

AUG 2022

SPOTLIGHT**Positive Coaching Alliance**

CAHA has partnered with the [Positive Coaching Alliance \(PCA\)](#), to provide resources and training for coaches, athletes, officials, parents, and association leaders to foster a culture of respect in our association.

PCA is a national non-profit organization with the mission of creating a positive, character-building youth sports environment that results in **BETTER ATHLETES, BETTER PEOPLE** by providing training and resources for coaches, parents, administrators and student-athletes.

Please mark your calendar for upcoming Zoom training:

Training link will be sent out when published by CAHA

New Parent Workshop: SEP 13
Double Goal Coach Workshop: SEP 19
Second Goal Parent Workshop: SEP 26

More information on the PCA and CAHA Honor the Game awards program is located at <https://www.carolinahockey.org/page/show/7188106-awards>

Additional audio-video and printable tips and tools are available [here](#).

MESSAGE FROM THE PRESIDENT

Cape Fear Family,

CFYHA has been relentlessly preparing for the upcoming hockey season! I attended the Carolina Amateur Hockey Association (CAHA) annual meeting in Raleigh; the main theme was ***"Honoring the Game and Respect for ROOTS"*** (rules, opponents, officials, teammates, and self). I encourage our parents and coaches to attend the Second-Goal Parenting and Double-Goal Coaching seminars over zoom that are offered by CAHA. For the Cape Fear Warriors' teams to thrive this year, we are asking for volunteers to help with Hockey Operations (on-ice) and Hockey Administration (off-ice). Within the Honor the Game initiative, I hope for CFYHA to submit monthly recognition for player, coach, and volunteer of the month. One way we want to measure success is to see our parents and players nominating others for these awards. CFYHA strives to be inclusive and inviting to all our players, families, and friends.

We intend to promote educational opportunities to help minimize potential infractions. Our goal is to enforce discipline in a positive and constructive manner. Should you ever wish to speak to me about how you can learn more or help to educate those within the program, I am always open for that. I hope to meet you and have an opportunity to get to know you throughout the season. Let's Go Warriors!

- Aaron Stubenvoll, CFYHA President, president@capefearhockey.com

Grab your friends and cheer on the Fayetteville Woodpeckers on August 13 at 5:05pm; arrive early for a free replica jersey giveaway!

Purchase your tickets using the QR code or by using the [link](#).

A portion of all proceeds will return Cape Fear Hockey.



Segra Stadium
433 Hay Street
Fayetteville, NC 28301
Saturday, August 13 @5:05pm





If you are a military family, you can apply for a grant to offset equipment costs and association fees through United Heroes League. The Fall application opens on 8/1 and closes 8/31.

Grants: <https://unitedheroesleague.org/programs/grants/>

Equipment Requests are open year-round:

<https://unitedheroesleague.org/programs/equipment/>

North Carolina Scholastic Hockey Association



High School
Hockey
16U+

If you are interested in playing competitive high school hockey, including up to 33 practice hours, 18 games, and playoffs, please [register](#) for interest or

Contact Rich at ncscholastichockeyassociation@ncighl.com.

There is no cost or commitment associated with registration at this time.

"I JOINED PROJECT HOCKEY TO INCREASE MY STICK HANDLING AND PUCK CONTROL. ALSO TO HAVE A GOOD WORKOUT WHEN OFF THE ICE."
- #22 KOLTON HARRIS



Cape Fear members receive an extended free trial of Project Hockey. This premier app-based platform provides off-ice training sessions that will sharpen your hockey skills.

Contact secretary@capefearhockey.com for your free trial

E-mail ideas, questions, and concerns to: secretary@capefearhockey.com

Visit the Warriors Official Website: www.capefearhockey.com

HOME CALENDAR TEAMS REGISTER MEMBERSHIP VOLUNTEER CONTACT US



#WEARETHEWARRIORS

Cape Fear is launching a new website! **Register now!**

Learn to Play

8U Recreational

8U Developmental

10U Recreational

10U Travel

12U-14U Recreational

12U Travel

14U Travel

Registration for recreational and developmental teams is available all season at a pro-rated amount.

Due to the transient nature of the community in which we reside, we allow for players new to the community to be evaluated at later dates for placement on a travel team.

For more details, contact registrar@capefearhockey.com

CALL FOR VOLUNTEERS!

Hockey is a community, and the Cape Fear Hockey Association is a family!

Our organization runs on the time, commitment, and love of hockey from our parents, coaches, and players. We invite you to join us helping to move the organization forward.

We need assistance running the clock, helping in the locker room, managing teams, organizing the equipment room, and even playing DJ during the games. Additional opportunity is available on committees such as marketing, fundraising, auditing, and much more; we are open to your ideas to make Cape Fear events more engaging and fun!

Please reach out to secretary@capefearhockey.com

UPCOMING

2022-2023 USA Hockey Player/ Coach, Referee, & Volunteer registration	
08/13 5:05 pm	Fayetteville Woodpeckers group outing
08/15-19 11:30 am - 1:30 pm	Youth Stick & Puck (w/ CFW Coaches)
08/20-21	10U & 12U Travel Play-In Tourney (Raleigh, NC)
09/06	SEASON STARTS!
09/27 6:30 pm - 7:30 pm	Semi-Annual Membership Meeting (Cleland Ice Center, Fort Bragg, NC)

Meet The Coaching Staff

Recreational Hockey Coordinator

Jasen Rintala

recreationalhockeycoordinator@capefearhockey.com

Travel Hockey Coordinator

Jason Burgess

travelhockeycoordinator@capefearhockey.com

LTP Head Coach

Jasen Rintala

8U Rec Head Coach

Jasen Rintala

8U Dev Head Coach

Ryan Trautmann

10U Rec Head Coach

Bruce Mansur

vicepresident@capefearhockey.com



12/14U Rec Head Coach

Bruce Mansur

vicepresident@capefearhockey.com

10U Travel Head Coach

Jasen Rintala

12U Travel Head Coach

Mike Hamilton

14U Travel Head Coach

Nate Merriman

Are you ready for some HOCKEY!

***On August 20-21, you are invited to cheer on your
Cape Fear Warriors travel teams!***

Squirt 10U Low A

Polar Ice Wake Forest

Saturday August 20

12:45p-1:15p



3:45p-4:15p



5:30p-6:00p



Sunday August 21

8:45a-9:15a



Peewee 12U B

Polar Ice Garner

Saturday August 20

9:30a-10:00a



11:15a-11:45a



11:45a-12:15p



2:30p-3:00p

