

Coach Profile: Paul Sinclair

Position: Head Coach

Team/Organization: U18 AA/A Kitchener Jr Rangers

Coaching Experience: 30+ Years

Email: rangers18u@gmail.com

Social Media Links: N/A

Coach Biography:

My name is Paul Sinclair and I'm the head coach of the Kitchener Jr Ranger's, U18 AA Hockey Team for the 2025 / 26 hockey season. My assistants are Todd Hutton, David McKenna. Olivia Aitken is our trainer, and Tom Moshos is the goalie coach.

I have been coaching for the past 30 years at various levels including Jr and multiple rep levels within minor hockey. I am also a scout with the Wellington Dukes Jr A hockey team of the OJHL. This coming season will be my 8th as head coach for this team.

Olivia is extremely knowledgeable and offer valuable insight of the game, players and will treat the players for whatever injuries that may unfortunately occur.

Todd and David are well rounded as they have extensive hockey experience from playing, refereeing and coaching.

Tom, our goalie coach is an expert at the position where he played at the Jr level, coach's various teams and is the lead instructor at The Zone.

My coaching philosophy is and will always be about creating a positive environment and development. I truly believe they go hand in hand.

It is important the boys are excited to come to the rink. Only encouragement and hard work will be tolerated.

Our practices consist of skill development and high tempo battle drills. Systems will be covered on the ice as well as video sessions before hitting the ice.

We typically practice once a week with games at any given time. At the beginning of the season, we will have additional practices and potentially more at the end as we gear up for playoffs.

I believe one practice a week at the U18 AA level, is successful for the following reasons:

- it allows adequate rest for players. Balancing school, work, high school hockey and / or AP with AAA or a Jr team takes its toll throughout the season.
- If coming from a distance, it is less trips in.
- Allows more study time for those choosing Post Secondary School.

- Allows time for other hobbies interests such as school clubs or other sports.

I have always and will continue to advocate for my players in any way I can. As a Jr A scout, I will have access to various camps that will promote players if they are interested. I have written letters for academic grants, colleges, universities, work references and have contacts with American Schools for hockey and lacrosse.

The U18 AA level is rather unique in the sense that this could be potentially a player's last season of competitive hockey, which is a choice often made on their own as they pursue further education.

As a staff and a team, we strive to make the coming season memorable with team bonding and friends for life atmosphere.

The current season is still ongoing, and we are excited about the opportunity we have in our pursuit for Alliance Championship. At the same time, we are eager for 2025/26 season and build on our success from our current season.

Below is a list of Alumni players I have coached with the Kitchener Jr Rangers U18 AA:

2023/ 24 Season

Hudson Parker - Started season in AA before moving up to AAA. <https://www.eliteprospects.com/player/883050/hudson-parker>

Jack Hodge - Started season in AAA with Brantford before joining our team <https://www.eliteprospects.com/player/883062/jack-hodge>

TJ Cleminson- <https://www.eliteprospects.com/player/1037168/tj-clemminson>

Jayden Fischer - <https://www.eliteprospects.com/player/974206/jayden-fischer>

Tate McKenna - <https://www.eliteprospects.com/player/975738/tate-mckenna>

2022/ 23 Season

Liam O'Leary <https://www.eliteprospects.com/player/1035467/liam-o-leary>

Jordan Stewart <https://www.eliteprospects.com/player/975739/jordan-stewart>

Timothy Mervyn <https://www.eliteprospects.com/player/981833/timothy-mervyn>

2021/22 Season

Stephen Peppas <https://www.eliteprospects.com/player/967318/stephen-peppas>

Yanni Peppas <https://www.eliteprospects.com/player/1035466/yianni-peppas>

Cullen Derry <https://www.eliteprospects.com/player/1035465/cullen-derry>

Hunter Welk <https://www.eliteprospects.com/player/737726/hunter-welk>

2020 / 2021 Season

Justin McManus [Justin McManus - Stats, Contract, Salary & More](#)

Carter Arseneau [Carter Arseneau - Stats, Contract, Salary & More](#)

2019/2020 COVID

2018 /2019 Season

Antonio Pasqualino <https://www.eliteprospects.com/player/744762/antonio-pasqualino>

Jake Phelan <https://www.eliteprospects.com/player/882515/jake-phelan>

Carter Ryan [Carter Ryan - Stats, Contract, Salary & More](#)

Ryan Suljak [Ryan Suljak - Stats, Contract, Salary & More](#)

Jesse Schill [Jesse Schill - Stats, Contract, Salary & More](#)

Lucas Jasmins [Lucas Jasmins - Stats, Contract, Salary & More](#)