

FUN  
RESPECT  
PASSION  
INTEGRITY  
RESILIENCE  
TEAMWORK  
HARD WORK  
COMMITMENT  
PERSISTENCE  
SPORTSMANSHIP  
**JUNIOR CANES 23.24**



Junior Canes hockey provides an opportunity to compete on the biggest stage, create lifelong memories through incredible experiences, and open doors on and off the ice that no one else in the Southeast can open.

In 2022-23, 8 NCAA DI athletes took the ice with "Junior Canes - Raleigh, NC" in their bio. Countless others did the same for DIII, ACHA and Juniors programs, and many more graduated from our Youth and Girls programs this year to join them. Our teams won 40 tournaments, four teams won their league, 3 won States, 2 won districts, and a record 4 Junior Canes teams earned the opportunity to compete for a National Championship.

Our program does make a difference. Our players are on the ice more, we invest in off-ice athletic development, and we make use of technology to enhance training and communication. But it's our process that sets the Junior Canes apart from our peers.

But what's the difference between program and process? A **program** outlines the plan for one team for one season. A **process** advances players through the different stages of growth and development from 8U to 19U.

The Junior Canes difference is that our annual program is designed with a multi-year process in mind, and our process is driven by our **mission** to maximize the full potential of each player. The glue that binds it all together are the **core values** prominently displayed on the wall in the RBC Wealth Hockey Development Center.

The long-term achievement, opportunity and development doesn't just come from our program design, it's a byproduct of our process, our mission, and our **culture**. All four working together allows us to deliver life-changing experiences for our players and their families through competitive youth hockey.





**JUNIOR  
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# PROCESS

All athletes develop at different rates, and no other sport feels that more than hockey. The Junior Canes have built our own process to train, evaluate and advance players over the course of several years with this in mind. With a clear plan at each step of the process, the level-specific and age-specific program is designed to best serve each player's individual needs during each season and over their entire youth careers.

## **SUPER 8 PROGRAM (2015 & 2016 BIRTH YEARS)**

Our "intro to travel" program is designed to provide an opportunity for 8U house athletes to gain exposure to travel hockey. Player development sessions aim to work players hard on the key building blocks of hockey, but most of all, it's meant to be a fun environment for players and families to become acclimated to the Junior Canes experience.

## **9U THROUGH 12U**

During the USA Hockey "Learn to Train" phase, the Junior Canes 9U through 12U seasons focus on introducing the right way to train. This is a critical time for all athletes to develop fine motor skills, and according to USA Hockey, what is learned - or not learned - during this stage will have a significant impact on the level of play that's reached later in their careers.

This is a huge reason that it's important for players to play at the RIGHT level for their long-term development versus pushing to play at the highest levels before they're fully ready to do so.

## **13U THROUGH 15U**

This is the time period, referred to by USA Hockey as the "train to train" phase, where players begin to set their course. Athletic and strength development become critical, and by their 15U season athletes should have a clearer picture of what they want out of hockey - with absolutely no wrong answers possible! Our process provides opportunities for the player who wants to be scouted for higher levels beyond youth hockey as well as the player who just wants to compete on the big stages of youth hockey.

## **16U THROUGH 19U**

The "learn to compete" phase leads players through a focus on "lifestyle" training where they put together the building blocks they've acquired throughout our process to become a 24/7 hockey athlete in terms of their preparation, performance, recovery and maintenance. Our athletes, regardless of level, have countless opportunities available to them after youth hockey. This phase focuses on making sure they're fully prepared to be highly successful on whichever path they choose to take.



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# PROCESS

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## **NAVIGATING TIER 1, TIER 2, BLACK, RED AND WHITE**

Tier 1 hockey is the highest level of competition in USA Hockey's youth and girls programs. Tier 1 is governed by its own set of competitive rules, and Tier 1 14U and older teams compete for their own Tier 1 National Championship. Because there are far fewer Tier 1 teams across the country, the travel can be extensive. In the Carolinas, Tier 1 teams are designated as AAA teams. In other USA Hockey affiliates, some Tier 2 teams designate themselves as AAA teams. The distinction between the two is that Tier 1 teams must be reviewed and re-certified as Tier 1 teams based on the programming, the level of coaching, and competitive success over several seasons.

Tier 2 hockey encompasses the bulk of travel teams across the country. Like Tier 1, Tier 2 hockey has its own set of competitive rules and 14U and older teams compete for the Tier 2 National Championship. Tier 2 teams typically give each team a designation to help with competitive placement, such as AAA, AA, A, B, and so on. In the Carolinas, Tier 2 teams may not use the AAA designation, so most associations will designate their top team as AA, their second team as A, etc.

Because there is no standard for these designations, in 2022 the Junior Canes decided to designate our teams by color with Black being our top Tier 2 team, Red being our 2nd, and White being our 3rd. Within North and South Carolina, "AA" teams are generally competitive with our Red teams and "A" teams are generally competitive with our White teams, especially at 12U and older when our athletes have been through two or three seasons of our process.

## **WHY SINGLE BIRTH YEARS INSTEAD OF 10U, 12U, ETC.**

The more clear cut reason we offer teams at single birth years (9U, 10U, etc.) is to remain consistent with our competitive peers in more traditional hockey markets across the US. Digging deeper into the reasons, we have seen tremendous long-term benefits for our players by being able to advance as a group through our process together over several seasons. In the short-term, each minor year team has the opportunity "play up" against older teams which pushes them to play faster and play smarter. The continuity of the group and the movement between teams, when players and families buy in to the process, creates a single 50+ player "team" at each birth year that allows players to bring out the best in each other.

## **TRUST THE PROCESS**

When athletes graduate from our process, they are equipped with abilities, attributes and knowledge that they've gained through each step of the Junior Canes process and are ready to thrive at the next phase of their hockey journey. If they attempted to acquire them all at once by their 10U season, they likely wouldn't still be playing by 12U. The most critical piece of the Junior Canes process is the patience required to let it work.





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# EXPERIENCE

## TEAM SERVICE PROJECTS

Each Junior Canes team gives back to the community by participating in a team-led service project each season. While these projects serve as tremendous team building opportunities, it also allows our athletes an opportunity for personal growth and a strong perspective on the power of resilience and perseverance. Most importantly, our service projects directly help those in need. Past projects have supported women's shelters, food banks, schools, veteran's services, animal shelters and many more tremendous causes throughout the Triangle area.

## LEADERSHIP AND VOLUNTEER OPPORTUNITIES

For our high school aged athletes with volunteer hour requirements, the Junior Canes offer many opportunities to build a stronger community by working with younger athletes. Players are encouraged to connect with head coaches of our younger teams and our Super 8 program to build leadership skills, provide meaningful mentorship, and earn volunteer hours on the ice.





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# PROGRAM

## CLARIFYING HALF-ICE/SHARED-ICE PRACTICES

With help from our Director of Coaching, ***our coaches design practice plans to utilize the full sheet of ice in the same manner a single team on a single sheet would do.*** By combining teams for power-skating and full-ice flow drills, players are able to utilize the entire ice for speed and spacing purposes. As teams break into skill-focused small area games and more team-oriented zone entry/breakout/positioning work, teams will utilize the space to rotate between using one attacking zone and the other attacking zone + neutral zone. To close out practices, teams can work cross-ice in small-sided games or play full-ice team scrimmages.

## PLAYER DEVELOPMENT SESSIONS

In addition to team practices, players also have a weekly practice dedicated to the individual skills and techniques required to be successful on the ice. Repetition is the key to skill development, and these sessions take players through 50+ repetitions of specific skating, stick-handling, passing and shooting skills.

## HYBRID WEEKEND MODEL

Due to the regional nature of Tier 1 AAA hockey and the need for schedule flexibility, many of our AAA teams will choose to utilize a hybrid weekend model. By shifting a number of practices to the weekends, teams can choose to utilize their ice slots for games, practices, or turn in the ice in exchange for more events. All player development sessions are held during the week.

## GAME SCHEDULES

All Tier 2 Youth teams are budgeted for 12 home games, and Tier 2 Girls teams are budgeted for 10. For teams participating in the CHL, most games will be utilized for league play. Teams will be able to utilize their additional home games to schedule home and away exhibition series.

For Tier 1 and Tier 2 independent teams, teams will begin working to build their schedules shortly after tryouts. Teams are able to turn in home game slots for additional tournaments/showcases.

## TOURNAMENT BUDGETS

Beginning in 2023-24, teams will manage their own tournament budgets using a PCard issued to the team manager. This will allow teams more control over the tournament registration process.

## COST REDUCTION / CREDIT OPPORTUNITY

The Junior Canes are excited to announce our Signature Partnership with BioSteel beginning in 2023-24. Along with many exciting benefits for our athletes that will be announced towards the start of the season, BioSteel's commitment to grass roots hockey directly benefits our membership by assisting our ongoing efforts to insulate our members from increased operational expenses.

Additionally, we will be once again be offering our program to allow Junior Canes parents to earn credit towards their dues by volunteering at our concession stand in PNC Arena. More details about this program will be provided directly to Junior Canes families post-tryouts.

# READING THE PROGRAM GUIDE

**TEAM** - The name of the Junior Canes team corresponding with the rest of the line.

**BIRTH YEAR** - The birth years to be represented within the team

**LEAGUE** - The name of the league the team is expected to play in, with the division to be determined following tryouts when the makeup of the team is known (AA, Upper A, Lower A, etc.)

**SCHEDULE** - The frequency of weekly team practices & player development sessions

**HOME GAMES** - The number of home ice slots allocated to the team. Teams may choose to exchange home ice slots for additional funds in the event budget.

**EVENT BUDGET** - The dollar amount to be allocated to the team's budget to cover tournament entry fees.

**DUES** - The tuition to be paid by each team member to the association to cover ice expense, coaching fees and the cost of competition (tournament fees, referees, etc.)

TEAM	BIRTH YEAR	LEAGUE	SCHEDULE	HOME GAMES	EVENT BUDGET	DUES
SUPER 8 GIRLS	2015 & 2016	N/A	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	N/A	3	\$925
10U GIRLS BLACK	2013 & 2014	10U CHL	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	10	\$7000 (eq. 4 events)	\$4360
10U GIRLS RED	2013 & 2014	10U CHL	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	10	\$7000 (eq. 4 events)	\$4360
12U GIRLS BLACK	2011 & 2012	12U CHL	1 WEEKLY 1/2 ICE TEAM PRACTICE 1 WEEKLY FULL ICE TEAM PRACTICE 1 WEEKLY PD	10	\$7200 (eq. 4 events)	\$4715
12U GIRLS RED	2011 & 2012	12U CHL	1 WEEKLY 1/2 ICE TEAM PRACTICE 1 WEEKLY FULL ICE TEAM PRACTICE 1 WEEKLY PD	10	\$7200 (eq. 4 events)	\$4515
12U GIRLS WHITE	2011 & 2012	PHHL	1 WEEKLY 1/2 ICE TEAM PRACTICE 1 WEEKLY PD	10	\$7200 (eq. 4 events)	\$2860



TEAM	BIRTH YEAR	LEAGUE	SCHEDULE	HOME GAMES	EVENT BUDGET	DUES
14U AAA GIRLS	2009 & 2010	NGHL	2 WEEKLY FULL ICE PRACTICES 1 WEEKLY PD	8	\$17600 (eq. 8 events)	\$6630
14U GIRLS BLACK	2009 & 2010	14U CBHL	1 WEEKLY 1/2 ICE TEAM PRACTICE 1 WEEKLY FULL ICE TEAM PRACTICE 1 WEEKLY PD	8	\$8000 (eq. 4 events)	\$4695
16U AAA GIRLS	2007 & 2008	NGHL	HYBRID WEEKLY/WEEKEND MODEL 1 WEEKLY PD	8	\$17600 (eq. 8 events)	\$7110
16U GIRLS BLACK	2007 & 2008	16U CBHL	HYBRID WEEKLY/WEEKEND MODEL 1 WEEKLY PD	8	\$8000 (eq. 4 events)	\$4695
19U AAA GIRLS	2004-2007	NGHL	HYBRID WEEKLY/WEEKEND MODEL 1 WEEKLY PD	8	\$17600 (eq. 8 events)	\$7110
19U GIRLS BLACK	2004-2007	19U CBHL	HYBRID WEEKLY/WEEKEND MODEL 1 WEEKLY PD	8	\$8000 (eq. 4 events)	\$4695
SUPER 8	2015 & 2016	N/A	1 WEEKLY PLAYER DEVELOPMENT	N/A	3	\$925
9U BLACK	2014	10U CHL	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	12	\$7200 (eq. 4 events)	\$4300
9U RED	2014	10U CHL	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	12	\$7200 (eq. 4 events)	\$4300
9U WHITE	2014	10U CHL	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	12	\$7200 (eq. 4 events)	\$4300
10U BLACK	2013	INDEPENDENT	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	12	\$7200 (eq. 4 events)	\$4300
10U RED	2013	10U CHL	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	12	\$7200 (eq. 4 events)	\$4300

TEAM	BIRTH YEAR	LEAGUE	SCHEDULE	HOME GAMES	EVENT BUDGET	DUES
10U WHITE	2013	10U CHL	2 WEEKLY 1/2 ICE TEAM PRACTICES & 1 WEEKLY PD	12	\$7200 (eq. 4 events)	\$4300
11U AAA MINOR	2012	INDEPENDENT	2 WKLY TEAM PRACTICES (1 FULL/1 HALF) 1 WEEKLY PD	6	\$13800 (eq. 6 events)	\$5690
11U BLACK	2012	12U CHL	2 WKLY TEAM PRACTICES (1 FULL/1 HALF) 1 WEEKLY PD	12	\$7200 (eq. 4 events)	\$4745
11U RED	2012	12U CHL	2 WKLY TEAM PRACTICES (1 FULL/1 HALF) 1 WEEKLY PD	12	\$7200 (eq. 4 events)	\$4745
12U AAA MAJOR	2011	INDEPENDENT	2 WKLY TEAM PRACTICES (1 FULL/1 HALF) 1 WEEKLY PD	6	\$13800 (eq. 6 events)	\$5945
12U BLACK	2011	INDEPENDENT / 12U CHL	2 WKLY TEAM PRACTICES (1 FULL/1 HALF) 1 WEEKLY PD	12	\$7600 (eq. 4 events)	\$4745
12U RED	2011	12U CHL	2 WKLY TEAM PRACTICES (1 FULL/1 HALF) 1 WEEKLY PD	12	\$7600 (eq. 4 events)	\$4745
13U AAA MINOR	2010	INDEPENDENT	HYBRID WEEKLY/WEEKEND MODEL 1 WEEKLY PD	6	\$13800 (eq. 6 events)	\$6825
13U BLACK	2010	14U CHL	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$7600 (eq. 4 events)	\$4970
13U RED	2010	14U CHL	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$7600 (eq. 4 events)	\$4970
14U AAA MAJOR	2009	INDEPENDENT	HYBRID WEEKLY/WEEKEND MODEL 1 WEEKLY PD	6	\$16800 (eq. 7 events)	\$7460
14U BLACK	2009	INDEPENDENT / 14U CHL	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$8400 (eq. 4 events)	\$4970
14U RED	2009	14U CHL	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$8400 (eq. 4 events)	\$4970

TEAM	BIRTH YEAR	LEAGUE	SCHEDULE	HOME GAMES	EVENT BUDGET	DUES
15U AAA MINOR	2008	INDEPENDENT	HYBRID WEEKLY/WEEKEND MODEL 1 WEEKLY PD	6	\$16800 (eq. 7 events)	\$8140
15U BLACK	2008	INDEPENDENT	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$8400 (eq. 4 events)	\$5165
15U RED	2008	16U CHL	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$8400 (eq. 4 events)	\$5165
15U / 16U WHITE	2007 & 2008	16U CHL	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$8400 (eq. 4 events)	\$5165
16U AAA MAJOR	2007	INDEPENDENT	HYBRID WEEKLY/WEEKEND MODEL 1 WEEKLY PD	6	\$16800 (eq. 7 events)	\$8140
16U BLACK	2007	INDEPENDENT	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$8400 (eq. 4 events)	\$5165
16U RED	2007	16U CHL	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$8400 (eq. 4 events)	\$5165
18U BLACK	2005 & 2006	INDEPENDENT	2 WEEKLY FULL ICE TEAM PRACTICES 1 BI-WEEKLY PD	12	\$12000 (eq. 5 events)	\$5850
18U RED	2005 & 2006	18U CHL	1 WEEKLY FULL ICE TEAM PRACTICE 1 BI-WEEKLY FULL ICE TEAM PRACTICE	12	\$8400 (eq. 4 events)	\$4615



**CLEAN. HEALTHY.  
HYDRATION.™**

# ADDITIONAL PROGRAM COMPONENTS

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In addition to on-ice programming, select age groups also have additional components built into their dues to include age-appropriate strength training, video review and sports psychology.

## PROFESSIONALLY LED DRY-LAND TRAINING

Athletes go through professionally-led dry-land strength and athletic development programming specifically designed for high-level hockey players.

**Teams: 13U AAA Minor, 14U AAA Major, 15U AAA Minor, 16U AAA Major, 15U Black, 15U Red, 15/16U White, 16U Black, 16U Red, 18U Black, 14U AAA Girls, 16U AAA Girls, 19U AAA Girls**

## HUJL VIDEO REVIEW / HIGHLIGHT PACKAGES

Coaches receive reports from each game including data points such as shot charts, face-off percentages, blocked shots and more, while players have access to game film and highlights to break down games and provide coaches and scouts with film.

**Teams: 11U AAA Minor, 12U AAA Major, 13U AAA Minor, 14U AAA Major, 15U AAA Minor, 16U AAA Major, 13U Black, 13U Red, 14U Black, 14U Red, 15U Black, 15U Red, 15/16U White, 16U Black, 16U Red, 18U Black, 12U Girls Black, 14U Girls Black, 16U Girls Black, 19U Girls Black, 14U AAA Girls, 16U AAA Girls, 19U AAA Girls**

## SPORTS PSYCHOLOGY

Players have access to a professional sports psychologist to develop and track progress towards personal and team goals throughout the season.

**Teams: 14U Girls Black, 16U Girls Black, 19U Girls Black, 14U AAA Girls, 16U AAA Girls, 19U AAA Girls**



# FINANCING YOUTH HOCKEY

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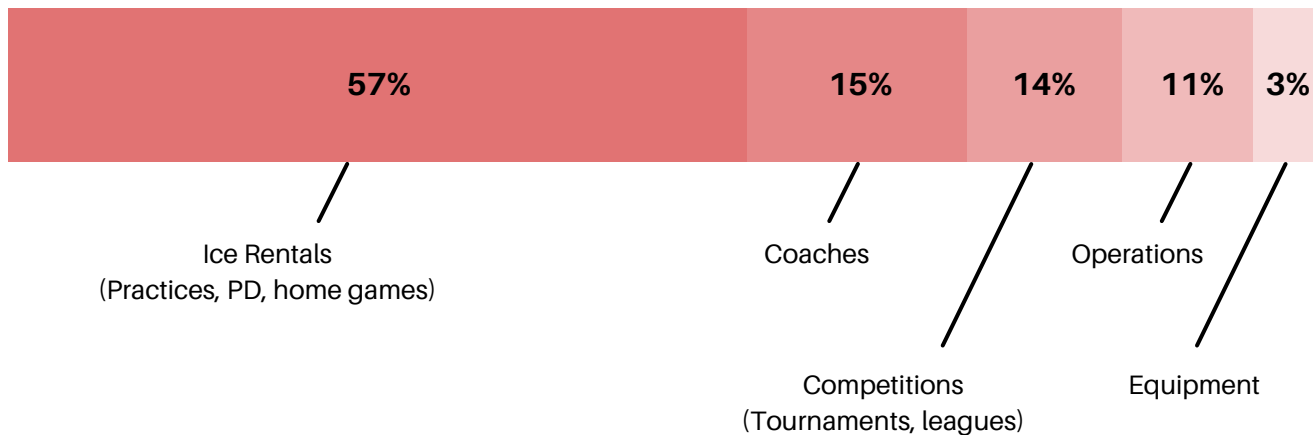
The Carolina Junior Hurricanes Youth Hockey Association is a not-for-profit organization, but we understand that doesn't mean that it's inexpensive to play travel hockey.

The Board of Directors' promise to our membership is twofold:

- We are committed to providing the highest value possible by approving a program that's designed based on the expectations of our membership, collected via the annual survey
- We are committed to transparency and education

## WHERE DO DUES GO?

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## SCHOLARSHIPS & FINANCIAL AID

In addition to funding three merit-based scholarships to award scholastic excellence and demonstration of core values to high school juniors, high school seniors, and graduating seniors, the Junior Canes also fund need-based first-come, first-serve financial aid. Applications for scholarships and financial aid will be available on the website in advance of 2023-2024 tryouts.

## PNC ARENA CONCESSION STAND

Back for 2023-24, Junior Canes parents are able to volunteer at our concessions stand in PNC Arena for Canes games, NC State men's and women's games, concerts and other events. Over the past two years, families have earned tens of thousands of dollars in credit, including several families who have been able to earn 100% credit towards their dues through this program.

## PAYMENT PLANS

At registration, families are given the opportunity to either pay in full or spread payments out throughout the course of the season. The payment schedule will be provided to families at the time of acceptance.



**JUNIOR  
CANES**

# CULTURE

The history of youth hockey in North Carolina is long and storied. The history of the Carolina Junior Hurricanes Hockey Association only dates back to 2019.

While it seems like we've been here since the beginning, our story began four seasons ago when the two associations behind the success of North Carolina youth hockey - the Carolina Eagles and Raleigh Youth Hockey Association - merged to become the association we are today.

While the "what we do" has been clearly defined, "who we are" is still very much a work in progress. To continue to build towards becoming what we set out to be, we're including our core values in our 2023-24 guide to clearly outline who players, families and coaches are signing up to be.

## **Commitment**

Fully invest yourself, never cut corners

## **Hard Work**

Always give relentless effort in everything you do

## **Passion**

Enthusiastically devote yourself to the game you love

## **Integrity**

Be honest, truthful, and never compromise your principles

## **Sportsmanship**

Be gracious in winning and losing, respect the brotherhood/sisterhood of hockey

## **Teamwork**

Put aside individual accomplishment for collective achievement

## **Fun**

Enjoy the game, cherish experiences, value the camaraderie of your teammates

## **Respect**

Show consideration for teammates, coaches, referees, opponents and fans

## **Perserverance**

Never give up

## **Resilience**







Embrace the value of failure the same as the value of success

# SECOND ANNUAL JUNIOR CANES DAY

SATURDAY | AUGUST 12TH, 2023

SPECIAL LOCATION TO BE ANNOUNCED!

SAVE THE DATE!  
REQUIRED  
ATTENDANCE FOR  
ALL FAMILIES

-  Age group & team meetings to review goals & expectations
-  Junior Canes gear pick-up
-  Food & beer vendors
-  New Hockey/Junior Canes Parent 101 Class
-  Junior Canes Alumni Panel
-  Hockey Expo tent with exhibits on nutrition, recruiting, personal training and more

DOES NOT CONFLICT WITH CHL PLAY-IN WEEKEND

