



BGHC 2022/23 REP BB/B COACHING TEAM

The BGHC is committed to the development and future of all our athletes. Our BGHC Coaching Team is built around key athletic leaders who will work with our athletes to enhance their skills and develop their passion for the game.

U18BB MARTY SAVOY



Marty has coached hockey for over 35 teams in the past 25 years, and has coached within the BGHC for 11+ years at both the HL and Rep level. He is the current U15A Coach and has received memorable accolades for his coaching abilities such as:

- 2018-2019 Burlington Girls Hockey Club Volunteer of the Year for long term service
- 2002 Queen's Golden Jubilee Medal Recipient
- 1999 Received Reorganization Award from the Ontario Hockey Federation for Outstanding Contributions in Hockey Development

Marty is a former member of Hockey Canada's Coach, Initiation Program and Athlete Development Committees. Marty believes that the players must understand the importance of playing within a team and that they all play an important role in the success of the team. Marty is married to Julia, a fellow BGHC coach and has 3 daughters who play(ed) within the organization, one of whom also coaches, and a son Dillon often found at the rink supporting this incredible family team. Marty can be reached at msavoy@cogeco.ca

U15 TEAM 3 CRAIG VALIQUETTE



Craig is currently the Head Coach for our BGHC U13 BB team and has been an active coach with the BGHC for the past 7 years at the house league, DS and Rep levels. Craig has more than 15 years' of experience successfully coaching girls and boys hockey.

Craig's coaching philosophy is that all athletes should be coached in a way that fosters a love for the game in a fun and safe environment. Craig believes that a team's success, on and off the ice, is achieved through fair play, hard work and commitment to the team.

Craig can be reached at cavaliquette@gmail.com.

U15 TEAM 4 GREG TREGUNNO



Greg is the current 2021-22 Head Coach for our BGHC U13B Team team and has coached and worked on player development for Lacrosse and Hockey for 20 plus years. He has been a player development and team strategy coach for the Bulldogs and Blomha for the past 5 years.

As a Coach he brings an enthusiastic and passionate intensity to the rink, setting goals and benchmarks with his players to make sure they are continuing to compete on level and achieve the next. He holds his players accountable to their effort and commitments and is the first to celebrate and honor their hard work and milestones.

Greg was born and raised in Burlington and is a local business owner working directly with our community and partners, alongside his wife Allyson and his two children Graydon and Gwyneth.

Greg can be reached at gtregunno@youngsinsurance.ca

U13 TEAM 3 SAM MENARD



Currently the U11A Head Coach, Sam has been a dedicated BGHC coach for the past seven years in Tyke, Novice and Atom, and will be entering his 4th year as a Rep coach. Growing up as a multi-sport athlete who played basketball at the university level, Sam is a big believer in having kids develop their athletic ability, confidence and leadership skills through sports.

Sam's coaching philosophy is to create a positive environment, with players excited to compete, work hard and most importantly to have fun learning the game while building great friendships. He's brought in many guest coaches, including current Cudas players and alumni, to have the younger girls learn from many inspiring role models.

Sam can be reached at samuellenard@gmail.com

U11 TEAM 3 WILL SHORT



Will is returning for his second season as head coach of the our BGHC U11B team and has been an active coach within the BGHC HL, DS and Rep programs over the past 5 years.

Will's goal as head coach is to provide a fun and safe environment for players to participate in both game and practice scenarios. He will place a strong emphasis on building player confidence, maturity and self-esteem. He believes he can achieve this by being supportive, providing encouragement and creating a safe environment for the players to learn and have fun on and off the ice.

Will can be reached at will_short@hotmail.com.

U9 TEAM 2 DARYL KNOWLES



Daryl was drafted into the OHL in 2000 by the St Michael's Majors. He played 3 years under some of the most successful coaches Hockey Canada has employed. Daryl has been a High-Performance Hockey Coach for over 20 years. Throughout 2010-2015, Daryl ran his own Hockey School, "Knowles Hockey."

Daryl has held numerous Coaching positions throughout minor hockey. He coached Burlington's own, Team Canada Olympic Emma Maltais for several years and most is currently coaching in our BGHC U7 – IP2 Program.

Daryl is a passionate and energetic coach. He is focused on fundamental skill, small area agility, quickness, and overall player development. He is excited to join the Barracudas and looks forward to a fun and competitive "22-23" Hockey Season.

Daryl can be reached at darylknowles72@gmail.com