



# 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](http://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](http://www.swhockey.com)



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## SWYHA DIRECTORY

Mark  
Your  
Calendar

**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](http://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.



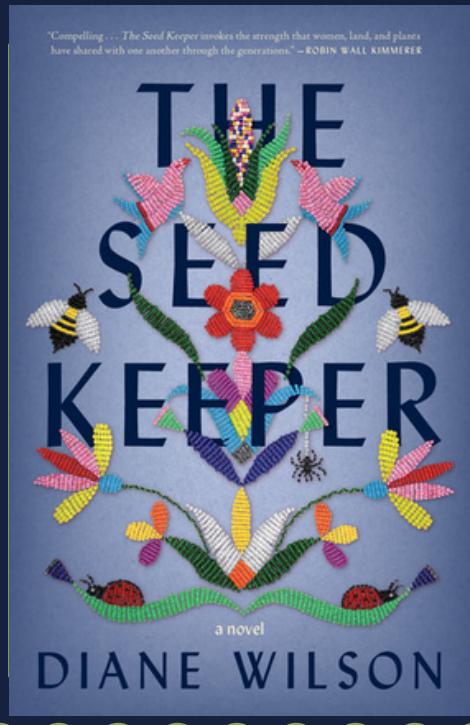
## Calendar of Events

### 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**





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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



### FAMILY BUSINESS FEATURE

**Dunbar Jewelers**  
Diamonds and Fine Jewelry

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  
MELISSASILVERLINE@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](mailto: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!



*Arcari Motor Sales*

