



KNIGHTLY NEWS

SOUTH WINDSOR YOUTH HOCKEY ASSOCIATION'S MONTHLY NEWSLETTER

VOLUME 1, ISSUE 6

OCTOBER 2025

WWW.SWHOCKEY.COM

UPCOMING

Clinics



*Coming
Soon!*



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! Starting Monday, December 1st at 8:50pm; more info to come soon so be on the lookout!

For 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:
 - Defense- 10/21 @ 6:30pm
 - Passing- 10/28 @ 7:40pm
 - Shooting- 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: 10/26, 11/2, 11/9 @ 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

OCTOBER

- **24TH:** COACHES CHARITY HOCKEY GAME AT TOSCANO ICE FORUM @ 5:30PM
- **28TH:** MOM'S BOOK CLUB AT MEXICALI @ 7PM

NOVEMBER

- **4TH:** MONTHLY BOARD MEETING IN THE LOUNGE @ 7PM

DECEMBER

- **2ND:** MONTHLY BOARD MEETING IN THE LOUNGE @ 7PM
- **20TH:** SKATE WITH SANTA AT SW ARENA @ 6PM

COACHES GAME FUNDRAISER



Come support the South Windsor Knights coaches and the Connecticut Jr. Huskies coaches as they face off against each other to raise money for the Jacob Roger Poulin Foundation.



October 24, 2025 @
5:30pm at UCONN
Toscana Ice Arena.

\$5 Donation per person



We will play this game because everyone
deserves a chance to play.



To learn more about the Jacob Roger Poulin Foundation:
<https://www.jrpf.org>



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

I've said it a few times already but SWYHA has hit the awkward teenage years. We hit a growth spurt that we weren't expecting and now we need to get used to our new body and everything in it while also making sure that we keep growing into the association that we want to be. That hasn't changed. We still want to be the place for anyone who wants to play hockey. We still want to see growth in all of our players and we still want to raise good humans.

The Board has policies and processes in place that have worked in the past and we are looking at each of them to see if they are still the best fit. Coaches are looking at new drills and pathways for development for all types of players.

So what do we as parents need to do? Work with our coaches and managers and bring them ideas on how to make the experience better for all of the players. Get involved with your teams and ask questions, make suggestions and advocate for your player and the growth of everyone. Just remember that everyone here is a volunteer (I'm writing this while on a call about accruals) and is doing the best they can. The more people we have doing what they can, the better it will be for everyone.

Bob O'Connor said that "to win the game is great. To play the game is greater. To love the game is greatest of all." My hope is that everyone at SWYHA has the same goal - to do what we can to make sure that all of these kids love the game.

-Jess McCormick
president@swhockey.com

NEWS ALERT

TRUNK OR TREAT CANCELLED!!
Due to low numbers of volunteers for trunks, we will be cancelling our Trunk or Treat event scheduled for Saturday, October 25th.

HAPPY BIRTHDAY

HENRY WILLIAMS
HAYDEN MITCHELL
RYAN SHOVE
SPYROS SALDANA
TYLER STRAKA
MARK CORDEIRO
CHRISTOPHER SHARP
AUBREY REILLY
WESTON SPRECHER
EVAN DAROS
JACKSON SANCHEZ

FAMILY BUSINESS FEATURE



This month we would like to feature one of our largest sponsors of our Annual Golf Tournament, Trinks Brothers Oil of Manchester!

Trinks Brothers Oil is a family owned and operated home heating oil delivery company, serving the area since 1998 with 24 hour service 365 days a year. Known for their around the clock deliveries, cheap oil prices, and having the friendliest staff and technicians, Trinks Brothers Oil leads the way in the Oil Delivery Business.

Visit their website at www.trinksbrothers.com or call 860-648-4400 to schedule a one time delivery, or become a customer and get put on an automatic delivery list at no extra charge.

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

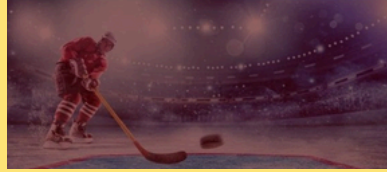


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*Players
Wanted!*



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.

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



Please wash your bottles before donating!

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

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

Thank you for supporting us with your donation!

CALLIN'S CORNER

Dear SWYHA Families,

This is skills coach Drew Callin checking in. It has been a great start to the season for the Knights and I'm glad to see all the kids down at the rink again as seasons are back into full swing. Each month in the Newsletter I will be sharing some small tips/insights for SWYHA families as the season progresses.

First off, on a personal note, I am playing for a new team this season. I will be playing for the Worcester Railers alongside my brother, Anthony, this season. I couldn't pass up on the opportunity to suit up with my brother and return to the team I began my professional career with, while also continuing to stay local and help out here with the Knights!!

But enough about me, here's my FROZEN FOCUS tip of the month -> Here in New England we have access to some of the best hockey in the world. We have NHL, AHL, ECHL, PWHL, and NCAA teams everywhere in this region where players, coaches, managers, and other staff members from all over the world come for the hockey season. With seasons starting across every level, it is a great opportunity to watch and learn from the best in the business. If possible, take some time during the week to tune into a professional or NCAA game and see how the best do it. For example, if you are a defenseman, turn on the Bruins game and instead of watching who has the puck, watch a specific player, like Charlie McAvoy. Notice all the things he is doing while he doesn't have the puck and how he always knows what to do with the puck as soon as he gets it. Watching games at higher levels (specifically players that play your position!!) is one of the easiest ways to take note of things to improve your individual game. See you at the rink for skills and clinics!!

- Coach Drew



A HUGE Congratulations to Coach Drew for being named an Alternate Captain for the Worcester Railers this season!

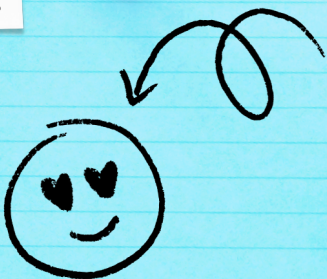


SWYHA MOM'S



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: 10/28/2025 @ 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
860-235-3674
brittanycaruso515@gmail.com



03



The Ghostwriter
Julie Clark

The First Book:

The Ghostwriter
by Julia Clark
Books and other meeting locations can be chosen at each meeting.