



ON THE COVER Lil' Lady Canes celebrate IIHF World Girls' Ice Hockey Weekend, Oct. 17

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THE CANES CURRENT

News, development and connection across our hockey community

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A MESSAGE FROM PHILIP TABOR

EVERY PLAYER, EVERY PATH

How we think about growing hockey in the Triangle, and why every player's path counts as a success.

“Our focus isn't on how many players we have. It's on each player. Every athlete deserves a clear plan, coaches who invest in their growth, and a path toward their highest potential.”



PHILIP TABOR

President, Carolina Junior Hurricanes

The season is already off to a great start! Our rinks are full, our teams are competing, and it's been great to see so many new and returning families at the rink. As we settle into the year, I want to share how we think about growing youth hockey in the Triangle, and why it means more to us than numbers.

WHERE THE JOURNEY BEGINS

Every player's story starts somewhere. In partnership with the Carolina Hurricanes, families have several ways to get on the ice:

- **KinderCanes (ages 3-6):** a one-hour introductory hockey class for our youngest skaters. Players need to pass Snowplow Sam 3 in hockey skates, and full gear is required. A 9-week session.
- **Lil' Canes 1 & 2 (ages 6-15):** a skills progression covering tight turns, stopping, crossovers and puck handling. Players need to pass Learn to Skate Basic 1 in hockey skates. Offered in Raleigh, Cary and Wake Forest.
- **Lil Lady Canes:** an introductory program built for girls who are new to the game.
- **Carolina Hurricanes First Goal:** a joint NHL and NHLPA program for first-time players not yet registered with USA Hockey.

From there, players move into our Super 8 program at 8U, then coed hockey from 10U to 18U and girls hockey from 10U to 19U, at both the Tier 1 and Tier 2 levels.

MORE THAN NUMBERS

Growing the game matters, and we're proud of how many young athletes now call the Jr Canes home. But our focus isn't on how many players we have. It's on each player. Every athlete deserves a clear plan, coaches who invest in their growth, and a path toward their highest potential.

That's what our mission means in practice: developing young athletes through a culture of excellence, accountability, and teamwork. Excellence in how we teach and train. Accountability from our players, coaches, staff and leadership. Teamwork on the ice, on our benches, and between our families and the club.

EVERY PATH IS A SUCCESS

Each player's goals are their own, and so is their path. We celebrate the players who stay and grow here. They come up through Super 8, grow through our Tier 2 and Tier 1 programs, and play with the Jr Canes through 18U or 19U. Many keep the game for life in high school, college club or adult hockey, and some come back to us as coaches, officials and volunteers. They are the heart of this club.

We celebrate just as proudly the players who grow here and move on when the next step is what's best for them. That might be prep school, junior hockey (whether the junior program right here at our rink or one elsewhere), or college hockey. When a Jr Cane takes that next step, it shows the system is working, and we'll be cheering them on. Our job is to help every family see these options clearly and choose the one that's right for their player.

THANK YOU

Thank you for trusting us with your athletes and for being part of the Jr Canes family. Here's to a great month ahead. See you at the rink!

— OUR MISSION

Develop young athletes through a culture of excellence, accountability and teamwork - providing competitive opportunities at the right level and preparing players for success in hockey and in life.

EXCELLENCE

Raise the standard

ACCOUNTABILITY

Own the work

TEAMWORK

Grow together

SUPER EIGHT | 8U PLAYER DEVELOPMENT

INVESTING IN EVERY PLAYER'S PATH

For 2018 and 2019 birth years, Super Eight is where our investment in player development begins: weekly training, the right group for every player and a clear next step.

115
 SUPER EIGHT ATHLETES

12
 TEAMS: 10 COED AND 2 GIRLS-ONLY

1
 WEEKLY PLAYER DEVELOPMENT SESSION

3
 TOURNAMENTS THIS SEASON

WHERE DEVELOPMENT BEGINS

Super Eight is where many players first pull on a Junior Canes jersey. After KinderCanes, Lil' Canes, Lil' Lady Canes or First Goal, it's the next step on the pathway Phil described on page 2. Two of our twelve teams are girls-only, so the girls pathway from Lil' Lady Canes (page 5) continues at 8U.

HOW IT WORKS

Players were evaluated in September and placed in level-appropriate groups. The goal isn't to build super teams. It's to put every player where they can grow. Teams practice together once a week, compete in three tournaments, and stay enrolled in the PPHL or another local house league for game time close to home.

PROGRAM DIRECTOR

TIM MCKEAG

SUPER EIGHT DIRECTOR

Building a passion and love of the sport, along with fundamental skating, skills and gameplay.

PRACTICE ROTATION

WEDNESDAY ICE BY GROUP

Slots rotate every two months so every group shares the early and late times.

GROUP	TEAMS	SEPT-OCT	NOV-DEC STARTS NOV. 4	JAN-FEB
1	Black Wynalek, Red Cosimo, Silver Darer, White Stroud (Geoff)	5:30 Iceplex	6:45 Iceplex	5:15 WF
2	Blue Hayes, Green Firebaugh, Gold Brausch, Navy Sherman	6:45 Iceplex	5:15 WF	5:30 Iceplex
3	Orange Pollock, Grey Stroud (Eric), Black Girls Bradford, Diorio	5:15 WF	5:30 Iceplex	6:45 Iceplex

KEY DATES

NOV 4
NEW SLOTS BEGIN
 First practice in Nov-Dec times

JAN 6
NEW SLOTS BEGIN
 First practice in Jan-Feb times

FEB 24
LAST PRACTICE
 Final Super Eight session

JUN 1
2027-28 REGISTRATION
 Returning players get the first week

EVERY PLAYER, EVERY PATH | IT STARTS AT 8U.

PATHWAYS | PLAYER SPOTLIGHT

FROM FIRST GOAL TO 13U AAA

Ben Gilbert's path runs through every level of Triangle hockey, and a community that helped him grow at each step.

PLAYER PATHWAYS BEN GILBERT



FIRST EXPOSURE

Ben's story starts where so many do: with Learn to Skate and the Carolina Hurricanes First Goal program, two of the entry points Phil described on page 2.

GROWING THROUGH HOUSE HOCKEY

From there, Ben played 8U house hockey and moved up to 10U House Selects. It's a reminder that there's more than one way onto the pathway, and that house hockey is a real step in a player's development.

TRAVEL, THEN AAA

Ben then spent three seasons in travel hockey with 10U White, 11U Black and 12U Black, building his game one year at a time. This season, he earned a spot on our 13U AAA team.

A COMMUNITY BEHIND EVERY STEP

No player climbs a path like this alone. Every level of Ben's journey has been right here at home, supported by the coaches, teammates and families who make Junior Canes hockey possible, starting with a skating coach whose encouragement made a lasting impact.



WHERE IT STARTED
Ben at Learn to Play

— THIS SEASON **13U AAA**

Ben's 13U AAA team reached the semifinals at the Notre Dame AAA Tournament in South Bend, Indiana, falling 3-2 in overtime to the eventual champion, and earned a shoutout from Hurricanes captain Jordan Staal for the run. Read the full story on page 11.

A THANK-YOU, YEARS LATER

Earlier this week, before traveling to South Bend for the Notre Dame AAA Tournament, Ben's family looked back on his pathway and reached out to the skating coach he had at the very beginning. She was so impactful and encouraging to Ben that, years later, they wanted her to know it.

EVERY PLAYER, EVERY PATH | BEN'S STARTED WITH A FIRST GOAL.

IIHF WORLD GIRLS' ICE HOCKEY WEEKEND | OCT. 17

SHE STARTS HERE.

The veterans of the game teaching the next generation at our Lil' Lady Canes Bring-A-Friend Event.



LIL' LADY CANES BRING-A-FRIEND Celebrating IIHF World Girls' Ice Hockey Weekend with the Carolina Hurricanes

Every path starts with a first stride. The Carolina Hurricanes celebrated IIHF World Girls' Ice Hockey Weekend with a Lil' Lady Canes Bring-A-Friend Event, and the party definitely arrived. Sixty-five girls ages 5-11 hit the ice alongside 9 travel hockey mentors and our female hockey staff of 17 coaches.

Having travel players on the same sheet of ice gave the newest skaters a close-up look at where the game can take them. The night wrapped up with a tailgate party featuring pizza, yard games, and Canes and USA Hockey giveaways.

From that first session, the path is clear. Girls can move into Super Eight, including two girls-only teams, then girls hockey from 10U to 19U at both the Tier 2 and Tier 1 levels. Today, 200 girls compete at the Tier I and Tier II levels, part of the complete local pathway the Junior Canes have built over the past decade so players can keep progressing close to home.

THE NIGHT BY THE NUMBERS

65

GIRLS AGES 5-11

9

TRAVEL HOCKEY MENTORS

17

FEMALE HOCKEY STAFF COACHES

THE GIRLS PATHWAY

01

LIL' LADY CANES

An introduction built for girls new to the game

02

SUPER EIGHT

8U foundations, including girls-only teams

03

TIER II GIRLS

Competitive hockey from 10U to 19U

04

TIER I GIRLS

The Carolinas' first girls Tier I AAA program

KNOW A GIRL WHO WANTS TO TRY HOCKEY?

Lil' Lady Canes is built for girls who are new to the game. Reach out to learn about upcoming sessions.

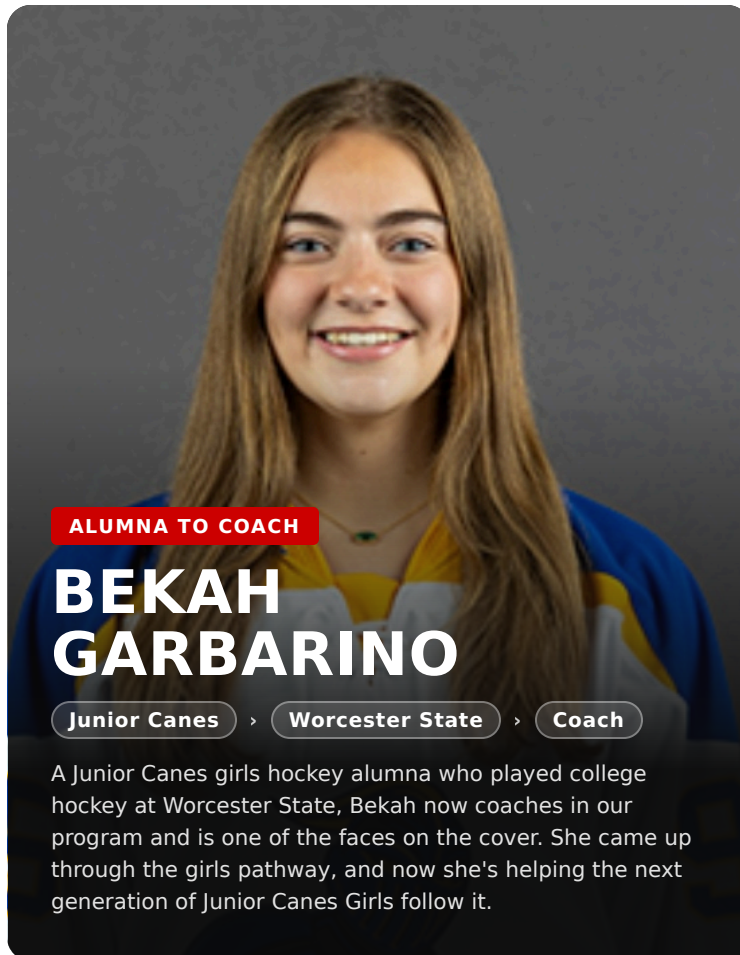
info@juniorhurricanes.org

GIRLS HOCKEY | A GLOBAL GAME

CONNECTED TO THE GLOBAL GAME



From IIHF World Girls' Ice Hockey Weekend to the cover of USA Hockey Magazine, Junior Canes Girls are part of a worldwide community growing the game.



ALUMNA TO COACH

BEKAH GARBARINO

Junior Canes > Worcester State > Coach

A Junior Canes girls hockey alumna who played college hockey at Worcester State, Bekah now coaches in our program and is one of the faces on the cover. She came up through the girls pathway, and now she's helping the next generation of Junior Canes Girls follow it.



ON THE COVER

USA HOCKEY MAGAZINE, OCTOBER 2026

Under the headline "Hurricane Warning," this month's issue looks at how a second Stanley Cup is fueling hockey's growth in North Carolina, with Junior Canes players front and center.



FEATURED BY USA HOCKEY

Next Generation, starring the Junior Canes Girls

To kick off IIHF World Girls' Ice Hockey Weekend on Oct. 17, USA Hockey's Next Generation Instagram featured our Junior Canes Girls in its post.

@usahockeynextgeneration "It's officially IIHF Girls' Ice Hockey Weekend!"

— WHY IT MATTERS

PART OF SOMETHING BIGGER

Our local pathway from Lil' Lady Canes to 19U Tier I, built over the past decade, connects every Junior Canes girl to a game that reaches far beyond the Triangle, and to coaches like Bekah who came up through it.

SHE STARTS HERE. | SEE PAGE 5 FOR THE BRING-A-FRIEND STORY.

COACH'S CORNER | PLAYER DEVELOPMENT

FUNDAMENTALS FIRST

Inside Player Development with Colin Muldoon, the coach who sets the standard for every AAA Tier 1 development session.


COACH'S CORNER

COLIN MULDOON

DIRECTOR OF PLAYER DEVELOPMENT
USHL
94
GAMES

Rochester
Mustangs
1991-93

NCAA D1
135
GAMES

Kent State, Ferris
State
1993-97

PRO
245
GAMES

ECHL, CHL, UHL
1997-01

HIS FOCUS

Mastering the fundamentals, and the habits and discipline it takes to succeed later in the sport.

FROM RED LAKE FALLS TO THE TRIANGLE

A defenseman from Red Lake Falls, Minn., Colin played two seasons with the USHL's Rochester Mustangs, four NCAA Division I seasons at Kent State and Ferris State, and four professional seasons in the ECHL, CHL and UHL. Today he brings 474 games of experience to every Junior Canes Player Development session.

WHAT HE BUILDS

Colin leads and designs all AAA Tier 1 Player Development training sessions. He works with our PD skating and skills instructors to set the standards and the training environment across every session, so players get the same high bar whichever instructor is on the ice.

THIS MONTH: WINNING PUCK RACES

In October, Colin's sessions focused on body positioning and body contact during puck races. Skaters worked on stick detail and cutting off the opponent's hands, so they can win the race, extend possessions and build puck protection skills in a competitive environment.

WHY IT MATTERS

Colin believes players need to learn to work through the mundane: perfecting the same skills, rep after rep, over a long period of time. That patience is what turns a fundamental into a habit, and it's the discipline that holds up as the game gets faster.

OCTOBER FOCUS

WINNING PUCK RACES

- 01** Body positioning and contact
- 02** Stick detail
- 03** Take away the opponent's hands

THE GOAL

Extend possessions and build puck protection in a competitive environment.

COLIN'S PHILOSOPHY

WORK THROUGH THE MUNDANE.

THE TAKEAWAY | MASTER THE FUNDAMENTALS. OWN THE HABITS.

DEVELOPMENT DEEP-DIVE | GOALTENDING

THE GOALIE DEVELOPMENT CYCLE

Our Goaltender Player Development Staff is adding HUDL video coaching to the work goalies already put in on the ice.

— HOW IT WORKS

THREE DEVELOPMENT ENVIRONMENTS



01 ON-ICE GOALIE TRAINING

Dedicated goalie sessions focused on the position's technical foundation.

02 HUDL VIDEO COACHING

Video review with goalie staff, now built into the weekly development cycle.

03 TEAM PRACTICE COACHING

Goalie staff attend team practices to coach goalies within their team environment.

TRAIN > REVIEW > APPLY > REPEAT

A position all its own

Goaltending asks for a different set of skills than any other spot on the ice, and our development model treats it that way. Led by Director of Goalie Development Rich Shulmistra, our Goaltender Player Development Staff gives every goalie in the program dedicated on-ice training built around the position.

Adding the video piece

This season, the staff is using HUDL to build video coaching into the weekly development cycle. Video gives goalies a second look at their own reps, so the lessons from review carry straight into the next session on the ice.

Coaching in the team environment

Goalie staff are also attending team practices, coaching goalies inside the same environment where they play. It connects the habits built in goalie training to the speed and structure of a real team practice.

Alumnus Logan Halladay (see page 9) is part of the staff bringing this to life, working with our 12U AAA and 11U Black goalies at Player Development. After a playing career that ran through the NAHL, the USHL and NCAA Division I, he's helping the next generation of Junior Canes goalies build their own habits.



— COACH'S VIEW

LOGAN HALLADAY

Goaltender Player Development Staff
Former Junior Canes Tier 1 AAA goalie

— LOGAN'S WEEKLY CUE

HEAD > HANDS > HIPS

Building momentum into the save from a standstill position.



IN THE CREASE Logan Halladay with our 12U AAA and 11U Black goalies at Player Development



RESOURCES FOR TODAY. DEVELOPMENT FOR TOMORROW.

WHERE THE PATH CAN LEAD

ONCE A CANE. ALWAYS A CANE.

From Cary to Team USA, junior hockey and college hockey, and back home to help develop the next generation of Junior Canes goalies.



— ALUMNI SPOTLIGHT

LOGAN HALLADAY

Junior Canes alumnus | Goaltender
Cary, N.C. | Tier 1 AAA

THE JOURNEY

A Cary native, Halladay played Tier 1 AAA hockey with the Junior Canes, represented the USA at the 2012 Youth Olympic Games, and earned his way through the NAHL, the USHL and NCAA hockey at Merrimack and MSOE. Now he's back where it started, working with our goalies.

**NOW | GOALTENDER PLAYER
DEVELOPMENT STAFF**

HIS PATH

184 GAMES ACROSS SIX LEVELS

JUNIOR CANES

9

GAMES
16U AAA
2011-12

TEAM USA

5

GAMES
Youth Olympics
2012

NAHL

31

GAMES
Janesville Jets
2013-14

USHL

96

GAMES
Bloomington and
more
2012-17

NCAA D-I

7

GAMES
Merrimack
2017-19

NCAA D-III

36

GAMES
MSOE
2019-21

MILESTONES

NAHL Rookie of the Year (2013-14) and an invite to the Carolina Hurricanes development camp in 2014. Set MSOE's single-season save percentage record (.931) in 2020-21.

CHARACTER

USHL Curt Hammer Award for community service with Bloomington, including \$6,120 raised for the Global Down Syndrome Foundation.

ACADEMICS

Hockey East All-Academic Team (2017-18) and the NAHL Academic Achievement Award with Janesville.

BACK IN THE CREASE

Halladay is part of our Goaltender Player Development Staff, led by Director of Goalie Development Rich Shulmistra, which sets the standards, habits and structure for every goalie in the program, on and off the ice.

THE TAKEAWAY | EVERY PATH CAN LEAD BACK HOME.

PLAYER DEVELOPMENT | MENTAL PERFORMANCE

TRAIN THE MIND LIKE THE BODY

Our 2026-27 Mental Edge Hockey Zoominar series is underway, with four more sessions through February.



Own Your Mind. Own The Ice.

Focus Drives Performance




Presented by Sandy Cohan
Bestselling Author | Speaker | Mindset Expert

— NOW ON YOUTUBE

OWN YOUR MIND. OWN THE ICE.

Our first parent session, **Focus Drives Performance**, is posted in full on our YouTube channel for any parent who couldn't join live.



YOUTUBE
@CarolinaJuniorHurricanes

FIVE ZOOMINARS, ONE SEASON

The Junior Canes are partnering with Sandy Cohan and Mental Edge Hockey for five live Zoominars this season, all on Sundays at 7:00 PM ET. The series opens with two sessions for parents, with perspective and practical tools for supporting players on the mental side of the game. It then turns to the players, with a midseason reset in December and two sessions in January and February to get them mentally ready for playoff hockey.

— SEMINAR LEADER



SANDY COHAN

Founder, Mental Edge Hockey

Bestselling author, speaker and mindset expert

2026-27 ZOOMINAR SCHEDULE

SUNDAYS | 7:00 PM ET | ON ZOOM

PARENTS		MIDSEASON RESET	PLAYERS PLAYOFF PREP	
OCT 18	NOV 22	DEC 13	JAN 10	FEB 7
SESSION 1 Focus Drives Performance The mental side of the game, and how parents can support it. ✓ ON YOUTUBE	SESSION 2 Supporting your player Practical tools for parents for the rest of the season. UPCOMING	SESSION 3 Midseason reset Sandy meets our players to reflect on the first half and use the holiday break to reset. UPCOMING	SESSION 4 Playoff preparation Getting mentally ready for playoff hockey, ahead of Tier 1 playoffs. UPCOMING	SESSION 5 Playoff preparation Final tune-up for the postseason, ahead of Tier 2 playoffs. UPCOMING

CAHA PLAYOFFS

Tier 1 Jan. 30-31 Tier 2 Feb. 18-21



— JOIN THE ZOOMINAR

For **Coed 13U-18U AAA and White and Girls 16U Red** families. Same link every session.

us06web.zoom.us/j/81172914337

— CAN'T MAKE IT LIVE?

We plan to record each session and post it to @CarolinaJuniorHurricanes on YouTube once approved.

SUCCESS IN HOCKEY AND IN LIFE | STRONG MINDS. STRONG PLAYERS.

CANES CONNECTION | 13U AAA

A SHOUTOUT FROM THE CAPTAIN

Hurricanes captain Jordan Staal congratulated our 13U AAA team on reaching the Notre Dame AAA semifinals and wished them luck representing Carolina.



13U AAA

SEMIFINALISTS

NOTRE DAME AAA TOURNAMENT

South Bend, Indiana

— WATCH THE SHOUTOUT

@jrcanes2013aaa

Jordan's video message is posted on the 13U AAA team's Instagram, shared during the team's semifinal run.

The message: congratulations on reaching the semifinals, and good luck representing Carolina in the final stages of the tournament.

FOLLOW THE TEAM | #CARRYTHEFLAG

STANLEY CUP CHAMPION

Carolina won the 2026 Cup over Vegas

CAPTAIN

Wears the C for the Carolina Hurricanes

CONN SMYTHE WINNER

2026 playoff MVP

HOCKEY DAD

A hockey parent, too

A SEMIFINAL RUN IN SOUTH BEND

Not every team gets a shoutout from the captain of the Stanley Cup champions. This past weekend, our 13U AAA team did. After the group battled its way into the semifinals at the Notre Dame AAA Tournament in South Bend, Indiana, Jordan Staal, who led the Carolina Hurricanes to the 2026 Stanley Cup and was named playoff MVP, recorded a video congratulating the players on their run and wishing them luck as they represented Carolina in the final stages of the tournament. The team shared it on its Instagram, @jrcanes2013aaa.

In the semifinals, 13U AAA fell 3-2 in overtime to the team that went on to win the tournament. A one-goal game against the eventual champion showed how our AAA players compete with the best.

THE CANES CONNECTION

The Junior Canes partner with the Carolina Hurricanes to grow the game in the Triangle, from KinderCanes all the way to our AAA teams. Moments like this one show our players how close that connection runs, and that the standard they're chasing is being set right here at home.

THE CAPTAIN'S RUN

6 GOALS

Led Carolina in the 2026 Stanley Cup Final

37

Oldest Conn Smythe winner in NHL history

68%

Faceoffs won in the Stanley Cup Final

CARRY THE FLAG | THE STANDARD IS SET RIGHT HERE AT HOME.

IN MEMORIAM | REMEMBERING ONE OF OUR OWN

SEAN ROMEO

In loving memory of our teammate and friend.

1994 - 2026



Tribute graphic courtesy of Ohio State Men's Hockey

Our Junior Canes community lost one of our own this week. Sean Romeo, a goaltender from Cary who grew up in our program, passed away on Saturday, Oct. 24, at age 31.

Sean found hockey at age 6, after watching kids play street hockey in his neighborhood, and started his journey with the Junior Hurricanes. From our rinks he went on to the USHL, NCAA Division I hockey at Maine and Ohio State, and professional hockey, before starting a career in business in Chicago. Along the way he earned a finance degree, Academic All-Big Ten honors and the NCAA Elite 90 Award for the highest GPA at the 2018 Frozen Four.

Everywhere he played, Sean was known as a goalie who prepared with care and a teammate who gave back. Even in his final days he gave to others: as an organ donor, Sean donated his heart, lungs, liver and kidneys. Our thoughts are with his parents, Jeff and Lisa, his brother, Luke, and everyone whose life he touched.

CELEBRATION OF LIFE

Monday, Nov. 9 | 11 a.m.

St. Michael the Archangel Roman Catholic Church

804 High House Road
Cary, NC 27513

SEAN'S PATH



AGE 6

JUNIOR HURRICANES

Began playing in our program in Cary.



2011-14

YOUNGSTOWN (USHL)

Three seasons with the Phantoms; assistant captain in 2013-14.



2014-16

MAINE

Started 21 games as a freshman; Scholar-Athlete honors.



2016-19

OHIO STATE

2018 Frozen Four and NCAA Midwest Regional Most Outstanding Player.



2019

PROFESSIONAL

Signed with the ECHL's Cincinnati Cyclones.

— EVERY PLAYER, EVERY PATH

“When a Jr Cane takes that next step, it shows the system is working, and we'll be cheering them on.”

Philip Tabor, President, from this month's President's Corner

Sean's path is one our whole community was proud to cheer, from his first strides in Cary to the biggest stages in college hockey. We will keep cheering for him, and we will carry his memory with us every time we take the ice.

THANK YOU

OUR SPONSORS

Thank you again to the organizations that supported Junior Canes tryouts and helped make the event possible.

THANK YOU TO OUR GENEROUS SPONSORS!

BLOOMIN' BLINDS



Wegmans

TERRAHAWK



SPONSOR OUR NEXT EVENT

Interested in supporting a future Junior Canes event? Sponsorship opportunities provide a way to connect with our hockey community while supporting the player and family experience.

BECOME A SPONSOR

info@juniorhurricanes.org | Select: Potential Sponsor

YOUR VOICE SHAPES WHAT'S NEXT

Share feedback, celebrate a teammate or send us a story from your corner of the organization. Strong communication starts with an open line between the Board and our hockey families.

GENERAL INQUIRIES

info@juniorhurricanes.org
(919) 874-7474

KEEP UP WITH THE JUNIOR CANES ON SOCIAL



INSTAGRAM

@carolinajuniorcanes



YOUTUBE

@CarolinaJuniorHurricanes



X

@JuniorCanes

FOLLOW THE SEASON | SHARE THE STORIES | #CARRYTHEFLAG