



KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 14

SEPTEMBER 2026

WWW.SWHOCKEY.COM

WELCOME BACK, KNIGHTS!

SEPTEMBER IS ALWAYS ONE OF MY FAVORITE TIMES OF THE HOCKEY SEASON. AFTER MONTHS OF PLANNING, SCHEDULING, REGISTRATIONS, MEETINGS, EMAILS, AND PREPARATION BEHIND THE SCENES, THE RINK IS BUSY AGAIN. TEAMS ARE BACK ON THE ICE, GAMES ARE BEGINNING, AND SOUTH WINDSOR ARENA FEELS LIKE HOME AGAIN. AS WE START ANOTHER SEASON, I WANT TO CHALLENGE ALL OF US—PLAYERS, COACHES, PARENTS, AND VOLUNTEERS—TO THINK ABOUT THE KIND OF HOCKEY COMMUNITY WE WANT TO CREATE.

BEING A KNIGHT IS ABOUT MORE THAN WHAT HAPPENS ON THE SCOREBOARD. IT'S HOW WE TREAT OUR TEAMMATES AND COACHES. IT'S HOW WE SPEAK TO OFFICIALS AND OPPONENTS. IT'S HOW WE BEHAVE IN THE LOCKER ROOMS, HALLWAYS, BATHROOMS, AND STANDS. AND IT'S HOW WE REPRESENT SOUTH WINDSOR YOUTH HOCKEY WHEN WE WALK INTO SOMEONE ELSE'S RINK WEARING OUR KNIGHTS COLORS.

OUR KIDS ARE WATCHING US, TOO. THE WAY THE ADULTS HANDLE A TOUGH LOSS, A QUESTIONABLE CALL, A COACHING DECISION, OR A FRUSTRATING SITUATION TEACHES THEM JUST AS MUCH AS ANYTHING THAT HAPPENS DURING PRACTICE. PLEASE CONTINUE TO SUPPORT OUR COACHES, FOLLOW THE 24-HOUR RULE WHEN EMOTIONS ARE HIGH, AND HELP US MODEL THE SPORTSMANSHIP AND RESPECT WE EXPECT FROM OUR PLAYERS. COMMUNICATION IS ANOTHER MAJOR FOCUS FOR US THIS SEASON. WE HAVE CONTINUED WORKING TO CREATE CLEARER PATHS FOR FAMILIES WHEN QUESTIONS OR CONCERNS COME UP, INCLUDING OUR HEADS OF LEVEL. ONE OF THE GOALS WE KEEP COMING BACK TO IS SIMPLE: NO ONE SHOULD FEEL LIKE THEY DON'T KNOW WHO TO TURN TO. START WITH YOUR COACH OR MANAGER WHEN APPROPRIATE AND KNOW THAT OUR HEADS OF LEVEL AND BOARD ARE HERE WHEN ADDITIONAL HELP IS NEEDED.

WE'RE ALSO CONTINUING TO INVEST IN DEVELOPMENT. FROM SKILLS SESSIONS AND GOALIE TRAINING TO NEW OPPORTUNITIES FOR GIRLS HOCKEY, LEARN TO PLAY, AND ADULT LEARN TO PLAY, WE WANT SWYHA TO BE A PLACE WHERE PEOPLE CAN FIND THEIR WAY INTO HOCKEY, DEVELOP, AND CONTINUE ENJOYING THE GAME. NONE OF THIS HAPPENS WITHOUT VOLUNTEERS. THERE ARE AN INCREDIBLE NUMBER OF PEOPLE WORKING BEHIND THE SCENES—COACHES, MANAGERS, BOARD MEMBERS, COMMITTEE MEMBERS, EVENT VOLUNTEERS, SPONSORS, AND PARENTS WHO SIMPLY SEE SOMETHING THAT NEEDS TO BE DONE AND STEP IN TO HELP. THANK YOU. AND IF YOU'VE BEEN THINKING ABOUT GETTING INVOLVED, PLEASE REACH OUT. THERE IS ALWAYS ROOM FOR ANOTHER SET OF HANDS.

FINALLY, SEPTEMBER BRINGS OUR 30TH ANNUAL SWYHA GOLF TOURNAMENT. THIS EVENT HAS SUPPORTED OUR ASSOCIATION FOR THREE DECADES, AND THE RESPONSE FROM OUR FAMILIES, SPONSORS, AND LOCAL BUSINESSES THIS YEAR HAS BEEN TREMENDOUS. I'M INCREDIBLY GRATEFUL TO EVERYONE WHO HAS HELPED MAKE IT POSSIBLE.

WE HAVE A LOT TO LOOK FORWARD TO THIS SEASON. LET'S FILL THE RINK, SUPPORT OUR KIDS, TAKE CARE OF OUR HOME, AND MAKE SWYHA AN ORGANIZATION OUR PLAYERS AND FAMILIES ARE PROUD TO REPRESENT.

HERE'S TO A GREAT SEASON.

-Jess McCormick
president@sw hockey.com



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SWYHA DIRECTORY



Calendar of Events

SEPTEMBER

- **21ST: SWYHA MOMS BOOK CLUB @ 7PM MEXICALI (SEE PAGE 6 FOR MORE INFO)**
- **25TH: ANNUAL SWYHA GOLF TOURNAMENT @ EAST HARTFORD GOLF CLUB 9AM**

OCTOBER

- **6TH-MONTHLY BOARD MEETING AT SW ARENA LOUNGE @ 7PM**
- **1ST-16TH: PIE FUNDRAISER-MORE DETAILS TO COME**
- **17/18TH: PINK THE RINK AT SW ARENA**
- **23RD: SWYHA GIRLS OPEN SKATE 7:30-8:30PM (SEE PAGE 6 FOR MORE INFO)**
- **27TH-DOCTALK-HIP & GROIN @ 6:15PM AT SWA (SEE PAGE 6 FOR MORE INFO)**

PRESIDENT: JESS MCCORMICK
PRESIDENT@SWHOCKEY.COM

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YOUTH REFFING COORDINATOR: JAKE LEBRETON
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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.



HAVE ANYTHING YOU WANT ADDED FOR YOUR TEAM OR YOUR LOCAL BUSINESS IN AN UPCOMING NEWSLETTER, PLEASE EMAIL:

BRITTANYCARUSO515@GMAIL.COM
PRIOR TO THE 6TH OF THE MONTH.



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HAPPY
BIRTHDAY

WALTER VAUTOUR
LOGAN PARENT
LIAM JONES
TAYLOR WIAFE
NASH GRAY
REILLY CARUSO
TEDDY NEDELCO
AVERETT KIRBY
JACK CLARK
ERIC KNIGHTLY



Follow SWYHA on Social Media

South Windsor Youth Hockey Association on Facebook

@sw_hockey on Instagram





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CALLIN'S CORNER

DEAR SWYHA FAMILIES,

IT WAS GREAT TO SEE EVERYONE BACK AT THE RINK AND KICKING OFF ANOTHER EXCITING HOCKEY SEASON. THE ENERGY FROM OUR PLAYERS, COACHES, AND FAMILIES HAS BEEN FANTASTIC, AND WE'RE LOOKING FORWARD TO A GREAT YEAR OF DEVELOPMENT AND COMPETITION. MY FROZEN FOCUS TIP OF THE MONTH - BE A GREAT TEAMMATE! IN THE BEGINNING OF THE SEASON, IT IS IMPORTANT TO MAKE STRONG CONNECTIONS WITH TEAMMATES, COACHES, PARENTS, AND EVERYONE INVOLVED IN YOUR TEAM. WE ARE ALL IN THIS TOGETHER, SO ENJOY BEING WITH ONE ANOTHER AS WE BEGIN TO SPEND OUR WEEKENDS AT THE RINK! AS THE SEASON GETS UNDERWAY, WE ALSO ENCOURAGE ALL PLAYERS TO TAKE ADVANTAGE OF EVERY OPPORTUNITY THEY HAVE ON THE ICE, INCLUDING PRACTICES, SKILLS SESSIONS, AND GAMES. THE EXTRA REPETITIONS AND HARD WORK PUT IN NOW WILL PAY OFF AS THE SEASON PROGRESSES. WE HOPE EVERYONE ENJOYS THE START OF THE SEASON, CONTINUES TO WORK HARD, AND MOST IMPORTANTLY HAS FUN. GOOD LUCK TO ALL OF OUR TEAMS IN THEIR FIRST FEW GAMES—WE CAN'T WAIT TO SEE THE PROGRESS OUR PLAYERS MAKE THROUGHOUT THE YEAR!

DREW

YOU'VE WATCHED FROM THE STANDS.

NOW IT'S YOUR TURN TO PLAY.

COED ADULT LEARN TO PLAY HOCKEY

 AGES 16+ • BEGINNERS & RETURNING PLAYERS WELCOME

 FULL HOCKEY EQUIPMENT REQUIRED

 TUESDAYS • 7:40-8:40 PM

 FIRST SESSION: SEPTEMBER 8

 SOUTH WINDSOR ARENA

LEARN MORE & REGISTER: SWHOCKEY.COM



IT'S NOT JUST FOR THE KIDS
IN SOUTH WINDSOR



— ADULT LEARN TO PLAY - OCTOBER 2026 —

Adult Learn to Play is for anyone who would like to learn how to play the game of hockey. No experience necessary. Full equipment is required.

Session runs every Tuesday from October 6th to October 27th from 7:40pm-8:40pm.





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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.

*****FREE*****
LEARN-TO-SKATE



Monthly programs running from September through November



 **South Windsor Youth Hockey Presents:**



Learn-to-Play

For \$350 your player will receive;

- 10 Weeks of instruction
- coached by NY Rangers certified coaches
- Full set of hockey equipment to keep
- USA Hockey Registration/Membership
- Automatic Enrollment in our Sept. Learn-to-Skate Classes

For More Information and to Register, visit: www.swhockey.com



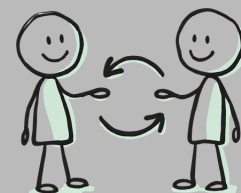
 
ROOKIE LEAGUE

SOUTH WINDSOR YOUTH HOCKEY

LEVEL UP THEIR GAME



NEWYORKRANGERS.COM/ROOKIES



SHARE, SHARE, SHARE

**LET'S HELP BUILD
OUR AMAZING
ORGANIZATION!**

PLAY DEVELOP BELONG THRIVE

PLAYERS STRONGER TOGETHER

DOCTALK

HIP & GROIN INJURIES + PREVENTION

FOR HOCKEY PLAYERS

MOVE BETTER. PLAY LONGER.

- UNDERSTAND THE RISKS
- PREVENTATIVE STRATEGIES
- IMPROVE MOBILITY & PERFORMANCE
- KEEP PLAYERS HEALTHY ON AND OFF THE ICE

PLAYERS
10U/SQUIRT, 12U/PEWEE & 14U/BANTAM
Open to all players in these age levels.

PARENTS
ALL SWYHA PARENTS ARE ENCOURAGED TO ATTEND, including Mite parents!

TUESDAY, OCTOBER 27, 2026 6:15 PM

SOUTH WINDSOR ARENA

PRESENTED BY **The Athlete's Physical Therapist**
PERFORMANCE PHYSICAL THERAPY
SOUTH WINDSOR, CT

Expert information. Practical advice. Healthier, stronger athletes.

SAVE THE DATE!

SWYHA KNIGHTS VS CT JR. HUSKIES

COACHES CHARITY GAME

BLACK FRIDAY

FRIDAY, NOVEMBER 27, 2026 6:00 PM

SOUTH WINDSOR ARENA

JACOB FOUNDATION

Because EVERYONE Should Get to Play.

MORE DETAILS COMING SOON!

SWYHA GOLF OUTING

CELEBRATING 30 Years OF SUPPORTING SOUTH WINDSOR YOUTH HOCKEY

THREE DECADES • ONE MISSION

30 YEARS

BUILDING ATHLETES. BUILDING CHARACTER. STRENGTHENING OUR COMMUNITY.

FRIDAY SEPTEMBER 25, 2026

REGISTRATION STARTS 9:00 AM

10:00 AM SHOTGUN START

EAST HARTFORD GOLF CLUB
130 Long Mill Street, East Hartford, CT

YOUR DAY INCLUDES:

- 18 HOLES OF GOLF
- LUNCH
- BUFFET DINNER
- DRINKS
- PRIZES & RAFFLES
- LONG DRIVE CONTEST

\$600 FOURSOME

\$150 INDIVIDUAL

★ REGISTER TODAY! ★



SWYHA GIRLS HOCKEY OPEN SKATE - SAVE THE DATE!



JOIN US ON THE ICE TO CELEBRATE USA HOCKEY AND IIHF WOMEN ICE HOCKEY MONTH AT THE UPCOMING SWYHA GIRLS HOCKEY OPEN SKATE! ON FRIDAY, OCTOBER 23, FROM 7:30 PM TO 8:30 PM, ALL FEMALE SWYHA PLAYERS ARE ENCOURAGED TO BRING THEIR FEMALE FRIENDS AND FAMILY MEMBERS ALONG FOR A FUN, WELCOMING EVENING ON THE RINK. WHETHER YOU'RE SHARING YOUR LOVE OF THE GAME, INTRODUCING SOMEONE TO SKATING FOR THE VERY FIRST TIME, OR JUST LOOKING TO ENJOY AN HOUR OF FUN WITH FRIENDS, IT'S A FANTASTIC OPPORTUNITY TO BUILD COMMUNITY AND INSPIRE THE NEXT GENERATION OF GIRLS IN HOCKEY.



SWYHA MOM'S BOOKCLUB AT MEXICALI

SEPTEMBER 21ST 7PM

SWITCHING IT UP THIS YEAR: READ A BOOK OF YOUR CHOOSING, READ A BOOK YOU ARE GOING TO LOVE, THEN COME AND RECOMMEND IT TO OTHERS. EVEN LET OTHERS BORROW IT IF YOU HAVE THE HARD COPY! LETS SHARE THE LOVE OF READING, ENJOY A MARGARITA OR NON-ALCOHOLIC DRINK, GOOD FOOD IF YOU WANT AND JUST SOME TIME TO CREATE A STRONGER COMMUNITY AND CULTURE FOR OUR SWYHA. DON'T LOVE READING-THATS OK YOU CAN STILL JOIN US ON THE 21ST!

PLEASE RSVP TO BRITTANY CARUSO BY 9/14 TO GET A HEAD COUNT FOR MAKING A RESERVATION. TEXT: 860-235-3674 OR BRITTANYCARUSO515@GMAIL.COM



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THANK YOU TO ALL OF OUR 2025
GOLF TOURNAMENT SPONSORS!

