



**RIDGE MEADOWS
FLAMES JR. HOCKEY**



**PROUD MEMBERS
OF THE**



Mike Legg
Head Coach - Asst. GM

Mike is a 1996 NCAA Champion with University of Michigan (4 seasons). He was drafted in 1993 by the New Jersey Devils and played 6 seasons of pro hockey in Europe and the US. He is famous for scoring the "Michigan" goal in 1996. He was awarded "Goal of the Year" by Inside Hockey and his stick is in the Hockey Hall of Fame. Mike has been coaching with our organization since 2018, culminating with the 2026 three-peat championship.

Garett MacDonald
Associate Head Coach

Garett is a 1991 NCAA Champion with Northern Michigan University (4 seasons). He was drafted in the 1991 NHL supplemental draft by the Philadelphia Flyers. He played 2 seasons of pro hockey in the US. He was Team Captain at Northern Michigan University. He has coached multiple years at the NCAA level with Northern Michigan University and Colorado College. He also won an ECHL championship in his playing career.

Greg Hadden
Assistant Coach

Greg has an extensive hockey background. In his BCHL career, he scored 305 points in 183 games. He went on to play 4 years of NCAA hockey at Northern Michigan University. He played 8 years of professional hockey in AHL, ECHL, British Super League.

Brett Sonne
Assistant Coach

Brett is a former prospect of the St. Louis Blues organization, having been selected by the Blues in the third round, 85th overall, in the 2007 NHL Entry Draft. He played in 271 AHL games. His Junior Highlights Include:

- 2007 CHL Top Prospects Game.
- 2009 WHL Player of the Year.
- 2009 World Jr. Gold Medal.

Jeff Smith
Goalie Consultant/
Assistant Coach

Jeff's hockey background includes BCHL, 4 years NCAA with UMass-Lowell and St. Cloud State, and 1 year in the ECHL. Jeff has been part of our staff for 4 years.

Alex Smith
Assistant Coach

Alex is a Flames alumni and former captain, who played in the BCHL with Thompson Rivers University. He has 10 years coaching experience at the minor and junior level. He has HP-1 certification.

Program & Athlete Spotlight:

Program History:

The Flames were established in 1972 and moved to Ridge Meadows in 1993. We have a rich history of success: 8 League Playoff Championships, 3 Provincial Championships, 1 National Championship. 2025 Junior A status.

BCHC Top Prospects Game Participation:

- 13 Flames athletes have participated in the past 3 games

Our most recent WHL Advancement:

- Brandon Osborne - Calgary Hitmen 2023/24

Flames alumni recently advanced:

- Linden Perry - Swan Valley Stampeders
- Tenzin Nyman - Timmins Rock
- Adam Leitch - Prince George Spruce Kings
- Talon Duff - Alberni Valley Bulldogs
- Tyson Phare - Renfrew Wolves

Flames alumni recently advanced to collegiate hockey:

- Zack Lagrange - Drury University
- Matthew Canudsso - Drury University
- Lukas Ravenstein - Drury University
- Nolan Bowsher - Drury University
- Pierce Whyte - Simon Fraser University
- Owen Thibodeau - Simon Fraser University
- Kenyon Nyman - NAIT
- Ryley Lanthier - Ontario Tech University
- Teddy Prior - Western Washington University
- Josh Tak - Calvin University
- Matt Tyszka - Simon Fraser University

Program Features:

- Cam Neely Arena - Home Rink
- Practice Monday, Tuesday, Wednesday
- Home Games Friday Night
- Custom Team Dressing Room
- Fitness Unlimited Gym Membership
- Team Athletic Trainer
- Team Access to Enhance Sport & Wellness
- Team Access to Chiropractor (Dr. Lorelei Zacharias)
- Academic Advisor
- Team Mental Health Advisor
- Pre-Game Nutritional Snacks & Drink
- Post-Game Meal After Home Games
- Full Gameday Supplies - tape, wax, laces, equipment
- CCM Team Equipment - Helmet, Embroidered Custom Gloves, Pant Shell & Bag
- Team Apparel: Hoodie, Hat, Warm-up Shorts, T-shirt, Jacket, Backpack
- Team building events
- Community Volunteer events
- We use The Prospect Exchange
- Weekly Social Media Video with highlights, interviews, previews
- Awards Banquet for players and parents

For more information contact
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Notable Alumni:

- Brad Hunt (NHL)
- Brandon Yip (NHL)
- Mackenzie Skapski (NHL)
- Stephen Peat (NHL)
- Jordan Hollett (NHL Draft Pick)
- Brennan Sonne (Current AC, Coachella Valley AHL)
- Kellan Tochkin (CHL & ECHL)
- Eric Williams (WHL & CIS)

