



# NC FORCE U16AA GOLDEN BEARS JUNIOR PREP

# Coaching Staff



## NC Force U16 AA Golden Bears Jr Prep

### **HEAD COACH – BRUCE CRISP**

Coach Crisp has been coaching hockey since 2001. The majority of his coaching background has come in the New England area. Starting at the youngest ages Crisp has coached Squirt through U18. As a member of the New England Jr Falcons Crisp spent 3 years as a U14 AAA head coach and 4 years as U12 AAA Head Coach. Watching Coach Crisp practices it is easy to see that there are few coaches in the Carolinas who can match his tempo.

Most recently Crisp has coached for the Raleigh Raptors U16 and the Carolina Eagles U16 AA Coach Crisp son Austin Plays for the NC Golden Bears- EHL

### **ASSITANT COACH – PAUL PECHMANN**

Coach Pechmann spent many years coaching the Carolina Eagles USPHL Elite Jr team. He is currently the Head Coach of Elon College. He is great asset to te organization and along with Crisp the U16 Jr Prep team will be extremely well coached.



# U16 AA NC Force Jr Prep



## U16 AA 2019-2020 NC Force Junior Prep Mission

The U16 Tier II AA Elite Juniors Prep mission is to provide a competitive environment for youth hockey players that have a desire to play at the Juniors and Collegiate level.

NC Force is an affiliate of the EHL Golden Bears Juniors organization, which provides a pathway into EHL Juniors program based here in Garner, along with additional recruitment opportunities for top tier Juniors organizations around the country. NC Jr Prep Players will have a chance to practice with the EHL Golden Bears and play in games if capable.

In 2018-19 Ryker Galaska, Nick Sachs and Bobby Gram all played with the Golden Bears during the season.

Emphasis is placed on education, goal setting, work ethic on and off the ice, leadership, and commitment to achieve these goals.

The programs focus is to prepare these players for EHL and or College (D1-D3) hockey level play, by giving them elevated opportunities not traditional found with the current youth hockey programs.



# East Coast Elite League



## East Coast Elite League (ECEL)

East Coast Elite League (ECEL) Tier 1 Juniors Showcase affiliation

- ECEL is designed to provide top competition and exposure for elite teams and organizations throughout the country.
- Teams complete in 4-5 weekend showcases culminating with league playoffs in February(2020)
- Three Divisions (U15, U16, U18) Tier 1
- Ten (10) Teams participating in 2019
- Teams as far as Colorado, Boston, New Hampshire, New Jersey, Connecticut, Ontario (Canada)
- League will be tiered into 2 divisions for 2019-20.
- Our placement will be determined by our competitiveness



<https://www.ecelhockey.com/>





## Season Format

- 3 Tournaments – September (TBD) CCM Invite Chicago (November) CAHA (Feb)
- 4 ECEL Showcases – 3 in Boston, 1 in Connecticut (October, December, January, February)
  - Showcases 1,2,3 are league play, 4<sup>th</sup> showcase is playoffs
- 8-12 exhibition games. 40-44 games
- Training Block Weekends – 2/3 ice sessions, practices/plus-minus, off-ice, team building, etc
- Opportunity to train and play Jr Games with the EHL Golden Bears
- Off Ice and dryland Training.
- **Typical Month example** (4 weekend stretch)
  - 1 weekend Showcase/Tournament
  - 1 weekend Training block – 2/3 practices combined with off-ice, team building, etc
  - Off-weekend, rest, family development time
  - Home or away exhibition games



# U16 AA Season Details



## Season Details:

Team will take the ice September and will end Mid February, depending on final season ending ECEL standings.

### Practices:

- 2 Full On-ice practices per calendar week. Historically Weekends.
- All practices are schedule for 1 hour of ice time.
- Some practices may include off-ice training prior to start of practices
- Opportunity to practice and play games with the Golden Bears EHL Team

### Games / Showcases

- ECEL Showcase series weekend games (16) (average 4 games per weekend)
- Bauer Invitational Tournament – Chicago
- Additional tournaments (typically with 4-5 game per tournament)
- Exhibition games (TBD)...

*Date and times for practices will be finalized in July, after ice schedules are secured.*



# Player Selection



## Player Selection

**18-20 skaters and 2 Goalies will be scouted and selected by the coaching staff.**

Players will be evaluated based on the following criteria:

- Competitive skills sessions
- Scrimmages and one-one/one-two battle sessions
- Work Ethic and competitive drive
- On and off ice presence, behavior, and character
- Coaches Interview(s)

Player selected for a roster position will be notified by email and called directly by the coaching staff.



# Program Fees



## Season Cost Breakdown. / Payment options

2019-20 Program Fees: \$3900

Deposit - \$750 – May 17, 2019

Payment 1 – \$630– July 1, 2019

Payment 2 - \$630– August 1, 2019

Payment 3 - \$630 – September 1, 2019

Payment 4 - \$630 – October 1, 2019

Payment 5 - \$630 – November 1, 2019





# Jerseys and Equipment



## JERSEYS AND EQUIPMENT

### Equipment NOT included in costs (approx):

- Home/Away Jerseys - \$300 – Players will wear NC Golden Bears colors with NC Force Patch
- Game and Practice socks - \$50
- Track suit/t-shirt/shorts Package - \$200

### Equipment Color needed

- This is still yet to be determined. As this is a new addition to the NC Force with a different mission there will be a different jersey selection and we are in the process of determining that.

