



I. INTRODUCTION

Thank you for your interest in the NC Force/Golden Bears program. 2021-22 will mark our 7th season as a youth hockey program in the Carolina Amateur Hockey Association as part of USA Hockey. Beginning in 2015-26 with two teams, U16 and U18, the program has grown to 11 teams in 2020-21. We have overwhelming interest, and we are looking to expand again in 2021-22.

Our program is unique in that the professional coaches within the program do not change and each year it builds upon its experiences at multiple levels to continuously learning the best practices to develop kids from the youngest levels to the oldest levels. We do not simply worry about the development of each player within a particular season, we constantly are envisioning where each player will be multiple seasons down the road, based on their physical development and their hockey IQ.

We feel that putting each player in the best situations to succeed is the best way to ensure each player keeps their enjoyment levels high and are given the time to build their love of the game as they move from non-checking, to checking, from single A to AA to AAA to Junior to College and to Professional hockey.

With all that said, we believe the most important aspects of hockey is to have fun and to teach character and discipline,

Sincerely,

Paul Strand

II. CULTURE

“Its amazing what can be accomplished when no one cares who gets the credit”

John Wooden

The NC Force believes fully in the coaching and teaching of former UCLA coach John Wooden. Wooden won 12 National Championships after spending many years working on his abilities. He understood that it's the little things you do day in and day out that makes you a good athlete, good teammate, good parent, good coach and good citizen. The NC Force tries to focus on the little things.

We believe that our focus on the little things allows us to produce a culture around our dressing room and on the ice of inclusion and support. Players, parents, and coaches are encouraged to not focus on individual results, but instead on the results of the team. Everyone is important. We believe that because of this the NC Force has grown to have one of the most diverse programs in the entire country.

III. THE TIERING OF OUR TEAMS

The NC Force program traditionally has not had A or AA designations. Two seasons ago the NC Force Program adopted the NC Golden Bears logo and Jersey to add a U16 AA team. In 2020-21 the NC Golden Bears AA expanded to U16 and U18. In 2021-22 we will be adding a U12, U14 AA and a second U16 AA Golden Bear teams.

We do not take this designation lightly and have only taken these measures because our coaching staff has developed players within the NC Force/NC Golden Bear program to the point we felt the need to provide a higher level of competition for those within our program.

We strive to have true AA programs following in the footsteps of programs like the Ashburn Extreme and the Atlanta Fire. We understand that this takes time, and our goal is to put kids in a position to succeed.

IV. TEAM FORMATION

The NC Force Program strives to take players at a first come first serve basis if we have the ability to provide a team to play on. Historically we have taken players unseen and without knowledge of their ability. We have grown over the years, and this has become more difficult. Not because we are changing our philosophy, but more due to the fact that coaching and ice time available is limited. This process is not always easy, please have patience.

The NC Golden Bears teams are selected by a combination of recruitment and tryout. Our tryout fee covers ice but is also set to encourage folks to be selective in their tryout process. A portion of the tryout fee's will be deducted from season tuition. The nature of youth sports is one where recruitment has infringed on the tryout process, and we do not want to give the impression that this is not the case.

V. PRICING AND PAYMENT STRUCTURE

DIVISION	FEE	ACCEPTANCE	JULY 1	AUG 1	SEPT 1	OCT 1	NOV 1
SUPER 8	\$500	\$500					
10U NC FORCE	\$2,000	\$500	\$300	\$300	\$300	\$300	\$300
11U AA GOLDEN BEARS	\$3,500	\$750	\$550	\$550	\$550	\$550	\$550
12U NC FORCE	\$3,250	\$750	\$500	\$500	\$500	\$500	\$500
12U AA GOLDEN BEARS	\$3,500	\$750	\$550	\$550	\$550	\$550	\$550
14U AMERICAN	\$3,250	\$750	\$500	\$500	\$500	\$500	\$500
14U NATIONAL	\$3,250	\$750	\$500	\$500	\$500	\$500	\$500
14U AA GOLDEN BEARS	\$3,700	\$750	\$590	\$590	\$590	\$590	\$590
16U AMERICAN	\$3,250	\$750	\$500	\$500	\$500	\$500	\$500
16U AA GOLDEN BEARS	\$3,700	\$750	\$590	\$590	\$590	\$590	\$550
16U AA GOLDEN BEARS	\$3,900	\$750	\$630	\$630	\$630	\$630	\$630
18U NC FORCE	\$2,000	\$750	\$250	\$250	\$250	\$250	\$250
18U AA GOLDEN BEARS	\$3,900	\$750	\$630	\$630	\$630	\$630	\$630

VI. OFF-ICE DEVELOPMENT

Our program believes that off-ice development and instruction is paramount to developing athletes that will excel at the sport. Our belief that most kids get enough ice time has never wavered and we look to increase our off-ice component for the 2021-22 season. In 2021-22 we will continue to utilize the Triangle Training Center in the Crossroads area across from Cary Ice house for our off-ice development.

Our Program will utilize local professional trainers and coaches to do off-ice training and video work 7 days a week to meet the schedules of our participants.

1. Video Review – Team and Individual play, as well as NHL game reviews
2. Utilizing the Skill development equipment offered. (Synthetic ice, Top Shot, Super Deaker)
3. Muscular development and cardio work for the older age groups
4. Balance work and coordination for the younger players.

VII. SKILL DEVELOPMENT, POWERSKATING AND POND HOCKEY STYLE SESSIONS

In 2020-21 our program introduced pond hockey style sessions a couple times a month where players were encouraged to pick their own teams and run their own games in addition stick and puck type activities. This was overwhelmingly enjoyed and appreciated by players and parents alike, especially for the older kids. They liked the ability to play without the pressure of coaching. They were allowed to be creative and develop their own leadership.

This will continue to be a part of our programming. In addition to this we added skill development sessions and power skating on a limited basis. In 2021-22 the Power Skating and Skill development sessions will become a regular part of the programming as well. This will be for all ages and all skill levels, both NC Force and NC Golden Bears.

These sessions will not be mandatory, and we encourage parents/players to keep their own schedule on this. The addition of this is to provide more development for those who wish to have it, but we also understand that parents/players should not have the pressure to attend if other family activities take precedent. Each player can determine their threshold for their skill development.

VIII. COACHING PHILOSOPHY AND STRUCTURE

Paul Strand, Matthew Strand and Devin Warfield lead a very experienced coaching staff. The TRIO are involved in the development of every player within the program either through head coaching multiple teams or assisting in the practices or on the bench during games with the others. They are professional coaches and do this for their living. In addition to their involvement in the team practices the professional coaching staff head up the skill development, power skating and off-ice work outs.

COACHING STAFF

Paul Strand is the founder of the NC Force and NC Golden Bears program. Paul has been heavily involved in all aspects of youth hockey since he finished playing professionally in Greensboro of the ECHL in the early 2000's. Paul has coached multiple teams for many years now. He loves coaching and feels that he truly has found his calling. His only regret is that he cannot coach every kid.

Matthew Strand is one of the top coaches in the area. His background in coaching is rarely matched in North Carolina. He grew up in Northern Alberta and was widely considered one of the smartest hockey players on the ice. His hockey IQ is unparalleled. He played Tier II JR A hockey in the Alberta Junior Hockey League. He coached Junior Hockey in Western Canada for many years and won Alberta Provincials multiple times at the Junior B level. He coached the U14 and U16 NC Force teams in 2020-21 and both teams outperformed. The U16 Team won the CHL and the U14 team, while not sold as a AA team competed very well in the CHL AA Division. Matthew is universally well liked and respected for his ability to impart his knowledge and give everyone a role on the teams he coaches.

Devin Warfield is a local product who played for Paul Strand at the Bantam AAA level for the Jr Canes. He later went on to play Division 3 college for Utica and came back to Raleigh to work for the NC Golden Bears/NC Force Program. He was an assistant coach that was elevated to Head Coach of the Eastern Hockey League Golden Bears in 2019-20 season and showed his ability to coach at a high level in both a game and practice setting. The NC Golden bears EHL team was overmatched in every sense of the word and Devin managed to keep the team playing hard and getting better as the season wore on despite the loses. This was an incredible feat for a first-year coach. Devin is being mentored at the youth level and being allowed to learn the intricacies of youth hockey and developing young men and women to play the sport they love. Devin is an incredible skater and his ability to teach power skating and show the proper stride is his greatest asset. Skating is everything and it is hard not to see his ability. Devin will once again be assisting with multiple teams next season as well as being the head coach of the U18 NC Force team.

Tommy Cogan will be the coach of the 10U NC Force team. Tommy is in the Military and grew up playing hockey in Philadelphia. He is an exceptional coach. He is incredibly well liked by the kids who love his leadership style.

Gregg Bavisoto, who played Jr hockey in Buffalo growing up, enters his third season with the NC Force and will coach the U11 NC Force AA team. Gregg led this same group of kids to the CHL 10U championship in 2020-21. Gregg led the NC Force U10 AA team to the CHL Championship in 2020-21. Gregg's team excelled by using all the players on the team instead of a win at all costs approach.

Michael Lee, who grew up just outside Buffalo, NY: played high-level travel hockey from Squirt to Junior B& Prep High School before advancing to play Junior B and A Tier 2 in Ontario, Canada – is the Head Coach of the NC Golden Bears 12U AA team. Michael is a Level 4 and Silver Goaltending USA Hockey Certified Instructor/Coach, who also leads Elevation Goaltending Academy with his brother-in-law, Daren Puppa (rated as top 100 NHL Goalies of all time). With an education and professional background in IT (Software/Network Engineering and Automation) and a leader within a Fortune 150 IT Company, Michael blends his extensive hockey knowledge (also coached by former NHL players Brad Selwood, Bob Gould and Daren Puppa, etc.) and background with his engineering mindset and professional leadership experience to bring a unique and effective coaching style where relentless pursuit of excellence in all things and the puck are key focuses. This is Michael's second year as head coach in the NC Force program and his fourth-year coaching at the travel level. Michael is also the goaltender coach for the NC Force/Golden Bears program.

Brian Mehm enters his second season as a head coach in the NC Force Program, but his experience as a coach spans a couple decades. Brian is the assistant coach for the Quebec Pee-wee team and has been since its inception in 2002. He has spent almost 20 years evaluating and selecting 12–13-year-olds for the most prestigious tournament in North America. Brian will be coaching one of our U14 NC Force teams.

Andy Nelson, a former professional Referee who once assessed Paul Strand with a 2 and 10 while the two were in the CHL as referee and player respectively, brings his Minnesota hockey background to the program. Andy was an assistant last year to the Mike Lee U12 coaching staff and was exceptional in that role. Andy has ties to the 1980 Miracle on Ice as he is cousin to Neal Broten, one of the heroes of the greatest ice hockey victory in USA Hockey History. Andy will be coaching one of our U14 NC Force teams.

IX. 2021-2022 HEAD COACHES

DIVISION	HEAD COACH
SUPER 8 NC FORCE	PAUL STRAND
10U A NC FORCE	TOMMY COGAN
11U AA GOLDEN BEARS	GREGG BAVISOTO
12U NC FORCE	PAUL STRAND
12U AA GOLDEN BEARS	MICHAEL LEE
14U NC FORCE AMER	BRIAN MEHM
14U NC FORCE NATS	ANDY NELSON
14U AA GOLDEN BEARS	MATTHEW STRAND
16U NC FORCE	MATTHEW STRAND
16U AA GOLDEN BEARS	MATTHEW STRAND
16U AA GOLDEN BEARS	PAUL STRAND
18U NC FORCE	DEVIN WARFIELD
18U AA GOLDEN BEARS	PAUL STRAND

X. PROGRAM SUMMARY

DIVISION	PRACTICES	LEAGUE	TOURNAMENTS	GAMES	# PLAYERS
SUPER 8 NC FORCE	16-20 SHARED	NA	3-4 JAMBOREES	16-20	8-10
10U A NC FORCE	28-30 SHARED	CHL	3	26-28	13-14
11U NC FORCE AA	38-40 FULL/SHARED	CHL	4	34-36	14-15
12U NC FORCE	30-34 FULL/SHARED	CHL	3	30-34	14-15
12U AA GOLDEN BEARS	38-40 FULL/SHARED	CHL	4	34-36	14-15
14U NC FORCE AMER	30-34 FULL/SHARED	CHL	3	30-34	16-17
14U NC FORCE NATS	30-34 FULL/SHARED	CHL	3	30-34	16-17
14U AA GOLDEN BEARS	38-40 FULL/SHARED	CHL/ECEL	4	36-40	16-17
16U NC FORCE	30-34 FULL/SHARED	CHL	3	30-34	17-18
16U AA GOLDEN BEARS CHL	38-40 FULL/SHARED	CHL	4	36-40	17-18
16U AA GOLDEN BEARS ECEL	38-40 FULL	ECEL	4	36-40	17-18
18U NC FORCE	20-22 FULL/SHARED	CHL/IND	3	30-32	17-18
18U AA GOLDEN BEARS	38-40 FULL	ECEL	4	36-40	17-18

***** CHL tournaments are extra \$\$ if necessary for teams within CHL divisions that have season ending tournaments.**

***** 14U AA, 16U AA and 18U AA are National Bound Teams and will play in the District/State Tournament National** Qualifying teams will incur additional costs for practices and exhibition games scheduled in March/April in preparation for the National Tournament. The additional fee for a National Bound team will be set after the end of the season but is typically in the range of \$200-250 per player for a 17-player roster. The fee will be collected prior to the National tournament and is required.

XI. Uniforms/Apparel

Apparel Costs are due by July 1st, 2021, and are separate from the tuition. The NC Force Program will be changing the design for Jerseys for 2021-22 and everyone will need a new jerseys and socks. NC Force will also be having Pant Shells for both the NC Force and NC Golden Bears which will be mandatory.

Required for everyone in 2021-22

Home and Away Jerseys - \$200, Home and Away Socks - \$50, Pant Shells - \$50

Total - \$300

Grey Track Suit – (Required for every player. Some players may already have one from last season)

Track Suit - \$200

Players are encouraged to purchase the following for team colors:

NC Force – WHITE HELMET – RECOMMENDED IF PURCHASING NEW AND IS NEEDED.

NC Golden Bears – GREEN GLOVES AND WHITE HELMET ARE MANDATORY