

SPOTLIGHT**Andy Belflower****14U Travel Head Coach**

My name is Andrew Belflower. I am 46 years old. I am a native of Minnesota, *The State of Hockey*. I am an avid Minnesota Wild Fan. Competition in Hockey is strong in Minnesota since the saying goes "Minnesotans are born with skates on". I have played and been a goal tender for 35 years. I played Bantam and High School Hockey. During my senior year I suffered an injury which curtailed my playing career. I have played for the Minnesota Warriors program, Minnesota Grey Beards, Minnesota 1776er's and various A and B adult league teams. I also played in various International Armed Forces Tournaments in the U. S. and Europe. I officiate for USA Hockey and various leagues in the Raleigh area.

I am currently rostered with the North Carolina Warriors team.

My favorite quote is from Legendary Coach Herb Brooks –

"Legs feed the Wolf" that relate to my goals for the team: be prepared for the next level, not just hockey, but in life also. I look forward to working the players and parents to develop the future of Hockey in Cape Fear and also USA Hockey.

MESSAGE FROM THE PRESIDENT

Cape Fear Family,

During this time of year, many surround themselves with the scents of autumn - pumpkin spice, cinnamon, apples, and bonfires; Cape Fear parents, we all know the smell October brings - it is the smell of hockey!

Practices are in full swing and games are starting for our travel teams. Our partners, the Fayetteville Marksmen, have opening night on October 22! They have given us access to a charity ticket link that will give a portion of the sale back to Cape Fear Youth Hockey.

Additionally, our marketing and fundraising team has some upcoming events that I hope you can help raise awareness with so we can continue to grow the game. One key event is the *National Try Hockey for Free* event happening on November 5 from 9am-11am.

Included with this newsletter is the upcoming home games for our travel teams, I hope you can come out and cheer on our teams!

Let's Go Warriors!

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



Cape Fear Hockey is hosting a

"Try Ball Hockey For Free"

camp on November 5, 9-11 am.



Earlier this year, the NHL started an initiative that took the game "from the ice to the streets." The NHL was involved in street hockey in the 1990s and has returned their focus to the sport to create a fun, relevant way to get kids involved – essentially breaking down barriers of affordability and accessibility that ice hockey presents to some. Cape Fear has partnered with [USA Ball Hockey](#) and [Ball Hockey Boot Camp](#) to offer a reduced USA Ball Hockey annual registration and equipment usage. Register at <https://go.teamsnap.com/forms/339893>

Tell your friends!

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

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 for placement on a travel team.

For more details, contact registrar@capefearhockey.com

Cape Fear Youth Hockey Association nominations for Honor the Game role model of the month is open. Please submit nominations to our Culture Keeper, [Bruce Mansur](#), by the Oct 31.

Cape Fear will recognize a player from each team as a role model of the month, as well as, a player from both the recreational and travel programs as the association's player of the month. One coach and one volunteer will be selected as the association role model of the month.

These nominations recognize our players, coaches, and volunteers who demonstrate **"Honoring the Game"** and

"Respect for ROOTS"



Rules,
Opponents,
Officials,
Teammates, and
Self



The Carolina Amateur Hockey Association has a separate Honor the Game Awards program and is accepting nominations for Role Model coaches, players, volunteers, and officials. Anyone can nominate or self-nominate. Winners receive an award and recognition on social media. Winners are eligible for the Role Model of the Year Award that will be awarded in April 2023. Submit your nomination at: <https://www.surveymonkey.com/r/2022-23CAHAhonorthethegame>

The Positive Coaching Alliance honors outstanding coaches who bring about a positive, character-building youth sports environment. The Double-Goal Coach Award nominations are due by Nov 30 at: <https://positivecoach.org/awards-programs/double-goal-coach-awards/>

IN THE COMMUNITY

Cape Fear Youth Hockey Association has several upcoming community engagements. Please consider coming out to say hi or to volunteer:



The Dogwood Fall Festival is the weekend of October 15 & 16 - and the Warriors will have a booth at the festivities. Help us spread the work about hockey in the Fayetteville area and enjoy the event at the same time. Please sign up to volunteer or stop by our booth! Sign up at: <https://m.signupgenius.com/#!/showSignUp/805094cfa62fa7ff2-dogwood>



The Fayetteville Marksmen season starts on October 22; if you are going to a game, please use Cape Fear's charity ticket link, as our association receives a portion of the ticket sale. Purchase your tickets at:

www.marksmenhockey.com/ticketoffer

Promotion Code: CFYHA



October 29, 6:30-9 pm, Cleland Ice Rink is hosting an on-ice Halloween party for all ages. Cost is \$5 per person. Cape Fear is providing a hockey demonstration.



November 5, 9-11 am, Cape Fear is a hosting site for the USA Hockey National Try Hockey for Free Day! We are looking for parents, players, and coaches to volunteer.

Contact Kelly at secretary@capefearhockey.com

Register at <https://www.capefearhockey.com/try-hockey-for-free/>

PROJECT HOCKEY

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

Contact secretary@capefearhockey.com for your free trial



UNITED HEROES LEAGUE

Military families can request equipment year round:

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

Starting in November, UHL will recognize a Military Child of the month.

If you would like to nominate a military child, submit your nomination at:

<https://unitedheroesleague.org/militarychildofthemonth/>

Come out to Cleland Ice to cheer on our

Cape Fear Warriors travel teams!

Saturday October 29

11:45a-2:00p 14U



Saturday November 5

11:45p-1:15p 12U



Sunday November 6

9:30p-11:00p 12U



Saturday November 12

10:15p-11:45p 12U



1:15p-2:45p 14U



Sunday November 13

9:30a-11:00a 12U



12:30p-2:00p 14U



Saturday December 3

1:45p-3:15p 10U



Saturday December 10

10:15a-11:45a 14U



11:45a-1:15p 12U



1:15p-2:45p 10U



Sunday December 11

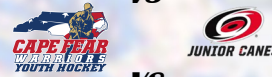
9:30a-11:00a 14U



11:00a-12:30p 12U



12:30p-2:00p 10U



Saturday December 17

11:45a-1:15p 12U



1:15p-2:45p 10U



Sunday December 18

9:30a-11:00a 12U



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: Maureen Woolshlager
Marketing & Fundraising:	Chair: Candice Ward-Ferris
Party (Holiday & End of Year):	Chair: DeShell Kalmes
Scholarship	Chair: Open
Try Hockey for Free:	Chair: Kelly O'Connell

For more information or ideas please reach out to
secretary@capefearhockey.com

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

Visit the Warriors Official Website: www.capefearhockey.com

Locker Room Policy

As required by USA Hockey and emphasized by CAHA and the Carolinas Hockey League, Cape Fear is posting Locker Room rules and etiquette in their facilities. We have adopted USA Hockey's model; you will see them in each locker room shortly. Locker Room monitors are also required. While parents are welcome in all locker rooms when coaches aren't addressing player before a game, the monitor will be Safe Sport qualified and will stay until each player is dressed. Players must wear a minimum base layer in locker rooms. Players need to use a restroom stall if changing below the base layer (undergarments). Effectively immediately, teams are assigned the following locker rooms for all practices and games:

- Home Boys Locker Rooms: 3 & 4
- Home Girls (on co-ed teams) Locker Room: 2
- Visitor Boys Locker Rooms: 5 & 6
- Visitor Girls (on co-ed teams) Locker Room 1