



KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 9

JANUARY 2026

WWW.SWHOCKEY.COM

CONGRATULATIONS TO THE CHAMPIONS!!!

MITE C



**SARATOGA SPRINGS
RED, WHITE & BLUE
TOURNAMENT
MITE C BRACKET**

PEEWEE A1



**JAY PEAK
GREEN MOUNTAIN
AVALANCHE TOURNAMENT
PEEWEE B BRACKET**

INTRODUCING: DEFENSIVE AWARENESS & POSITIONING CLINICS



**Birth years 2011-2016 Jan 31st 6-7:00pm
Feb 7th 6-7:00pm**

**Join Coach Jake Gott as he
breaks down the evolution of
defense and the small changes
that create big results**

.....

\$40 per Session

Register now at www.swhockey.com

UPCOMING

Clinics

**SWYHA IS PLEASED TO
OFFER THESE NEW
CLINICS. SIGN UP
TODAY, AND DON'T
FORGET TO USE YOUR
SPECIAL SWYHA PLAYER
CODE TO SAVE 25%!**

INTRODUCING: BODY CONTACT & CHECKING CLINIC



**Birth years 2011-2013 Feb 28th 6-7:00pm
March 7th 6-7:00pm**

**Learn how to deliver and absorb
contact with confidence,
control, and purpose with
Coach Jake Gott**

.....

\$40 per Session

Register now at www.swhockey.com



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SWYHA DIRECTORY

Mark
your
Calendar

Calendar of Events

FEBRUARY

- **3RD: MONTHLY BOARD MEETING IN THE LOUNGE @ 7PM**
- **7TH: FILL THE BARN! SWHS BOYS HOCKEY VS. EAST CATHOLIC AT SW ARENA @ 8PM. COST IS \$5 PER PERSON; PLAYERS WEARING SWYH JERSEY GET IN FOR FREE!**
- **10TH: MOMS BOOK CLUB AT MEXICALI @ 7PM. THE SEED KEEPER BY DIANE WILSON.**

MARCH

- **3RD: ANNUAL MEETING OF THE MEMBERS AT SW COMMUNITY CENTER @ 7PM**

PRESIDENT: JESS MCCORMICK
PRESIDENT@SWHOCKEY.COM

VICE PRESIDENT: JIMMY O'BRIEN
JIMMY.OBRIEN@SWHOCKEY.COM

TREASURER: MARK ROBITAILLE
TREASURER@SWHOCKEY.COM

SECRETARY & CO-REGISTRAR (PLAYER): MOIRA LANZ
MOIRA.LANZ@SWHOCKEY.COM

CO-REGISTRAR (ADULTS): DIANNA ROY
DIANNA.ROY@SWHOCKEY.COM

DIRECTOR OF COACHING: MIKE CARUSO
MICHAEL.CARUSO@SWHOCKEY.COM

DIRECTOR OF PLAYER DEVELOPMENT: DREW CALLIN
DREW.CALLIN@SWHOCKEY.COM

GROW THE GAME COORDINATOR: GABE HATHORN
GABE.HATHORN@SWHOCKEY.COM

GOALIE DEVELOPMENT DIRECTOR: IAN NADEAU
IAN.NADEAU@SWHOCKEY.COM

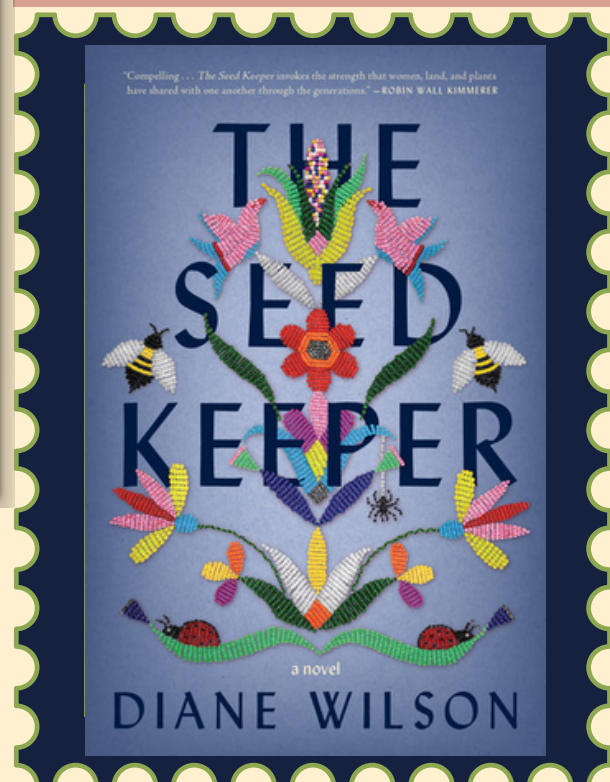
DISCIPLINE COMMITTEE CHAIR: ERIN ENGMAN
ERIN.ENGMAN@SWHOCKEY.COM

SAFE SPORT COORDINATOR: JESSICA MCCORMICK
PRESIDENT@SWHOCKEY.COM

FUNDRAISING COORDINATOR: NICOLE MCCONNELL
NICOLE.MCCONNELL@SWHOCKEY.COM

YOUTH REFFING COORDINATOR: VACANT

HAVE A QUESTION ABOUT SOMETHING? BE SURE TO CHECK OUT OUR WEBSITE WWW.SWHOCKEY.COM. THERE YOU WILL FIND THE TAB 'RESOURCES' AND LOTS OF HELPFUL DOCUMENTS TO MOST LIKELY ANSWER YOUR QUESTION. IF NOT, PLEASE REFER TO OUR DIRECTORY ABOVE.





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President's Corner

Happy New Year and welcome to January—the month when hockey bags never fully dry, coffee becomes a food group, and everyone can recite their rink's snack bar menu by heart. As we hit the midpoint of the season, it's been great to see the progress our players are making. Practices are more focused, games are faster, and confidence is growing across all levels. This is the time of year when the hard work starts to pay off—even if the early morning alarm still hurts just as much.

January is also a good moment to reset our focus on why we're here. Youth hockey is about development, learning, and enjoying the game. Wins are exciting, but improvement, teamwork, and sportsmanship matter far more in the long run. The goal is for our players to leave the rink loving hockey—even on the days when the puck refuses to bounce their way. A big thank you to our coaches and volunteers who continue to show up through cold weather, packed schedules, and the occasional "I forgot my skates" moment. Your time and dedication are what make this association run, and we are truly grateful.

A quick reminder to parents as the games get more competitive: positive support from the stands goes a long way. Officials are human, coaches are doing their best, and our players hear more than we think—especially when they're sitting on the bench two feet away.

As we move into the heart of the season, the board remains focused on keeping hockey fun, safe, and well-organized for everyone. We appreciate your continued support and encourage anyone interested in getting more involved to reach out—there's always room for one more volunteer (and we promise not to schedule meetings at 6 a.m.).

Thank you for being part of our hockey community. Stay warm, drive safely to the rink, and enjoy the rest of the season.

-Jess McCormick

president@swhockey.com



DANIEL JOHANSON

JOEL GESUALDI

NATE BARONE

NOAH WIAFE

EMRICK HUBBARD

TRISTAN SOSA

JACKSON WEEKS

HARRISON PLATT

WYATT HAYES

JAMES DELMONTE

WAYLON HANEY

JACK WOLF

MARION VAUTOUR

JACE LEBLANC

ANTHONY MASTRANGELO

JOEY PEDEMONTI

MASON LEBRETON

FAMILY BUSINESS FEATURE



This month we would like to shine our spotlight on one of our sponsors for our Annual Golf Tournament, Dunbar Jewelers!

Dunbar Jewelers, located on Route 30 in Vernon, was founded in 1986 by Rus Dunbar. With three generations working for Dunbar Jewelers, the Manager Chuck and his team make sure everyone feels at home inside the store. There is no pressure. Questions about diamonds and other jewelry are encouraged. Customers get an education, not a catalog description.

*If you would like your family business featured, send an email to moira.lanz@swhockey.com.



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CALLIN'S CORNER

Dear SWYHA Families,

Happy new year!! I hope everyone is enjoying the start of 2026! I have had a crazy past few weeks with a heavy game schedule and getting called back up to the AHL with the Bridgeport Islanders for a few games. The skill sessions are keeping my own game sharp :) But I am back with the Railers now and we are starting to really push for a playoff spot, always an exciting time of year! Enough about me, here's my FROZEN FOCUS tip of the month -> Do What You Do Best - In youth hockey, everyone has the opportunity to play every position! Whether it's forward, defense, or goalie, every position is important. I know players can get caught up in goals, assists, points, but hockey is a TEAM game. Some of the best players in the NHL will go an entire season scoring 5 or less goals, but they are valuable to a team for other reasons. For me, I have been able to play professionally for as long as I have because of my ability to win faceoffs and be good on the penalty kill. So back to my tip, if you play defense, be the best at not letting the other team score. If you are good at passing, move the puck up to your teammates. If you are a goalie, make some big saves to help the team win. If you are a fast forward, chase down the puck to get possession for your team!! Do what YOU do best and everything else will fall into place. Go Knights!!

- COACH DREW

POWER PLAY

1:1 YOGA COACHING
SESSIONS FOR KIDS



BUILD STRENGTH, BALANCE, AND FOCUS FROM THE INSIDE OUT

ICE, FIELD, COURT, OR TRACK, POWER PLAY SESSIONS SUPPORT PEAK PERFORMANCE, INJURY PREVENTION, AND MENTAL CLARITY. SESSIONS ARE TAILORED TO EACH ATHLETE'S AGE, SPORT, AND UNIQUE NEEDS.

- EACH 60-MINUTE SESSION INCLUDES:
- SPORT-SPECIFIC STRENGTH & CONDITIONING
 - BREATHWORK FOR FOCUS AND ENDURANCE
 - FLEXIBILITY & MOBILITY TRAINING
 - CORE STABILITY AND MUSCLE BALANCE

INVESTMENT: \$50 PER SESSION (60 MINUTES)
LOCATION: FLEXIBLE - BASED ON CONVENIENCE

GROUP RATES AVAILABLE - INQUIRE AT
MELISSASILVERLINED@GMAIL.COM



Thank you to **UCONN Women's Hockey** for hosting SWYHA on January 3rd! Attendees were able to high five the players, skate post game and get on the Jumbotron! A special shout out to Coach Chris Davis for organizing!





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PLAYER CODE OF CONDUCT

1. No swearing or abusive language on the bench, in the rink or at any team function.
2. No bullying or harassment tolerated, including in person, behind the scenes or via any social media platforms.
3. Players shall not use phones, cameras or recording devices in the locker rooms.
4. No lashing out at any official no matter what the call is. The coaching staff will handle all matters pertaining to officiating.
5. Anyone who receives a penalty will skate directly to the penalty box. Fighting will not be tolerated.
6. Fighting will result in an appearance before a Discipline Committee.
7. There will be no drinking, smoking, chewing of tobacco or use of illegal substance at any team function.
8. I will conduct myself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc) during all team functions.
9. Any player or team official who cannot abide by these rules or violates them will be subject to further disciplinary action that could include, but is not limited to, missing shifts, sitting games, suspension and/or expulsion from the Program.

COACHES GAME 2026



Another successful Coaches Game has come and gone. **Thank you** to all who participated, and all those who volunteered to make it a success! Special shout out to **Craft Pizza** for providing dinner and money back to the association! Lastly, we want to give another round of applause to our Knight Bench Coaches: **Henry DeJesus, Ireland Dimmock, Mitchell Engman, Tali Friedman, Ethan Kwon & Taylor Wiafe!** Way to exemplify what it is to be a **KNIGHT!**

VOLUNTEERS *needed*

Webmaster

Manages and maintains the association's website using the Crossbar platform. This role ensures families, coaches, and volunteers have access to accurate, up-to-date information throughout the season and plays a key role in clear communication across the organization.

Sponsorship Chair

Responsible for securing financial and in-kind support from local businesses and community partners. This role plays a key part in keeping hockey affordable while strengthening community relationships. The Sponsorship Chair works under the direction of the Fundraising Chair.

*If interested or have questions,
please email
president@swhockey.com.



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MERCH FOR SALE!



\$10
Mug



IF INTERESTED IN PURCHASING, PLEASE CONTACT
BRITTANY CARUSO: 860-235-3674 OR
BRITTANYCARUSO515@GMAIL.COM



\$15
Tumbler





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THANK YOU TO ALL OF OUR 2025
GOLF TOURNAMENT SPONSORS!

