



COLONIALS CHRONICLE

PROGRAM HIGHLIGHTS

GIRLS - DIRECTOR EMILY JANIGA

- Thank you, Olympic Silver Medalist, Hayley Scamurra for spending time with our teams.
- **Rhode Island Sting Invitational** - Congratulations to 12U Major for winning their division championship! 8U Red and 10U Major finished second after competitive championship games.
- **PIP Capital Cup** -14U Minor finished second after a championship game that ended in a shootout. 19U Minor advanced to semi-finals.
- 10U Minor and 12U Minor won their first NJYHL regular season games.
- 14U Minor is in 1st place in MAWHA after a 4-2 win over the Little Flyers.
- 16U Major defeated the Jr Flyers 3-0 in their first match-up.
- 19U Minor sits in 1st place in MAWHA after beating the Little Flyers 3-2.



YOUTH TIER 1 - DIRECTOR BRUCE SHATEL

- 18U - First place in AYHL Premier Division with 3 players in the Top 5 for scoring. Overall, 13-8-1 with the CCM Invite - Chicago coming up.
- 16U - Fourth place in AYHL Premier. Headed to Eastern Exposure Cup.
- 2009's - Several important league games in the next few weeks.
- 2010's - Second in AYHL Elite at 5-1. Lost in OT of CCM Nashville finals.
- 2011's - Second in AYHL Premier with 15-5 overall record.
- 2012's - Strong start, 11-4-1, and looking to build at Eastern Exposure.
- 2013's - Working hard is paying off with 3-1 record in October.
- 2014's - Sixth in AYHL and looking for a spark at Eastern Exposure.
- 2015's - Improving, 1-3 vs top New England teams@ Hooksett, NH.



YOUTH TIER 2 - DIRECTOR RICH McLAUGHLIN

The Tier 2 program is off and running with the regular season in full swing. Most teams are fighting for playoff spots in their divisions.

- 10U B National is 1-1 after losing to the first place Metro Militia 8-7
- 10U A American sits in first place, recently defeating Princeton 12-3.
- 12U B National is in first place after a 10 -5 win over Flyers Youth.
- 14U A National look to bounce back after a tough loss vs Princeton.
- 16U AA are 1 point out of first after a big weekend win, 4-3 over the Montclair Blues.
- 18U AA White had a tough loss vs Flyers Youth but keep improving.
- 18U AA Red is 7-0 in the NJYHL, alone in first with a 10-2 victory over the Union Thunder.



PROGRAM HIGHLIGHTS (CONT)

8U & ADM - DIRECTOR JOHN PHILLIPS

The season has officially begun for all the 8U teams. We have five teams competing in the NJYHL: 8U Gold (Advanced), 8U Silver (Advanced-Intermediate), 8U Red (Intermediate), 8U Bronze (Intermediate-Beginner) and 8U White (Beginner). 8U Red just finished as a finalist in the RI Sting Invitational.

ADM is in full swing. The program is almost at maximum capacity with many future Colonials learning the game.



OTTAWA'S HAYLEY SCAMURRA VISITS NJC

Hayley Scamurra, a forward for the PWHL Ottawa Charge, visited the New Jersey Colonials Girls program on October 10th and 11th at Mennen Sports Arena. She met with all the Girls teams and shared her journey as a youth, college, professional and Olympic hockey player.

Scamurra scored the first goal in Ottawa team history during the PWHL's inaugural 2024 season. She won a silver medal in the 2022 Beijing Olympics with the USA National Team. Upon completing her collegiate career at Northeastern, she was a late season addition to the 2017 Isobel Cup Champion Buffalo Beauts in the NWHL. Scamurra and Girls Director, Emily Janiga were teammates at Buffalo.

The Colonials organization thanks Hayley for spending time with our players!



GIRLS TRY HOCKEY FOR FREE

JERSEY GIRLS & NEW JERSEY COLONIALS HOSTED OCTOBER 12, 2024

In conjunction with World Girls' Ice Hockey Weekend, the NJC Girls program, and the NHL Devils (Jersey Girls HC) hosted a special Girls Try Hockey For Free event on Saturday, October 12, 2024 at Mennen Sports Arena. They introduced 21 girls to the great game of hockey!

A special thank you to the 19U Major team who assisted the young players at the event. It looks like the 19U girls had just as much fun out there as the newbies! Thank you Mennen, Jersey Girls, the NHL Devils and Devils alum, Bruce Driver, for making the day a success.



NJC OCTOBER SAVES GOALIE CHALLENGE

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

The New Jersey Goalie team is off to a blazing start. They rank 3rd in the USA in the October Saves Challenge with 2013 AAA goalie Charlie Curtiss leading the charge. Eighteen NJC goalies are participating. All goalies are still welcome to join the effort. Prizes are awarded to the top fundraising teams, individuals and states. Let's support our goalies and help a great cause!



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.

Pledaelt for Charities

#	TEAM NAME
1	Team ION
2	The St. James Hockey Academy
3	New Jersey Colonials
4	CHA and Rooftop
5	Red Bank Generals '24-'25
6	Reston Raiders
7	Rockets Hockey Club
8	Princeton Jr Tigers
9	Montgomery Ice Devils
10	Toms River Blackhawks

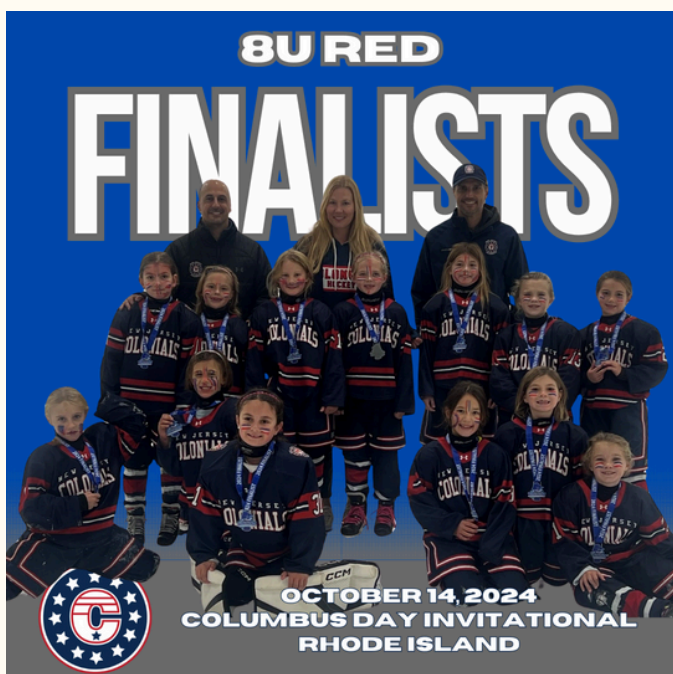
EXCITING NJC ACCOMPLISHMENTS



NJC Girls 12U Major went 3-1-1 and won the U12 Atlantic Division Championship at the Rhode Island Sting Columbus Day Invitational. Sophia Brown led the charge with a hat trick in the 3-1 victory over Islanders Hockey Club.



NJC Girls 10U Major finished 4-1 in the U10 Atlantic Division at the Rhode Island Sting Columbus Day Invitational. They lost 2-1 in the finals after pulling out a thrilling 6-5 shootout victory in the semifinals.



8U Red continued the banner weekend with their own trip to the 8U championship game. They lost 3-2 in the shootout. Coach Zajac shared, "It was a nail biter but so much fun. The girls did great!".



NJC 14U Major 2010 AAA made some noise in the CCM Nashville tournament. They went 4-2 for the weekend, losing the championship to the Nashville Jr Predators, 2-3 in OT.

MORE EXCITING ACCOMPLISHMENTS



NJC Girls 14U Minor had a great showing at the PIP Capital Cup Girls Fest (Washington DC) with a 4-1 record. The championship game was a thriller when Tessa Newberg scored with 44 seconds left in the 3rd to even the score at 2-2. After a scoreless OT, the Frederick Freeze prevailed in the shootout.



14U Minor's Paige Howard was recognized as an MVP at the PIP Capital Cup. Howard held strong in net throughout the championship game and pushed the shootout to six (6) rounds. The goalie tandem of Howard and Ellis Duff were outstanding throughout the tournament.

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COACH CORNER

9 SAFETY TIPS TO ENSURE EMOTIONAL & PHYSICAL SAFETY OF PLAYERS

Positive Coaching Alliance - <https://positivecoach.org/resource-zone/9-safety-tips-to-ensure-emotional-and-physical-safety-of-players/>

Ensuring your players' emotional and physical safety are the top priorities for a coach. Creating an emotionally and physically safe environment for your players requires EMPATHY, INTENTION, and TIME. These tips will help you keep them safe:

Logistical Tips

- Use a Formal Sign-In and Sign-Out System

Keep record of attendance using LeagueApps Check-In. Be diligent and track attendance every day. Know who attends each practice. Make sure all players get picked up by an approved adult.

- Proper Equipment

Make sure all your players are wearing all the required protective gear including mouthguards, neck laceration protection, ear covers in helmets and T-clips for the visor/cage.

- Transportation

Establish travel rules for crossing roads and staying together as a group for off-ice training. If you have two coaches, one should lead at the front of the group and the other should be the last person.

- Take a Head Count

Know how many players you have on a particular day – especially when you are traveling or transitioning from one location to another.

Coach Tips

- Implement a Buddy System

Make sure a player is never alone. Assigning buddies helps create a safe and welcoming space where no one is left out. Make sure youth travel in, at minimum, pairs when going to the bathroom or getting water. Incorporate inclusion and prevent cliques by forming the buddy pairs yourself.

- Make Sure You Can See All Youth

Always have a visual on all players and ensure they can also see you.

- Physical Contact

High 5's and fist bumps are a great way to connect with players. Follow all SafeSport guidelines.

- Be Intentional In Your Language

What you say and how you say it matters. Use inclusive language: use preferred names and pronouns. Avoid using 'guys' when talking to co-ed and girls teams.

- Tone of Voice

Support players by using a calm and encouraging tone when helping them overcome skill-based or behavioral challenges. Aggressive tone of voice can trigger players and leave them less likely to participate and listen.

Practice Tips

- Opening and Closing Check-In

Open and close your practice with a 'thumb check'. Ask players to put their thumb up if they are having a good day, thumb in the middle for an okay day, and thumb down for a bad day. Use this tool to track how your players are doing and recognize that not all players enter the ice in the same state of mind.

- Prepare and Practice Space

Survey the ice or dryland location that you'll be practicing on to remove potentially dangerous objects (such as rocks, bottles, etc.). Mark holes/divots so players can avoid them.

- Warm Up and Cool Down

Gradually increase players' heart rate and intensity at the beginning of practice and slowly bring it back down at the end of practice.

- Water Breaks

Give time for players to drink water. For a 60 minute practice include at least 2 breaks. Always let players get water if they ask for it.

LEAGUEAPPS NEW FEATURE

TAP HERE TO VIEW FULL INSTRUCTIONS

APP ACCESS TO PLAYERS 13+

Teenage athletes can now be given permission to view their schedules, team information, coach notes, announcements and submit RSVPs, directly within LeagueApps Play! It is fully SafeSport compliant while allowing athletes to be more independent.

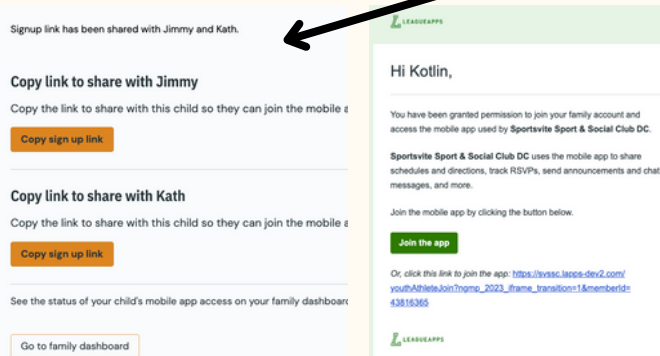
Parents can grant permission and invite their child(ren) in their member dashboard and their mobile app: Resend invitations or copy link, view the mobile access page. Click the Edit mobile app access link so to assign permissions, accept terms and conditions, and save changes. Athletes with permissions will receive an email inviting them to join the app, and the parent will also see this screen so they can share the link directly with their athlete(s).

Lawson Family Dashboard [edit](#)

Child Participants

NAME	BIRTHDATE	ACTIONS
Kath Lawson	Jan 1 2010	edit delete Mobile app access: <i>Joined</i>
Jimmy Lawson	Jan 10 2008	edit delete Mobile app access: <i>Pending</i> Resend email Copy Link
Zach Lawson	Mar 3 2014	edit delete Mobile app access: <i>Not Eligible</i>

[+ Add Child](#) [+ Edit mobile app access](#)

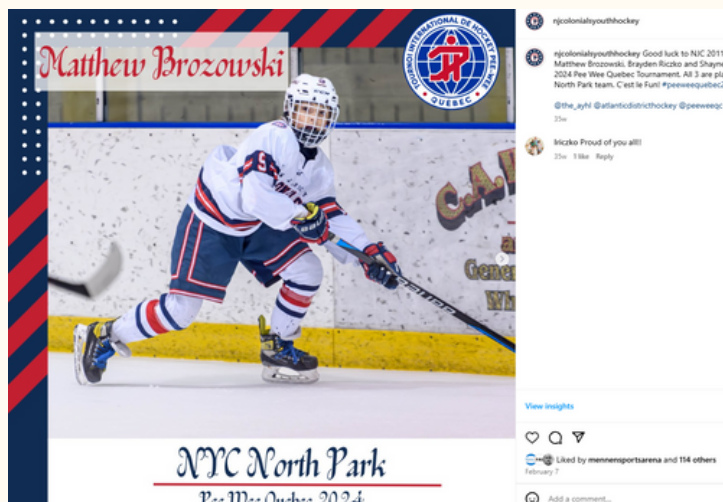


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