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# **CAPE FEAR** **YOUTH HOCKEY**

Dear new and returning Cape Fear Warriors,

Welcome to the 2019/2020 Hockey season! Soon the kids and coaches will be lacing up their skates and hitting the ice, but first we would like to welcome all of the new and returning players to the CFYHA family. Travel Team parents, the CFYHA board members and coaching staff would like to congratulate your child on making their team! We are pleased to have you and your child(ren) participate in what we consider to be the "greatest game on ice" and to be part of 20 years plus of excellence in hockey here in the Fayetteville/Fort Bragg area.

Our mission continues: to be a hockey program that offers different levels of competition, while simultaneously growing our program by sticking to the basics: improving hockey skills for all levels by playing in a safe, fun and competitive environment. Above all, our goal is to foster life skills such as discipline, teamwork, and good sportsmanship. We are a USA Hockey sanctioned program, we abide by the rules and guidelines of USA Hockey, Carolina Amateur Hockey Association (CAHA), and Carolinas Hockey League (CHL).

Please make sure that your player has a valid USA Hockey registration on file with us. To register your player with USA Hockey simply go to [usahockey.org](http://usahockey.org) and follow the player registration steps. Please utilize our [capefearhockey.com](http://capefearhockey.com) website to access additional information about registration and the upcoming fall season. Included are forms that need to be completed, signed and returned prior to your player's first practice this fall. These forms will also be available through your team managers.

We are looking forward to our upcoming season and excited about the talent that we have seen on the ice already! We cannot wait to see it develop into great teamwork and personal success. We could not do this without the committed players and families we have. As always, we encourage you to get involved in any way you can. The current CFYHA board members and coaches are listed in this parent handbook and on our website. If you would like information on how you can help make the 2019/2020 season great for all involved, please contact any board members. We are always looking for volunteers.

Welcome to the family! We'll see you soon at the rink!

With Appreciation,

CFYHA Board Members, Coaching Staff, and General Members.

# CAPE FEAR

## YOUTH HOCKEY

Program	ADM	U8 WD	U12 WD	U8 Mite Select	U10 Squirt B	U10 Squirt A	U12 Pee Wee B	U16/U18 AA
<b>Head Coach(s)</b>	Various	Various	Various			Corey Bartsch (HC) Steph Nadler (AC)	Justin Simpson (HC). Rob Fees (AC)	Mike Adams (HC)
<b>Birth Years</b>	2009-2016	2011-2014	2007-2010	2011-2012	2009-2010	2009-2010	2007-2008	2001-2004
<b>Level</b>	Learn to Play	House	House	Mite Select	B Level	A Level	B Level	AA Level
<b>Weekday Ice Sessions</b>	N/A	48	48	72	73	73	73	72
<b>Weekend Sessions/House Games</b>	6 Per session	15	15	15	15	15	15	N/A
<b>Format</b>	Weekend	Weekday + Wknd	Weekday + Wknd	Weekday	Weekday	Weekday	Weekday	Weekday
<b>League</b>	N/A	N/A	N/A	N/A	CHL	CHL	CHL	CHL
<b>Tournaments</b>	N/A	N/A	N/A	Varies	2	2	2	4
<b>National Bound</b>	N/A	N/A	N/A	No	No	No	No	Yes
<b>Professional Off-Ice Training</b>	Opt	Opt	Opt	Opt	Opt	Opt	Opt	Opt
<b>CHL Games</b>	N/A	N/A	N/A	N/A	8	8	8	8
<b>Scrimmage Games</b>	N/A	N/A	N/A	N/A	6	6	6	8
<b>Total Games</b>	N/A	N/A	N/A	N/A	22	22	22	32
<b>Base Tuition Cost</b>	\$85 per 6 weeks	\$700	\$700	\$1,050.00	\$2,100	\$2,100	\$2,100	\$2,100



## PROGRAM INFORMATION

### ADM (AMERICAN DEVELOPMENT MODEL)

- Ages 4 and up
- USA Hockey sanctioned developmental program
- Helps players learn the game in its simplest form
- 1-hour long ice session, once per week for 6 weeks
- 3-4 six week ADM session per regular season.
- **\$85 per 6 week session**

### MITE/U12 WARRIOR DEVELOPMENT PROGRAMS

- Mite - Ages 8 and under (2011 and younger)
- U12 - Ages 12 and under (2007 to 2009)
  - 2 hours WD practice, weekly
- 15 weekend house games at Cleland Ice Rink
- Season runs September through February
- Includes a jersey
- **Season Tuition \$700**

### MITE TRAVEL SELECT U8

- Select team for ages 8 and under (2011/2012 Birth Years)
- **Required:** Skills assessment on May 18th, Second look tryouts TBD
- 1 hour Team practice time, weekly
- 2 hours WD practice, weekly
  - 15 weekend house games at Cleland Ice Rink
- Host 2 Home jamborees per season + TBD Away jamborees
- Participation in Warrior Development is Mandatory
- Uniforms and Travel expenses extra
- **Season Tuition \$1,050**



### TRAVEL SQUIRT A

- A level Travel Team for players ages 9 to 10 (2009/2010 birth years)
- **Required:** Skills assessment on May 18th, Second look tryouts TBD
- 1 hour Team practice time, weekly
- 2 hours WD practice, weekly
- 15 weekend house games at Cleland Ice Rink
- 8 CHL Game and 6 Home Scrimmage Games
- 2 Major travel tournaments per season
- Traveling out of state may be required
- Season fees DO NOT cover personal travel costs for hotels, meals, etc. incurred for tournaments, or uniforms.
- Warriors Development 12U is included in the tuition.
- See additional information in travel team information section.
- **Season Tuition \$2,100**

### TRAVEL SQUIRT B

- B Level Select team for players ages 9 to 10 (2009/2010 birth years)
- **Required:** Skills assessment on May 18th, Second look tryouts TBD
- 1 hour Team practice time, weekly
- 2 hours WD practice, weekly
- 15 weekend house games at Cleland Ice Rink
- 8 CHL Game and 6 Home Scrimmage Games
- 2 Major travel tournaments per season
- Traveling out of state may be required
- Season fees DO NOT cover personal travel costs for hotels, meals, etc. incurred for tournaments, or uniforms.
- Warriors Development 12U is included in the tuition.
- See additional information in travel team information section.
- **Season Tuition \$2,100**



### TRAVEL PEEWEE B

- B level Travel team for players ages 11 to 12 (2007/2008 birth years)
- **Required:** Skills assessment on May 18th, Second look tryouts TBD
- 1 hour Team practice time, weekly
- 2 hours WD practice, weekly
- 15 weekend house games at Cleland Ice Rink
- 8 CHL Game and 6 Home Scrimmage Games
- 2 Major travel tournaments per season
- Traveling out of state may be required
- Season fees DO NOT cover personal travel costs for hotels, meals, etc. incurred for tournaments, or uniforms.
- Warriors Development 12U is included in the tuition.
- See additional information in travel team information section.
- **Season Tuition \$2,100**

### TRAVEL MIDGET U16/U18 AA

- AA Level Team for players ages 16 to 18
- **Required:** Skills assessment on May 18th and/or 19th
- U16/U18 age groups will practice together
- 72 hours of Team practice for the season.
- 4 Major tournaments per season
- 8 CHL Games and 8 Home Scrimmage games.
- Season fees DO NOT cover travel costs incurred for hotels, meals, etc. for tournaments, or uniforms.
- **Season Tuition \$2,100**



## TRYOUT AND TEAM SELECTIONS

- Tryouts and team selections for the fall season take place during 2 sessions.
  - May 18th & 19th
  - August TBD
- Assessment Fee of \$50 is required.
- Fee is only required for 1 tryout. Players are encouraged to come for a second look in August (no fee required if registered for May tryouts).
- Once players have been invited to join a team a commitment fee will be required.
- For required gear, please refer to the Travel Team Information.



## FEE CHART AND PAYMENT SCHEDULE

### 2019/2020 Season Fees

Assessment Fee	\$50
Season Deposit	\$300
Uniform/Socks	TBD
Mite WD	\$700
Mite Travel Select	\$1,050
Squirt A/B	\$2100 (\$300 deposit due at acceptance)
Peewee B	\$2100 (\$300 deposit due at acceptance)
U16 Midget AA*	\$2100 (\$300 deposit due at acceptance)
U18 Midget AA*	\$2100 (\$300 deposit due at acceptance)

### Required Equipment/Gear

Red Helmet, Chest Pads, Elbow Pads, Shin Guards, Red Gloves, Stick, Neck Guard

Red Breezers (Travel Players)

Helmet Stickers for all players helmets

*Gear can be signed out from the CFYHA equipment room and must be returned at the end of the season. If equipment is not returned your player will be flagged with USA Hockey as being in poor standing with Cape Fear Youth Hockey Association. Gear can also be swapped throughout the season. Please contact the Equipment Manager with questions.*





## CFYHA PLAYER CODE OF CONDUCT

(SIGN AND RETURN)

Players must assume certain responsibilities if they wish to play ice hockey in the Cape Fear Youth Hockey Association (CFYHA). Some of these responsibilities include good sportsmanship, teamwork, being on time for practices and games, cooperating with coaches and teammates, and developing team and individual skills. Along with the Rules of USA Hockey, CAHA, and CHL, CFYHA has highlighted the following rules. Please read this list thoroughly, sign and return.

- I will always respect my coaches, teammates, parents, opponents and officials.
- I will show up on time for practices and games.
- I will learn the rules of the game and play by them.
- I will refrain from using profanity or negative gestures toward my teammates, coaches, officials and parents.
- I will NOT bullying--in person or online. I will NOT take part in any form of player initiations or hazing actions, and will report any such behavior.
- I will abide by the rules of my coaches, CFYHA, CHL, CAHA, and USA Hockey.
- I will respect the game of ice hockey.
- I understand the breaking these rules will put my player status in jeopardy for the remainder of the season.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## PARENT CODE OF CONDUCT

(SIGN AND RETURN)

Parents can be a great asset to a hockey team as well as a positive influence on the children around them. We encourage parents and adults to conduct themselves in a positive and appropriate manner. In other words, please be a positive role model for the young people in CFYHA.

- I will encourage good sportsmanship by demonstrating positive support for ALL players, coaches and officials.
- I will place the physical and emotional well-being of my child and other children ahead of any personal desire to win.
- I understand that our coaching staff is all volunteer and is out there for the kids.
- I will refrain from online/cyber bullying and will expect my child to do the same.
- I will wait a 24 hour 'cooling off' period before discussing any disagreements I may have with the CFYHA coaching staff or board members.
- I will provide positive support for the coaches working with my child to ensure a positive and enjoyable experience for all.
- I will remember that the game is for the kids not the adults.
- I will not pretend that I know more than the certified referees do and will refrain from making calls from the stands.
- Any comments that I verbalize to the coaches, referees, players or other parents will be in a positive and pleasant in nature.
- I will not force my child to participate in sports, but WILL support their desires to play and have fun.
- I will demand that my child play by the rules set forth by USA Hockey, CHL, CAHA and CFYHA.
- I will not embarrass my child, his/her team or his/her coaches by yelling or conducting myself in a negative manner toward coaches, other parents or referees.
- I understand that not abiding by these rules could result in a restriction from attending practices, games and tournaments in the future.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## IMPORTANT LINK FOR PARENTS

### Membership Registration:

**USA Hockey**

**National Hockey League (NHL)**

**Carolina Hockey League (CHL)**

### Local Teams:

**Carolina Hurricanes**

DISCOUNT TICKETS FOR HURRICANES and Other Youth Program Initiatives

**<https://www.canesyouthhockey.com/>**

Fayetteville SPHL Marksmen

**<http://marksmenhockey.com/>**

### Hockey Equipment:

**Hockey Monkey**

**Prime Time Hockey**

**Hockey Equipment for Hockey Warrior**

**[Play It Again Sports - Cary](#)**

**Five Hole Sports - Cary**

### Tournament Companies:



[Big Bear Tournaments](#)

[My Hockey Tournaments](#)

## Hockey 101

The world's greatest and most exciting game is easy to follow once you know a few basic rules and practices. Here is a brief guide to the essential ice hockey rules.

### **The Playing Surface** *see diagram*

- The ice sheet is commonly known as the rink.
- The rink is divided into zones by a red line at center ice and two blue lines.
- A standard North American rink measures 200 feet by 85 feet.
- European ice surfaces are slightly larger.
- The ice is enclosed by boards and Plexiglas.

### **Rink "Zones"** *see diagram*

- The ice surface is divided into three zones.
- The area where the goal net is located is the "defending zone" for the team defending that net.
- The middle of the rink, between two blue lines, is the "neutral zone."
- The area where the opposing net is located is the "attacking zone" or "offensive zone."

### **The Puck** *see picture*

- The puck is made of black, vulcanized rubber.
- A standard puck measures one inch thick and three inches in diameter, and weighs between 5.5 and 6 ounces.
- The puck can be moved with the hockey stick or the feet, but picking it up with the hands is illegal.

### **The Hockey Stick** *see picture*

- A stick held by each player and used to retrieve, control, carry, pass and shoot the puck.
- Goals are scored by using the stick to shoot the puck into the opponent's net.
- A shot that inadvertently deflects into the net off another player's body is allowed to stand as a goal.

### **The Net** *see picture*

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- A cage measuring four feet tall and six feet wide, strung with nylon mesh in the back.
- There are two nets at opposite ends of the ice, guarded by the goaltenders.

### Object of the Game

- The object of the game is to score more goals than the opposition.

### The Teams

- Each team has six players on the ice, one goaltender (**see picture**) and five “skaters” (**see picture**).
- The five <http://proicehockey.about.com/od/hockeyglossarydg/g/defenseman.htm>skaters have assigned positions: three forwards and two defensemen.
- Regardless of assigned positions, all players except the goaltender can go anywhere on the ice.
- The goaltender cannot cross the center ice red line that divides the rink in half.

### Substitutions

- Substitutions are unlimited and can be made at any time.
- A substitution does not require an official’s permission, or a stoppage in play.
- A player can join the game “on the fly” – during the flow of play – as long as the departing player is within five feet of the bench and not involved in the play or with an opponent.

### The Faceoff *see picture*

- The game begins when the referee drops the puck between two opposing forwards.
- During the faceoff all other players are positioned on the defensive side of the puck.
- The faceoff is used to resume play following any stoppage in the game.
- There are nine designated faceoff spots painted on the ice.

### The Game Clock

- The game is played in three 20-minute periods.
- The clock is stopped during all stoppages in play.

### Body Checking

- A player can use a shoulder, hip or torso to hit or impede an opponent, but only when the opponent is in possession of the puck.

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- A body check that targets the head is illegal.
- A body check to an opponent's back is illegal if the opponent is facing the boards.

### Minor Penalties

Note that the difference between a legal check and a penalty is open to interpretation, and remains a source of dispute among fans, players, and everyone else involved in the game.

- A player charged with a minor penalty is sent off the ice for two minutes, with no substitution allowed.
- The penalty ends immediately if a goal is scored by the opposing team.

Minor penalties are called for obstructing an opponent. Infractions include:

- Tripping (with the stick or knee)
- Holding (with stick or hands)
- Hooking (with stick)
- Interference (checking or impeding a player without the puck)

Penalties are called for dangerous use of the stick, including:

- Slashing
- Spearing
- High-sticking (hitting an opponent in the head or face)
- Cross-checking (hitting an opponent with the shaft of the stick)

Penalties are called for dangerous physical fouls, including:

- Elbowing
- Checking from behind
- Kneeing
- Roughing (broadly defined; usually involves a wrestling or shoving match)

### Major Penalties

- A player charged with a major penalty is sent off the ice for five minutes.
- The most common major penalty is fighting. If both fighters receive five-minute penalties, substitutions can be made.
- At the referee's discretion, an infraction commonly deemed a minor penalty can be increased to a major. This usually occurs if an opponent has been seriously injured, or if the referee believes there was a deliberate attempt to injure.
- A player charged with a major penalty involving serious injury or attempt to injure is ejected from the game.
- If a penalized player is ejected, a teammate is assigned to serve his major penalty. No substitution is allowed.

**CAPE FEAR**  
**YOUTH HOCKEY**



## VOLUNTEER OPPORTUNITIES

- **TEAM MANAGER**
  - Each team will need a Team Manager to help assist the coach in distributing the communication throughout the season.
  - Assist in booking hotel rooms and blocks for away games.
- **WARRIOR DEVELOPMENT TEAM MANAGER**
  - 8U & 12U (4 PER AGE GROUP NEEDED)
- **SCOREBOARD OPERATORS**
- **MARKETING**
- **EVENT PLANNER**
- **FUNDRAISING CHAIR**
- **TRY HOCKEY FOR FREE ASSISTANCE**



# CAPE FEAR YOUTH HOCKEY

## BOARD MEMBERS AND COACHES



**KRISTEN RALSTON**

President

[President@capefearhockey.com](mailto:President@capefearhockey.com)

Rob Fees	Vice-President	<a href="mailto:VP@capefearhockey.com">VP@capefearhockey.com</a>
Rose Hietkamp	Treasurer	<a href="mailto:Treasurer@capefearhockey.com">Treasurer@capefearhockey.com</a>
Steph Powell	Secretary	<a href="mailto:Secretary@capefearhockey.com">Secretary@capefearhockey.com</a>
Mike Adams	Hockey Operations	<a href="mailto:Operations@capefearhockey.com">Operations@capefearhockey.com</a>
Val Detweiller	Registrar	<a href="mailto:Registrar@capefearhockey.com">Registrar@capefearhockey.com</a>
Daria Fletcher	Scheduler	<a href="mailto:Scheduler@capefearhockey.com">Scheduler@capefearhockey.com</a>
Courtney Crouch	Equipment Manager	<a href="mailto:Equipment@capefearhockey.com">Equipment@capefearhockey.com</a>

### U8 WARRIOR DEVELOPMENT COACHES:

- 1.
- 2.
- 3.
- 4.

### U12 WARRIORS DEVELOPMENT COACHES:

- 1.
- 2.
- 3.
- 4.

### U8 MITE SELECT COACHES

- 1.
- 2.

### SQUIRT B COACHES:

### SQUIRT A COACHES:

Corey Bertsch (HC)  
Stephanie Nadler (AC)

### PEE WEE COACHES:

Justin Simpson (HC)  
Rob Fees (AC)

### U16/U18 COACHES:

Mike Adams (HC)



## GUIDELINES FOR THIS SEASON

As an organization, we need to ensure we all have a great season by everyone being accountable for the following rules:

### **#1 Be Safe**

Being safe is our #1 priority both on and off the ice. We must be smart in the locker room before and after each practice and game. Some items to watch out for:

- 1) Skates, fingers and toes are not a good combination. Wear your neck guards every practice/game.
- 2) Locker-room horseplay- We cannot tolerate horseplay
- 3) Concussions-If a player is concussed during a practice or game, they will not play the remaining game. No Exceptions.
- 4) Body contact is accepted, checking is not.

### **#2 Listen to Coaches**

There is a difference between listening and hearing your coaches. Listening to your coaches means "Active" listening. Be part of the conversation, with questions and the willingness to learn and participate in the practices and games.

### **#3 Give 100%**

Effort is the main ingredient to winning hockey games. Teams that start strong and finish strong mentally and physically we usually come up with the win. We want to put ourselves in a position to win, this means giving 100% effort in all situations.

### **#4 Have Fun.**

Any day we get to play hockey is a great day! Whether win or lose, we will have fun!!