



COLONIALS CHRONICLE

Welcome back to the rink! We are excited to get the 2024-25 season underway this month. Let's introduce you to all 31 NJC teams & ADM.

GIRLS - DIRECTOR EMILY JANIGA

- 19U AAA - Head Coach Kristen Barbara
- 19U AA - Head Coach Kayla Meneghin
- 16U AAA - Head Coach Emily Janiga
- 16U AA - Head Coach Molly Berger
- 14U AAA - Head Coach Avery Brooks
- 14U AA - Head Coaches Gina D'Arnone and Katie Flood
- 12U AAA - Head Coach Todd Drevitch
- 12U AA - Head Coach Meghan Cassidy
- 10U AAA - Head Coach Caeleigh Calvert
- 10U AA - Head Coach Jeff Dugan
- 8U Red - Head Coach Nicole Zajac
- 8U White - Head Coach Caeleigh Calvert

YOUTH TIER 1 - DIRECTOR BRUCE SHATEL

- 18U (2006-2007) - Head Coach Alex Velischek
- 16U (2008-2009) - Head Coach Rich McLaughlin
- 15 Pure 2009 - Head Coach Joe Ginsberg
- 14U Major 2010 - Head Coach Marcello DeAngelis
- 13 Pure 2011 - Head Coach Bruce Shatel
- 12U Major 2012 - Head Coach Travis Zajac
- 12U Minor 2013 - Head Coach Ryan Thomas
- 10U Major 2014 - Head Coach Ren Fauci
- 10U Minor 2015 - Head Coach Garrett Brown

YOUTH TIER 2 - DIRECTOR RICH McLAUGHLIN

- 18U AA Red - Head Coach Brett Brophy
- 18U AA White - Head Coach Scott Garrow
- 16U AA - Head Coach Mike Braviak
- 14U A - Head Coach Nate Nussbaum
- 12U B - Head Coaches Ian Anderson and Jake DeFares
- 10U A - Head Coach Joe Carey
- 10U B Red - Head Coach Taylor Koze
- 8U Gold - Head Coaches J. Kishbaugh, T.r Boyle & M. Hindley
- 8U Silver - Head Coach Patrick Reilly
- 8U Bronze - Head Coach John Sabo

ADM - DIRECTOR JOHN PHILLIPS



NYU CONCUSSION WEBINAR & TESTING

Register here for the Informational Webinar on Wednesday, August 14, 2024 @ 6:30 PM

Click link, say yes and you will receive zoom link to attend the webinar:

<https://openredcap.nyumc.org/apps/redcap/surveys/?s=LD4D8HJ998LCTXX3>

We invite you to attend and learn about the MULES and SUN rapid naming tests and how your kids could be a part of studies to establish how we test at pre-season, at rink-side when safe in the event of an injury, and during recovery. Although tests will never replace adults' judgment that a concussion has taken place, and the need for evaluation by a medical professional, your athlete's participation will make it possible to have quick tests that could prove helpful in the future for concussion identification and for tracking recovery.



Steven L. Galetta, MD
Professor and Chair, Department of Neurology
Professor of Ophthalmology
NYU Grossman School of Medicine



Laura J. Balcer, MD, MSCE
Professor of Neurology, Population Health and
Ophthalmology
Vice Chair, Department of Neurology

NYU's concussion study teams are providing pre-season testing to NJC athletes at Mennen Sports Arena, August 20, 21 and 22, 2024. Go to the Lake Placid room from 5:00 PM – 8:30 PM.

TEAM & PLAYER PHOTOS

INDIVIDUAL & TEAM: SEPTEMBER 16-20, 2024

ACTION PHOTOS: DECEMBER 21-22, 2024



Carmo Photography will be at Mennen Sports Arena the week of September 16-20, 2024. They will take individual and team photos of all players and coaches on 2024-25 New Jersey Colonials teams and the ADM program. Orders can be placed online before and after the scheduled photo time.

Each team's scheduled slot will get added to LeagueApps by early September. Make-up individual pictures are available from 5-8 PM each day September 16-20, 2024.

The action photo weekend is currently scheduled for December 21-22, 2024. More information to be provided as the date approaches. It is a great opportunity to purchase professional quality game action shots of your favorite player!



**USA HOCKEY 2024
GIRLS NATIONAL DEVELOPMENT CAMP**

GIAVANNA AMORES
Giavanna Amores #88
GIRLS EASTERN SELECT CAMP

SIENNA DeANGELIS
Sienna DeAngelis #5
GIRLS 16/17 CAMP

CASSIDY DAILEY
Cassidy Dailey #8
GIRLS EASTERN SELECT CAMP

ANNETTE ZUCK
Annette Zuck #35
GIRLS 15 CAMP

SAMMY DANDY
Sammy Dandy #66
GIRLS 15 CAMP

EMMA ACOMB
Emma Acomb #54
GIRLS 15 CAMP

Congratulations

MICHAEL PIROT
2024 NORTHEAST REGIONAL 15 CAMP

Congratulations

COACH NATE NUSSBAUM
2024 AAHA NEW LEADER AWARD

Congratulations

RENEE KILKEARY
2024 LOU MANZIONE SCHOLARSHIP

Ellis Duff

Junior New York Rangers
Sweden Showcase 2024

Julia Bussanich

Junior New York Rangers
Sweden Showcase 2024

PARENTS CORNER

DO YOU KNOW HOW TO HELP YOUR ATHLETE AFTER A BAD GAME?

by Kevin Chapman, PhD -- May 1, 2024

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

Start: Create a post-game routine Creating a routine and ritual for after any game or practice can be a helpful way of smoothing over these difficult moments, says Chapman. You can start by setting rules like, “no complaining about the coach or your teammates,” or “no phones in the van on the drive home.” Have spare snacks and water in the car after games: A hungry athlete is much more likely to be emotional.

Stop: Saying “You’ll be fine.” As adults, it’s easy to see that one bad game will not ruin an athlete’s life—but try to remember how you felt as a teenager when something went wrong. “We say things like, ‘It’s okay,’ or ‘You’ll be fine.’ But even though that’s well-intentioned, it’s never effective because it ignores your athlete’s feelings.”

Start: Normalizing emotions “The number one thing a parent can do is normalize the intense emotions that their athlete is feeling,” says Chapman. “Try to get your athlete to move through their feelings so that they can really begin to decompress and then make rational assessments.” It’s good for them to vent or cry, but they aren’t allowed to act disrespectfully towards you, their friends, siblings, or anyone on their team.

Stop: Forcing your athlete to talk Often, caregivers try to force their athlete to open up about how they’re feeling with the best of intentions. However, sometimes, the athlete simply needs a few moments of silence. “You can tell your athlete that you’re available to talk when they’re ready, but try not to push them,” he says.

Start: Asking the right questions If your athlete is willing to talk, don’t offer advice right away. Instead, ask thoughtful questions, and actually listen to your athlete. “Parents can help their athletes move towards asking themselves what they learned from competition, rather than what went wrong.” Try asking, ‘What did you learn?’

Start: Separating your athlete’s identity from their performance “It’s important for athletes to understand that their performance is not the same thing as their identity,” Chapman says. “Help your athlete develop a learning mentality, where they’re able to take information and lessons from bad games without seeing it as a reflection on their self-worth,”

Stop: Complaining about the coach/teammate/referee/other team Parents can do more harm than good when they try to sympathize with their athletes by complaining about the umpire, the coach, or a teammate. “Parents need to be very conscientious about what they say to their kids,” says Chapman. “Complaining about the coach, for example, models a negative interaction for the athlete and puts them in an adversarial position with their coach. Even if you disagree with something that a coach may have done, don’t bring it up.”

Start: Reminding your athlete of consequences Unfortunately, athletes now have immediate access to their friends and social media via their smartphones, and in the heat of the moment after a bad game, it’s easy to send a post that bashes the coach or a teammate without thinking. Create a rule that there are no phones in the car post-game, whether it goes well or not. “At minimum, remind your athlete that impulsive posting could have consequences.”

Stop: Equating losing with no reward A big win or great game should have a special reward but every competition should have some kind of ritual attached, regardless of how it goes. Small rewards should be tied to solid effort during the competition, not if they scored a certain number of points.” Food generally shouldn’t be framed as a reward or something that an athlete must earn.

Takeaway Create rituals and routines for after competitions that remain the same regardless of outcome in order to help your athlete have a sense of structure. After a bad game or competition, let your athlete feel their emotions, whether they’re complaining, venting, crying, or just need a few minutes of silence. Ask questions to help them think about what they learned rather than what went wrong. And remember, your athlete will reflect your behavior, so be mindful of how you talk about coaches, umpires, and other players.

USSCI SPORTS FEE INSURANCE

[HTTPS://COLONIALSHOCKEY.SPORTSFEES.US/](https://colonialshockey.sportsfees.us/)

USSCI's Sports Fee Insurance is designed to protect the registration fees that families pay to New Jersey Colonials. Here's a closer look at what this insurance covers:

1. **Financial Protection:** Unlike medical insurance, USSCI's Sports Fee Insurance focuses on reimbursing the non-refundable registration fees if an athlete can no longer participate due to various reasons, including:
 - Illness (short-term or long-term).
 - Injury (short-term or long),
 - Mental Illness
 - Job Loss or Relocation of a Parent,
 - Death of the Athlete or a Parent
2. **Percentage-Based Coverage:** The coverage amount is a percentage of the registration fees that families choose to insure. This flexibility allows families to tailor the coverage to their specific needs and financial situation.
3. **Comprehensive Scenarios:** The coverage extends beyond injuries sustained during sports. It includes scenarios such as a parent's job loss or relocation, ensuring that families are not financially penalized for circumstances beyond their control.
4. **On and Off the Field Coverage:** USSCI's coverage applies regardless of where the injury occurs. Whether the athlete is on the field or off, participating in the club sport activities or not, the protection remains in place.
5. **Ease of Claims:** The claims process is straightforward, ensuring quick reimbursement to families dealing with unexpected events.



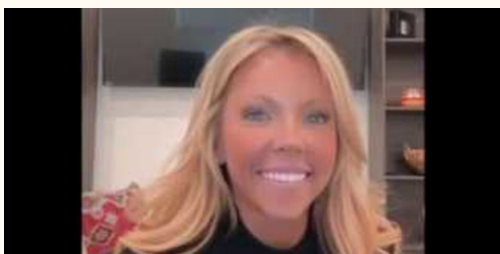
USA Hockey's Insurance Coverage

USA Hockey provides two primary types of insurance for athletes participating in sanctioned events:

1. **Excess Medical Coverage:** This insurance covers medical expenses up to \$50,000 for injuries sustained during USA Hockey-sanctioned activities. It acts as secondary insurance, meaning it supplements the athlete's primary health insurance by covering additional costs after the primary insurance has paid its share. This coverage includes limited dental benefits as well.
2. **Catastrophic Insurance:** This coverage kicks in for severe injuries with high medical costs. It typically has a much higher limit than the standard excess medical coverage and is designed to support athletes and their families in case of significant, life-altering injuries.

It's important to note that USA Hockey's insurance only applies if the athlete is injured while playing hockey under their sanctioned league. This limitation means that injuries occurring outside of USA Hockey-sanctioned events are not covered.

USSCI's Sports Fee Insurance offers critical financial protection for the registration fees. This distinction ensures that families are fully covered financially, allowing them to focus on supporting their young athletes. For more information about USSCI's or to purchase a policy, select the video below or the USSCI logo.



CLICK ON PICTURE TO LEARN MORE

Shelly Pope

Vice President of Partnerships



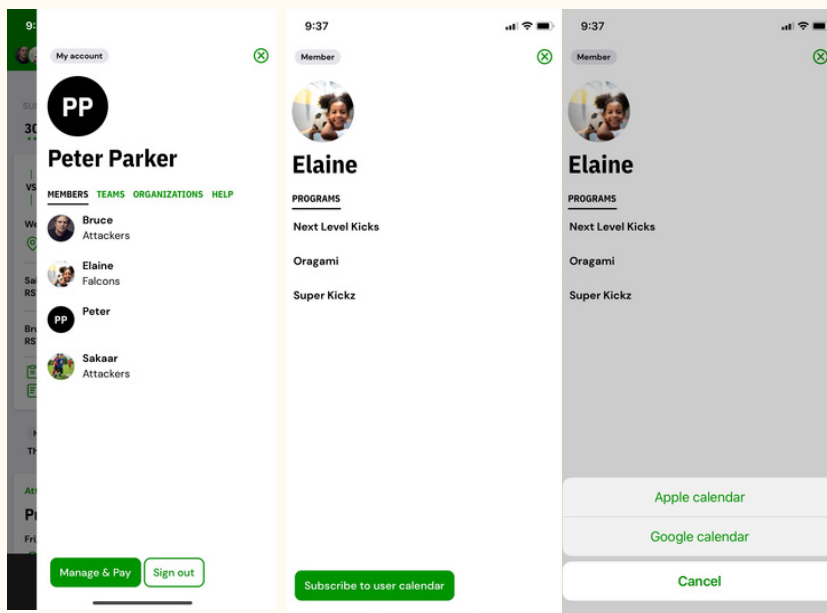
LEAGUEAPPS PLAY TIP OF THE MONTH

SYNC TO PHONE CALENDAR

Sync your schedule to your personal calendar. Click the symbol in the top right corner to go to My Account. In the Members tab, tap the participant name, then Subscribe to Calendar.

⚠ Google does not support a one-click calendar sync through the mobile app. If you want to sync to your Google calendar on your Apple or Android device, follow instructions from the parent guide.





LEAGUEAPPS PLAY GUIDE



NJC SOCIAL MEDIA CHANNELS

FOLLOW US TODAY!

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

-  [@njcolonialsyouthhockey](#)
-  [@njcolonialsyouthhockey](#)
-  [@colonials_nj](#)
-  [@njcolonialsyouthhockey](#)



Send all pictures and post info to: 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.

CLICK HERE FOR NJC CONTACTS

@njcolonialsyouthhockey | info@colonialshockey.org

[HTTPS://COLONIALSHOCKEY.ORG](https://colonialshockey.org)