



RIDGE MEADOWS FLAMES JR. HOCKEY



PROUD MEMBERS
OF THE



Brent Hughes Head Coach

Brent played 357 games in the NHL for the Winnipeg Jets, Boston Bruins, Buffalo Sabres and New York Islanders. He also played 328 games in the AHL. He played 4 seasons in the WHL for the New Westminster Bruins and Victoria Cougars. His coaching credits include 8 years as Head Coach in the CHL and 1 year as Head Coach in the NAHL prior to joining the Flames organization as Head Coach in the 2021/22 Season.

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.

The Flames are very pleased to have Brett as an assistant coach.

Mike Legg Assistant Coach

Mike is the 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 most famous for scoring the "Michigan" goal in 1996. Legg was awarded "Goal of the Year" by Inside Hockey and his stick is in the Hockey Hall of Fame. Mike has been coaching for several years with the Flames organization.

Jeff Smith Goaltender Coach

Jeff is a goaltending coach and former Canadian pro goaltender, who last played in the ECHL with Utah and Orlando. Jeff played NCAA hockey with UMass-Lowell and St. Cloud State. Jeff played in the BCHL with Powell River, and was named 2013/14 BCHL Goalie of the Year. He is currently a head consultant with Assertion Goaltending Consultants.

Athlete Spotlight:

7 athletes affiliated to BCHL during 2022/23 season:

- Zack Lagrange - Chilliwack Chiefs
- Cohen Muc - Chilliwack Chiefs
- Theo Kochan - Coquitlam Express
- Lukas Ravenstein - Surrey Eagles
- Matt Wise - Cowichan Capitals
- Brandon Osborne - Surrey Eagles
- Jakob Loewen - Surrey Eagles

5 athletes recently promoted full time to Junior A programs during the season:

- Tenzin Nyman 2022/23 - Timmins Rock of the NOJHL
- Adam Leitch 2021/22 - Prince George Spruce Kings of the BCHL;
- Talon Duff 2020/21 - Alberni Valley Bulldogs of the BCHL;
- Tyson Phare 2020/21 - Renfrew Wolves of the CCHL (Central Canada Hockey League);
- Kenyon Nyman 2020/21 - Red Lake Miners of the (SIJHL) Superior International Junior Hockey League;

6 Flames alumni currently playing collegiate hockey:

- Matt Tyszka - Simon Fraser University;
- Ryley Lanthier - Ontario Tech University;
- Teddy Prior - Western Washington University;
- Josh Tak - Maryville University;
- Braedon Fleming - SAIT;
- Halen Cordoni - Briercrest College;

Program Features:

- Cam Neely Arena - Home Rink
- Practice Sunday, Monday & Wednesday Nights
- Home Games Friday Night
- Renovated state of the art Dressing Room
- Fitness Unlimited Gym Membership
- Team Athletic Therapist
- Team Access to Chiropractor & Massage Therapist
- 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, Pants/Pant Shell & Bag
- Team Apparel: Hoodie, Hat, Warm-up Shorts, T-shirt
- Team building events
- Community Volunteer events
- We use the InStat Platform
- 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)
- Jordan Hollett (Ottawa Senators Draft Pick)
- Brennan Sonne (Current Head Coach, Saskatoon Blades - WHL)
- Kellan Tochkin (CHL & ECHL)
- Tim Daly (NCAA)
- Cody Campbell (NCAA)
- Landry Dorsett (NCAA)
- Eric Williams (WHL & CIS)
- Mike Piluso (WHL & Europe)



Celebrating 50 years of exciting
Junior Hockey since the 1972/73 season