



COLONIALS CHRONICLE

PROGRAM HIGHLIGHTS

GIRLS - DIRECTOR EMILY JANIGA

- 8U Red ends the year at the Spring Fling Tournament and 8U White hits the Celebration Jamboree.
- 10U Minor, 12U Minor, 14U Minor, 16U Minor and 19U Minor are gearing up for the MAWHA Playoffs!
- 10U Major and 10U Minor are headed to the NJYHL Playoffs, February 28-March 2.
- 12U Major, 16U Major, 19U Major and 19U Minor qualified for the AAHA District Championships.
- 14U Minor and 14U Major will qualify for Districts with wins this weekend.
- 14U Major has a big game vs PTL this weekend. They have come on strong, including a huge 3-0 win over PTL. The team had an excellent weekend of hockey at the JWHL Challenge Cup. They lost an incredible 7 player shootout of the Challenge Cup semi-finals against the Dallas Stars.

**MAWHA
PLAYOFFS**




**10U A
HC JEFF DUGAN**

**MAWHA
PLAYOFFS**



**12U AA
HC MEGHAN CASSIDY**

**MAWHA
PLAYOFFS**



**14U AA
HC GINA D'ARNONE
HC KATIE FLOOD**

**MAWHA
PLAYOFFS**




**16U AA
HC MOLLY BERGER**

**MAWHA
PLAYOFFS**



**19U AA
HC KAYLA MENEGHIN**

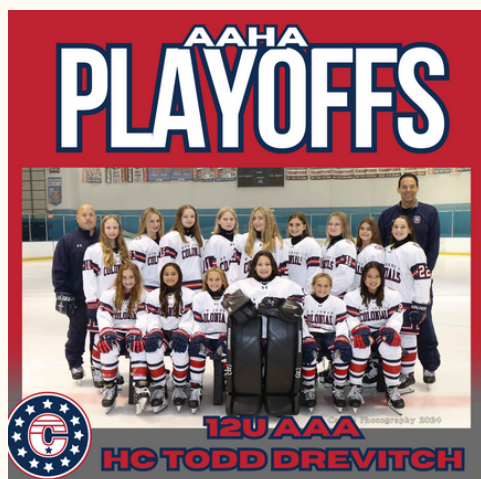
**NJYHL
PLAYOFFS**



**10U A NATIONAL
HC GALEIGH CALVERT**

PROGRAM HIGHLIGHTS (CONT)

GIRLS - DIRECTOR EMILY JANIGA



YOUTH TIER 1 - DIRECTOR BRUCE SHATEL

- 2015: The team closes out the season with a game vs the Jersey Hitmen on Sunday.
- 2014: Heading into the final weekend vs Woodbridge and Mid-Fairfield, riding a 3 game win streak.
- 2013: Just missed out on the final playoff spot after a strong surge in January.
- 2012: Preparing for the AYHL playoffs as 8 players return from the Pee-Wee Quebec Tournament.
- 2011: Posted a 36-19-2 record and looking to end on high note vs. Yale Bulldogs this weekend.
- 2010: AYHL playoff bound and face PHC in a play-down for an AAHA District spot, Friday 2/20.
- 2009: Posted a 2-1-1 record at the CCM MLK Invite in Boston.
- 16U - Surged into an AYHL playoff spot by winning 5 of their last 6 league games.
- 18U - Enter the final weekend 30-16-4 with games against the Titans and Jr Flyers.



PROGRAM HIGHLIGHTS (CONT)

YOUTH TIER 2 - DIRECTOR RICH McLAUGHLIN

- 10U B National, coached by Taylor Koze, finished in 3rd place with an 11-5-2 record. They are on their way to the NJYHL Playoffs next week.
- 10U A American, coached by Joe Carey, landed second (16-1-2) in the NJYHL and are in the playoffs.
- 12U B National went 14-2-1, only 1 point out of 1st! They are looking to bring a championship home from the NJYHL playoffs.
- 14U A National continued to work hard and improve each week. They had a big win over Montclair last week to close out the NJYHL regular season. They are headed to the Three Rivers Cup in March.



8U & ADM - DIRECTOR JOHN PHILLIPS

- ADM wrapped up the season and the players are getting ready for the next level - travel hockey! Good luck at tryouts!
- 8U Gold, Silver and Bronze are wrapping up their season with a trip to Maryland for the Capital Showdown Tournament.



2025 PEE WEE QUEBEC

65TH ANNUAL TOURNAMENT OF TOP 12U PLAYERS

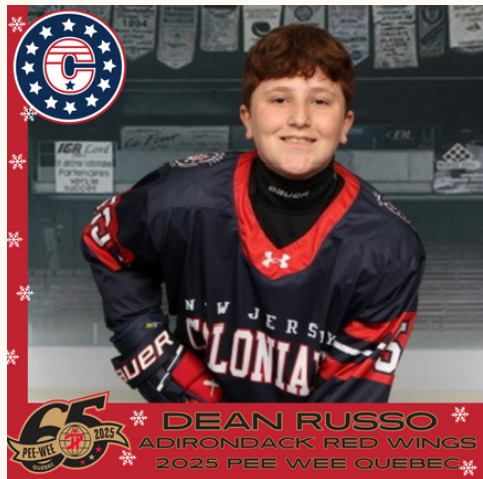
Nine Colonials are participating in the 2025 Pee Wee Quebec tournament that runs from February 12-23, 2025. It is an amazing two-week event held in Quebec City, Canada during their famous Winter Carnival. Teams from all over North America and Europe compete in various divisions.

New Jersey Devils (M13 AAA Division) - Jayden Guo, Leo Odoardi, Riley Schwarz, Bryce Wenzel, Jay Williams and Zenon Zajac.

Adirondack Red Wings (M13 AAA Division) - Dean Russo

Long Island Stars (M13 AAA Division) - Mateo Giroux

Team Gatorade (M13 AA Division) - Charlie Curtiss




COLLEGE COMMITMENTS

2 MORE COMMITS = 10 NJC GIRLS PLAYING COLLEGE HOCKEY IN 25-26



A graphic for Sasha Weiner's college commitment. It features a circular logo with a 'C' and stars in the top left. The text reads: *Sasha Weiner #96*, Class of 2025, Middlebury College, NCAA Division III. Below this is the Middlebury College logo (a panther) and the NCAA logo. A photo of her on the ice is on the right. At the bottom, a box says 'COMMITTED' with arrows pointing left and right.

NJC 19U Major defense, Sasha Weiner, has committed to play NCAA D3 hockey at Middlebury College. Congratulations!



A graphic for Sofia Polizzi's college commitment. It features a circular logo with a 'C' and stars in the top left. The text reads: *Sofia Polizzi #18*, Class of 2025, Connecticut College, NCAA Division III. Below this is the Connecticut College logo (CC) and the NCAA logo. A photo of her on the ice is on the right. At the bottom, a box says 'COMMITTED' with arrows pointing left and right.

Congratulations to NJC 19U Major D/F, Sofia Polizzi, who has committed to play NCAA D3 hockey at Connecticut College.

WEST POINT WEEKEND

12U MINOR 2013 TREATED TO SPECIAL DAY @ TATE RINK

NJC 2013 AAA got the VIP treatment at West Point on Saturday, February 8, 2025. The team toured Tate Rink and the Army locker room with NJC Coach Migliaro (West Point Class Year 2006) and Army staff. As a bonus, they won their game vs West Point Jr Black Knights!



19U MAJOR AAA SENIOR NIGHT

NJC 19U Major celebrated its' seniors on January 25, 2025 in a special pre-game ceremony. The entire Girls program watched as the team had a thrilling 2-1 victory over the CT Polar Bears. Sasha Weiner and Ashley Chevestick found the twine for NJC.



19U MINOR AAA SENIOR NIGHT

NJC 19U Minor celebrated its' seniors on February 8, 2025. They moved the game time earlier in the day to avoid the ice storm and the team fired off a 3-2 victory of the Little Flyers.



MORE FUN @ PRUDENTIAL CENTER

TEAMS ENJOY VIP ACCESS AT NHL DEVILS & PWHL SIRENS GAMES

More Colonials teams were given special access to NHL and PWHL players, plus on-ice experiences at the Prudential Center. Thank you New Jersey Devils, PWHL Sirens and Pru Center!

- NJC 8U Red had a blast at the Devils/Flyers game on Wednesday, January 29, 2025 where they played during the intermission for Mites on Ice.
- NJC Girls 10U Minor enjoyed an amazing day as Bench Buddies at the NY Sirens vs Boston Fleet game on Monday, February 17, 2025. The girls met the team and traded fist bumps, pucks and smiles. Four players participated in a puck shooting contest between periods. They also shared a photo opps with Coach Greg Fargo, Billie Jean King and NJC Alum, Alex Carpenter. Unforgettable!!!



PARENTS' CORNER

IT IS OK FOR YOUR ATHLETE TO FEEL DISAPPOINTED

Amy Masters, February 2025 – <https://isport360.com/athlete-to-feel-disappointed/>

As parents, we all want our kids to experience joy, success, and fulfillment. But when it comes to youth sports, it's natural to feel uncomfortable watching them face disappointment. Seeing them miss a winning shot, sit on the bench, or fall short of their own expectations can tug at our hearts, leaving us wanting to make it all better. It is ok for an athlete to feel disappointed.

However, disappointment is a healthy and essential part of every young athlete's journey. Here's why it's okay – and even beneficial – for your child to experience it.

1. Disappointment Builds Resilience

Resilience is the ability to bounce back from setbacks, and it's a skill that can't be taught in a day.

2. It Helps Them Learn from Mistakes

Disappointment is a powerful teacher. When a child makes an error during a game or fails to meet a personal goal, that sense of letdown can inspire reflection.

3. Disappointment Fosters Empathy and Team Spirit

Rather than focusing solely on their achievements, they learn to value teamwork and the shared journey.

4. It Encourages Intrinsic Motivation

When we step back and let young athletes process disappointment, we encourage them to play for their own reasons.


5. It Teaches How to Manage Emotions

Learning to manage emotions like disappointment. They build emotional intelligence – the ability to understand and regulate their emotions in healthy ways.


As parents, one of the most valuable things we can do is to support our young athletes by letting them experience and learn from disappointment. When they understand that disappointment is temporary and that they have the tools to overcome it, they become more resilient, empathetic, and self-motivated.

So, the next time your child feels disappointed on the field, remember: it's not a setback but a step forward in their journey of growth and self-discovery. Let them feel it, and let them grow.


It is Ok for Your Athlete to Be Disappointed

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1 Disappointment Builds Resilience

Experiencing disappointment helps young athletes develop resilience by teaching them to bounce back from setbacks. It provides an opportunity to learn whether to give up or to keep trying, thus fostering the grit necessary for future challenges.
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2 Learning from Mistakes

Disappointment serves as a powerful teacher, encouraging young athletes to reflect on their performance and discover areas for improvement. By sitting with their emotions, they learn that mistakes are not failures, but rather opportunities for growth.
- 

3 Fostering Empathy and Team Spirit

Experiencing disappointment allows young athletes to develop empathy for teammates facing similar struggles. This shared understanding enhances team spirit and camaraderie, emphasizing the importance of collective support.
- 

4 Encouraging Intrinsic Motivation

Allowing athletes to process disappointment shifts their focus from external rewards to intrinsic motivations, such as personal improvement and enjoyment of the sport, which can lead to a more fulfilling athletic experience.
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5 Teaching Emotional Management

Understanding and managing feelings of disappointment is crucial for emotional intelligence. By recognizing that these emotions are natural responses to challenges, young athletes can learn to cope with disappointments in healthier ways.

2025-26 PRE-TRYOUT CLINICS

STAY SHARP SKATES AT MENNEN SPORTS ARENA

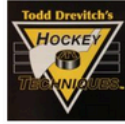
Prepare for next season by attending skates at our home rink. Keep up with your conditioning and skills!

PREP POWER
YOUTH AAA/AA
AAA (2007-2016) & AA (18U/16U)



[VISIT PREP POWER WEBSITE](#)

HOCKEY TECHNIQUES
BOYS AA/A AND GIRLS
14U, 12U, 10U & 8U



[VISIT HOCKEY TECHNIQUES WEBSITE](#)

HEAT
GIRLS ONLY
ALL AGE GROUPS



[VISIT HEAT WEBSITE](#)

REVOLUTION HOCKEY
BOYS & GIRLS
2017-2018 BIRTH YEARS



[VISIT REVOLUTION WEBSITE](#)

2025-26 TRYOUT REGISTRATION IS OPEN!

SAVE \$25 IF YOU SIGN UP BEFORE MARCH 1, 2025

Check the NJC website and social media for updates and coach announcements. Select the Tier 1 or Tier 2 schedules below to access the registration portal or visit <https://colonialshockey.org/>

YOUTH TIER 1
2025-26 TRYOUTS
REGISTER TODAY @ WWW.COLONIALSHOCKEY.ORG

NEW JERSEY COLONIALS

Team	Birth Year	Tuesday	Start Time	Wednesday	Start Time
10U Minor 16	2016	March 18	5:00 PM	March 19	5:00 PM
10U Major 15	2015	March 18	6:15 PM	March 19	6:15 PM
12U Minor 14	2014	March 18	7:30 PM	March 19	7:30 PM
12U Major 13	2013	March 18	8:00 PM	March 19	7:45 PM

Team	Birth Year(s)	Tuesday	Start Time	Wednesday	Start Time
13 Pure 2012	2012	April 8	5:15 PM	April 9	5:15 PM
14U Major 11	2011	April 8	6:30 PM	April 9	6:30 PM
15 Pure 2010	2010	April 8	7:45 PM	April 9	7:45 PM
16U	2009-2010	April 8	8:00 PM	April 9	7:30 PM
18U	2007-2008	April 8	9:15 PM	April 9	9:00 PM

MENNEN SPORTS ARENA, MORRIS TOWNSHIP, NJ 07960

GIRLS TIER 1
2025-26 TRYOUTS
REGISTER TODAY @ WWW.COLONIALSHOCKEY.ORG

NEW JERSEY COLONIALS

Team	Birth Year(s)	Tuesday	Start Time	Wednesday	Start Time
10U	2015-2016	March 18	6:30 PM	March 19	7:00 PM
12U	2013-2014	March 18	7:45 PM	March 19	8:15 PM

Team	Birth Year(s)	Tuesday	Start Time	Wednesday	Start Time
14U	2011-2012	April 8	6:30 PM	April 9	5:45 PM
16U	2009-2010	April 8	7:45 PM	April 9	7:00 PM
19U	2006-2008	April 8	9:00 PM	April 9	8:15 PM

MENNEN SPORTS ARENA, MORRIS TOWNSHIP, NJ 07960

YOUTH TIER 2
2025-26 TRYOUTS
REGISTER TODAY @ WWW.COLONIALSHOCKEY.ORG

NEW JERSEY COLONIALS

Team	Birth Year(s)	Monday	Start Time	Tuesday	Start Time
8U	2017-2018	March 24	5:00 PM	March 25	5:00 PM
10U	2015-2016	March 24	6:15 PM	March 25	6:15 PM
12U	2013-2014	March 24	7:30 PM	March 25	7:30 PM

Team	Birth Year(s)	Monday	Start Time	Tuesday	Start Time
14U	2011-2012	April 14	5:30 PM	April 15	6:30 PM
16U	2009-2010	April 14	6:45 PM	April 15	7:45 PM
18U	2007-2008	April 14	8:00 PM	April 15	8:00 PM

MENNEN SPORTS ARENA, MORRIS TOWNSHIP, NJ 07960

GIRLS TIER 2
2025-26 TRYOUTS
REGISTER TODAY @ WWW.COLONIALSHOCKEY.ORG

NEW JERSEY COLONIALS

Team	Birth Year(s)	Wednesday	Start Time	Thursday	Start Time
8U	2017-2018	March 19	5:45 PM	March 20	4:45 PM
10U	2015-2016	March 19	7:00 PM	March 20	6:00 PM
12U	2013-2014	March 19	8:15 PM	March 20	7:15 PM

Team	Birth Year(s)	Monday	Start Time	Tuesday	Start Time
14U	2011-2012	April 14	5:45 PM	April 15	5:45 PM
16U	2009-2010	April 14	7:00 PM	April 15	7:00 PM
19U	2006-2008	April 14	8:15 PM	April 15	8:15 PM

MENNEN SPORTS ARENA, MORRIS TOWNSHIP, NJ 07960

GOALIE PROGRAM

The New Jersey Colonials offer structured goaltender-only sessions for all goaltenders in the program.

- Training is based on the American Development Model, specific to goaltending. NJC is fully committed to goaltender development as individuals and teammates.



NEW JERSEY COLONIALS
GOALIES

REGISTER FOR 2025-26 TRYOUTS TODAY
@ WWW.COLONIALSHOCKEY.ORG

TRYOUTS = 50%
USE DISCOUNT CODE: **GOALIE25**

2025-26 GOALIE TUITION DISCOUNTS

8U & 10U = 50%
12U & OLDER = 25%

FAMILY • TRADITION • TEAMWORK • FUN

GOALIE TRYOUT DISCOUNT CODE = GOALIE25 (50%)

2025-26 GOALIE TUITION DISCOUNTS

- 8U/10U = 50%
- 12U, 13P, 14U, 15P, 16U, 18U, 19U = 25%



25-26 COACH ANNOUNCEMENT - GOALIES

JORDAN HULAHAN
NJC HEAD GOALIE INSTRUCTOR

CEP Level 1

Goalie Coach Experience:

- New Jersey Colonials
- Great Saves Goaltending (2014-20)
- Give Em Nothing (2015-18)

Playing Experience:

- William Paterson Univ. (ACHA D2)
- Jersey Hitmen (JrB/18U)
- New Jersey Bandits

Jordan Hulahan heads the goaltending program in his second season with NJC. Coach Hulahan grew up and played his youth and junior in New Jersey. He earned numerous accolades as a goaltender for William Paterson University: 2014 SECHL All-Rookie team, 2015/2017 SECHL All-Star Team, 2015/2017 SECHL All-League First Team and 2018 ACHA D2 All-American.



25-26 COACH ANNOUNCEMENT - GOALIES

MATT UBERTACCIO
NJC GOALIE INSTRUCTOR

CEP Level 1

Goalie Coach Experience:

- New Jersey Colonials

Playing Experience:

- Sacred Heart University (ACHA D2)
- New Jersey Colonials
- New Jersey Devils Youth





Matt Ubertaccio returned to the Colonials as a coach after graduating from Sacred Heart, where he was a goaltender for the ACHA D2 team.

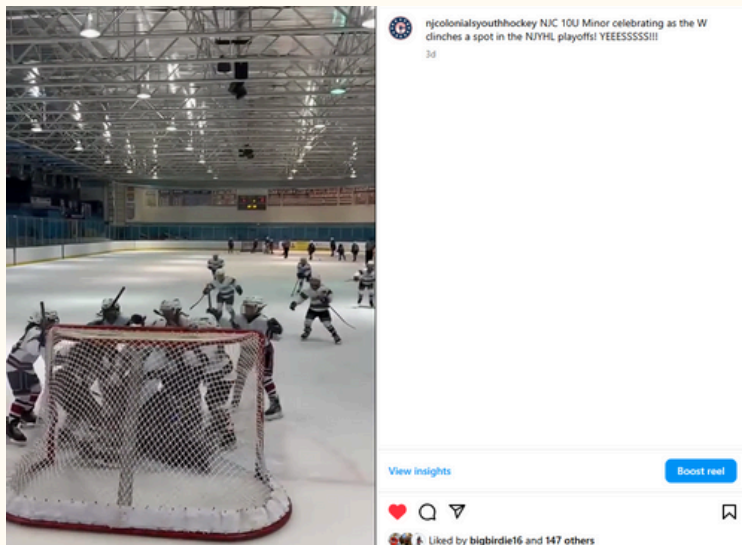
Coach Ubertaccio earned the New Jersey Colonials Charette Award as the club's outstanding senior in the 2018-19 season. He helped lead Madison High School to the 2019 Mennen Cup in his senior year.

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?

Questions or concerns about your team, schedule or something else?

Send an email today.

[CLICK HERE FOR NJC CONTACTS](#)

info@colonialshockey.org

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