

Alex Dunmore
U14 A Head Coach

Alex Dunmore is an electrician by trade and also a volunteer firefighter with the Town of Essex. His time and dedication in also coaching local minor hockey is an example of his willingness and dedication to grow the sport he loves. Fostering a deep love of the game, Alex is committed to transferring hockey lessons to life lessons and contributing well rounded kids back into real world situations.

His motivation stems from a constant effort to strive to be the best version of himself – a concept that he continues to install in his players. Dunmore consistently preaches effort and hard work as the cornerstone to a winning team, also citing game play tactics, conditioning, and team building as his coaching philosophy.

With deep love of the game, and a personal obligation to produce not only great players, but also great community members, Alex will insist on his players working to the best of their abilities while building new skills and looks forward to a new and winning season in 2025/26.