



RALEIGH RAPTORS HOCKEY CLUB

2025 | 26

BANTAM 2012 TEAM

PROGRAM GUIDE

VALUE

DEVELOPMENT

CULTURE

RAPTORS FAMILY





ORGANIZATION

AFFILIATION

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

PHILOSOPHY

In just 7 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.



HEAD COACH

MATT CROSS

- 20+ Years Experience in Youth Hockey Development
- 7 Years of Coaching – GTHL Toronto Red Wings AAA
- Head Coach Pee wee Raleigh Raptors – 2 Seasons (2019/20 & 2020/21)
- Head Coach SQA Raleigh Raptors – 2 Seasons (2021/22 & 2022/23)
- Head Coach PWAA Raleigh Raptors – 2 Seasons (2023/24 & 2024/25)
 - 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 6-seasons.

COACHING EXPERIENCE

2003-2004 West Rouge U16 Roller Hockey Team – League Champions
2004-2005 Assistant Coach Minor Pee wee 1993 Toronto Red Wings AAA
2005-2006 Assistant Coach Pee wee 1993 Toronto Red Wings AAA
2006-2007 Assistant Coach Pee wee 1994 Toronto Red Wings AAA
2007-2008 Head Coach 1996 Minor Pee wee Toronto Red Wings AAA
2008-2009 Head Coach 1996 Pee wee 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 Pee wee Raleigh Raptors Hockey Club
2020-2021 Head Coach 2008 Pee wee Raleigh Raptors Hockey Club
2021-2022 Head Coach 2012/2011 SQA Raleigh Raptors Hockey Club
2022-2023 Head Coach Carolina Alliance 2012 AAA Team
2022-2023 Head Coach 2012/2013 SQA Raleigh Raptors Hockey Club
2023-2024 Head Coach 2011/2012 PWAA Raleigh Raptors Hockey Club
2024 – 2025 Head Coach 2012/2013 PWAA Raleigh Raptors Hockey Club



COACH MATT'S NOTIBLE PLAYERS

- 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

Athletes reach the fullest potential of their abilities through strong support and encouragement, provided by positive reinforcement, all within a structured, organized, demanding, and accountable setting. We believe that youth sports serve as a powerful vehicle to enrich the lives of both players and their families, on and off the ice.

The foundational lessons and tools we impart to our athletes will extend far beyond the rink, shaping their experiences in school, the workplace, and their communities throughout their lives. As their coach, I recognize my responsibility to be a consistent and admirable role model and leader. I take this responsibility seriously, understanding its profound impact on the growth and development of these young individuals. Ultimately, my goal is to foster the growth of young leaders who will positively influence their communities; hockey is simply the vehicle that helps make this vision a reality.

“As their coach, I recognize my responsibility to be a consistent and admirable role model and leader. I take this responsibility seriously, understanding its profound impact on the growth and development of these young individuals. Ultimately, my goal is to foster the growth of young leaders who will positively influence their communities—hockey is simply the vehicle that helps make this vision a reality.”

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

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



PROVEN PERFORMANCE & CULTURE



At the Raptors, we are dedicated to fostering a culture and environment that continuously challenges our athletes to grow. This culture is designed to help our students build essential skills such as leadership, confidence, critical thinking, and communication—empowering them to become the best versions of themselves. Our approach is rooted in discipline and a commitment to long-term development, ensuring that every athlete receives the guidance they need to succeed. The natural result of this mindset is success both on and off the ice.

Our MISSION is to cultivate athletes and leaders who positively impact our community.



LAST SEASON'S SUCCESS

Rating: 90.21 (MHR)

#8 in USA 'AA' Teams

Record: 43-3

26-Oppponents from 13-Different States

3-Tournament Championships

Quarter Final Appearance Silver Stick International Tournament





PRE-SEASON TRAINING CAMP



**15+ HOURS OF
TRAINING
CAMP!**

OVERVIEW OF CAMP

Weekend Schedule: Friday, Saturday, Sunday in August (Dates TBD)

On-Ice Sessions

- Friday: 1.5 hours
 - Saturday: 3 hours
 - Sunday: 1.5 hours
 - Total: 6 hours on-ice
- Off-Ice Training (Treadmill & Shooting)
 - Saturday: 1.5 hours
 - Sunday: 1.5 hours
 - Total: 3 hours off-ice training

Off-Ice Classroom Sessions

- Friday: 2 hours
- Saturday: 2 hours
- Sunday: 2 hours
- Total: 6 hours of classroom instruction

Team Building & Alternative Sports Games

- Total: 6 hours

OFF ICE FEATURES:

Player Handbooks
Individual and Team
Goal Setting Exercises
Personal Brand Statements
Personal ABC's
Hockey System Implementation
Fitness Evaluation
Team Yoga Session
Nutrition Discussion
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

Conclusion: Team Barbecue and Celebration to conclude the weekend.



PRE-SEASON TRAINING CAMP





SUMMER TRAINING PROGRAM



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

Weekly Workout

12 Off Ice Strength Training Workouts
60-min Sessions July/August Cost TBD

Weekly On-Ice Practices

Six 90-min Session @ Polar Ice Wake Forest
July/August Cost TBD

At Home Shooting Program

7,500 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 \$350/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 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.

TREADMILL - SHOOTING - VIDEO



Location:

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

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



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

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

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.

VIDEO REVIEW

During our off-ice training sessions, Head Coach will review video and film.



STRENGTH TRAINING



**22 TOTAL
STRENGTH
TRAINING HOURS
THIS SEASON**

Summer & In-Season Training Program

Summer Training Sessions: 12 training sessions with Blue Strength Training during the summer months.

In-Season Training Sessions: 10 sessions scheduled prior to weekly practice.

Focus Areas: Strength - Speed – Conditioning - Mobility

Program Goal: We are dedicated to building a culture of high-performing athletes who excel both on and off the ice. Our emphasis is on strength training, speed development, and conditioning, all key components of athletic success. We believe in creating an environment where athletes embrace these values, making them a lifestyle that will be foundational to their personal growth for years to come.

GUEST SPEAKERS

This year, we are excited to invite a diverse group of experts to engage with our players and parents. These individuals will include former professional players, college and junior head coaches, prep school administrators, and junior hockey coaches. Their insights and experiences will offer valuable guidance to help our athletes grow both on and off the ice. The goal is to provide our players with the opportunity to learn from those who have walked the path before them, enabling them to educate themselves and develop the skills needed to succeed in the years ahead.



GAMES

RAPTOR HOME ICE SLOTS:

Saturday 3:15pm - 4:45pm - 6:15pm - 7:45pm

Sunday 6:45am - 8:15am - 9:45am - 11:15am

GAMES:

Our full 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 Bantam Schedule will include some AA & AAA Games & Tournaments

TOURNAMENTS: Mix of AA and AAA Tournaments

Possible Addition of the North Carolina State Championship Tournament (February)

Possible Tournament in Toronto, Canada

UNMATCHED DEVELOPMENT

WE ENCOURAGE YOU TO COMPARE!

TOTAL SESSIONS

TOTAL SESSIONS	TEAM PRACTICES	ON-ICE SKILLS	OFF-ICE	TOURNAMENTS	TOTAL GAMES
107	33	48	32	5	45+

TOTAL TRAINING HOURS

ON-ICE	OFF-ICE	TOTAL HOURS
84	37	121



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 Tournaments – Minimum 8 Games
2012 Team last year had a Record of 9-1-1

The Carolina Alliance administrators are in the process of determining which events will best suit the Club for this upcoming 2025-26 hockey season.

Carolina Alliance Club Members:

Raleigh Raptors, Charleston Jr. Stingrays, NC Golden Bears, Triad Storm, Wilmington Jr. Seahawks, Greenville Rage



COMMUNITY SERVICE

In addition to developing the athletes and players on the ice, it's our goal to help develop 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.

"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**.





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**



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

*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.

Cost for 24-25 Season was \$635.00

This year's cost will increase (TBD)





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/Video Sessions
- 15+ Hour Pre-Season Training Camp
- 10 In Season Strength Training Workouts
- 12 Summer Strength Training Workouts
- 6 Summer On-Ice Practices

GAMES:

- 45+ Games
- Minimum 5 Tournaments
- Possible Addition of the NC State Championship

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

REGISTRATION: \$4,975



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 \$4,975 (\$50 Discount if you pay at tryouts)

Option 2: 3 Payments

\$1,900 upon signing
\$1,537.50 July 1st, 2025
\$1,537.50 August 1st, 2025

Option 3: 4 Payments

\$1,900 upon signing
\$1025 July 1st, 2025
\$1025 August 1st, 2025
\$1025 on September 1st, 2025

RAPTORS FAMILY

