KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 15

OCTOBER 2026

WWW.SWHOCKEY.COM

PRESIDENT'S CORNER: WHAT IT MEANS TO BE A KNIGHT

ONE OF MY FAVORITE THINGS ABOUT HOCKEY IS THE SENSE OF BELONGING THAT COMES WITH BEING PART OF A TEAM. EVERY PLAYER SHOULD KNOW THAT THEY MATTER, THAT SOMEONE IS CHEERING THEM ON, AND THAT THEY HAVE A PLACE IN OUR KNIGHTS COMMUNITY.

AS WE SETTLE INTO THE SEASON, I ENCOURAGE ALL OF US—PLAYERS, COACHES, AND FAMILIES—TO THINK ABOUT HOW OUR EVERYDAY ACTIONS HELP CREATE THAT FEELING. INVITE A TEAMMATE INTO THE CONVERSATION. OFFER ENCOURAGEMENT AFTER A MISTAKE. MAKE ROOM FOR SOMEONE WHO IS NEW OR A LITTLE QUIETER. SMALL GESTURES CAN MAKE A BIG DIFFERENCE, ESPECIALLY FOR A CHILD STILL FINDING THEIR CONFIDENCE.

BEING A GOOD TEAMMATE ALSO MEANS REMEMBERING THAT OUR WORDS AND BEHAVIOR MATTER. BULLYING HAS NO PLACE IN SWYHA. WE WANT OUR PLAYERS TO HAVE FUN TOGETHER, AND WE ALSO WANT THEM TO RECOGNIZE WHEN TEASING BECOMES HURTFUL OR SOMEONE IS BEING LEFT OUT. THAT EXPECTATION FOLLOWS US WHEREVER WE REPRESENT THE KNIGHTS: ON THE ICE, IN THE LOCKER ROOM, AT TEAM EVENTS, AND ONLINE.

AS ADULTS, WE HELP SET THAT TONE THROUGH HOW WE SPEAK TO PLAYERS, COACHES, OFFICIALS, AND ONE ANOTHER. PLEASE TAKE A MOMENT TO TALK WITH YOUR CHILD ABOUT KINDNESS, INCLUSION, AND SPEAKING UP WHEN SOMETHING DOESN'T FEEL RIGHT. IF YOUR CHILD EXPERIENCES OR WITNESSES BEHAVIOR THAT CONCERNS THEM, ENCOURAGE THEM TO TELL A TRUSTED ADULT AND REACH OUT TO A COACH OR ASSOCIATION LEADERSHIP. EVERY PLAYER DESERVES TO FEEL HEARD AND SUPPORTED.

OUR OCTOBER EVENTS OFFER WONDERFUL OPPORTUNITIES TO STRENGTHEN THOSE CONNECTIONS. WHETHER YOU JOIN US FOR PINK IN THE RINK, GIRLS OPEN SKATE, OUR INJURY-PREVENTION TALK, OR FRIGHT KNIGHTS, I HOPE YOU'LL INTRODUCE YOURSELF TO A FAMILY YOU HAVEN'T MET OR LEND A HAND WHERE YOU CAN. YOU DON'T HAVE TO TAKE ON A BIG ROLE TO MAKE A DIFFERENCE. AS A VOLUNTEER-RUN ASSOCIATION, WE RELY ON FAMILIES GETTING INVOLVED TO KEEP OUR PROGRAMS STRONG AND ENSURE THERE IS A NEXT SEASON FOR OUR PLAYERS—AND FOR THE FAMILIES WHO WILL JOIN US IN THE YEARS AHEAD.

THANK YOU FOR HELPING MAKE SWYHA A COMMUNITY WHERE OUR KIDS CAN GROW AS PLAYERS, TEAMMATES, AND PEOPLE. LET'S KEEP LOOKING OUT FOR ONE ANOTHER AND MAKING SURE EVERY PLAYER FEELS PROUD TO BE A KNIGHT.

-Jess McCormick

president@swhockey.com

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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.

Calendar of Events

OCTOBER

- 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)
- FRIGHT NIGHTS @ SW ARENA 6:30-8:30PM)
- 27TH-DOCTALK-HIP & GROIN @ 6:15PM AT SWA (SEE PAGE 6 FOR MORE INFO)

NOVEMBER

- 3RD-MONTHLY SWYHA BOARD MEETING 7PM

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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TYLER STRAKA
MARK CORDEIRO
JOSEPH WOODS
AUBREY REILLY
WESTON SPRECHER
EVAN DEROS
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CALLIN'S CORNER

AS WE HEAD INTO OCTOBER, THE SEASON IS OFFICIALLY UNDERWAY AND OUR PLAYERS ARE BEGINNING TO SETTLE INTO THEIR TEAMS, PRACTICES, AND GAME SCHEDULES. MY FROZEN FOCUS TIP -> DEVELOP GOOD HABITS! THIS IS A GREAT TIME OF YEAR TO FOCUS ON DEVELOPING GOOD HABITS THAT WILL HELP PLAYERS IMPROVE THROUGHOUT THE SEASON. SIMPLE THINGS LIKE ARRIVING READY FOR PRACTICE, LISTENING TO COACHES, GIVING A FULL EFFORT IN DRILLS, AND BEING A SUPPORTIVE TEAMMATE CAN MAKE A BIG DIFFERENCE OVER TIME. WE ENCOURAGE ALL PLAYERS TO MAKE THE MOST OF EVERY PRACTICE BY STAYING ENGAGED, CHALLENGING THEMSELVES, AND TAKING ADVANTAGE OF OPPORTUNITIES TO LEARN AND IMPROVE. WHILE DEVELOPMENT HAPPENS DURING PRACTICES, DON'T FORGET THAT GAME DAYS ARE MEANT TO BE FUN! ENJOY THE EXCITEMENT OF COMPETING, SUPPORT YOUR TEAMMATES, AND TAKE PRIDE IN THE PROGRESS YOU'RE MAKING EACH TIME YOU STEP ON THE ICE. KEEP WORKING HARD, KEEP LEARNING, AND MOST IMPORTANTLY, KEEP ENJOYING THE GAME!

-DREW



ITS 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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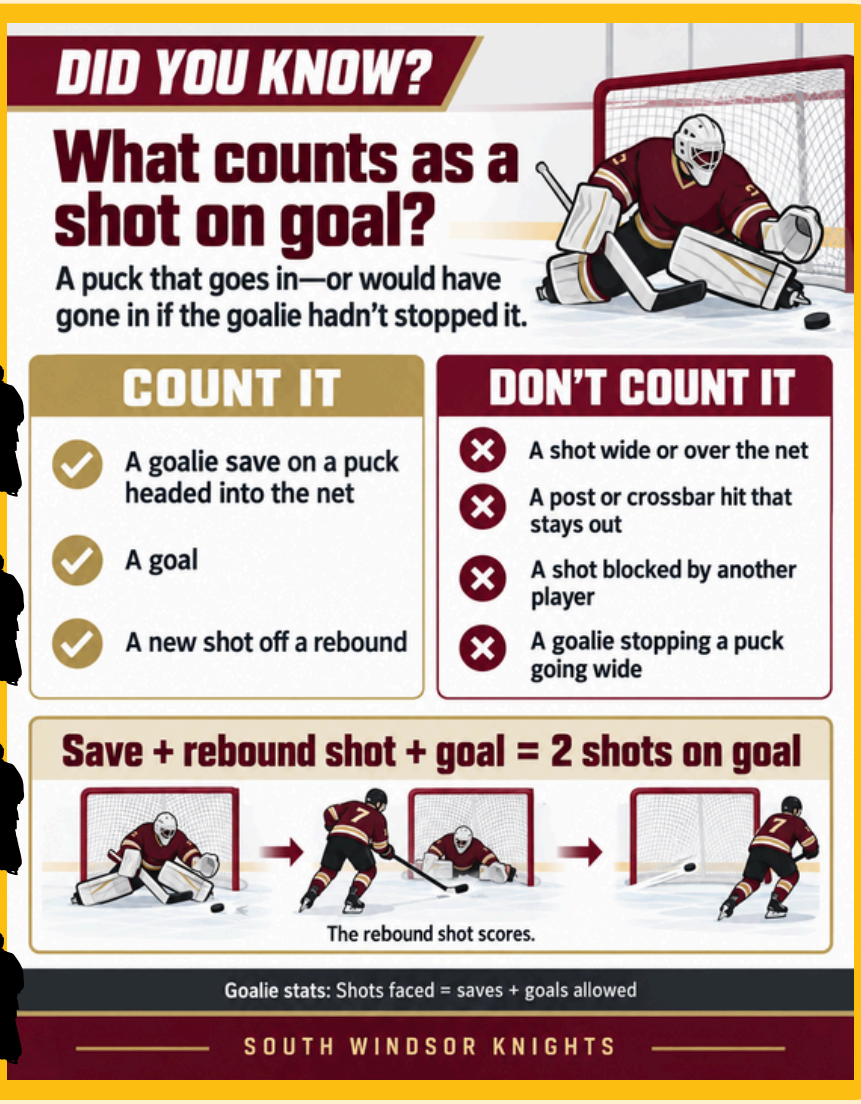
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PLAYER CODE OF CONDUCT

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.











CALLING ALL GIRLS!!!!!

SWYHA EVENTS





LEARNING EVERYDAY

