



| MAY-JUN 2025



# COLONIALS CHRONICLE



## WELCOME TO THE 2025-26 SEASON

As Spring sports and the school year are winding down, it's time to enjoy the summer! The Colonials are preparing for the upcoming season. We will communicate important information via LeagueApps, especially as we approach the start of the season.

1. Uniform orders are expected to arrive at Mennen in mid-August.
2. August practices are already in LeagueApps. Practice schedules for September-November are uploaded in late July. Most league schedules are added in August.

## INTRODUCING OUR COACHES

### GIRLS - DIRECTOR EMILY JANIGA

- 19U Major - HC Kristen Barbara, AC Emily Janiga, AC Madison Lange
- 19U Minor - HC Kayla Meneghin, AC Allie Olnowich, AC Caitlin McArthur
- 16U Major - HC Emily Janiga, AC Brooke Avery, AC Katie Flood
- 16U Minor - HC Frank Christiano, AC Caitlin McArthur, AC Mike Cornell
- 14U Major - HC Brooke Avery, AC Emily Barling
- 14U Minor - HC Gina D'Arnone & Katie Flood, AC Morgan Kepler, AC Jennifer Docherty
- 12U Major - HC Todd Drevitch, AC Caeleigh Calvert
- 12U Minor - HC Meghan Cassidy, AC Jeff Dugan, AC Molly Berger, AC Corey Brown
- 10U Major - HC Greg Fargo & Molly Berger
- 10U Minor - HC Jeff Dugan, AC Don Bennett, AC Dennis Frischmann

### YOUTH TIER 1 - DIRECTOR BRUCE SHATEL

- 18U AAA - HC Alex Velischek, AC Henrik Tallinder
- 16U AAA - HC Ryan Williams, AC Marcello DeAngelis
- 15P 2010 - HC Marcello DeAngelis, AC Ryan Williams, AC John Kuhl
- 14U 2011 - HC Chris Migliaro, AC Frankie Loftus
- 13P 2012 - HC Bruce Shatel, AC Travis Zajac, AC Brian Wenzel
- 12U 2013 - HC Ryan Thomas, AC Mark Benemerito
- 12U 2014 - HC Ren Fauci, AC Mike Leather, AC Matt Dunn
- 10U 2015 - HC Damian Cross, AC JR Prestifilippo
- 10U 2016 - HC Tyler Boyle & Jason Kishbaugh

# NJC COACHES (CONT)

## YOUTH TIER 2 - DIRECTOR RICH McLAUGHLIN

- 18U AA – HC Brett Brophy, AC Kevin Delaney, PD Scott Garrow
- 16U AA – HC Mike Braviak, AC Tyler Lee, PD Scott Garrow
- 12U A Nat – HC Rich McLaughlin, AC Austin Cross, AC Michael Lattarulo
- 10U A Am – HC Taylor Koze, AC Daniel Ford
- 10U B Nat – HC Joe Carey, AC Tim Fleury

## YOUTH TIER 2, 8U - DIRECTOR JOHN PHILLIPS

- 8U Gold – HC John Phillips
- 8U Silver – HC John Sabo
- 8U Bronze – HC Daniel DiCicco

## GOALTENDING

- Jordan Hulahan
- Matt Ubertaccio

# USA HOCKEY MEMBERSHIP

The Colonials are a member of USA Hockey's Atlantic District. All players, coaches and volunteers are required to have a USAH member # valid for the 2025-2026 hockey season.

The membership portal opened in April 2025 – Link: <https://membership.usahockey.com/>

- NJC 12U, 10U and 8U players must register and enter their 2025-26 number in LeagueApps prior to July 15, 2025.
- All 13P, 14U, 15P, 16U, 18U and 19U players were verified for 2025-26 when signing at tryouts and do not need to enter the number.

## USAH # IN LEAGUEAPPS

Log-in via web browser:  
<https://njcolonials.leagueapps.com>  
From Dashboard, My Child's Activities, select View/Edit Registration. Enter the USAH# in the field. Select Save Changes.

## 18U & 19U SAFESPORT

All players who are 2008 birth year and older, must complete Safesport training before the season begins.

<https://www.usahockey.com/safesporttraining>

 2025-26 USA HOCKEY MEMBERSHIP FEE STRUCTURE	
PLAYERS (by birth year)	COACHES
2019 & Younger.....	All Levels ..... \$52.00
2017-2018.....	
2013-2016.....	OFFICIALS
2007-2012.....	Level 1 ..... \$55.00
2006 & Older (Adults).....	Levels 2/3/4..... \$110.00
	Affiliated Non-Skating..... \$45.00
	VOLUNTEER ADMINISTRATORS
	All..... \$0.00

# USA HOCKEY NATIONAL CAMPS

Congratulations to the following players who were selected to attend USA Hockey's National Development Camps this summer: Giavanna Amores (16U Major), Sammy Dandy (19U Major) and Navah Liebis (16U Major).

The Girls 15 and 16/17 camps will run in July 2025 at Miami University in Oxford, OH. The camps focus on development. The 16/17 is also an evaluation-based camp to determine which players will advance in the remaining available spots for the USA Hockey Under-18 National Festival in Lake Placid, N.Y. The final roster for the Under-18 National Festival will have approximately 46 players.

Every game from the 2025 USA Hockey Player Development Camps is live streaming exclusively on [USAHockeyTV.com](https://USAHockeyTV.com).



## SHOULDER CHECK

MAKE KINDNESS A CONTACT SPORT

**Reach Out:** Let them know you've got their back.

**Check In:** You never know who might need a hand.

**Make Contact:** Online or off, real connections make the difference.

Shoulder Check is an #HT40 initiative started in memory of former NJC goalie, Hayden Thorsen, inspiring young men and women to commit to supporting one another through small acts that have a big impact.

The Shoulder Check is a simple way to let your teammates know you're there for them. Join a growing list of teams from the NHL, PWHL, AHL, and players from local leagues and organizations across the country who have already made the Shoulder Check Commitment.

<https://www.shouldercheck.org/for-teams>



**SHOULDER CHECK**

» REACH OUT. CHECK IN. MAKE CONTACT. «

# PARENT CORNER

## VERTICAL INSURE SPORTS FEE PROTECTION

If you didn't purchase Sports Fee Insurance during your child's registration with the New Jersey Colonials, there's still time to protect your investment. Please remember that the New Jersey Colonials do not issue refunds.

Vertical Insure (VI) offers coverage that helps you recoup non-refundable fees if your child is unable to participate during the season due to: injury or illness (short-term or season-ending), job loss or relocation, death of a parent or athlete. With this policy, you'll be reimbursed directly or Vertical Insure will pay NJC on your behalf depending where the monies are owed. This helps ease the financial burden of unexpected disruptions.

To purchase coverage now, visit: <https://landing.verticalinsure.com/leagueapps>

Questions? Contact [shelly.pope@verticalinsure.com](mailto:shelly.pope@verticalinsure.com)

REFUND PROTECTION

## Registration Protection

Frequently Asked Questions



Registration Protection provides coverage for families if a registered participant is unable to participate in a season, event, or activity. If the covered individual needs to cancel their registration or their participation due to unforeseen and covered circumstances, Registration Protection can reimburse them for the non-refundable registration fees.

### How do I know if my reason for cancellation is covered?

Please refer to your policy for a detailed list of covered perils. If you are unable to access your policy, contact our customer support team at [support@verticalinsure.com](mailto:support@verticalinsure.com).

### Covered Reasons Include:

\*please refer to your policy for a detailed list



Injury or Accident



Severe Illness



Inclement Weather



Traffic Accident

### What is the duration of my policy?

Coverage starts the day after the policy is purchased. Any covered peril that occurs from that point until and through the end of season would be covered. Injuries can occur on or off the field and are not required to be a part of the registered event.

On claims that are accepted, a policyholder will receive a full refund if the covered reason occurred prior to the first sanctioned activity. If coverage takes place during the season, a policyholder will be provided a pro-rated refund for the time missed and unable to participate.

### Can I file multiple claims on a single policy?

Yes! Multiple claims can be filed on a single policy. For example: If a participant misses the first 10% of the season for an illness and the last 20% of the season with an injury, the policyholder may file a claim for each of those situations.



For a detailed list of covered perils, please refer to your policy.

[SUPPORT@VERTICALINSURE.COM](mailto:SUPPORT@VERTICALINSURE.COM)

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# COACH CORNER

## SUPER SIX: CONFIDENCE BUILDING STRATEGIES

Katherine Lord, April 2023 (NAYS) - <https://www.nays.org/super-six-confidence-building-strategies>

In the never-ending quest to help athletes reach their performance potential, the one essential component to the psychological development of the athlete is increased self-confidence.

Here are six strategies to consider when trying to build athletic confidence:

- 1) Document accomplishments so athletes can't pretend they don't exist or they can't see the progress they are making. Don't allow self-critical athletes to lose sight of their accomplishments and, as a result, lose touch with their potential for success. Keep accurate charts on times, weights lifted, and other variable factors like hustle and intensity. Demonstrate to them how they play an important role on the team.
- 2) Show athletes how to find opportunity in adversity. When things go wrong, the human tendency is to despair. We can't change the adversity, so let's find the opportunity that adversity always creates. No matter how negative an outcome, it presents options that were not previously available.
- 3) Teach them the advantage of being a sieve over being a sponge. Water passes through a sieve completely. A sponge soaks up all the water it can hold, and when squeezed shoots up water in all directions. "Sieves" are people who become less rattled than "sponges" by adversity. A sieve is less defensive about criticism and can keep a cool head when problems arise. Certainly, we all have bursts of anger and show outward signs of frustration, but leaders must remain emotionally under control. Try to turn your athletes into "sieves" so adversity and criticism will not hinder performance.
- 4) Tell them exactly what you expect of them and find out their expectations. The athletes who you appreciate meet your expectations. The ones you don't appreciate either have attitude problems or fail to meet team objectives. Your expectations may be too high or inappropriate. A typical reason many athletes give for why they can't satisfy their coaches is that they don't know what is expected of them. Make sure your intentions are clear. Find out if they are clear by asking questions or maybe even have athletes take a written test.
- 5) Criticize the performance, not the athletes personally. It has been said that a successful leader knows how to step on people's shoes without messing up their shine. You will have to criticize players during practice as part of teaching. Do you do it without spoiling their shine? The spirit of all criticism should be, "I hate what you did, but I love you." In other words, reject the deed, accept the doer.
- 6) Praise performance, not the athletes personally. Remember that it is more important to praise the deed than to praise the person. You want athletes to know what they did right so they can repeat it, and not merely seek your approval.

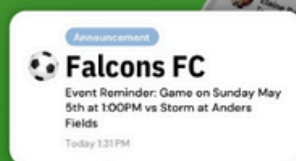
## COACH ORGANIZATIONS



# LEAGUEAPPS

## Stay in the Know, On the Go with LeagueApps Play

View team schedules, rosters, standings, directions, RSVPs, and chat with your team and respond to coach notes on LeagueApps Play, our free app for team management and communication. Instantly access details for one or multiple kids in LeagueApps-powered programs—with the same login you use for the member portal.



NJC uses LeagueApps for all of our teams. Stay up to date by downloading the phone app (LeagueApps Play) or access via any web browser: <https://njcolonials.leagueapps.com>.

**Parent Guide for LeagueApps Play:** <https://support.leagueapps.com/hc/en-us/articles/1500003303901-LeagueApps-Play-App-Guide-for-Parents-Players>

**Coach & Manager Guide for LeagueApps Play:** <https://support.leagueapps.com/hc/en-us/articles/1500003303901-LeagueApps-Play-App-Guide-for-Parents-Players>

**Coach, Manager & Parent Guide for LeagueApps online:**

<https://support.leagueapps.com/hc/en-us/categories/360002402653-Coaches-Parents-Players>

## NJC SOCIAL MEDIA

### FOLLOW US TODAY!

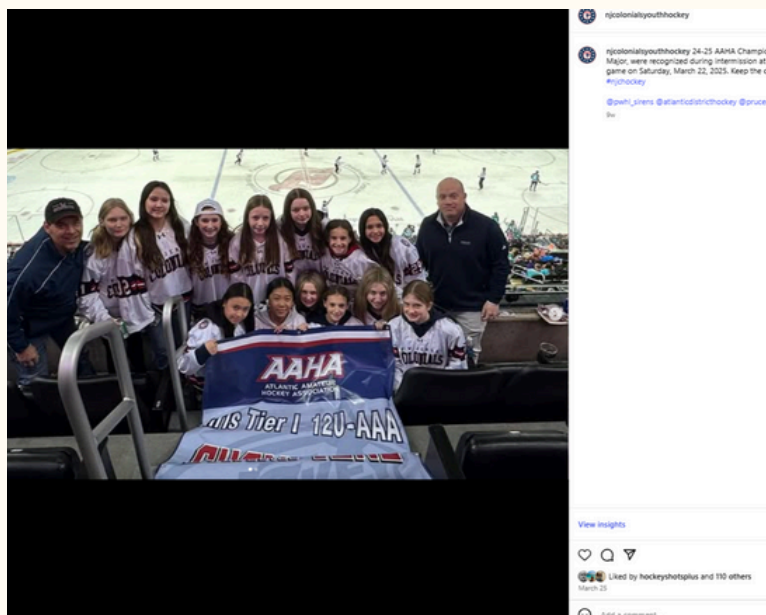
The New Jersey Colonials love to feature news about teams, players, alumni and coaches. Send all pictures and post info to: [socialmedia@colonialshockey.org](mailto:socialmedia@colonialshockey.org).

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 [@njcolonialsyouthhockey](https://www.youtube.com/njcolonialsyouthhockey)



## CONTACT NEW JERSEY COLONIALS

CLICK HERE FOR NJC CONTACTS

or e-mail: [info@colonialshockey.org](mailto:info@colonialshockey.org)

