



KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 10

FEBRUARY 2026

WWW.SWHOCKEY.COM



SOUTH WINDSOR KNIGHTS 2026-2027 TRYOUTS

8U MITES

(2018-2020)

- Monday, 3/9 @ 5:20pm
- Tuesday, 3/10 @ 5:40pm

Registration fee: \$100

12U PEEWEES

(2014-2015)

- Monday, 3/23 @ 6:30pm
- Tuesday, 3/24 @ 6:50pm
- Thursday, 3/26 @ 5:20pm*

*(Call back if needed)

Goalies dress for all sheets.

Registration fee: \$125

GOALIE TRYOUT

(2012-2017)

This is in addition to your age level tryout.

- Monday, 3/16 @ 5:20pm

TO REGISTER, HEAD TO
SWHOCKEY.COM

FOR QUESTIONS, EMAIL
MOIRA.LANZ@SWHOCKEY.COM

10U SQUIRTS

(2016-2017)

- Monday, 3/23 @ 5:20pm
(If PT Goalie, we will reach out to tell you which days to dress as goalie.)
- Tuesday, 3/24 @ 5:40pm
(If PT Goalie, we will reach out to tell you which days to dress as goalie.)
- Wednesday, 3/25 @ 5:20pm*

*(Call back if needed)

Full-time Goalies dress for all sheets.

Registration fee: \$125

14U BANTAMS

(2012-2013)

- Wednesday, 3/25 @ 6:30pm
- Thursday, 3/26 @ 6:30pm
- Saturday, 3/28 @ 9:20am*

*(Call back if needed)

Goalies dress for all sheets.

Registration fee: \$125

DID YOU KNOW??

One of our volunteers took the time to calculate how many volunteer hours it took for one team to run in a season. The total number of hours, 930! This staggering number is usually split between a small group of people. SWYHA only works because of our amazing volunteers, so ask how you can help your team next season!



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SWYHA DIRECTORY

Mark
your
Calendar

Calendar of Events

MARCH

- **3RD:** ANNUAL MEETING OF THE MEMBERS AT SW COMMUNITY CENTER @ 7PM
- **22ND:** WORCESTER RAILERS GAME TO CHEER ON COACH DREW @ 3PM

APRIL

- **7TH:** MONTHLY BOARD MEETING AT SW ARENA LOUNGE @ 7PM
- **9TH:** MOM'S BOOK CLUB AT MEXICALI @ 6:30PM (GAME CHANGER BY RACHEL REID)

MAY

- **5TH:** MONTHLY BOARD MEETING AT SW ARENA LOUNGE @ 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

February is where the season gets real.

The excitement builds. Tournaments are around the corner. League games matter a little more. Practices get sharper. Emotions run higher. This is the month where all the work our players have put in since October starts to show.

I want to take a moment to recognize the growth happening across our association. From our youngest skaters learning how to use the full ice with confidence, to our older teams battling through tight games and managing adversity, the development is noticeable. Not just in skill, but in composure, teamwork, and resilience.

That's what youth hockey is about.

As we head into the final stretch, I'd like to remind everyone — players, coaches, and families — that how we conduct ourselves matters just as much as the scoreboard. February and March can test patience. Ice time feels more critical. Wins and losses feel bigger. But our standards don't change based on standings. We represent our association every time we step into a rink — home or away.

Let's continue to:

- Support coaches and officials respectfully
- Encourage teammates, especially during tough moments
- Keep perspective — these are kids playing a game they love
- Model the behavior we want our players to carry into high school and beyond

Adversity is part of sports. Bad bounces happen. Tough calls happen. Hard losses happen. What defines us is how we respond.

As we close out this season, we're also beginning to look ahead. Tryouts for next season will be here before we know it. I encourage families to start thinking about goals for their player — not just what team they hope to make, but what kind of teammate and competitor they want to be. Development doesn't start at tryouts; it's built every day in practice, in off-ice habits, and in how players handle both success and setbacks.

We have sent out the registration information for next season's evaluation. Our goal is always to make the process clear, fair, and centered on player development.

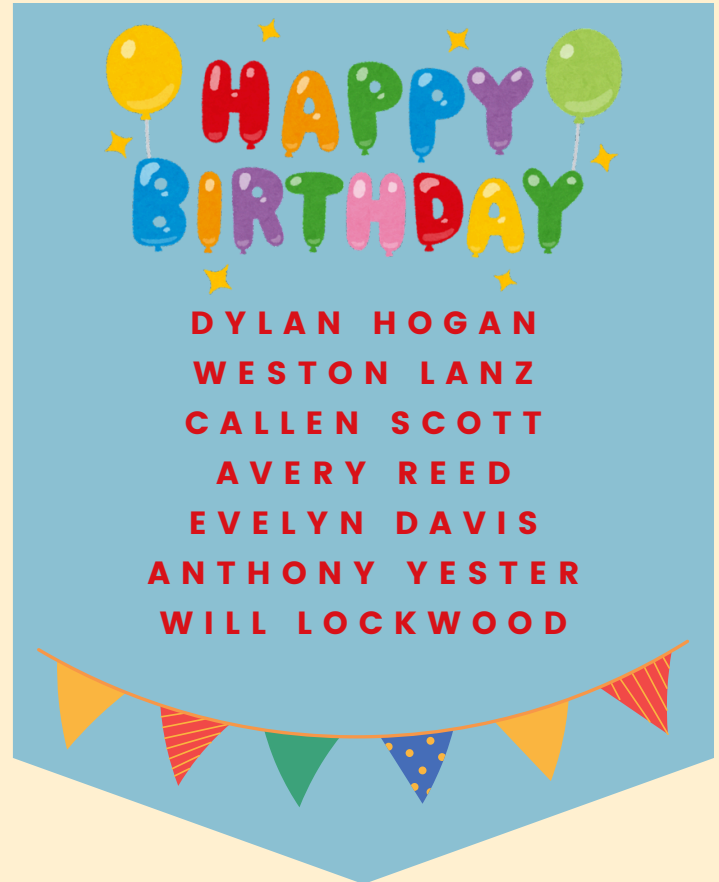
Finally, I want to thank our volunteers, board members, coaches, and team managers. February is a heavy lift behind the scenes — scheduling, tournaments, budgets, and planning for next season. None of this works without people willing to step up. Your effort truly matters.

Finish strong. Compete hard. Support each other.

And don't forget to enjoy it — these seasons move faster than we think.

See you at the rink.

-Jess McCormick
president@swhockey.com



FAMILY BUSINESS FEATURE



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

Precision Powerwashing is a full service power washing company that specializes in Commercial and Residential Powerwashing. They have been in business since 2003, there is no job they cant complete, big or small they have done it all

*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,

I hope everyone is staying warm during this winter blizzard. This winter is making me feel like I am back home in Wisconsin!! It's hard to think that we are already approaching the end of our seasons. I hope all of you get the chance to enjoy the last few weekends in the arena. Here is my FROZEN FOCUS tip of the month -> Fight til the end! Over the past weeks, we have gotten to watch the Olympics and there have been some awesome moments including the gold medals for Team USA in both Men's and Women's hockey (sorry Canadians). I was able to watch both of these games live in action and both gold medal games carried the same theme, playing all the way til the end. The Women's hockey team was losing for the majority of the game before getting a goal late to tie and eventually win in overtime. On the men's side, Jack Hughes prevailed after losing his teeth and taking a penalty late in third to put his team shorthanded before scoring in OT to win the game. In both of these circumstances, Team USA had to overcome adversity within the game itself in order to come out on top. That is what is so great about the game of hockey, if you fight til the end, anything can happen. What a great week for USA hockey and for the game itself. Hockey is a game for those who are willing to fight til the end!! Goodluck to everyone wrapping up their seasons and Go Knights!!

- COACH DREW



A fun, team-based experience!

Join our new dek-hockey league at Ellington's newest outdoor facility.

Players are placed on teams, receive a shirt, and enjoy one practice and one game each week in a fun, fast-paced league format

Ages 7 - 10

Residents: \$55

Non-Residents: \$65

Register on ActiveNet

Limited Equipment Required!



Ellington Dek-Hockey League

Register by March 30
Starts April 22



Ellington Dek-Hockey

For Ages 7-10

Starting April 22

Program Highlights

- League format with 4 teams
- One practice and one game each week
- Shoes-only play (no skates required)
- Team shirts provided to all players

Required Equipment

- Helmet with full cage or visor
- Shin guards and gloves
- Hockey stick
- Limited equipment available for loan (contact Recreation staff)

Additional Information

- Volunteer coaches are needed
- Open to all skill levels
- Program held at Jacob's Arena in Tedford Park (45 Sadds Mill Road)



Check our website for more details and activities:





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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.

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

VOLUNTEERS *needed*

Community Involvement

The Volunteer Community Involvement Manager strengthens the connection between our youth hockey organization and the local community. This role focuses on outreach, service, and relationship-building to promote our mission, values, and positive presence beyond the rink.

Merchandise/Apparel

The volunteer Merchandise / Apparel Coordinator manages the association's branded apparel and spirit wear program. This role helps generate fundraising revenue while promoting association pride through high-quality, well-organized merchandise offerings.

*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
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