



February 15th, 2025

U10AA

Head Coach - James Miller

With over 15 years of coaching experience at the rep level, James has developed a reputation for building strong and competitive programs that emphasize skill development, teamwork, and character. Having grown up playing competitive baseball and hockey, he understands what it takes to compete at a high level and is committed to fostering an environment where young athletes can thrive.

Throughout his coaching career—ranging from IP to high level AAA—James has maintained a clear focus: developing skilled, hardworking, and disciplined teams while ensuring every player progresses together. His coaching philosophy centers on creating a competitive yet fun atmosphere where boys grow into young men, learning valuable life lessons along the way.

A strong believer in preparation and continuous improvement, James works alongside a highly trained team of skill development specialists to maximize each player's potential. His teams are known for their toughness, work ethic, and discipline—core values that translate both on and off the ice.

Whether mentoring young athletes in their foundational years or guiding elite players at the highest levels of minor hockey, James remains dedicated to developing not just great hockey players, but great people.

U11AA

Head Coach - Jackie Marchese

Jackie grew up playing hockey with the Oakville Hornets Rep Hockey Club and has over 14 years of experience in hockey development. As a high school teacher, she combines her expertise in education with her passion for coaching to support players' growth both on and off the ice.

Having served as both a head coach and assistant coach in the Flamborough Hockey Association, Jackie is committed to the holistic development of her players. She strives to create a positive, high-energy, and competitive environment where athletes not only refine their skills but also develop a deep love for the game. Jackie believes in making the hockey journey fun, rewarding, and full of opportunities for continuous learning and teamwork.

U12AA

Head Coach - Bob Hall

Associate Head Coach – Dylan Dukeshire

Bob and Dylan believe that coaching is a privilege, and they're grateful for the opportunity to continue their coaching journey in Flamborough with the Sabres. Their core belief is TEAM first with a positive environment being essential to having a successful season. Bob and Dylan, along with their established coaching staff, strive to build a group of players, coaches, and parents that want to achieve, communicate, and enjoy the experience of competitive minor hockey. The expectation is for the players to instill confidence in each other, while having **respect** and demonstrating good **character** through **commitment** and **listening**.

It is the goal of Bob and Dylan's entire coaching staff to further the development of each player through hard work while still creating a fun and enjoyable environment. Core Skills and Team Play are all important and will be worked on throughout the year.

With over 25 years of coaching experience at all levels up to and including AAA, Bob and Dylan have led teams to OMHA and Tri-County Championships, secured multiple tournament victories, and helped numerous players advance to their next competitive level, all while continuously striving for growth and improvement.

Bob and Dylan are very excited and look forward to continuing their growth as coaches with another group of exceptional young players.

U13AA

Head Coach – Steven Langdon

Steven Langdon has been married for over 30 years with his very supportive wife Allison. Steven has three kids, two daughters and one son. His daughters played 4 years in the **NCAA** and his son Michael played hockey for the Flamborough Sabres and later U18 in the Prep School Hockey Federation. Steven began his coaching career with the London Knights hockey association over 30 years ago, prior to starting his family.

Steven coached in the Provincial Women's Hockey League with the Burlington Barracudas and Laurier University Golden Hawks for 2 seasons and in July 2012 Steven earned his High-Performance Level I certificate. Following that, in July 2016, Steven obtained his High-Performance Level II designation. In 2025 Steven started working for Hockey Canada as a High-Performance 1 Field Evaluator. Steven is unparalleled in his use of hockey tools & resources, such as advanced video and technology to prepare his players, staff, and teams.

Steven's coaching motto is:

Building trust through honesty, building respect through integrity, and building strength through teamwork.

Steven's personal mission statement as a coach:

To inspire, to teach, to be of service and to be a positive role model to those around me. To constantly learn and strive to be better every day.

U14AA

Head Coach – Josh Cassan

Associate Head Coach – Marlon Sookdeo

Josh Cassan; born and raised in Flamborough, played 6 years of Jr C in Dundas and Flamborough. Josh and his wife have raised 3 boys all that have played for the FHA. Josh has been involved in coaching in one capacity or another with the Sabres for 14 years. He began with the Jr Sabers program when their oldest son was 5, which followed with multiple years of experience in AA as well as at the A level.

Personally, Josh has a passion for leading teams of people through his professional career which bleeds into local sport and mentoring youth to reach their maximum potential as an individual as well as an athlete. He believes in coaching "the team" and not just individuals. Having everyone buy into a common belief.

Marlon Sookdeo; a native of Whitby, honed his hockey skills and passion for the game during his 13+ years of playing AAA hockey. Marlon is a D1 certified leader who has spent the last 10 yrs successfully coaching AAA and AA focusing on passion and team work to build not only hockey players but high quality young men and women.

His dedication to team and individual learning through fun, coupled with the right attitude and effort, drives his commitment to his players' long-term success.

U15AA

Head Coach – Derek Harrison

Derek grew up playing minor hockey in Flamborough, where he learned valuable life lessons, both on and off the ice. Derek attributes many of these learnings from great coaching and leaders. During Derek's U14 aged season, he had excelled to compete at the AAA level where he played for the remainder of his minor hockey career. Derek has been honing his coaching skills over the past two seasons with the Sabre program as an assistant coach; most recently with our current U14AA squad. Derek has had a hand in helping the teams he's coached win multiple tournaments while enjoying the process of working towards a common goal.

As a NCCP Development 1 certified coach, Derek's coaching philosophy is focused on optimizing the potential of every player throughout the season, both on the ice and in their personal lives. Additionally, he aims to educate, cultivate, and inspire the players to become the best versions of themselves.

U16AA

Head Coach – Kevin Dudek

Kevin grew his love for hockey through the friendships and experiences that the sport has provided for him since he was young. Gaining the excitement for the game over the years of pond hockey to men's league, Kevin is looking to pass that along to the next generation of hockey players. Kevin has been part of the FHA for the past 6 years holding various roles from trainer to head coach.

Kevin's coaching philosophy centers on fostering a positive and growth-oriented environment, where players are inspired to enhance their individual skills while developing strong team dynamics. He emphasizes the significance of three core principles: skill development, teamwork, and mental resilience. By cultivating an atmosphere that balances hard work with enjoyment and camaraderie, Kevin believes that players can experience both success and fulfillment on and off the ice. His approach not only aims to elevate athletic performance but also to nurture personal growth, encouraging players to embrace challenges with confidence and enthusiasm. Through his dedicated mentorship, athletes are empowered to realize their potential and create lasting bonds with their teammates.

U18AA

Head Coach – Shawn Albert

Shawn is a native of Nepean, Ontario where he played his minor hockey. After leaving the Nepean Raiders Minor Hockey system, he went on to play 4 years of Jr. B and Jr. A hockey with Perth, Renfrew, and Pembroke, before continuing at Sheridan College.

For the past 12 years Shawn has been involved in coaching every level of Flamborough hockey from IP, House League, A/E, and AA either as a Head Coach or Assistant. He has also served as an Assistant Coach/Trainer with the Hamilton Bulldogs AAA, Hamilton Huskies AAA, along with the Assumption Crusader High School Hockey Team in Burlington, Ontario.

Shawn has an intense love for the game of hockey. He implements a firm but fair style of coaching, that allows all players to participate and be involved in every situation and aspect of a hockey game. He has proven to have excellent communication skills, very knowledgeable, a sense of humor, and being well prepared for games and practices. While Shawn believes in accountability and responsibility from his team, he believes that true development will only come if his players are having fun and enjoy being at the rink with their teammates.