



Raptors Hockey Club

2025-26 U16 Selects Program Guide

Hybrid Weekly & Weekend Practice Model

AAA Tournament Schedule Team

High Level AA with some AAA games for Home & Home Part of Schedule

National Bound Team

ORGANIZATION

Affiliation:

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

Memberships:

Atlantic Coast Hockey Conference (ACHC)
Carolina Hockey Alliance AAA (CHA)
Carolinas Hockey League (CHL)

Organization Executives:

- Stan Misthios
- Ed Levens
- Richard Tooke



RAPTORS Hockey Club

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.

See the next slide for an illustration of how our culture and approach off the ice provides direct, impactful results on the ice!!



WINNING Off the ice = WINNING On the Ice !



2024-2025

WIN 1 of 3 North Carolina Championships, and proceed to WIN the **USA Hockey National Championship !!!**

2023-2024

WIN 2 of the 3 North Carolina Championships to represent CAHA at USA Hockey Nationals at Tier2

2022-2023

WIN 1 of the 3 North Carolina Championships to represent CAHA at USA Hockey Nationals at Tier2



2024-2025

Of the 8 Raptors teams that played in the 2nd season of the ACHC - 2 teams walked away with Championships, while 4 others finished as the runner up finalists.

2023-2024

For the Inaugural season of the ACHC, the Raptors had teams participate in each of the 2 divisions that the new Conference launched. No Championships, but 1 of our 2 teams gave themselves a chance by reaching the Finals.



2024-2025

WON the Silver Stick Regional Championship to advance to International Finals and finished 6th place overall.

2023-2024

WON the Silver Stick Regional Championship to advance to International Finals and finished 9th place overall.



2024-2025

Raptors had 45.9% of the players selected to the final rosters – more than any other Club

2023-2024

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

2022-2023

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



2024-2025

Of the 2 teams that the Raptors had in the CHL – both of them finished as the runner up finalists in their division.

2023-2024

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

2022-2023

Raptors had 10 teams play in the league – 5 of them WON the CHL Championship (50% winning rate), and 2 others finishing as runner up finalist.



Our 2009 Birth Year Has Had Exceptional Teams!!!

Accomplishments:

- ❖ ECC Labor Day Cup Champions
 - Played against AAA/AA Teams
- ❖ 2024 HTP Irish South Bend Cup Champions
 - Went Undefeated in the tournament
- ❖ 2024 International Silver Stick Regional Champions
 - Went Undefeated in the tournament
- ❖ 2024 CAHA State Champions for North Carolina
 - Went Undefeated in the tournament
- ❖ 2024 USA Hockey Nationals
 - Went undefeated through the Semi finals
 - Only Team from NC to reach the playoffs in 2024.
 - Lost in the Championship Game in Overtime
 - 9 players were touted by scouts for future hockey opportunities.



U16 Select Team

Team Staff:

Head Coach – Stan Misthios

Team Manager – Pamela Mitchell

Asst Coach – Jim Klym

Asst Coach – Darryl Mitchell

Asst Coach – Parker Jones

Team Roster:

Team will roster a total of 18-20 players.

(Either 10/6/2, 11/6/2 or 11/6/3)

Competitive Level:

U16 AAA Tournaments

U16 AA Tournaments

U16 AA & AAA Home & Home Exhibitions



HOME ICE

- The Raptors Hockey Club will once again contract its ice slots for consistency of home game times:
 - **Saturday's for 8 games.** Saturday home games during the 2024-25 season were 3:15pm & 4:45pm, 6:15pm & 7:45pm @ Factory Wake Forest, per contracted ice.
 - **Sunday's for 8 games.** Most Sunday home games during the 2024-25 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 : 4
 - Potential for adding more

The team will be holding multiple practices on weekends. They will take place using the ice slots that the Club uses for Home Games. This slide illustrates some of the times that the team will practice for a particular weekend.



GAMES

Like its first 7 seasons, the team will play an Independent schedule:

- 16 Games = "Home & Home" matchups vs. 4 Teams
- 24-28 Games = 6 Tournaments and/or Showcases (potential for extra games)

Some 2025-26 H&H Targets will include (not all of these will be selected) :

The St. James

NC Golden Bears*

Queen City Royals*

Atlanta Fire*

Reston Raiders**

Atlanta Phoenix

Richmond Generals**

Montgomery Blue Devils**

**Teams played in 2024-25 Season **Teams played in 2023-24 Season.*

It is anticipated that the team will once again be very competitive, thus families should anticipate that at times the required level of competition may not always be available at home in Raleigh. Families should be prepared to potentially make trips to some of the following locations:

D.C. Area

Detroit, MI

Charlotte, NC

Chicago, IL

York, PA

Pittsburgh, PA

Philadelphia, PA

Coral Gables, FL

Irvine, CA

Newmarket, ON

Total Games: Range of 44-52



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 (Wednesdays @ 4:15pm or 5:30pm rotating between Factory Ice House or Cary Ice House)*
- 1 Hour Weekly (Tuesdays 4:15pm or 6:00pm, Factory Wake Forest)
- Over 22 Hours of additional Practice will take place on weekends and/or during the week. These wknd portion of these sessions will include video review, off ice training, and team building.

***Raptors 2009's will continue to have opportunities to skate with Raptors U18AA's**

**Based upon the make up of the final roster, it is possible that a handful of the Wednesday Team Practice sessions will be in south Raleigh (Cary Ice House) for 2025-26 season.*

Additional On Ice Development:

1 Hour Weekly, Mondays 8:30pm @ Factory Wake Forest (Skating, Edgework, Agility, and Puck Control)

* 5 players will rotate tri-weekly into Prime Time Hockey's Weekly On Ice Class

Total On Ice for Team Practice & Development : Over 108 Hours!



Pre Season Training Camp

Will take place in August 2025, 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
- Guest Speakers
- 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
- Guest Coaches
- Passing & Puck Movement
- Defensive Zone Coverage



EXTRA TRAINING & DEVELOPMENT

The team will take advantage of the Prime Time Hockey training facility:

- 6 90-min Team Training sessions for an additional 9 hours of training & development
- These sessions will incorporate each of the following training categories:
 - Skating Treadmill
 - Shooting Range
 - Off Ice Fitness/Work Out
 - Video Review



SPECIALIZED EXTRA TRAINING & DEVELOPMENT

ALL Raptors U16 Select players will receive 1 complimentary semi-private lessons from Prime Time Hockey:

- Sessions will take place during the “Hockey Camp” ice times offered at Factory Ice House or other Polar ice House facilities
 - Sessions will be 60 minutes in length
- *Families will be required to cover the cost for rink fees.*



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



Here are some players that your Raptors U16 Select 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.



THE DEVELOPMENT PROCESS

Part of the Development Process for the Raptors U16 Selects 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/in person by request)
- 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 U16 Select team participate together in a minimum of 3 hours of Community Service.

During the team's first 7 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, organized a Xmas food drive, cleaned a local Creek and neighborhood, volunteered at a local Raleigh food bank, and just last year volunteered with The Miracle League. The team has also participated in the JDRF One Walk for Type 1 Diabetes awareness and fundraising.



VALUE

We ENCOURAGE you to compare:

- 108 Total Hours of Training & Development.
- 108 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.
- 44+ Hockey Games.
- Specialized professional off-season workout training program
- Set days and location for Home Games & Weekend Practices.

All for a Registration Fee of \$4,845

**Equipment & Apparel package for 2024-25 was \$565. 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.

All payments made online by credit card will be subject to an additional 3.75%

Option 1: Full Payment

- Full payment of \$4,795 upon signing
- \$50 discount from full fee of \$4,845

Option 3: 4 Payments

- \$1,495 upon signing
- \$1,250 June 22, 2025
- \$1,100 July 31, 2025
- \$1000 on August 22, 2025

Option 2: 3 Payments

- \$1,745 upon signing
- \$1,600 June 28, 2025
- \$1,500 August 20, 2025

Option 4: 5 Payments

- \$1000 upon signing
- \$995 June 16, 2025
- \$975 July 10, 2025
- \$950 on August 6, 2025
- \$925 on August 30, 2025



EQUIPMENT PACKAGE

Included as part of the Raptors U16 Select 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 \$565 in 24-25. It will be slightly higher for 25-26.*

**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

