



KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 4

AUGUST 2025

WWW.SWHOCKEY.COM

SOUTH WINDSOR YOUTH HOCKEY IS HAPPY TO ANNOUNCE THE APPOINTMENTS OF OUR NEW DIRECTOR OF PLAYER DEVELOPMENT AND DIRECTOR OF COACHING.

DIRECTOR OF PLAYER DEVELOPMENT



DREW CALLIN

Drew Callin, a Professional Hockey Player most recently with the Springfield Thunderbirds in the AHL, is a 2019 Bentley University graduate and was a standout in their hockey program.

Prior to playing for the Thunderbirds, the St. Louis Blues affiliate, Callin spent time with the Worcester Railers and Rapid City Rush.

Entering his 7th year of professional hockey, Callin brings a level of experience, energy and empowerment to the SWYHA organization. To read more about Drew, [click here!](#)

DIRECTOR OF COACHING



MIKE CARUSO

Coach Mike is currently the head coach for Squirt 10U A1 for the 2025-2026 season. He is USA Hockey Level 4 certified. Coach Mike enjoys bringing a fun environment to learning and teaching the game of hockey while focusing on skill development, teamwork, and proper sportsmanship. While at Marist College in NY, Coach Mike served as assistant skills director for the Hudson Valley Polar Bears, leading skills clinics primarily for midget aged players. After college, Coach Mike moved back to CT and was head coach for Pee Wee and Bantam teams at Tier II in CHC for the CT Whalers for three years, and AA/AAA Bantam Minor in the EJEPL and MEHL leagues for the Hartford Jr Wolfpack Youth program for two years. To read more about Mike, [click here!](#)



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President's Corner

It was great to see so many people at the Welcome Back Bash and at Elicit! I hope you are all getting excited for the season! Preseason practices start the week of August 25th and your coaches, managers and schedulers have been hard at work preparing everything for the season. The Association has also started working with Stop It Goaltending this season! Goalie families will be hearing about that training soon. You will also see registration opening soon for more small group clinics including some on Tuesday nights led by Coach Drew! Current Knights will get the first chance to register AND they get a discount.

You will get an email very soon from Hockey1 when your uniforms are ready. I know some are in now but please wait until you are notified before you go in to get them.

Lastly, please remember that parents make the difference here. We can create the fun environment but we can also spoil it without even realizing it. Yell in the stands to encourage and cheer them on but always remember that these are children playing a sport that they love. The coaches are volunteers and the refs are human (and frequently children as well). Support your child, teammates and all of the volunteers this season by jumping in and taking on some of the work for parties, tournaments and games. Bring problems and possible solutions to the attention of your team staff, the board or me as soon as possible. As long as we all communicate and work together, this season will be a great one!

Go Knights!

-Jess McCormick
president@swhockey.com



SWYHA SELECTS STOP IT GOALTENDING!



At the August Board Meeting, it was unanimously decided to bring in Stop It Goaltending to run clinics for our Goalies! Here at SWYHA, we know how important the position of Goalie is; without one, there is no team. Moving to bring in Stop It Goaltending aligns with our vision to enhance the opportunities for our Goalies to grow. With Stop It, Goalies will receive instruction using progressive save techniques with a focus on building solid fundamentals through muscle memory and positive reinforcement. The Stop It Goaltending Eight Pillar Program is based on directed practice and repetition. We can't wait to see the development!



Our 29th Annual Golf Outing



Join us on Friday, October 3rd at East Hartford Golf Course! This event is our biggest fundraiser of the year, and is always great fun. Event starts at 10am. To register, [click here!](#) Volunteers are needed. Contact Kyle Quigley (kquig99@hotmail.com) with any questions or to volunteer to help!

FAMILY BUSINESS FEATURE



DOGPOUND
STRENGTH & FITNESS

This month we would like to feature Dogpound Strength & Fitness! Here is what their About Us page states: "At Dogpound Fitness, we focus on effort, growth, and community. Whether you are a beginner who needs direction and motivation or a longtime athlete who wants to take your fitness to the next level, we have a spot and a set of weights for you. Coach Jen teaches you to focus on the process, rather than the product. It's not about comparing yourself to others, but instead working to your full potential. And you will be amazed by the results!" For more information, head to www.dogpoundfit.com.

*If you would like your family business featured, send an email to moira.lanz@swhockey.com.



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SWYHA DIRECTORY



Calendar of Events

AUGUST

- **25TH: PRESEASON PRACTICES BEGIN!**

OCTOBER

- **3RD: 29TH ANNUAL GOLF OUTING @ EAST HARTFORD GOLF COURSE**
- **4TH-5TH: PINK IN THE RINK WEEKEND- BAKE SALE**
- **17TH-19TH: 2025 IIHF/USA HOCKEY WORLD GIRLS' HOCKEY WEEKEND**
- **25TH: TRUNK OR TREAT AT SW ARENA @ 6PM**

DECEMBER

- **20TH: SKATE WITH SANTA AT SW ARENA @ 6PM**

PRESIDENT: JESS MCCORMICK
PRESIDENT@SWHOCKEY.COM

VICE PRESIDENT: JIMMY O'BRIEN
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SAFE SPORT COORDINATOR: JESSICA MCCORMICK
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DIRECTOR OF PLAYER DEVELOPMENT: DREW CALLIN
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GROW THE GAME COORDINATOR: GABE HATHORN
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KNIGHTS MISSION STATEMENT

WE ARE THE KNIGHTS!

KNOWLEDGE - UNDERSTANDING THE GAME OF HOCKEY IS CRITICAL TO A PLAYER'S DEVELOPMENT AND SUCCESS

NEEDS - EVERY PLAYER IS DIFFERENT, SO WE MAKE SURE TO TAILOR OUR PROGRAM TO YOUR PLAYER

INCLUSIVE - AN ENVIRONMENT THAT ALLOWS PLAYERS TO GROW REGARDLESS OF SKILL LEVEL

GOALS - STRUCTURED DEVELOPMENT PLANS SO YOU UNDERSTAND YOUR PLAYER'S OBJECTIVES FOR THE SEASON

HARD WORK - ENCOURAGING OUR PLAYERS TO MAXIMIZE THEIR POTENTIAL AS WE BELIEVE THAT "HARD WORK BEATS TALENT WHEN TALENT DOES NOT WORK HARD"

TEAMWORK - HOCKEY IS A TEAM SPORT THAT REQUIRES EVERYONE TO WORK TOGETHER TO ACCOMPLISH A COMMON GOAL

SPORTSMANSHIP - TREATING YOUR TEAMMATES AND OPPONENTS WITH RESPECT IS AS IMPORTANT AS WINS AND LOSSES

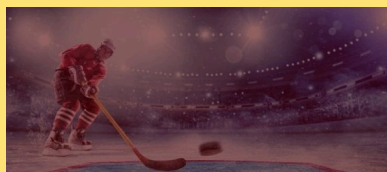


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*Players
Wanted!*



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.

UPCOMING Clinics

Knock the Rust Off Clinic

- **What:** To help Squirts & Peewees focus on Skills and Skating in preparation for the new season.
- **Coach:** Adam Swierbutowicz
- **Age Groups:** Squirts & Peewees
- **When:**
 - Peewees- 9:20am (9/6, 9/13, 9/20)
 - Squirts- 8:10am (9/7, 9/14, 9/21)
- **Cost:** \$30 per session (discount for current SWYHA players).

To register, [click here!](#)

Questions? Email president@sw Hockey.com

VOLUNTEERS *needed*

The following are current Volunteer Positions we are looking to fill:

- Off Ice Staff to check players in for Learn to Skate, Learn to Play and Various Clinics starting September 7th:
 - Saturdays starting at 7:30 and 8:30am
 - Sundays starting at 8:30am
- Coaches to go on ice for Learn to Skate and Learn to Play starting September 27th:
 - Saturdays at 8:10 and 9:20am
 - Sundays at 9:20am
- Golf Tournament Staff for October 3rd:
 - The day starts around 7:30am and goes until 6pm but can be tailored around kid drop off and pick ups! Volunteers are needed to check in golfers, sell raffle tickets and run contests.

Email President@sw Hockey.com if you are interested in any of these positions!

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 ON PAGE 3.

