



**2026-27**

**JUNIOR CANES  
PROGRAM GUIDE**



**JUNIOR  
CANES**

# STRUCTURE

## MISSION STATEMENT

The Carolina Junior Hurricanes are committed to developing young athletes through a culture of excellence, accountability, and teamwork. As a comprehensive youth hockey organization offering AAA, AA, and A levels of play, we provide opportunities for players to grow and compete at the level best suited to their development. Our mission is to foster skill advancement, sportsmanship, and respect—on and off the ice—while preparing our players for success both in hockey and in life.

## COMPETE. DEVELOP. ADVANCE.

The Carolina Junior Hurricanes are the only program in the Southeast offering both co-ed and girls programming from introductory (Super 8) through the highest levels of youth hockey (Tier I AAA).

Our single birth-year (co-ed) and age group (girls) structure is designed to mirror our competitive peers across the country to provide our members with level and age appropriate competition and player development opportunities.

Our primary focus in the placement of our players via tryouts is to match each and every player with the best fit for their individual growth and progression.

## UNDERSTANDING TIERS AND LEVELS

### TIER I AAA

Our Tier I AAA program is designed to provide the opportunity for locally-based, level-appropriate players to gain exposure through the highest levels of competition without needing to relocate. Our programming at the younger ages (11U, 12U, 13U & Girls 14U) is designed to prepare area players for the ultra-competitive landscape of older-age AAA hockey. Programming at that level (14U through 18U, Girls 16U & Girls 19U) aims to compete at the highest level nationally.

### TIER II

The biggest misconception of Tier II is that it's for players who "don't make" Tier I. Each year, the Junior Canes field nationally-ranked Tier II teams full of players who choose to play Tier II because of the travel, expense or more flexible schedule. We have several alums currently playing collegiate hockey or Junior hockey who never played a game at the Tier I AAA level. We also have many Tier II players who strive to play Tier I hockey who take advantage of our intense approach to player development to reach a level of play where AAA hockey becomes the right level for them.

### WHY BLACK, RED & WHITE?

To keep with our approach to providing the right level of competition for each player, the Junior Canes name our teams Black, Red and White instead of "AA" or "A" because it allows for competitive flexibility based on each team. Each year, we field Red and even occasionally White teams that compete at a higher level of competition based on the team's post-tryout roster.



**JUNIOR  
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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.





# ICE PROGRAM

## LEAGUE AFFILIATION

While the Junior Canes continue to support the Carolinas Hockey League (CHL) as our primary league partner, many of our traditionally independent teams will be joining leagues to maximize exposure opportunities and ensure the highest level of competition possible.



All Junior Hurricanes Co-ed AAA teams participate in the **TIER I ELITE LEAGUE**, which is a mandatory component of our program. The Tier I Elite League is the premier AAA coed youth hockey league in the United States and provides our athletes with consistent, high-level competition against the top Tier I programs in the country.



This partnership ensures that our athletes compete in a nationally recognized league that supports development, competitive excellence, and opportunities for advancement within the game.

The **NATIONAL GIRLS HOCKEY LEAGUE** is an elite girls hockey league focused on advancement. The nation-wide league features top organizations such as Lovell Academy, Philadelphia Jr Flyers and Team Long Island.

The **CAROLINAS HOCKEY LEAGUE** is a Tier 2 league covering North Carolina, South Carolina and Virginia, including Hampton Roads Warriors and Richmond Generals.

The Junior Canes hockey staff will review Tier 2 team rosters post-tryouts to evaluate the best competitive fit for each team, including independent schedules for some of our Black teams.

## EVENT / TOURNAMENT SELECTION

All teams receive a set number of tournaments/events. During the start of each season, teams will meet to discuss and propose a plan for tournaments that will be reviewed and approved by our Hockey Director to ensure age, level and cost appropriate selections.

## SUPER 8 PROGRAM (for 8U players)

The Super 8 program returns for another year for boys and girls interested in experiencing hockey. A first-come, first-serve open registration program, the Super 8s go through a weekly player development session and compete as Junior Canes 8U teams in three tournaments. Teams can only travel twice outside of the affiliate, and all players must be enrolled in the PHHL or another local house league recreation program. Registration will open up in late Spring, and players will be evaluated in September to place them in level-appropriate training and competitive groups. The purpose of this process is **not** to create "super teams" but to help our staff deliver the most effective player development program.

## ENHANCED PLAYER DEVELOPMENT

We prioritize comprehensive player development to ensure each athlete reaches their full potential. Our Director of Player Development, Colin Muldoon, brings extensive experience to the program, having served in this role since 2007. The program offers a return to Player Development (PD) sessions for all teams (with the exception of 18U Black & 18UAAA) throughout the season designed to enhance foundational abilities such as skating, edge work, puck control, passing, and shooting.

## **HUDL & INSTAT FOR HOCKEY**

The Carolina Junior Hurricanes leverage cutting-edge video analysis tools like Hudl and Instat to enhance player development. These platforms provide game film breakdowns, advanced analytics, and scouting tools to help players improve their performance and gain exposure.

## **COACH RESOURCES: IHS & THE COACHES SITE**

Our coaching staff stays at the forefront of hockey development through resources like Ice Hockey Systems (IHS) and The Coaches Site. These platforms provide access to elite-level drills, practice plans, and professional development materials, ensuring our players receive top-tier coaching backed by the latest strategies and techniques.

## **OFF-ICE PERFORMANCE & STRENGTH DEVELOPMENT**

The Junior Canes are committed to supporting the long-term athletic development of our players through a comprehensive off-ice training model. Through partnerships with leading performance providers, athletes receive structured strength and conditioning resources to improve strength, mobility, speed, and durability.

EB Athletics serves as the Junior Canes' primary Tier 1 Strength and Conditioning provider, delivering age-appropriate programming for 9U-18U athletes through the TeamBuildr platform. This program is enhanced through collaboration with Bill Burniston, Head Strength and Conditioning Coach for the Carolina Hurricanes, integrating professional-level performance principles and testing standards.

The Junior Canes also partner with Strength Feed, a Raleigh-based performance training facility focused on strength, speed, and movement development.

Together, these partnerships provide athletes with high-level off-ice training resources that support their development as complete athletes.

## **MINDSET PERFORMANCE**

The Junior Canes are placing an increased emphasis on mindset performance as an important part of athlete development. While physical training is essential, confidence, resilience, and the ability to perform under pressure are key elements of long-term player growth.

For the 2026-27 season, the Junior Canes are partnering with Sandy Cohen, founder of Mental Edge Hockey, to provide mindset training resources for athletes and families. Players will have access to live virtual sessions throughout the season covering mental preparation, confidence, emotional regulation, and responding to adversity, along with supporting educational materials. This initiative reflects the Junior Canes' commitment to developing complete athletes both physically and mentally.

## **CONCUSSION EDUCATION REQUIREMENT**

Our program is committed to athlete safety and ongoing coach education. As part of this commitment, concussion education is required for all coaches. In partnership with Carolina Family Practice & Sports Medicine, three concussion education sessions will be offered throughout the 2026-27 season to ensure our coaching staff remains informed on the latest concussion recognition, management, and return-to-play protocols.

## **GIRLS SPORTS PSYCHOLOGY**

Our 14U and older girls' teams work directly with a sports psychologist throughout the season to support the mental side of the game. These sessions help athletes build confidence and leadership while learning healthy ways to handle mistakes, losses, and challenging moments with coaches or teammates.

Players develop tools to manage game-day nerves, improve focus during practices and competition, and strengthen resilience after setbacks. The program also helps athletes build emotional control when frustrated or overwhelmed and provides a supportive space to talk about team dynamics and the social pressures that can come with competitive sports.

## **GOALIE DEVELOPMENT**

To enhance our Goalie Development Program, instructors will attend weekly team practices to work with goalies in a team setting in addition to the instruction received during PD & VR sessions.



# COACHING STAFF

## GIRLS TIER I AAA

19U AAA GIRLS	AUSTIN SWINGLE
16U AAA GIRLS	SARAH SWINGLE
14U AAA GIRLS	MIKE TEFFT

## CO-ED TIER I AAA

18U AAA	JACOB HIXSON
16U AAA	JONATHAN JOHNSON
15U AAA	JUSTIN BLASZAK
14U AAA	SPENCER BARLOW
13U AAA	COLIN MULDOON
12U AAA	CODY STAVES
11U AAA	PATRICK SKEHAN

## CO-ED TIER II

18U BLACK	TBA
16U BLACK	MARK TAGG
16U RED	JAKE RALEIGH
15U BLACK	SEAN LAWRIE
15U RED NAT.	BOBBY HATHAWAY
15U RED AM.	CHRIS BRITTON
14U BLACK	NICK CEGLIO
14U RED	MIKE FORD
13U BLACK	NICK SABO
13U RED	KYLE SHRAUGER
13U WHITE	ALEK SAMUELSON
12U BLACK	MIKE CLYNE
12U RED	JASON AUSTIN
11U BLACK	MIKE GRABOWSKI
11U RED	BRIAN SCULLEY
10U BLACK	DAN PRESSL
10U RED	DAN COTTY
10U WHITE	GARRISON SAFRIET
9U BLACK	TIM MCLOUGHIN
9U RED	DAVE DUTKOWSKI
9U WHITE	MATT MCINTYRE

## GIRLS TIER II

19U GIRLS BLACK	TAYLOR PELTIER
16U GIRLS BLACK	TAYLOR PELTIER
14U GIRLS BLACK	JUSTIN PRICE
12U GIRLS BLACK	KEVIN THOMAS
12U GIRLS RED	TRINITY BARCLASS
12U GIRLS WHITE	TBA
10U GIRLS BLACK	JESSICA HUGHES
10U GIRLS RED	JESSICA HUGHES



# TIER 1 PROGRAM

## **GIRLS 19U AAA (2007, 2008, 2009)**

Season cost: \$7825

- League: NGHL
- 2 weekly shared-ice practices
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 2 full-ice post-season practices
- 18 weekend slots (games or practices)
- 8 budgeted tournaments
- Instat video analysis
- Sports psychology program
- 2 weekly professionally-led off ices

## **GIRLS 16U AAA (2010 & 2011)**

Season cost: \$7825

- League: NGHL
- 2 weekly shared-ice practices
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 2 full-ice post-season practices
- 18 weekend slots (games or practices)
- 8 budgeted tournaments
- Instat video analysis
- Sports psychology program
- 2 weekly professionally-led off ices

## **GIRLS 14U AAA (2012 & 2013)**

Season cost: \$7825

- League: NGHL
- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 2 full-ice post-season practices
- 15 weekend slots (games or practices)
- 8 budgeted tournaments
- Instat video analysis
- Sports psychology program
- 2 weekly professionally-led off ices

## **18U AAA (2008 & 2009)**

Season cost: \$9545

- League: T1EHL (5 mandatory events)
- 3 weekly full-ice practices
- 4 full-ice pre-season practices
- 2 full-ice post-season practices
- 9 weekend slots (games or practices)
- 10 budgeted tournaments
- Instat video analysis
- 2 weekly professionally-led off ices

## **16U AAA (2010)**

Season cost: \$8750

- League: T1EHL (5 mandatory events)
- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 2 full-ice post-season practices
- 15 weekend slots (games or practices)
- 10 budgeted tournaments
- Instat video analysis
- 2 weekly professionally-led off ices

## **15U AAA (2011)**

Season cost: \$8100

- League: T1EHL (5 mandatory events)
- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 2 full-ice post-season practices
- 15 weekend slots (games or practices)
- 10 budgeted tournaments
- Instat video analysis
- 2 weekly professionally-led off ices

## 14U AAA (2012)

Season cost: \$8100

- League: T1EHL (3 mandatory events)
- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 2 full-ice post-season practices
- 15 weekend slots (games or practices)
- 9 budgeted tournaments
- Instat video analysis
- 2 weekly professionally-led off ices

## 13U AAA (2013)

Season cost: \$7505

- League: T1EHL (1 mandatory event)
- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 2 full-ice post-season practices
- 6 weekend slots (games or practices)
- 9 budgeted tournaments
- Instat video analysis
- 2 weekly professionally-led off ices

## 12U AAA (2014)

Season cost: \$6530

- League: T1EHL (1 mandatory event)
- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 6 weekend slots (games or practices)
- 8 budgeted tournaments
- HUDL video
- 1 weekly professionally-led off ice

## 11U AAA (2015)

Season cost: \$6530

- League: T1EHL (1 mandatory event)
- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 4 full-ice pre-season practices
- 6 weekend slots (games or practices)
- 8 budgeted tournaments
- HUDL video
- 1 weekly professionally-led off ice



Program fees are calculated based on an estimated roster size. As a result, teams with identical or similar programming may have different fees depending on the budgeted player count.



# TIER 2 CO-ED PROGRAM

## 18U BLACK (2008 & 2009)

Season cost: \$4870

- 1 weekly full-ice practice
- 1 bi-weekly full-ice practice
- 3 full-ice pre-season practices
- 2 full-ice post-season practices
- 6 budgeted tournaments
- 8 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## 16U BLACK (2010)

Season cost: \$5760

- 2 weekly full-ice practices
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 2 full-ice post-season practices
- 6 budgeted tournaments
- 8 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## 16U RED (2010)

Season cost: \$5570

- 2 weekly full-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## 15U BLACK (2011)

Season cost: \$5690

- 2 weekly full-ice practices
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 6 budgeted tournaments
- 8 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## **15U RED NATIONAL (2011)**

Season cost: \$5145

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## **15U RED AMERICAN (2011)**

Season cost: \$5145

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## **14U BLACK (2012)**

Season cost: \$5760

- 2 weekly full-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 2 full-ice pre-season practices
- 6 budgeted tournaments
- 8 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## **14U RED (2012)**

Season cost: \$5245

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## **13U BLACK (2013)**

Season cost: \$5295

- 1 weekly full-ice practices
- 1 weekly shared-ice practices
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 5 budgeted tournaments
- 10 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## **13U RED (2013)**

Season cost: \$5245

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games
- HUDL video
- 1 weekly professionally-led off ice

## **13U WHITE (2013)**

Season cost: \$4750

- 1 weekly shared-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 21 weekend slots (games or practices)
- HUDL video

## **12U BLACK (2014)**

Season cost: \$5205

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 3 full-ice pre-season practices
- 5 budgeted tournaments
- 10 budgeted home games
- HUDL video

## **12U RED (2014)**

Season cost: \$5145

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games
- HUDL video

## **11U RED (2015)**

Season cost: \$5145

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games
- HUDL video

## **10U RED (2016)**

Season cost: \$4700

- 2 weekly shared-ice practices
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games

## **9U BLACK (2017)**

Season cost: \$4930

- 2 weekly shared-ice practices
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games

## **11U BLACK (2015)**

Season cost: \$5205

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 3 full-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games
- HUDL video

## **10U BLACK (2016)**

Season cost: \$4930

- League: T1EHL (1 mandatory event)
- 2 weekly shared-ice practices
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 5 budgeted tournaments
- 10 budgeted home games

## **10U WHITE (2016)**

Season cost: \$4700

- 2 weekly shared-ice practices
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games

## **9U RED (2017)**

Season cost: \$4700

- 2 weekly shared-ice practices
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games

## **9U WHITE (2017)**

Season cost: \$4700

- 2 weekly shared-ice practices
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 12 budgeted home games

# TIER 2 GIRLS PROGRAM

## 19U BLACK (2007, 2008 & 2009)

Season cost: \$5275

- 2 weekly shared-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 2 full-ice post-season practices
- 7 budgeted tournaments
- 12 weekend slots (games or practices)
- HUDL video
- Sports psychology program
- 1 weekly professionally-led off ice

## 16U BLACK (2010 & 2011)

Season cost: \$5275

- 2 weekly shared-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 2 full-ice post-season practices
- 7 budgeted tournaments
- 12 weekend slots (games or practices)
- HUDL video
- Sports psychology program
- 1 weekly professionally-led off ice

## 14U BLACK (2012 & 2013)

Season cost: \$5275

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 bi-weekly shared-ice PD
- 3 full-ice pre-season practices
- 2 full-ice post-season practices
- 7 budgeted tournaments
- 6 weekend slots (games or practices)
- HUDL video
- Sports psychology program
- 1 weekly professionally-led off ice

## 12U BLACK (2014 & 2015)

Season cost: \$5435

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 10 budgeted home games
- HUDL video

## 12U RED (2014 & 2015)

Season cost: \$5435

- 1 weekly full-ice practice
- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 10 budgeted home games
- HUDL video

## 12U WHITE (2014 & 2015)

Season cost: \$3995

- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 4 budgeted tournaments
- 12 weekend slots (games or practices)

## 10U BLACK (2016 & 2017)

Season cost: \$4645

- 2 weekly shared-ice practice
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 10 budgeted home games

## 10U RED (2016 & 2017)

Season cost: \$3795

- 1 weekly shared-ice practice
- 1 weekly shared-ice PD
- 3 shared-ice pre-season practices
- 4 budgeted tournaments
- 8 budgeted home games

Program fees are calculated based on an estimated roster size. As a result, teams with identical or similar programming may have different fees depending on the budgeted player count.

# SUPER 8 PROGRAM

## BOYS SUPER 8 (2018 & 2019)

Season cost: \$965

- 7 teams
- 1 weekly shared-ice practice
- 3 budgeted tournaments
- Game jerseys are required but maybe re-used from the previous season if they are in good condition and still fit. New players must purchase a jersey set at a cost of \$176.

## GIRLS SUPER 8 (2018 & 2019)

Season cost: \$965

- 2 teams
- 1 weekly shared-ice practice
- 3 budgeted tournaments
- Game jerseys are required but maybe re-used from the previous season if they are in good condition and still fit. New players must purchase a jersey set at a cost of \$176.



Program fees are calculated based on an estimated roster size. As a result, teams with identical or similar programming may have different fees depending on the budgeted player count.



**JUNIOR  
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# CULTURE

At the Carolina Junior Hurricanes, our culture is built on respect, accountability, teamwork, and relentless effort. We believe that success is achieved not only through skill and competition, but through strong character and integrity in every aspect of the game.

We are committed to fostering an environment where:

- Players develop a passion for hockey while learning discipline, resilience, and sportsmanship.
- Coaches lead by example—creating positive, challenging, and supportive environments that encourage both personal and athletic growth.
- Parents and families are valued partners who model respect and support the collective success of our teams and organization.
- Teams represent the Junior Hurricanes with pride, effort, and unity—on the ice, in the locker room, and in the community.

Regardless of level—AAA, AA, or A—every player, coach, and family is part of one unified culture that emphasizes growth, excellence, and respect for the game.

**CHARACTER** - We win the right way—through honesty, effort, and respect.

**COMMITMENT** - Fully invest yourself, never cut corners.

**COMMUNITY** - Represent the Carolina Junior Hurricanes with pride and contribute positively to our hockey community.

**CONTINUOUS GROWTH** - Strive to improve every day—developing not only as a better player, but a better person.

**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, 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.

**PERSEVERANCE** - NEVER GIVE UP.