



# COLONIALS CHRONICLES

## PROGRAM HIGHLIGHTS

### YOUTH TIER 1

All Tier 1 teams are well into the season. Our 10U teams are showing significant improvement every week. The 10U Major 2013 team lost in OT of the Utica Fall Frenzy championship game.

12U Minor 2012 has been our most consistent team to date. They have posted a record of 18-5-1 and sit atop the AYHL standings. 12U Major 2011 made it to the semi-finals in the highest bracket of the Exposure Cup in Boston.

The 13 Pure 2010 team ran out of gas in the Utica Fall Frenzy championship game but enjoyed a great weekend of hockey. The 14U Major 2009 team just returned from the CCM World Invite in Chicago, where they tied a couple of games, and look to hit their stride before the Holidays.

The 15 Pure 2008 team has posted a steady record of 17-8 to date. Both 16U and 18U teams have played much better lately. The 18U's lost a shootout heartbreaker in the CCM World Invite Championship in Chicago.

### YOUTH TIER 2

The 10U B National team is off to a great start in NJYHL regular season play. After defeating Old Bridge 4-1 and Flyers Youth 5-3, they are in third place, just two points out of first. They are 4-1-1 and have scored 20 goals for and given up only 11 goals against.

The 18U AA Blue team finished the regular season with a tie vs the #9 nationally ranked Red Bank Generals. That clinched first place in the regular season with a stellar record of 15-0-1. They move on to the NJYHL playoffs as #1 seed and are ranked #13 nationally. Congratulations to Coach Brett Brophy, Coach Kevin Delaney and the entire team. Good luck in playoffs!

The 14U AA team traveled to Washington DC to play in the Congressional Cup last weekend. 16U AA along with 18U AA White finished up their short seasons this month.



# PROGRAM HIGHLIGHTS CONTINUED

## GIRLS

10U Major stands at #8 in MYhockey rankings for all 10U girls teams across the country. Both of our 10U Major and 10U Minor teams sit in 1st place in the MAWHA standings.

Congratulations to 14U Minor for making it to the playoff round at the PIP Roc City Fest in early November.

## 8U & ADM

Congratulations to 8U Gold and 8U Silver for winning the two Mite Divisions at the Warrior Cup tournament in Cape Cod, MA. Coach Kishbaugh summed up the weekend, "Gold and Silver hit Cape Cod like a hurricane and took home DOUBLE GOLD!!".

The ADM program has added some new skaters with the completion of the Mennen/Devils LTP program. There are currently 12 open registration spots. It is open to children between the ages of 5-8, who have completed an LTP session or MCYHL skills. Registration closes on December 31, 2023.

[ADM REGISTRATION](#)



## COLLEGE COMMITMENTS

### GIRLS 19U MAJOR

Congratulations are in order for two more 19U Major seniors on their commitment to play college hockey. The team now has 8 players committed to play in college

Maddie Schmidt Class of 2024, Wyoming State University (ACHA Division I, Army ROTC)

Abby Kauffman, Class of 2024, Manhattanville (NCAA Division III).



## NJC SPOTLIGHT - 19U MAJOR

### BREAST CANCER AWARENESS CAMPAIGN

The 19U Major AAA Girls wore custom white and pink jerseys for breast cancer awareness on Saturday, October 28, 2023. The families raised \$1,600 for the Susan G. Komen Foundation

"The Susan G. Komen Foundation's mission is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.













# OCTOBER SAVES

## NJC GOALIES COMBINE FOR 4TH IN USA CAMPAIGN

New Jersey Colonials goalies raised \$25,890 to benefit cancer-fighting beneficiaries across the US and Canada! They finished in fourth place in the entire United States. An amazing effort by all 16 NJC goalies and those who donated! See NJC's Top Ten

[USA LEADERBOARD](#)

NAME	RAISED \$	SAVES
 Lily Giordano	\$5,681	146
 Madison Graves	\$5,292	250
 Emma Acomb	\$2,225	403
 Farah Miller	\$2,123	147
 Liam Tierney	\$1,437	77
 Austin Adamsky	\$1,396	302
 Louisa Huston	\$1,211	146
 Mason Heilmann	\$1,115	104
 Shayne Urspruch	\$1,093	204
 Ryan White	\$1,084	188

# BEHIND THE BENCH

## FULL TILT: HOW SKATING HAS CHANGED THE GAME

by Drew Herron, 10/10/2023

Full article - [https://www.minnesotahockey.org/news\\_article/show/1287035](https://www.minnesotahockey.org/news_article/show/1287035)



The game has never been faster, and nothing drives the evolution so comprehensively as skating. Where was “mohawk” skating before Sidney Crosby’s skills went viral, or when Kirill Kaprizov began inspiring young Minnesotans to test the limits of their edges?

Going back even further, Gordie Howe would boast that several of the forwards on some of his Stanley Cup-winning teams in the early 1950s could not skate backward. It’s fundamental to hockey, but just how important is skating in relation to today’s game? “Becoming the best skater, you can become requires you to work on it until the day you are done playing,” says Rochester native Guy Gosselin, a two-time U.S. Olympian, former pro, UMD Bulldogs captain, and current USA Hockey Manager of Player Development. “NHL-caliber players are still working to refine their skating to become the most efficient they can be. It takes years and years, and you need to find out what works for you.

“That means getting the most out of your stride and being confident with your movements. Refinement means everything working together, all the moving parts working in conjunction on what you want to do out on the ice.” Acceleration, deceleration, and lateral movement are all important ingredients in developing skaters, and ways of teaching it is changing within the framework of USA Hockey. Gosselin says the old days of weight training with bench and squats have evolved dramatically, with an emphasis on a myriad of training related to core strength. That’s made for better skaters as the years go on, as well as the replacement of the old and singular way of teaching.

Instruction has become individualized, and acceptance of different skating styles has been embraced. The old way of teaching a stride, “like a piston at a 45-degree angle,” Gosselin says, had been diversified. Not all players are built the same, and skating styles amongst the world’s best look very different from one another. Cale Makar skates differently from Auston Matthews or Connor McDavid, yet they are all at the pinnacle of the game. “There are no exacts; there are so many ways to teach it,” Gosselin says. “Back in the day, we were striving for different things, but now there are so many different ways to teach it and deliver it that it’s almost like the game is going to be the teacher for the players. Everything changes.”

Physical literacy and learning by failing are two factors Gosselin stresses are important in development, with an onus on the player to practice the craft in a way to discover what works for them. How can “Player A” get the most efficient stride with how they are made and how their body moves? That comes through repetition and a focus on what he or she is trying to build upon. “Every athlete is an experiment in one, and we need to be patient in our development,” Gosselin says. “It doesn’t happen overnight — it’s a long, long road, and there is a balance to everything.”



# LEAGUEAPPS TIPS

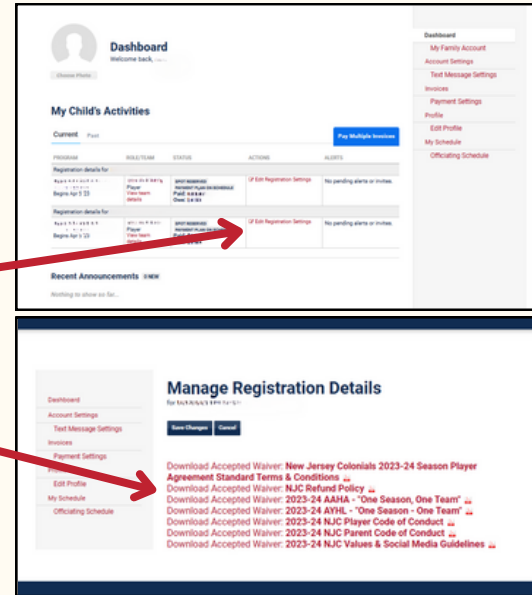
## HOW TO DOWNLOAD CONTRACT & WAIVERS

Log in to your LeagueApps account via web browser (<https://njcolonials.leagueapps.com>).

Under My Child's Activities, Action Column:

- Select Edit Registration Settings
- Select PDF logo to download accepted waiver.
- This feature is not available in the phone app at this time.

### LEAGUEAPPS HELP



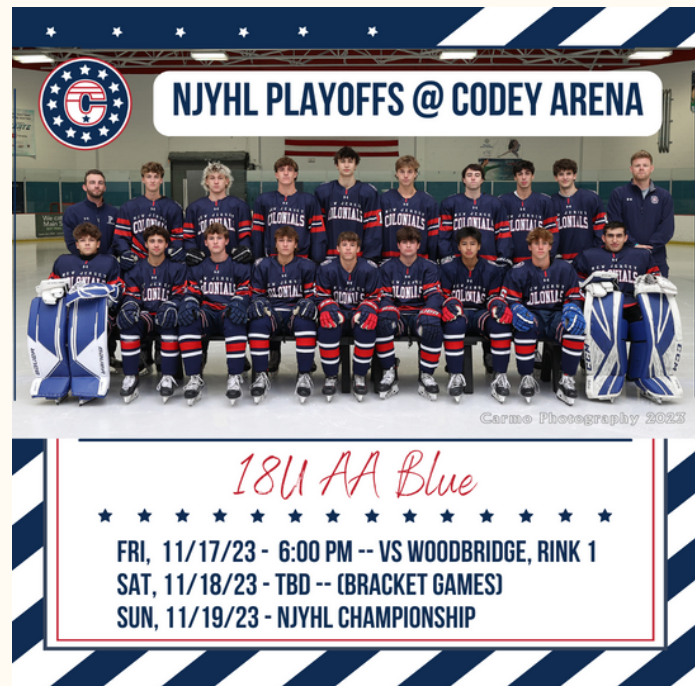
# NEW JERSEY COLONIALS SOCIAL MEDIA CHANNELS

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The New Jersey Colonials love to feature news about teams, players, alumni and coaches.

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Send all pictures and post info to:  
[socialmedia@colonialshockey.org](mailto:socialmedia@colonialshockey.org).



## CONTACT US TODAY

HAVE ANY QUESTIONS ABOUT NJC?

Have questions or concerns about your team, schedule or something else? Send an email today.

### NJC CONTACTS

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