



COLONIALS CHRONICLE

PROGRAM HIGHLIGHTS

GIRLS - DIRECTOR EMILY JANIGA

All teams are up and running and off to a great start! Congratulations to 19U Major senior, Natalya Gorivodsky, on her commitment to Nazareth University to play NCAA Division III hockey.

The Girls program has some exciting upcoming events:

- October 10th - Guest appearance from Olympic Silver Medalist, Hayley Scamurra. More information to come...
- October 12th - World Girls' Ice Hockey Weekend. The NJC Girls program and NHL New Jersey Devils are hosting a special Girls Try Hockey For Free event at Mennen Sports Arena. Register here: <https://njdevilshockey.leagueapps.com/events/4339217-jersey-girls-hockey-club-x-new-jersey-colonials-try-hockey-for-free-day>



YOUTH TIER 1 - DIRECTOR BRUCE SHATEL

- 18U - Great start to the year, 10-3 and 3-1 at the EAK Showcase.
- 16U - Team has won 4 straight games, 2-0 in the AYHL.
- 2009's - Competitive games at the Boston Breakout, 2-4.
- 2010's - Great improvement this season, 5-4 start and going up.
- 2011's - Won the JGG Kick-Off Classic and a blazing 10-2 record.
- 2012's - A 5-4-1 record playing Top 10 teams in Chicago.
- 2013's - Attended the Boston Breakout, 1-4-2
- 2014's - Playing top-end competition and will get some W's.
- 2015's - Team went 3-2 at Boston Breakout, 3-3 overall.



YOUTH TIER 2 - DIRECTOR RICH McLAUGHLIN

The T2 program added many new teams and players this season from 10U through 18U. It's been a great start for Colonials hockey and we look forward to many more exciting weekends this upcoming season.

- 10U A (Carey) won 2 of its first 3 games
- 10U B (Koze) beat a tough Old Bridge squad in an exciting game.
- 12U (Anderson) tied Jersey City and Ramapo, 5-5 in both games.
- 14U (Nussbaum) beat the Jersey Wolves 3-0 in their NJYHL opener.
- 16U AA (Braviak) earned big wins to start off with a 3-1 record.
- 18U AA White (Garrow) are working to improve against top teams.
- 18U AA Red (Brophy) has a 4-0 record as it looks to match last year's NJYHL and AAHA Championships and earn a return trip to Nationals.



PROGRAM HIGHLIGHTS (CONTINUED)

8U & ADM - DIRECTOR JOHN PHILLIPS

The 8U season "officially" starts with the AAHA Jamboree on Saturday, September 21 and Sunday, September 22 at the Ice Vault in Wayne, NJ. Each team is scheduled to play four (4) 20 minute games in their divisions.

The ADM program evaluation skates started on Wednesday, September 11, 2024. Players were assigned to their practice groups this week. ADM Registration is still open with limited spots remaining: <https://njcolonials.leagueapps.com/clubteams/4192808-2024-25-njc-adm>.

AYHL HONORING GAUDREAU BROTHERS

In memory of Johnny and Matthew Gaudreau, the AYHL is distributing helmet decals to honor their lives for the 2024-2025 Hockey Season. These decals are a tribute to their contributions and the impact they had on hockey and in our communities. The AYHL asks that each player in the league place the decal on the right side of their helmet. This gesture will serve as a unified symbol of remembrance and respect for both Johnny and Matthew Gaudreau.



TEAM & PLAYER PHOTOS

INDIVIDUAL & TEAM: SEPTEMBER 16-20, 2024

ACTION PHOTOS: JANUARY 11-12, 2025



Carmo Photography was at Mennen Sports Arena this past week, September 16-20, 2024. Individual and team photos were taken of all players and coaches on 2024-25 New Jersey Colonials teams. If you did not pre-order, you can still do so online.

ADM PHOTOS ARE RESCHEDULED TO JANUARY 2025

ONLINE ORDER LINK: <https://www.carmophotography.com/nj-colonials>

The action photo weekend is moved to January 2025. 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!



GIRLS TRY HOCKEY FOR FREE

JERSEY GIRLS HC & NEW JERSEY COLONIALS HOST OCTOBER 12, 2024

In conjunction with World Girls' Ice Hockey Weekend, the NJC Girls program and NHL Devils, Jersey Girls HC are hosting a special Girls Try Hockey For Free event on Saturday, October 12, 2024 at Mennen Sports Arena from 4:45 PM-5:45 PM.

No equipment needed! Open to ages 5-9 years old.

Register here:

<https://njdevilshockey.leagueapps.com/events/4339217-jersey-girls-hockey-club-x-new-jersey-colonials-try-hockey-for-free-day>



ALL GIRLS TRY HOCKEY FOR FREE DAY!

REGISTER

OCTOBER 12TH | 4:45PM | MENNEN ARENA
161 E HANOVER DR, MORRISTOWN, NJ



AAU ATLANTIC AREA HOCKEY ASSOCIATION
IHF world girls' ice hockey weekend



Jersey Girls Hockey Club x New Jersey Colonials Try Hockey for Free Day : NJ...

Jersey Girls Hockey Club x New Jersey Colonials Try Hockey for Free Day in NJ Devils Hockey Academy

 leagueapps.com

NJC OCTOBER SAVES GOALIE CHALLENGE

DONATE HERE: [HTTPS://CHARITY.PLEDGEIT.ORG/T/HC16HCZFB](https://charity.pledgeit.org/t/hc16hczfbd)D

Every October the goalie nation gathers to make a difference in the fight to end cancer. The all-volunteer 501(c)(3) organization turns stopped pucks into powerful lifesaving weapons through fundraising efforts that directly support cancer research and patient care.

The New Jersey Goalie team is ready to go. Pick up a different kind of assist as they count saves, raise awareness and top the leaderboard in October 2024!

NJC OCTOBER SAVES TEAM



Support New Jersey Colonials - October Saves Goalie Challenge 2024

We're excited to join this incredible initiative! This organization's mission is very important to us and we're proud to help them make a difference. Please support us by giving to our page. Every dollar counts! Thank you.

 PledgeIt for Charities



WHAT IS THE OCTOBER SAVES GOALIE CHALLENGE?

October Saves is an all-volunteer 501(c)(3) charitable organization that began in 2014 for the purpose of raising money to fight cancer.

The concept is simple. During Breast Cancer Awareness month, goalies of all ages and skill levels across North America gather donations for each save they make during October. Funds raised benefit our amazing cancer-fighting beneficiaries across the US and Canada, and goalies win prizes as they raise money!

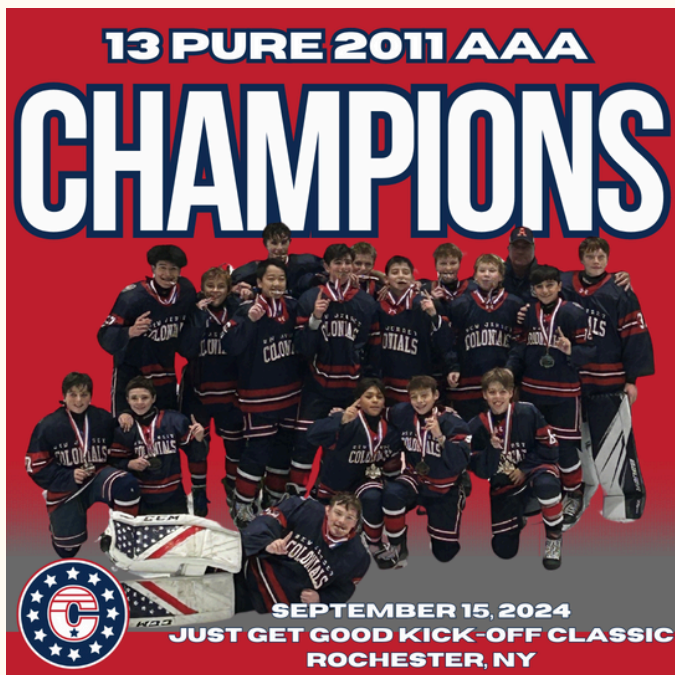
MILLIONS RAISED

OCTOBER SAVES GOALIE CHALLENGE

Beneficiaries include but are not limited to:



EXCITING NJC ACCOMPLISHMENTS



Congratulations NJC 13 Pure 2011 AAA team! The 2011's captured the Just Get Good Kick-Off Classic Championship in Rochester, NY. They went 6-0 on the weekend after defeating the PAL Jr Islanders 2-0 in the final.



19U Major D, Natalya Gorivodsky, committed to play NCAA Division 3 hockey at Nazareth University in Rochester, NY. Congratulations!



19U Minor Sophia Allam and 19U Major Sofia Pollizzi represented Team Egypt at the 2024 Amerigol LATAM Cup held from August 21-25 in Coral Springs, FL. The team finished second in the women's bracket. A total of 52 teams representing 17 countries and territories including Egypt, Argentina, Armenia, Brazil, Chile, Colombia, Egypt, Greece, Israel, Lebanon, Mexico, Puerto Rico and Venezuela. More than 1,100 players competed across six divisions.



COACH CORNER

8 IMPORTANT HOCKEY HABITS THAT EVERY PLAYER SHOULD KNOW

by [Topher Scott, Hockey Think Tank/IHS](#) -- July 1, 2022

Watch video & Full Blog: <https://www.icehockeysystems.com/blog/coaching-tips/8-important-hockey-habits>

[Topher Scott](#) from The Hockey Think Tank dives deep into 8 Important Hockey Habits That Every Player Should Know. Habits are critical when it comes to individual and team development. Coaches at all levels should familiarize their players with these habits and reinforce them at every. single. practice.

WHAT IS A HABIT? Habits are rituals, behaviors, or skills that we perform automatically without thinking about them.

Hockey Habits Without The Puck

1. Communication (On-Ice & Bench) (0:47 - 4:02)
2. Shoulder Checks / Scan Ice (4:03 - 7:24)
3. Stick On The Ice (Offensively & Defensively) (7:25 - 12:14)
4. Forwards - Stopping At The Net (12:15 - 13:55)
5. Defense - Working Hard to Support Partner (13:56 - 18:32)

Hockey Habits With The Puck

1. Playing With Head Up (19:07 - 26:37)
2. Shooting / Passing With Purpose (26:38 - 31:52)
3. Using Deception (31:54 - 35:04)

Before teaching these habits, it is important for a player to understand WHY these habits are important, and HOW these habits can benefit them. Additionally, it will be beneficial if coaches can have discussions with their players about these habits:

1. **Communication (On-Ice & Bench)**

- Why it is important: Players can help each other out on the ice by letting them know if they are open and/or there is pressure coming. On the bench, players can learn from each other after each shift by discussing what worked, what didn't work, along with what they saw and/or didn't see. Plus, practices and games are more fun when a team is engaged and communicating with each other!

2. **Shoulder Checks / Scan Ice**

- Why it is important: This will allow players to know where open ice is, where an outlet pass is, and where the pressure is coming from. Shoulder checking / scanning the ice / keeping your head on a swivel will allow players to make better decisions on the ice because they will know where everything is, plus it is much safer to play with your head up!

3. **Stick On The Ice (Offensively & Defensively)**

- Why it is important: For the offense, it is helpful to give your teammate a target to pass to. For defense, it will help with angling and taking away passing options.

4. **Forwards - Stopping At The Net**

- Why it is important: If forwards stop at the net, it will put them in a position to deflect a puck, score a rebound, distract the goalie, or pull a defenceman away from their teammates.

5. **Defense - Working Hard to Support Partner**

- Why it is important: If defenders work hard to support their partners, it will give both of the defenceman extra time and space to make plays, along with making sure the puck stays out of their zone! Support your partner by communicating and always being an outlet for them.

6. **Playing With Head Up**

- Why it is important: Playing with your head up is one of hockey's most important habits because it allows you to make better decisions with and without the puck.

7. **Shooting / Passing With Purpose**

- Why it is important: Shooting and passing with a purpose in practice will help you automatically make the shots and passes count in the game. Don't just go through the motions because it is a practice. Act like it is a game. This habit is more of a mentality than a skill.

8. **Using Deception**

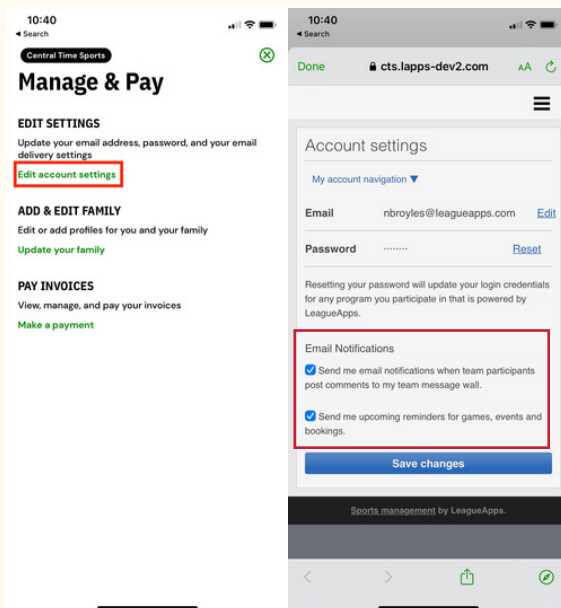
- Why it is important: Using your head, body, and eyes to deceive an opponent will help you create more time, space, and opportunities on the ice.

LEAGUEAPPS TIP OF THE MONTH

TURN OFF/ON E-MAIL REMINDERS

If you prefer not to receive auto-reminders via e-mail for NJC games and practices, or team messages, follow these simple steps:

1. Tap the person icon in the top right corner of the app
2. Select the Manage & Pay button at the bottom.
3. Tap the **Edit account settings** link, to view and edit your email address, password, and email notification settings. (This step takes you to safari or google web browser).
4. Uncheck the notifications and/or reminder boxes
5. Select Save changes







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](https://www.facebook.com/njcolonialsyouthhockey)
-  [.@njcolonialsyouthhockey](https://www.instagram.com/njcolonialsyouthhockey)
-  [@colonials_nj](https://twitter.com/colonials_nj)
-  [.@njcolonialsyouthhockey](https://www.youtube.com/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](https://www.facebook.com/njcolonialsyouthhockey) | info@colonialshockey.org

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