



KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 5

SEPTEMBER 2025

WWW.SWHOCKEY.COM

UPCOMING **Clinics**

Knock the Rust Off Clinic

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

To register, [click here!](#)

Questions? Email president@swhockey.com

Tuesday Knights with Drew

- **What:** Coach Drew Callin focuses on Fundamentals: Power Skating, Stick Handling, Defense, Shooting & Passing.
- **Coach:** Professional Hockey Player, Drew Callin
- **Age Groups:** Mites, Squirts, Peewees & Bantams
- **When:**
 - Power Skating- 10/7 @ 7:40pm
 - Stick Handling- 10/14 @ 7:40pm
 - Defense- 10/21 @ 6:30pm
 - Passing- 9/23 & 10/28 @ 7:40pm
 - Shooting- 9/30 & 11/4 @ 7:40pm
- **Cost:** \$40 per session (discount for current SWYHA players).

To register, [click here!](#)

Questions? Email president@swhockey.com

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



Adult Skills Clinic

- **What:** Open to beginner, new and intermediate skaters.
- **Coach:** Jimmy O'Brien
- **Age Groups:** Adults 18+
- **When:** 9/21 @ 9:20am
- **Cost:** \$25 per session

To register, email

President@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

SECRETARY & CO-REGISTRAR: MOIRA LANZ
MOIRA.LANZ@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

PLAYER SAFETY COORDINATOR: AMANDA BEDNARCYZK
BEDNARCYZKCLAN@YAHOO.COM

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

YOUTH REFFING COORDINATOR: AMANDA BEDNARCYZK
BEDNARCYZKCLAN@YAHOO.COM

SEPTEMBER

- **26TH:** SWHS BOYS HOCKEY TEAM- BINGO FUNDRAISER AT SWHS @ 6PM
- **30TH:** MEET & GREET WITH JULIA SNOW AT SW ARENA @ 4:30PM

OCTOBER

- **3RD: 29TH ANNUAL GOLF OUTING** AT EAST HARTFORD GOLF COURSE @ 10AM
- **4TH-5TH: PINK IN THE RINK WEEKEND- BAKE SALE**
- **17TH-19TH: 2025 IIHF/USA HOCKEY WORLD GIRLS' HOCKEY WEEKEND**
- **19TH: GIRL'S IN HOCKEY- BRING A FRIEND TO SKATE AT SW ARENA @ 9:20AM**
- **20TH-21ST: PICTURE DAYS!**
- **25TH: TRUNK OR TREAT AT SW ARENA @ 6PM**
- **28TH: MOM'S BOOK CLUB AT MEXICALI @ 7PM**

DECEMBER

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

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

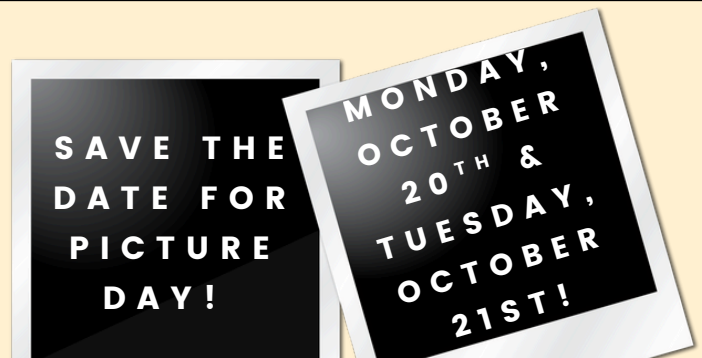
Hockey season has officially started and it is important to remember that this is a marathon not a sprint. As most of us know, the teams you are on will see you more than your relatives for the next 6 months. That's part of why you'll hear everyone here say that we are like a family. You'll share meals, other parents will hold your baby while you tie skates and of course you'll disagree at times. As you sit down at night and do your backwards math, remember that the most important thing about the season is how the players feel. Is your player happy and growing? Are they getting everything out of the season that they are putting into it? Your players will endure struggles together as your team tries to find its groove or after a particularly hard loss. They will experience joy as they master new skills or have new experiences at tournaments. We, as parents, will learn to navigate the fact that those two extreme emotions can happen on the same day. A lot more than just hockey happens in these 6 months, on both sides of the glass. If your player isn't getting what they need for growth, have a conversation with your coaches (or if your player is old enough, encourage them to have the conversation) and bring ideas on what can be done. Everyone here is a volunteer and doing the best they can with what they have. I know not every situation this season is ideal and some groups are already struggling but it is important that everyone finds what they can do to help their player and the family.

-Jess McCormick
president@swhockey.com



Our 29th Annual Golf Outing

We are *2 weeks* away from our biggest fundraiser of the year, our Annual Golf Outing! Join us on Friday, October 3rd at East Hartford Golf Course! This event is always great fun. This year we have a new and exciting item in the Swag Bag, so you'll want to be a part of this to receive. 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!



MORE INFO COMING SOON!

FAMILY BUSINESS FEATURE

Hearing
Improvement
Center, L.L.C.



This month we would like to feature Hearing Improvement Center, LLC! The Hearing Improvement Center evolved from the Hartford Hearing League, which was established by a small group of hard of hearing individuals in 1928. Caren Barone purchased the practice from her Uncle, Alan Dumaine, in 2022, who owned the business for 40 years. She has been practicing at the West Hartford location for over 12 years. Caren is certified by the American Speech-Language-Hearing Association and a member of CT Academy of Audiology and the Academy of Doctors of Audiology. At the Hearing Improvement Center, they test your hearing, select and dispense the hearing instruments that best meet your needs, and provide support, counseling and service for the hearing devices. They are concerned about the person and make hearing solution recommendations to fit your lifestyle and personal needs.

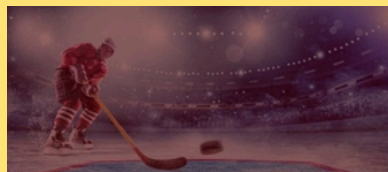


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*Players
Wanted!*



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.

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@swhockey if you are interested in any of these positions!

DID YOU KNOW??

3 TIME ACADEMY AWARD WINNING ACTRESS MERYL STREEP FILMED ONE OF HER FIRST MOVIES AT SOUTH WINDSOR ARENA! "THE DEADLIEST SEASON" CAME OUT IN 1977 AND CAN BE FOUND ON YOUTUBE.

SWYHA MOM'S BOOK CLUB

01

What?

A time to enjoy something during a busy time in our lives supporting our children. A place to talk about something other than hockey. Get back into something you enjoy for YOU!

When and Where:

The last Tuesday of every month at 7pm.
First Bookclub: 10/28/2015 @ Mexicali
RSVP By Text or email Brittany by 10/21 ensure reservation be made with enough seats.

02

Any questions, comments or feedback let me know

Brittany Caruso
800-230-5674
brittanycaruso@carusos.com

03

The First Book:

The Ghostwriter
by Julia Clark

Books and other meeting locations can be chosen at each meeting.

The Ghostwriter
Julie Clark



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GIRLS IN HOCKEY

SOUTH WINDSOR YOUTH HOCKEY-GIRLS

Tuesday | Sept 30th
4:30 PM

Come meet Julia Snow, the first female athletic trainer for the Springfield Thunderbirds. She became the third female hired to work as an Athletic Trainer in the AHL when she joined the T-Birds in 2022.

Her experience spans a variety of Division I sports, indoor arena football, and amateur baseball. Julia has offered to meet with our female players prior to practice to discuss her professional hockey career.

SOUTH WINDSOR ICE ARENA 585 JOHN FITCH BLVD. SOUTH WINDSOR, CT



Julia Snow
Head Athletic Trainer



SOUTH WINDSOR YOUTH HOCKEY-GIRLS BRING A FRIEND TO SKATE



SWYHA INVITES ITS FEMALE PLAYERS TO BRING A FRIEND TO SKATE. STAY AND WATCH OUR 10U A1 TEAM TAKE ON SOUTHEASTERN!

PLEASE BRING GLOVES & HELMETS

SKATES WILL BE AVAILABLE FOR RENT



OCTOBER 19TH
9:20 TO 10:30 AM

SOUTH WINDSOR ICE ARENA 585 JOHN FITCH BLVD. SOUTH WINDSOR, CT

HAPPY BIRTHDAY

BAUER PALATINO
ELI NIXON
WALTER VAUTOUR
LIAM JONES
HUDSON DESIMONE
TAYLOR WIAFE
REILLY CARUSO
TEDDY NEDELCO
AVERETT KIRBY

ONLINE MERCH STORE NOW OPEN!!

OUR ONLINE MERCH STORE IS NOW OPEN FOR A LIMITED TIME! SHOP FOR BLANKETS, STAINLESS STEEL CUPS, BAGS, MAGNETS AND MORE! SHOP CLOSSES AT 8:30AM ON FRIDAY, SEPTEMBER 26TH. TO SHOP, [CLICK HERE!](#) SELECT "DELIVER TO SCHOOL/LOCAL DELIVERY" AT CHECKOUT.

we're
OPEN





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TRUNKS NEEDED



IN ORDER FOR OUR ORGANIZATION TO HOST
OUR FIRST ANNUAL TRUNK OR TREAT, WE
NEED TRUNKS!!
FAMILIES ARE INVITED TO DECORATE A TRUNK
AND HAND OUT CANDY...ANY THEME IS
WELCOME!!

THIS IS A GREAT CHANCE FOR OUR HOCKEY
FAMILIES TO CONNECT AND ENJOY A FUN
NIGHT TOGETHER OFF THE ICE.

PLEASE FILL OUT THIS FORM IF YOU ARE
INTERESTED

TRUNK OR TREAT SIGNUP



Volunteers needed for our Pink
in the Rink Weekend!

Saturday, October 4th
Sunday, October 5th

Follow this link
to sign-up!

SWYHA BANTAM

Bottle Drive



Collection Dates:

October 1st - 31st

- Wednesdays: 6-7pm
- Thursdays: 6:30 - 7:30pm
- Sundays: 3:30 - 4:15pm

*Except 10/16

South Windsor Arena Parking Lot

Make alternate arrangements: Please
email: dianna.roy@SWHOCKEY.com



Please wash your
bottles before
donating!

All proceeds will
directly support
our Bantam Gold
& Maroon Teams.

Thank you for
supporting us with
your donation!



SWHS Boys Ice Hockey Booster Club
presents:

Designer Purse

BINGO NIGHT

**10 BINGO GAMES -
10 DESIGNER PURSES!
LOTS OF RAFFLES**

**FRIDAY, SEPTEMBER 26 6PM-9PM
SOUTH WINDSOR HIGH SCHOOL CAFETERIA
161 NEVERS ROAD**

**\$25 in advance so
\$30 at the door**

Venmo:
@Sara-Heredia-1
(put "Bingo" on
memo)

Text questions:
Angie Willoughby
860-815-1034