

2025-26

Meet Your Rep Coaches



U11 Rep

Dave Swift

Developing Tomorrow's Hockey Stars

As a development-focused coach with nine years of experience in the Millbrook Minor Hockey Association, Dave Swift has built his coaching philosophy around nurturing young talent and creating positive team environments where players thrive. His experience spanning from U7 to U15 in both Rep and Local League levels gives him a comprehensive understanding of player progression at each developmental stage.

Under his guidance as part of the coaching staff, the U13 rep team achieved remarkable growth, culminating in a Greater Niagara tournament victory and an OMHA Red Hats finals appearance. This success stems from Dave's commitment to building both individual skills and team chemistry.

What sets Coach Dave apart is his multi-sport development approach. As the current head coach of the Peterborough Tigers AA baseball team, he understands how diverse athletic experiences contribute to better overall athlete development. His teams have consistently shown improvement, with recent successes including the Seaway Surge AA tournament championship.

Parents appreciate Dave's collaborative coaching style, developed through working alongside respected hockey minds like Paul Berardi and Phil Anderson. This mentorship-based approach ensures players receive well-rounded instruction and positive reinforcement.

Coach Dave's focus areas include:

- Individual skill development
- Team play fundamentals
- Building player confidence
- Creating a positive learning environment
- Multi-sport athlete development
- Character building through sports

His coaching philosophy centers on developing not just better hockey players, but well-rounded athletes who understand teamwork, sportsmanship, and the value of hard work.



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U13 Rep

Lorne Dainard

Head Coach

Peterborough Minor Hockey | Sep 2007 to May 2014

Millbrook Minor Hockey | Sep 2018 - Present

With nearly 15 years of coaching experience, Lorne Dainard is a dedicated and experienced coach with a proven track record of developing young athletes and nurturing their passion for hockey. Over the years, he has held both head coach and assistant coach roles in both parent and non-parent positions, working with age groups ranging from U8 to U20.

During his time with Peterborough Minor Hockey, Coach Lorne was instrumental in creating an environment that enhanced team performance. He developed team-building exercises to promote unity and collaboration and his commitment to ongoing feedback and annual "report cards" ensured that players were always aware of their achievements and areas for improvement.

Since joining Millbrook Minor Hockey, he has continued to excel in his coaching roles. He has focused on addressing problem areas in development while teaching systems play at an appropriate level.

As a coach, Lorne is deeply committed to instilling a lifelong love and respect for the game in all his players. Through innovative coaching methods and individualized attention, he focuses on helping players overcome obstacles and achieve success while building confidence and encouraging strong friendships within the team. His dedication to each player's development is evident in the high success rate of players advancing to higher levels. He believes in the importance of instilling values that transcend the rink, equipping his players with the skills and mindset to succeed both in hockey and in life.

Coach Lorne has played hockey from house league to college level and has many connections throughout the sport. He holds several coaching certifications, including D1 Coaching Certification, Respect in Sport, Gender Identity and Expression, Coach 1 & 2 (Introduction to Coaching), and Speak Out. He has also completed multiple skills-based courses from various providers, focusing on areas such as empathy development, problem-solving, critical thinking, self-awareness, coaching techniques, ethics and integrity, and continuous improvement.

U15 Rep

Vacant

2025-26

Meet Your Rep Coaches



The MDMHA Executive is still accepting head coach applications for the U15 Rep Team.

Email teamofficial@millbrookhockey.com for more information and to submit your application

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Meet Your Rep Coaches

U16 Rep**Steve Armstrong**

Building Character Through Hockey

As the current head coach of Millbrook's U15 rep program transitioning to U16, Steve Armstrong has distinguished himself as more than just a hockey coach – he's a mentor focused on developing young men during their crucial teenage years. His approach combines hockey excellence with character development, understanding that these formative years are about more than just what happens on the ice.

Drawing from years of experience in various coaching roles – from on-ice instruction to team leadership – Coach Steve has cultivated an environment where players don't just develop their hockey skills, but also grow into confident, responsible young men. His commitment to player development extends beyond the rink, emphasizing life skills that serve his athletes both in hockey and in their personal lives.

What sets Coach Steve apart:

- Focusing on mental wellness and emotional intelligence
- Creating a supportive team culture where every player has a voice
- Emphasizing personal accountability and leadership development
- Understanding the unique challenges facing teenage athletes
- Integrating life skills with hockey development

His coaching philosophy is built on the foundation of Development 1 - Competition Introduction certification, but goes deeper to include:

- Building resilience through positive challenges
- Developing decision-making skills both on and off the ice
- Fostering peer leadership opportunities
- Creating a brotherhood mentality within the team
- Supporting academic excellence alongside athletic achievement

Parents consistently note Steve's ability to connect with players during these pivotal teenage years, helping them navigate the challenges of competitive sports while building character and confidence. His approach creates an environment where young men can thrive, develop their identity, and grow into leaders – all while excelling in the sport they love.

Coach Steve's program focuses on developing the complete player – and more importantly, the complete person – preparing them not just for success in hockey, but for the challenges and opportunities that lie ahead in life.



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Meet Your Rep Coaches

U18 Rep

Tyler Philp

Architecting Success Through Excellence

With over 12 years of coaching experience and a proven track record of building winning programs, Tyler Philp brings more than just hockey expertise to the bench – he brings a blueprint for life success. As the current U18 head coach, his program has become known for developing players who understand that excellence isn't just about talent – it's about the relentless pursuit of improvement through hard work and dedication.

Coach Tyler's Leadership Philosophy: 'Victory Belongs to Those Who Want It Most'. What distinguishes Tyler's program is his comprehensive approach to player development:

- Building elite coaching staffs that provide diverse perspectives and expertise
- Creating a culture where work ethic directly correlates with opportunity
- Developing mental toughness that translates from hockey to life
- Teaching players to own their development journey
- Understanding that today's habits shape tomorrow's success

His coaching methodology extends beyond the rink, preparing players for their next chapters in life. Through his Development 1 certification and years of hands-on experience, Coach Tyler has crafted a program that:

- Mirrors real-world professional environments
- Teaches time management and priority setting
- Develops leadership skills through practical application
- Builds resilience through facing and overcoming challenges
- Creates accountability partners in teammates

The Results Speak Volumes: Players graduating from Tyler's program understand that success in hockey, education, and career all share common foundations: preparation, dedication, and the willingness to outwork the competition. His alumni consistently report that the lessons learned under his leadership have proven invaluable in their post-secondary education and professional careers.

Program Pillars:

Excellence through effort
Character through adversity
Leadership through example
Success through preparation
Growth through challenges

Parents and players alike appreciate Coach Tyler's ability to maintain high standards while creating an environment where players feel confident to push their limits. His two-year commitment to the U18 program demonstrates his dedication to seeing players through their crucial final years of minor hockey, ensuring they're prepared for whatever comes next.

'In our program, we're not just developing hockey players – we're building future leaders who understand that success in any field comes to those who are willing to put in the work when no one is watching.'