

Midwest Members Credit Union Male Athlete Of The Month: Owen Timmins Highlights Leadership and Resilience Behind Hockey Rise

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August 5 2026 3:25 PM



EAST ALTON/WOOD RIVER - As a senior hockey player, Owen Timmins of East Alton-Wood River is recognized for his accomplishments on and off the ice. He points to leadership, work ethic, and family support as key parts of his success.

Timmins, who has played hockey since he was 7 years old, is being recognized for a career that includes being an MVCHA JV All-Star for the past three years, Oiler Hockey Varsity Offensive Player of the Year as a sophomore, and Varsity MVP and alternate captain as a junior. His coach is James Mitchell.

Timmins is a Midwest Members Credit Union Male Athlete Of The Month for East Alton-Wood River.

“I try to be a leader on and off the ice and maintain a strong work ethic in both practice and games,” Timmins said.

Timmins said hockey has shaped him beyond competition.

“Sports teach you how to work with people in all aspects of life,” he said. “Hockey has taught me how to be a leader and to push through and keep going even if you’re losing.”



He said his favorite part of hockey is “having something to work for and all the friends I have met by playing hockey.”

In the classroom, Timmins said he has made the honor roll for the past three years and is part of his school’s Renaissance program for good grades and attendance.

Outside hockey, he said he enjoys playing golf and spending time with family and friends. He also listed golf among the other sports he plays and said he plays pickleball for fun.

Timmins said the support of those around him has been important throughout his career.

“My mom and dad especially, because I couldn’t play if it weren’t for them,” he said. “My younger brother, girlfriend, grandparents, aunts and uncles are also always at my games cheering me on, and that means a lot to me.”

He also shared two club hockey championships. Timmins said his Twin Bridges 16UAA team won the Missouri State Championship Blue Note Cup in 2025, and his Southern Illinois Ice Hockey team won a Central States Prospects Division State Championship in 2026.

Looking ahead, Timmins said he will most likely continue playing hockey in college.