

SPOTLIGHT**Nate Merriman****14U Travel Head Coach**

My name is Nate Merriman. I am a Kansas City native and an avid Chiefs fan. Growing up in the Midwest, there was a competitive nature among all sports and even more-so with Hockey. Succeeding in the sport required skill and work-ethic like no other. I hope to develop skills and strong work-ethic in this organization to help this program succeed and to develop these young boys and girls, men and women, into future leaders to catalyze the up and coming generations.

My playing career was as a goalie playing with T1EHL Russell Stover AAA, MAHSHL KC Jr. Mavs AA (3x League Champions), WSHL Wichita Thunder, ACHA DIII University of Kansas, and brief stints in the GMHL, OHL, and as a emergency backup goalie (EBUG) in the ECHL.

"You were born to be a player. You were meant to be here. This moment is yours."

Herb Brooks, Coach,
1980 U.S. Olympic team

MESSAGE FROM THE PRESIDENT

Cape Fear Family,

Let's hear it for the Cape Fear Warriors 10U and 12U travel teams! They played exceptionally well at the Carolinas Hockey League (CHL) play-in tournament and we have high expectations for this year. Our 10U team jumped from being slotted in the B level last year to the Upper A level this year. We did not field a 12U team last year, and they won four of five games at the B level. 14U is fielding a team for the first time since the 2018-2019 season.

Like our [social media](#) post to keep up with both our travel and recreational teams in the CHL and please share it for all your friends to see.

Although practices start September 6, there is still time to register for our recreation teams (links are on page two). We have a few events throughout September that will help to set the stage for this season. The first are a series of zoom education and training seminars for parents and coaches. The Positive Coaching Alliance dates and times are in this newsletter. The Board is also hosting the fall membership meeting on Saturday, September 24 at TBD at Cleland Ice Rink. We hope to see you there and encourage you to volunteer or chair one of our Warrior committees. Cape Fear Hockey runs on volunteers, and we can use your ideas and help.

Let's Go Warriors!

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



10U Travel coached by Jasen Rintala and 12U Travel coached by Mike Hamilton fielded highly competitive teams at the CHL play-in tournament on August 20th.

Thanks to the players, coaches, and parents who made the tournament successful!



Cape Fear has launched a new website!

www.capefearhockey.com

There's still time to **register** for the 22-23 hockey season!

Click a box below for the registration page:

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



Please consider registering for upcoming training:

Parents:

Intro to Youth Hockey:

SEP 13, 8pm EST

Second Goal Workshop:

SEP 27, 8pm EST

Coaches:

Double Goal "Positive Motivation":

SEP 19, 8pm EST

Goalie Nation: Passcode: ig9&7J9J

Prev Recorded

Nominations for the PCA and CAHA Honor the Game awards open in October. You can email your nominations to our Culture Keeper, [Bruce Mansur](mailto:Bruce.Mansur@capefearhockey.com), at any time. These nominations recognize our players, coaches, and volunteers who demonstrate

"Honoring the Game and Respect for ROOTS"
(rules, opponents, officials, teammates, and self).

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

Visit the Warriors Official Website: www.capefearhockey.com

North Carolina Scholastic Hockey Association



High School Hockey 16U+

To lock in your spot on the high school hockey team, please [register](#) or

Contact Rich at ncscholastichockeyassociation@ncjghl.com.

Estimated season cost is \$2,200 and will start in October



**UNITED HEROES
LEAGUE**

Military families can request equipment year round:

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

PROJECT HOCKEY

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

COMMITTEES & VOLUNTEERS

Please consider signing up for a committee or volunteer positions by emailing the chairperson

Audit Committee:

Chair: [Open](#)

Culture Keeper/ Honor the Game: Chair: [Bruce Mansur](#)

Discipline/ Dispute Resolution: Chair: [Bruce Mansur](#)

Diversity, Equality, Inclusivity: Chair: [Open](#)

Equipment Management: Chair: [Open](#)

Marketing & Fundraising: Chair: [Candice Ward-Ferris](#)

Party (Holiday & End of Year): Chair: [Open](#)

Scholarship: Chair: [Open](#)

Try Hockey for Free: Chair: [Kelly O'Connell](#)

For more information or ideas please reach out to

secretary@capefearhockey.com

UPCOMING

2022-2023 USA Hockey Player/ Coach, Referee, & Volunteer [registration](#)

09/06

SEASON STARTS!

09/14 7 pm - 8 pm

CFYHA Board Meeting (Cleland Ice Rink)

09/24 TBD

Semi-Annual Membership Meeting
(Cleland Ice Center)