Greenville Jr. Pirates



# 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*





# PLAYER EVALUATIONS



With 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. These Evaluations will be completed by the coaching staff and will be provided 3 times during the season.

1. After Training Camp
2. Mid-Season
3. End of Season



# ADDITIONAL PROGRAM FEATURES:



- Tryouts & Signing Party
- Training Camp & Team Barbecue
- X-Mas Team Party
- Yoga Sessions
- Alternative Team Sports Experiences – Soccer, Basketball, Flag Football etc.
- Social Media – Facebook & Instagram Accounts
- Post Game Player Interviews
- Goalie Specific Training
- Recorded Team Statistics
- Team Snap Website
- Detailed & Supervised Pre-Game Warm-Up Routine
- Summer On & Off Ice Program
- Detailed and Personalized Tournament Itineraries
- Team Photographers, Tournament Event Coordinators



# 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: \$635.00**

\*(approx. cost calculated from last years pricing)

## OPTIONAL ITEMS

Raptors Baseball Cap  
Winter Style Raptors Jacket  
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.







# OVERALL VALUE: We ENCOURAGE you to Compare

## COACHING STAFF:

A reputable, successful and experienced Non-Parent Head Coach with over 20+ years of proven success and experience.

## DEVELOPMENT & TRAINING:

- 24 Full-Ice Team Practices (1x week)
- 48 Weekly PTH Development Classes (2x week)
- 10 Team Treadmill/Shooting Sessions
- 15 Hour Pre-Season Training Camp
- 10 In Season Strength Training Workouts
- 6 Summer Strength Training Workouts
- 6 Summer On-Ice Practices

## GAMES:

- 24 Regular Season Games
- 16 Minimum Tournament Games

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

***REGISTRATION: Only \$4,545***



# 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 \$4,495 (\$50 Discount if you pay at tryouts)

## Option 2: 3 Payments

\$1,800 upon signing

\$1,372.50 July 1st, 2024

\$1,372.50 August 1st, 2024

## Option 3: 4 Payments

\$1,800 upon signing

\$915 July 1st, 2024

\$915 August 1st, 2024

\$915 on September 1st, 2024

# RALEIGH RAPTORS "FAMILY"

