



KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 7

NOVEMBER 2025

WWW.SWHOCKEY.COM

CONGRATULATIONS TO THE CHAMPIONS!!!



UPCOMING

Clinics



Adult Learn to Play Clinic



Are you an adult who has their skating skills in check, but now want to learn how to play the game of hockey? Adult Learn to Play will be the thing for you! Starting Monday, December 1st at 8:50pm; cost is \$175 per session (6 clinics each session) and includes a Jersey! For more information and to register, [click here!](#)

For questions, email jimmy.obrien@swhockey.com



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SWYHA DIRECTORY

Mark your Calendar! *Calendar of Events*

PRESIDENT: JESS MCCORMICK
PRESIDENT@SWHOCKEY.COM

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

TREASURER: MARK ROBITAILLE
TREASURER@SWHOCKEY.COM

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MOIRA.LANZ@SWHOCKEY.COM

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

SAFE SPORT COORDINATOR: JESSICA MCCORMICK
PRESIDENT@SWHOCKEY.COM

PLAYER SAFETY COORDINATOR: AMANDA BEDNARCYZK
BEDNARCYZKCLAN@YAHOO.COM

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

YOUTH REFFING COORDINATOR: AMANDA BEDNARCYZK
BEDNARCYZKCLAN@YAHOO.COM

DECEMBER

- **2ND:** MONTHLY BOARD MEETING
IN THE LOUNGE @ 7PM
- **9TH:** MOM'S BOOK CLUB AT
MEXICALI @ 7PM
- **20TH:** SKATE WITH SANTA AT SW
ARENA @ 6PM

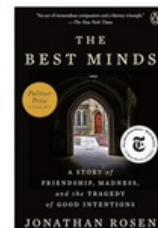
JANUARY

- **6TH:** MONTHLY BOARD MEETING
IN THE LOUNGE @ 7PM
- **19TH:** ANNUAL COACHES GAME
AT SW ARENA

NEXT SWYHA MOM'S BOOKCLUB

Tuesday 12/9 @ Mexicali

Any questions or to RSVP
contact:
Brittany @ 860-235-3674



Whether your child is
a
Mite, Squirt,
PeeWee, Bantam-
we hope you join
us!!!!

What's it about?

A childhood friendship turns tragic
when a Yale graduate's promising
future is derailed by schizophrenia,
leading to triumph, a movie deal, and
ultimately a horrific act of violence.



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

I can't believe it is already November! A time to be thankful for everything we have and that our kids can play a sport that makes them happy. I'm thankful for the people that make things run as smoothly as possible at the association. The Board, who are already talking about the end of season and beyond so that it is ready for us all when it comes. The coaches who spend countless hours off the ice answering questions, writing their coaches corners and planning practice drills and game plans. The managers and schedulers who deal with more than anyone outside of that group can ever fully understand. Parents who google solutions to hockey issues and new ways to do things while taking a break from work. The ones who stay up late at night packing swag bags and doing laundry for tournaments; who answer work emails from the lounge and feed younger siblings snacks and giving them toys hoping they last just a few more minutes so you can keep watching. You do it while you are tired and while you are sick. You do it all over CT and sometimes surrounding states in the same weekend. I appreciate it and more importantly, your players appreciate it too.

-Jess McCormick
president@swhockey.com



CALLAN MCMAHON
LUC LACHANCE
BRAYDEN DUBE
ALAN GREENBERG
SAMANTHA BERTASH
JAMESON LANZ
KABIR ARORA
TALI FRIEDMAN
COLE SULLIVAN
DECLAN SHEPARDSON
JOSEPH KELLEY
TANNER EVANS
AMARA KREBS
SULLIVAN MCCARTHY
CAMDEN QUIGLEY

FAMILY BUSINESS FEATURE



This month we would like to feature one of our largest sponsors of our Annual Golf Tournament, Associated Construction.

Founded in 1942 by Angelo Giardini, Associated Construction is known throughout the state of Connecticut for its team based approach to working on projects. With over 695 completed projects and more than 30 awards, Associated Construction is a leader in the industry.

Not only do they excel in their field, but Associated Construction is incredibly charitable as well. They continue to be active members of Habitat for Humanity year after year.

*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,

Coach Drew checking in again. I'm hearing a lot of great things from the teams across the organization so far! We have had some teams win tournaments already and other teams compete with some of the best teams across the state. I love being able to hear about how the teams are doing and how much the kids are enjoying the weekends at the rink. I have been able to catch a few games at the rink already and I love seeing how excited everyone is to play, that's what it's all about!! All of the success comes back to the energy and focus that the kids show up with each week in practice. Which leads to my FROZEN FOCUS tip of the month -> Practice doesn't make Perfect, it makes you Prepared. A coach I had a few years back said this to me and it has stuck with me since. The game of hockey is an imperfect game, meaning no one play/goal/pass/save is the same as the next. After a weekend of games, take some time to discuss with the kids what they thought of the game. They might say "I missed the net on a shot" or "I lost the puck on a breakaway" just to name a couple. After hearing these things, they could focus on one skill the following week to help in the games. This is something I was taught when I was 18 playing junior hockey and has been a part of my routine as a pro. For example, if "I keep missing the net when I shoot" then the next week in practice, every time you shoot the puck, try to make sure every shot goes on net and has the chance to go in. Or if "I lost the puck on a breakaway" make sure that each drill next week, you try to control the puck completely as you go through the drill. These little things that you can focus on individually in practice will not make your next game perfect, but it will make you prepared to make the best play. This week I am focusing on my passing. I had a couple bad turnovers in my own games ;) Keep up the good work Knights!!

See you soon,

- 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.

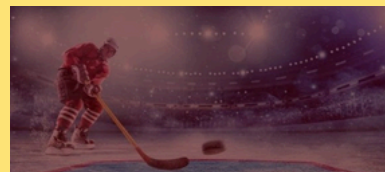
- EACH 60-MINUTE SESSION INCLUDES:
- SPORT-SPECIFIC STRENGTH & CONDITIONING
 - BREATHWORK FOR FOCUS AND ENDURANCE
 - FLEXIBILITY & MOBILITY TRAINING
 - CORE STABILITY AND MUSCLE BALANCE

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

GROUP RATES AVAILABLE - INQUIRE AT
MELISSASILVERLINED@GMAIL.COM



Players
Wanted!



WE STILL HAVE SOME SPOTS IN OUR MITES AND BANTAM LEVELS. IF YOU KNOW SOMEONE WHO MAY BE INTERESTED, PLEASE HAVE THEM REACH OUT TO OUR PRESIDENT, JESSICA MCCORMICK, AT PRESIDENT@SWHOCKEY.COM.



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THANK YOU, VETERANS!

WE ARE SO GRATEFUL FOR YOUR SACRIFICES. THANK YOU TO ALL VETERANS, BUT ESPECIALLY OUR SWYHA PARENTS:

NAPOLEON TETREAU

AMMIE CHITTIM

ETHAN CHITTIM

MASON TROMBLEY

MIKE RESKA

JOHN WILLIAMS

DAVE GESUALDI

WESLEY HOLLIS

STEVEN LANZ

JAY POLLACK

JAMES HUBBARD



BRYAN OWENS

LISA OWENS

DAVID THOMAS

GREG LOCKWOOD

MICHAEL THOMAS

CHRISTINA PIETRUSKIEWICZ

JON RAIOLA

ALICIA LEBLANC

JEREMY JENKINS

SHANE FLEEGLER

RADU NEDELCU

PWB IS HITTING A MAJOR TURNING POINT THIS SEASON! COACH LYSIK HAS BEEN DIALING UP BOTH THE ON-ICE WORK AND THE OFF-ICE "CHALK TALKS," GIVING PLAYERS A CLEARER PICTURE OF THE SKILLS AND STRATEGIES THEY'RE BUILDING IN PRACTICE. AND IT'S PAYING OFF—BIG TIME.

ON SUNDAY, THE KIDS TOOK THE ICE LOOKING LIKE A WHOLE NEW TEAM. THEY WERE ENERGIZED, FOCUSED, AND DETERMINED FROM THE FIRST PUCK DROP TO THE FINAL WHISTLE. THEIR EFFORT, TEAMWORK, AND ATTITUDES WERE ABSOLUTELY ELECTRIC.

AS THESE PLAYERS GROW THEIR SKILLS AND STRENGTHEN THEIR BOND AS A TEAM, IT'S A POWERFUL REMINDER OF WHAT THIS JOURNEY IS ALL ABOUT: WATCHING OUR KIDS LEARN, PUSH THEMSELVES, SUPPORT EACH OTHER, AND—ABOVE ALL—HAVE FUN. THE SCOREBOARD DOESN'T ALWAYS TELL THE FULL STORY, BUT ANYONE WATCHING CAN SEE JUST HOW FAR THIS TEAM HAS COME.

THE PROGRESS IS REAL, THE MOMENTUM IS BUILDING, AND THE SEASON IS ONLY GETTING MORE EXCITING FROM HERE!

SQUIRT A1 IS REALLY STARTING TO WORK AS A TEAM. FINDING EACH OTHER IN FRONT OF THE NET WITH PASSES, AND MOVING BACK TO DEFEND WHEN A DEFENSESMAN HAS THE CHANCE TO MOVE UP FOR A SHOT. HAD OUR FIRST PIZZA PARTY AND SEEING FRIENDSHIPS BUILD GETS US EXCITED FOR OUR FIRST TOURNAMENT IN DECEMBER!

TEAM UPDATES!

MITE C IS OFF TO A GREAT START!!! AS A TEAM WE ARE GROWING AND IMPROVING EVERYDAY BOTH ON AND OFF THE ICE. OUR STUDENT ATHLETES HAVE BEEN WORKING HARD TO CONTINUE TO IMPROVE!



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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!

