



# KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 8

DECEMBER 2025

WWW.SWHOCKEY.COM

CONGRATULATIONS  
TO THE  
CHAMPIONS!!!

BANTAM GOLD



AVON THANKSGIVING  
TOURNAMENT  
BANTAM B BRACKET



Thank you to all of our  
bell ringers and those  
who generously  
donated to the  
Salvation Army this  
weekend.



Another successful weekend of bell ringing for  
the Salvation Army. Thank you to our  
volunteers and those who donated.

Thank you South Windsor Youth  
Hockey for supporting The  
Salvation Army's 2025 Bell  
Ringing Campaign. We helped  
raise over \$1,700 to support the  
Hartford Area Services division  
of The Salvation Army.

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! It's not too late; this session started Monday, December 1<sup>st</sup> at 8:50pm; cost is \$175 per session (6 clinics each session) and includes a Jersey! Not sure if you want to fully commit? Register for single clinics and see@ For more information and to register, [click here!](#)

For questions, email [jimmy.obrien@swhockey.com](mailto:jimmy.obrien@swhockey.com)



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## SWYHA DIRECTORY

Mark  
your  
Calendar

## Calendar of Events

### JANUARY

- **3RD: UCONN WOMEN'S HOCKEY GAME AT TOSCANO FAMILY ICE FORUM @ 3PM : [CLICK HERE FOR TICKETS!](#)**
- **6TH: MONTHLY BOARD MEETING IN THE LOUNGE @ 7PM**
- **19TH: ANNUAL COACHES GAME AT SW ARENA**

### FEBRUARY

- **2ND: MONTHLY BOARD MEETING IN THE LOUNGE @ 7PM**
- **10TH: MOMS BOOK CLUB AT MEXICALI @ 7PM. THE SEED KEEPER BY DIANE WILSON.**

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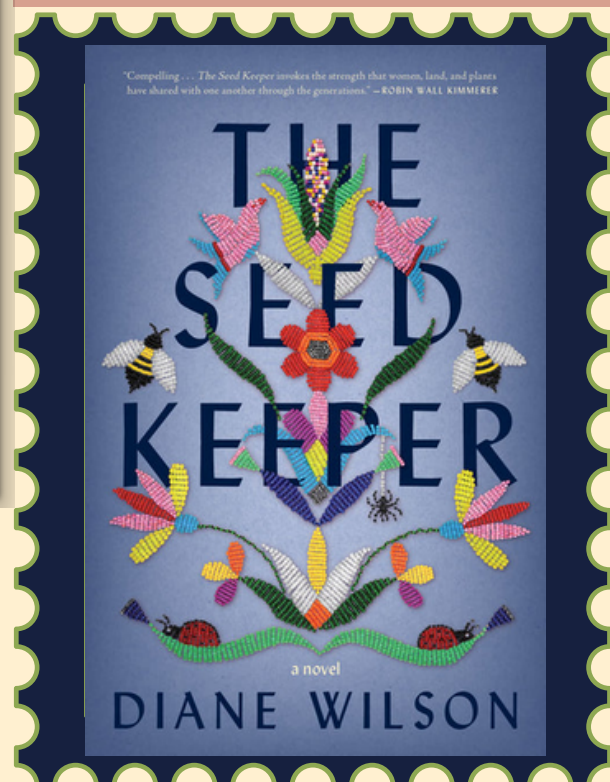
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**YOUTH REFFING COORDINATOR:** VACANT

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.





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### ***President's Corner***

They say the holidays are about rest and relaxation, which clearly does not apply to hockey families. For us, this time of year is all about even more celebration, but whether you're celebrating Christmas or Hanukkah, I encourage you to find a way to slow down, reflect, and then immediately drive to the rink for another early ice time. We've mastered early-morning ice times, freezing arenas, missing socks, and that special kind of panic that sets in when you realize the stick is still in the garage.

Hockey teaches us a lot: how to work together as a team, how to motivate ourselves on zero sleep, and how to keep going even when the coffee hasn't kicked in yet. It teaches players that you don't score goals alone—and teaches parents that yelling 'shoot!' is not actually a strategy.

So my holiday wish is simple: more goals, fewer penalties, and referees who see things exactly the way we do. May Santa—or eight nights of good luck—reward all those early alarms with big wins, great saves, and a power play that works at least once in a while.

And when the ice time runs out, may the competition continue with some intense knee hockey at home or at the hotel during your holiday tournament—where the rules are made up, the slap shots are dangerous, and somehow the calls still get argued.

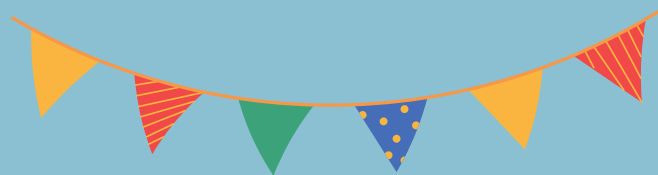
Merry Christmas, Happy Hanukkah, and here's to teamwork, self-motivation, and lighting the lamp a whole lot more in the New Year!

*-Jess McCormick*

president@swhockey.com



**MICHAEL RESKA  
MARK ROBITAILLE  
CRUZ MCCONNELL  
SKYLER OWENS  
ANDREW MILLIKEN  
JACOB TRABER  
JAXSON LAMBERT  
OLIVER CLARK**



### **FAMILY BUSINESS FEATURE**



This month we would like to feature one of our largest sponsors of our Annual Golf Tournament, Hockey1 Proshop!

Hockey1 is located right inside our very own South Windsor Arena and is known for its extensive selection of hockey gear.

Hockey1 has been a family owned business since 1971. Their staff consists of hockey players, coaches and individuals with extensive hockey knowledge. Their sales staff fits thousands of in-store customers and can provide individualized service. Special orders and team or quantity discounts available.

\*If you would like your family business featured, send an email to [moira.lanz@swhockey.com](mailto:moira.lanz@swhockey.com).





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### CALLIN'S CORNER

Dear SWYHA Families,

Coach Drew here. I hope everyone is enjoying this time of year, the holidays are upon us!! Not only does that mean that it's cold in the arena, but it is also getting cold outside as well. This leads me to my FROZEN FOCUS tip of the month, being creative. Creativity is a big part of hockey. As I mentioned in last month's newsletter, no goal is the same as the last. I spent a lot of time on the frozen pond/lake growing up in Wisconsin and I believe that is what makes hockey so special. Some of the best players in every league make plays that are unscripted and off the narrative, just like playing a pickup game on the pond. I encourage everyone to take some time, if able, to find a pond, lake, or outdoor arena and just spend some time skating and playing with no set drills or structure. It gives everyone a chance to enjoy hockey history of how the game started and to play the game with an open mind. Sometimes we get so caught up in the positioning and structure of the game that we forget that playing with an open mind can sometimes be the most effective. So bundle up, get outside, grab some pucks, and find some empty ice and go have fun!!

Happy holidays!!

- 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



## BE ON THE LOOKOUT!!

## YEARBOOK

Yearbook ads will be opening up soon. More information to come on this process.

In the meantime, add photos to your team's Google folder.

Photos needed by 12/31!

Contact your Team Manager for the link.



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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.

### TEAM UPDATES!

**BANTAM MAROON** STARTED OFF THE SEASON STRONG, INCLUDING GOING UNDEFEATED IN THE DEFENDER CUP TOURNAMENT IN HERSHEY, PA IN OCTOBER. THIS WAS A GREAT WAY TO START THE SEASON AND ENGAGE IN SOME TEAM BONDING. AS MID-SEASON APPROACHES, OUR SCHEDULE HAS BROUGHT MORE OPPORTUNITIES TO PLAY HIGHER LEVEL COMPETITIVE TEAMS. THIS HAS PROVIDED A CHALLENGE TO OUR PLAYERS WHO ARE WORKING TOWARDS BRINGING THEIR GAME TO THE NEXT LEVEL. WE ARE USING VIDEO REVIEW DURING OFF ICE TEAM MEETINGS TO REVIEW AND REFLECT UPON STRENGTHS AND AREAS OF IMPROVEMENT FROM THE WEEKEND BEFORE. WE HOPE PLAYERS WILL THEN TRANSFER THAT REFLECTION TO FUTURE GAMES, ALLOWING FOR FURTHER GROWTH. FINALLY, WE CONTINUE TO PRACTICE HARD AND FAST! OUR GAMES ARE STARTING TO REFLECT THE FASTER TEMPO AND BETTER PASSING WHICH IS NEEDED AS WE HELP TO PREPARE OUR PLAYERS TO BE SUCCESSFUL HOCKEY PLAYERS IN HIGH SCHOOL. WE ARE LOOKING FORWARD TO ATTENDING THE CAN/AM HOCKEY TOURNAMENT IN MONTREAL, CANADA MID-FEBRUARY.

**SQUIRT A** HAS BEEN HARD AT WORK THIS SEASON WITH A VERY COMPETITIVE SCHEDULE AND A DRIVE TO IMPROVE AS A TEAM. THEY'VE LEARNED TO BE RESILIENT AND BATTLE HARD FROM PUCK DROP UNTIL THE FINAL BUZZER. THE COACHES ARE MOST IMPRESSED WITH HOW THE PLAYERS SUPPORT EACH OTHER AND COMMUNICATE ON THE ICE. THEY SKATE HARD EVERY SHIFT AND COME BACK TO THE BENCH READY TO LISTEN TO COACHES AND CHEER ON THEIR TEAMMATES. UP NEXT, THE TEAM HAS THE REINDEER RUMBLE RIGHT AFTER CHRISTMAS AND THE WATERVILLE VALLEY TOURNAMENT FOR NEW YEARS!

**MITE B** IS HAVING AN AMAZING SEASON. HALF THE TEAM IS FIRST YEAR TRAVEL PLAYERS AND YOU WOULD NEVER BE ABLE TO TELL! WE HAVE INCREASED OUR LEVEL OF COMPETITION TO PLAY A1 TEAMS. LOOKING FORWARD TO OUR FIRST TOURNAMENT COMING UP IN SARATOGA NEXT MONTH!



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## MERCH FOR SALE!



**\$10**  
**Mug**



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



**\$15**  
**Tumbler**





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THANK YOU TO ALL OF OUR 2025  
GOLF TOURNAMENT SPONSORS!

