



TRYOUT DATES INSIDE!

#5 | JAN 2024

THE COLONIALS CHRONICLE

PROGRAM HIGHLIGHTS

YOUTH TIER 1

The 10U Minor 2014 team is coming off one of their best weekends of the season. The team played exceptionally well and made the Finals of the CCM Invite in Boston. The 10U Major 2013 team is enjoying a hot streak, winning their last 13 of 14 games.

The 12U Minor 2012 team has been consistent all season. They return from The Cup in Buffalo, where they went 2-2 vs. high end competition. They are in second place in the AYHL Premier Division and ranked #22 in the country. The 12U Major 2011 team are playing well. They are in first place of the AYHL Premier Division and ranked #25 in the country. The team heads to Detroit this weekend to compete against some of the best teams in the US.

The 13U Pure 2010 team has shown great improvement throughout the season. They went 1-1-2 at the MLK Invite and have one of the best Goals Against Average in the AYHL. The 14U Major 2009 team has played a rigorous schedule and are trying to find consistency. However, they stand in 4th place in District Standings.

The 15U Pure 2008 team is only 3 points out of a AYHL playoff spot. They will qualify for District Playoffs if they continue to play well down the stretch. They are ranked #52 in the country. The 16U team should qualify for AYHL Playoffs if they perform during the last month of the season. The 18U team has been dealing with injuries and sickness all season but are playing very well against high end competition.

YOUTH TIER 2

The 14U AA Bantam team enjoyed a solid weekend at the MLK Steel City Shootout. They cruised into the finals and lost a close game to Valley Forge, a team they beat twice in pool play.

The 10U Squirts are 8-4-1, maintaining 3rd place in the B-National standings. The team finished with a 2-2 record at the Winter Whiteout Tournament on MLK weekend.

8U & ADM

An 8U team did it again! 8U Bronze were crowned Newport Christmas Classic Champions over the winter break in Newport, RI.



PROGRAM HIGHLIGHTS

GIRLS

10U Minor, 10U Major and 16U Major maintain first place in MAWHA while 14U Major and 16U Minor are in the hunt for first place.

Good luck to the following teams heading to tournaments in the coming weeks:

- 14U Minor and 12U Major are gearing up for their trip to Ottawa, Canada. They will be participating in the Nepean Paint it Purple International Tournament.
- 8U Red is prepping for their Beach Bash tournament in Ocean City, MD.

8U White attended the MAWHA Winter Classic Jamboree at Princeton University on Sunday, January 14, 2024. They won most of their games and enjoyed meeting the Princeton Women's team, who refereed the games and chilled with the players on the bench.

Mark your calendar for 19U Major Senior Night on February 10, 2024 at 6:15pm in Mennen Sports Arena, Rink 3. Thank you Seniors!

SENIOR NIGHT
19U MAJOR
COME OUT AND SUPPORT OUR SENIORS

#46 MALLORY ALBANESE	#7 RENEE KILKEARY
#18 SOFIA DONNELLY	#23 SHANNON KINCAID
#76 SASHA GOLDBERG	#67 EMILY MROTCHEK
#26 LOGAN HARRISON	#79 MADELINE SCHMIDT
#53 KAILIN KANE	#92 NATALIE SCHMITT
#3 ABBY KAUFFMAN	#27 KITTY WILLIAMS

FEBRUARY 10TH 6:15PM
MENNEN ARENA RINK 3

 NJC 19 MAJOR
- VS -
FORT ERIE PREP



COMMUNITY SERVICE - 14U MAJOR

The 14U Major AAA Girls team joined Jersey Cares and worked together to make 2 blankets and 3 "first night care kits".

Jersey Cares partners with local nonprofits to identify needs and implement volunteer projects to meet these needs.

Read full story: <https://colonialshockey.org/newsposts/14u-major-show-jersey-cares/>



NJC ACTION PHOTO WEEKEND



Carmo Photography will be at Mennen Sports Arena on January 27 and January 28. They will be taking action photos of all Mennen games over the weekend. Parents may purchase the pictures or teams may arrange a package deal. All purchases must be made on-site at the lobby tables.

Not all teams have games or practices scheduled but we tried our best to maximize coverage. Carmo is the official photographer for the AYHL, NJYHL and Atlantic District Playoffs so some teams will have a another chance.



BEHIND THE BENCH

A COMPLETE GUIDE TO HOCKEY NUTRITION

by Shane Potter, May 13, 2013

Read Full Article: <https://icehockeyguide.com/ice-hockey-nutrition>

Pre-Game Nutrition Strategies

Hockey players should take their pre-game meal 3-4 hours before the game. The meal should include carbohydrates, protein, and fat. A turkey sandwich on whole-grain bread, grilled chicken with brown rice and veggies, or spaghetti with tomato sauce and a salad are all good pre-game food alternatives. Snacking before the game can also help maintain energy levels during the game. Good pre-game snack options include fruit, granola bars, or yogurt. It's also essential to stay hydrated before the game by consuming water or sports drinks.

Post-Game Nutrition Strategies

Post-game food is essential for recovery and should be consumed within 30 minutes following the game. Post-game meals should include carbohydrates and protein to replenish energy stores and assist muscle healing. A turkey wrap with vegetables, a grilled chicken salad with fruit, or a peanut butter and jelly sandwich with a banana are all good post-game alternatives. It is also critical to rehydrate after the game by drinking water or sports drinks.

Hydration in Ice Hockey

Hockey athletes should ideally be consuming anywhere from 6-12 oz of water every 15-20 mins during exercise. To perform at their best, players must maintain adequate hydration levels. The suggested fluid intake before a game is 17-20 oz, 7-10 oz every 10-20 minutes during the game, and 20-24 oz for every pound of body weight dropped after the game. Common dehydration symptoms include weariness, disorientation, and impaired performance.

Proper nutrition is a critical component of any hockey player's performance. Hockey athletes must fuel their bodies with the right macronutrients and micronutrients to sustain energy levels and support muscle repair and recovery. Proper hydration and pre-and post-game nutrition strategies are essential to achieving optimal performance on the ice. Supplements can also be used, but always use them under the guidance of a healthcare professional or registered dietitian. By prioritizing nutrition, Players can improve their hockey game and unlock their full potential on the ice.

Pre-Game Nutrition Strategies		
Hockey players should take their pre-game meal 3-4 hours before the game. The meal should include carbohydrates, protein, and fat. A turkey sandwich on whole-grain bread, grilled chicken with brown rice and veggies, or spaghetti with tomato sauce and a salad are all good pre-game food alternatives. Snacking before the game can also help maintain energy levels during the game. Good pre-game snack options include fruit, granola bars, or yogurt. It's also essential to stay hydrated before the game by consuming water or sports drinks.		
Nutrition Strategy	Importance	Recommendations
Hydration	Improves performance, prevents dehydration	Drink water or sports drink before game
Carbohydrate loading	Increases energy stores	Consume high-carb meals/snacks 24-48 hrs before game
Protein intake	Supports muscle recovery/growth	Consume protein-rich foods
Moderate fat intake	Provides sustained energy	Consume healthy fats in moderation
Avoid high-fat/fiber foods	Prevents discomfort	Avoid fried/greasy/high-fiber foods
Meal timing	Prevents hunger, aids digestion	Eat meal 3-4 hrs before game, snack 30-60 mins before game
Individual preferences	Maximizes comfort	Choose familiar, well-tolerated foods

Post-Game Nutrition Strategies		
Post-game food is essential for recovery and should be consumed within 30 minutes following the game. Post-game meals should include carbohydrates and protein to replenish energy stores and assist muscle healing. A turkey wrap with vegetables, a grilled chicken salad with fruit, or a peanut butter and jelly sandwich with a banana are all good post-game alternatives. It is also critical to rehydrate after the game by drinking water or sports drinks.		
Nutrition Strategy	Importance	Recommendations
Rehydration	Replenishes fluids lost during game	Drink 20-24 oz per lb lost
Carbohydrate replenishment	Restores glycogen stores for recovery	Consume 1-1.5 g carb/kg body weight within 30 min of game, and continue with meals/snacks
Protein intake	Aids muscle recovery and growth	Consume 20-30 g protein within 30 min of game, and continue with meals/snacks
Healthy fats	Provides anti-inflammatory benefits	Consume healthy fats (nuts, seeds, avocado, olive oil) in moderation with meals/snacks
Electrolyte replacement	Replaces lost electrolytes	Consume sports drinks or electrolyte tablets
Timing of meals	Optimize recovery window	Consume meals/snacks within 2 hours of game

Select tables to view.

Hydration Consideration	Importance	Recommendations
Pre-game hydration	Improve performance, prevent dehydration	Drink 17-20 oz 2-3 hours before game, 7-10 oz 10-20 min before game
During-game hydration	Improve performance, prevent fatigue and cramping	Drink 7-10 oz every 10-20 min during game
Post-game hydration	Aid recovery, prevent dehydration	Drink 20-24 oz per lb lost during game
Electrolyte replacement	Replace lost electrolytes to prevent cramping	Use sports drinks or electrolyte tablets
Monitoring urine color	Dark urine indicates dehydration	Aim for pale yellow urine
Environmental considerations	Hot/humid environments increase fluid needs	Increase fluid intake, wear light/breathable clothing

SAVE THE DATES

2024-25 TRYOUTS ARE COMING! REGISTRATION WILL OPEN SOON.

NEW JERSEY COLONIALS

2024-25 Tryouts
Youth Tier 1

MENNEN SPORTS ARENA, MORRIS TOWNSHIP, NJ 07960

18
MAR

MONDAY

10U Minor 2015 5:00 PM Rink 1
10U Major 2014 6:15 PM Rink 1
12U Minor 2013 7:00 PM Rink 3
12U Major 2012 7:30 PM Rink 1

19
MAR

TUESDAY

10U Minor 2015 6:15 PM Rink 3
10U Major 2014 6:30 PM Rink 2
12U Minor 2013 7:45 PM Rink 2
12U Major 2012 8:00 PM Rink 1

9
APR

TUESDAY

13 Pure 2011 6:30 PM Rink 3
14U Major 2010 5:15 PM Rink 3
15 Pure 2009 7:45 PM Rink 3
16U AAA 2008 8:00 PM Rink 1
18U AAA 07/06 9:15 PM Rink 1

10
APR

WEDNESDAY

13 Pure 2011 6:30 PM Rink 3
14U Major 2010 5:15 PM Rink 3
15 Pure 2009 7:45 PM Rink 3
16U AAA 2008 8:15 PM Rink 1
18U AAA 07/06 9:30 PM Rink 1

NEW JERSEY COLONIALS

2024-25 Tryouts
Girls Tier 1

MENNEN SPORTS ARENA, MORRIS TOWNSHIP, NJ 07960

18
MAR

MONDAY

10U 5:45 PM Rink 3
12U 8:00 PM Rink 2

19
MAR

TUESDAY

10U 5:00 PM Rink 3
12U 7:30 PM Rink 3

9
APR

TUESDAY

14U 6:30 PM Rink 2
16U 7:45 PM Rink 2
19U 9:00 PM Rink 3

10
APR

WEDNESDAY

14U 5:45 PM Rink 1
16U 7:00 PM Rink 1
19U 9:00 PM Rink 3

NEW JERSEY COLONIALS

2024-25 Tryouts
Youth Tier 2

MENNEN SPORTS ARENA, MORRIS TOWNSHIP, NJ 07960

26
MAR

TUESDAY

8U 5:00 PM Rink 3
10U AA & A 6:15 PM Rink 3
12U AA & A 7:30 PM Rink 3

27
MAR

WEDNESDAY

8U 5:00 PM Rink 3
10U AA & A 6:15 PM Rink 3
12U AA & A 7:30 PM Rink 3

15
APR

MONDAY

14U AA & A 5:30 PM Rink 1
16U AA 6:45 PM Rink 1
18U AA 8:00 PM Rink 1

16
APR

TUESDAY

14U AA & A 5:30 PM Rink 1
16U AA 6:45 PM Rink 1
18U AA 8:00 PM Rink 1

NEW JERSEY COLONIALS

2024-25 Tryouts
Girls Tier 2

MENNEN SPORTS ARENA, MORRIS TOWNSHIP, NJ 07960

24
MAR

SUNDAY

10U 5:15 PM Rink 1
12U 6:30 PM Rink 1

25
MAR

MONDAY

10U 5:15 PM Rink 1
12U 6:30 PM Rink 1

26
MAR

TUESDAY

8U 6:30 PM Rink 2

27
MAR

WEDNESDAY

8U 5:45 PM Rink 1

15
APR

MONDAY

14U 5:45 PM Rink 3
16U 7:00 PM Rink 3
19U 8:15 PM Rink 3

16
APR

TUESDAY

14U 6:30 PM Rink 3
16U 7:45 PM Rink 3
19U 9:00 PM Rink 3

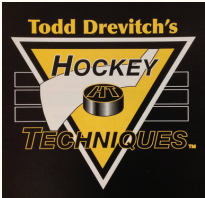
PRE-TRYOUT SKATES

MENNEN HAS SEVERAL OPTIONS TO STAY SHARP BEFORE TRYOUTS

Youth AAA



Youth AA/A & Girls



Girls Only



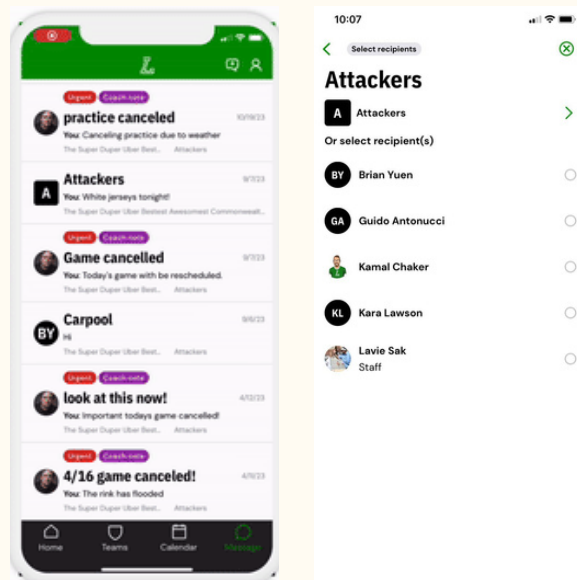
Select logos to visit see the dates and register.

NEW LEAGUEAPPS FEATURE

SENDING TARGETED COACH NOTES

In the LeagueApps Play iOS app, coaches and staff can now target specific individuals or groups of people. Unlike a chat message, the coach note will send an email and push notification, and can also be marked as 'Urgent'. This is especially helpful if you want to only send important information or resources to specific groups, such as certain player positions, RSVP's, etc.





[LEAGUEAPPS PLAY HELP FOR COACHES](#)

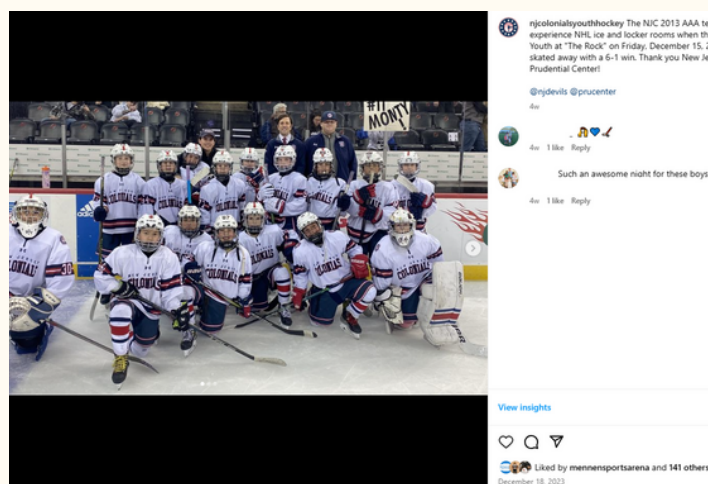


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Send all pictures and post info to: socialmedia@colonialshockey.org.

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HAVE ANY QUESTIONS ABOUT NJC?

Have questions or concerns about your team, schedule or something else?
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