

# THANK YOU TO **OUR SPONSORS**













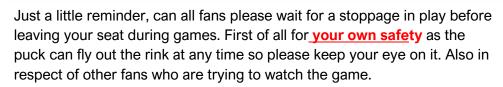












If you do leave your seat during a break in play please remain at the bottom of the stairs for a stoppage in play before returning. The stewards will be there to advise you of this.

Ice Hockey is promoted as a family sport and here at Edinburgh Capitals this means so much to us as an organisation. Please be respectful of others at all times.

Our aim is for everyone to come to a game and go home feeling they have been entertained both on and off the ice.

We appreciate each and every one of you supporters and we will continue to try make your match night experience as enjoyable as possible.





# Your 2025-2026 Edinburgh Capitals



Steven Lynch Head Coach



Jim Paterson Team Manager



13 Ciaran Hoggan



24 Ben Keddie





Jonnie Livingstone



Dean Walker Cameron Wilkie



Adam Robinson



Cammy Gallacher Sean Cochrane





Conner McNulty



Joe Lynch Assistant Captain



18 Ben Coughtrie



19 Rhys Stenhouse



20 Aaron Robertson



22 Aiden Paterson Assistant Captain



24 Kyle Howie



25 Ross Dalgleish



27 Sean Stewart



33 Scott Geddes



Chad Smith Assistant Coach



43 Justin Finnigan



47 Joel Gautschi Captain



50 Charlie McLaughlin-Hanna



68 Lukas James



77 Scott McKay



78 Rihards Grigors



90 Kris Phillips



# Capitals Fixtures and Results 2025-26

Day	Date	НА	Opponent	Comp	Sc Ca	nal ore ips						oitals <sup>*</sup>	•	Shots on Caps	Shots on Opp	PiM on Caps	PiM on Opp	Caps MoM
						st		1	2			3	ОТ					
	31/08		Paisley Pirates	EXH	6	1	1	0	2	0	4	1	-	34	36	12	12	16
Sat	06/09	Α	Sheffield Steeldogs	EXH	2	5	2	1	0	2	0	2	-	60	21	4	2	24
	07/09	Н	Sheffield Steeldogs	EXH	5	14	0	7	2	5	0	2	-	49	28	8	14	22
	13/09		Solway Sharks	SNL	4	1	0	0	3	1	1	0	-	18	58	8	10	24
Sat	20/09		Kilmamock Thunder	SNL	Р	Р												
Sat	27/09	Н	Kirkcaldy Kestrels	SNL														
Sun	28/09	Α	Kirkcaldy Kestrels	SNL														
Sat	04/10	Н	Paisley Pirates	SNL														
Sat	11/10	Н	Whitley Warriors	SNL	Joc	kΗ	ay i	#12	2 jer	sey	ret r	iren	nent					
Sat	18/10	Н	Aberdeen Lynx	SNL														
Sat	25/10	Н	Dundee Rockets	SNL	, ,			ght										
Sun	26/10	Α	Dundee Rockets	SNL														
Sat	01/11	Α	North Ayrshire Wild	SCup														
Sun	02/11		Paisley Pirates	SNL	Tol	be p	laye	ed a	t MI	Α								
Sat	08/11	Α	Aberdeen Lynx	SNL														
Sun	16/11	Н	Solway Sharks	SNL														
Sat	22/11	Н	North Ayrshire Wild	SCup	Ska	ite w	ith 1	he	Сар	ital	S							
Sat	29/11	Α	Kirkcaldy Kestrels	SNL	SCup Skate with the Capitals SNL													
Sun	30/11	Н	North Ayrshire Wild	SNL	St A	ndr	ews	Da	ıy Tl	nem	ie N	ight						
Sat	13/12	Н	Whitley Warriors	SNL	Anr	nual	Ted	dy	Tos	S								
Sat	27/12	Н	Dundee Rockets	SNL	7:3	0 pn	n Fa	ace	off									
	31/12		North Ayrshire Wild	SNL	2:0	0 pn	n Fa	ace	off									
Sat	03/01	Н	Solway Sharks	SNL														
Sat	10/01	Α	Aberdeen Lynx	SNL														
Sat	17/01	Н	Kilmamock Thunder	SNL	Ret	ro N	ight											
Sat	24/01	Α	North Ayrshire Wild	SNL														
Sat	31/01	Н	Paisley Pirates	SNL														
	01/02	Α	Whitley Warriors	SNL														
Sat	07/02	Н	Kilmamock Thunder	SNL	Val	entin	es	Nia	ht									
Sat	14/02	Α	North Ayrshire Wild	SNL	· u.			1.9										
Sat	21/02		Aberdeen Lynx	SNL														
Sat	28/02		Kilmarnock Thunder	SNL														
	01/03		Solway Sharks	SNL														
_					CI.	4	:41- ·		0-	:4-1								
Sat	07/03		Kirkcaldy Kestrels	SNL		ite w			_		5							
Sat	21/03	Α	Paisley Pirates	SNL	1 3									$\sqcup$				
Sun		Α	Whitley Warriors	SNL														
Sat	29/03	Α	Dundee Rockets	SNL														

Legend: CHA, Challenge: S N L- Scottish National League: SC-Scottish Cup: Please check the Capitals web site for any late changes



# **Top Twenty Points and Netminders S N L Statistics**

		Stats at 23		ember				Av	erages <sub> </sub>	oer G	ame
Pos	Player	Team	GP	Gls	Asts	Pts	PiM	Gls	Asts	Pts	PiM
1	Brant Saretsky	Lynx	3	3	8	11	0	1.00	2.67	3.67	0.00
2	Phil Edgar	Warriors	4	4	6	10	4	1.00	1.50	2.50	1.00
3	John Dolan	Rockets	1	2	5	7	0	2.00	5.00	7.00	0.00
4	Dylan Murray	Wild	3	3	4	7	16	1.00	1.33	2.33	5.33
5	Scott Cowan	Wild	2	4	2	6	0	2.00	1.00	3.00	0.00
6	Jaydn Baxter	Lynx	3	3	3	6	2	1.00	1.00	2.00	0.67
7	Adam Wood	Warriors	4	2	4	6	9	0.50	1.00	1.50	2.25
8	Martyn Simpson	Pirates	3	1	5	6	2	0.33	1.67	2.00	0.67
9	Deniss Kontseus	Rockets	1	3	2	5	0	3.00	2.00	5.00	0.00
10	Kyle Ross	Warriors	2	3	2	5	2	1.50	1.00	2.50	1.00
11	Sam McCluskey	Rockets	1	0	5	5	0	0.00	5.00	5.00	0.00
12	Harry Harley	Warriors	4	1	4	5	0	0.25	1.00	1.25	0.00
13	Rio Page	Rockets	1	3	1	4	0	3.00	1.00	4.00	0.00
14	Jamie Ord	Warriors	4	3	1	4	2	0.75	0.25	1.00	0.50
15	Jordan Leyden	Lynx	3	2	2	4	0	0.67	0.67	1.33	0.00
16	Tom Morgenthaler		3	2	2	4	2	0.67	0.67	1.33	0.67
17	Jack Flynn	Lynx	2	2	2	4	6	1.00	1.00	2.00	3.00
18	Sean Beattie	Rockets	1	1	3	4	0	1.00	3.00	4.00	0.00
19	Liam Smedley	Warriors	4	0	4	4	0	0.00	1.00	1.00	0.00
20	Ben Edmonds	Lynx	3	0	4	4	0	0.00	1.33	1.33	0.00
				All Netmir	nders	Stats					
	Netminder	Team	GP	TOI	SA	SV	GA	SV%	GA Av	PiM	Shut out
		Tealli		Min Sec							
1	Liam Griffin	Lynx	3	49.00	7	7	0	100.00	0.00	0.00	0
2	Ben Keddie	Caps	1	60.00	18	17	1	0-944	1.00	0.00	0
3	Euan Simpson	Rockets	1	60.00	13	12	1	0.923	1.00	0.00	0
4	Thomas Brown	Warriors	4	180.00	94	91	3	0.968	1.00	0.00	0
5	Craig Holland	Kestrels	2	120.00	66	63	3	.0.955	1.50	0.00	1
6	Joshua Crane	Warriors	3	60.00	36	34	2	0.944	2.00	0.00	0
7	Daniel McGowan	Pirates	3	180.00	128	122	6	0.953	2.00	0.00	0
8	Andrew Little	Kestrels	1	60.00	21	18	3	0.857	3.00	0.00	0
9	Rory Wood	Lynx	3	149.41	82	71	11	0.866	4.41	0.00	0
10	Caiden MacColl	Wild	3	180.00	133	118	15	0.887	5.00	0.00	0
11	Harry Campbell	Sharks	3	169.14	156	141	15	0.904	5.32	0.00	0
12	Logan Reid	Sharks	1	10.46	5	4	1	0.800	5.57	0.00	0
13	Cameron Kenny	Kestrels	2	60.00	32	26	6	0.813	6.00	0.00	0
14	Matthew Reid	Thunder	2	80.00	78	61	17	0.782	12.75	0.00	0
15	Thomas Mangan	Thunder	1	20.00	24	18	6	0.750	18.00	0.00	0
16	Aaron Forsyth	Thunder	1	20.00	12	5	7	0.417	21.00	0.00	0



Murrrayfield Ice Arena 13 Riversdale Crescent Edinburah EH12 5XN Phone: 0131 337 6933

email: info@murrayfieldicearena.co.uk Web site: www.murrayfieldicearena.co.uk

> Ice Pad 200 ft by 97 ft (61 m x 30m) Capacity 3,500 Rink Constructed 1939

In 2013 the rink was designated a Category B listed structure by Historic Environment Scotland due to being "an extremely rare" surviving example of a purpose-built ice rink building featuring a stylish 1930s Art Deco Facade



Edinburgh Capitals Founded 1998

Home Colours: White-Blue

Away Colours: Blue-White

Head Coach: Steven Lynch Assistant Coach: Chad Smith. Team Manager: Jim Paterson.

Equipment: Blaine Moore, Mackenzie Martin.

Media Relations: Mark Easton.

Announcer: TBA Music: TBA Cover Picture: Ian Coyle

Official Scorer: Gill MacDiarmid

Timekeeper:

email enquiries@edinburghcapitals.com f www.facebook.com/edcapitals

Honours

Northern League Champions 2023-24 SNL Play Off Champions 2023-2024 Northern Challenge Cup 2024

Well. we got our league campaign of to a winning start against Solway Sharks SNL in what was a hard fought game. The team played well with our new recruits fitting in well with the debut of Charlie McLaughlin-Hanna perhaps the highlight of the evening. I'm sure one thing which Steven might be concerned about was the shots to goal conversion rate on the night. Fifty eight shots for four goals may well have been due to the performance of the Sharks netminder but it may still have caused some concern.

Sadly we could not build on that win last Saturday against Kilmarnock after the game was called off due to ice issues at the Galleon Centre. The game will be re-arranged at a later date in what will be a busy season.

So after a blank weekend we host the Kestrels tonight and travel over the Forth tomorrow for the return game. We would love to see Caps supporters in abundance for the six o'clock face off.

The Kestrels arrive here having logged their first win of the season at the third attempt defeating Solway last Saturday.

They then ran league leaders Whitley very close last Sunday losing out by the odd goal in five, the winner coming in overtime at 63.52.

No matter how either Caps or Kestrels are playing they are always up for a game against each other and this weekends double header will be no different.

After tomorrow's trip to Kirkcaldy we then embark on a four game home streak on successive Saturdav's.

The second of these games will see the retiral of a Murrayfield ice hockey legend, Jock Hay. He has been involved in playing and coaching roles here since his on ice debut in the 1982-83 season. Please do come along and acknowledge the huge part Jock has played in ice hockey at Murravfield.

This seasons SNL looked to be one which would provide some great games and so far that has been confirmed. There have been close games as well as some run away wins but all in all it's goals and excitement the fans wan to see. After last weekends games there had been an average of just over nine goals per game throughout the league. Long may that trend continue although the netminders may not agree.

#### What is GAA?

If you're a fan of hockey or looking to learn more about the sport, understanding what GAA is can be incredibly helpful. GAA stands for Goals Against Average and it's a crucial statistic used to rank goaltenders.

Whether you're a diehard fan with an encyclopedic knowledge of the sport or just getting started as a casual observer, this guide to GAA in hockey will provide valuable insights and information to help you better understand one of the most fascinating positions in all of sports

GAA is a vital statistic for every hockey goalie, and understanding this metric's significance can be crucial in determining the team's success. But what exactly is GAA?

The acronym GAA stands for Goals Against Average. It is the average number of goals scored against a goaltender per 60 minutes of playing time. A goalie's performance is evaluated by subtracting the total number of goals conceded from the amount of playing time and dividing by the total games played. Therefore, the lower the number, the better the goaltender.

It is essential to recognize that GAA isn't conclusive when determining a goaltender's skills. Even the most efficient netminders can concede multiple times per game due to no fault of their own, often making several stellar saves preventing more glaring issues on defence from surfacing.

Apart from GAA, other statistics assist in evaluating goaltenders' performances, including Save Percentage (SV%). SV% measures the percentage of shots saved by a goalie versus those conceded. Despite these two metrics working together, they convey entirely different messages regarding overall performance.

When discussing hockey, the term GAA often comes up in relation to goalies. But what is it exactly and why is it important when evaluating a goalie's performance?

GAA stands for "goals against average," which is a statistic that measures the average number of goals allowed by a goalie per game during a given season. To calculate this, you simply divide the total number of goals allowed by the number of games played. For example, if a goalie allows 100 goals over the course of a 50-game season, their GAA would be 2.00.

The formula to calculate GAA in hockey is pretty simple: total number of goals surrendered by goal-ie divided by total minutes played multiplied by 60 (minutes of regulation time per game).

To understand better, let's consider an example where Goalie X plays a whole game of three periods, each lasting 20 minutes. During the game, they surrendered a total of two goals. Therefore,

• Total minutes played = 60\*(3) = 180 mins

GAA = (2/180)\*60 = .67

So, Goalie X's Goals Against Average would be 0.67.

GAA is undoubtedly an essential statistic for judging a goalie's overall performance, but there is another metric that also come into play.

**Save Percentage (SV%):** This metric represents the percentage of shots opposition faces that a goalie saves successfully. A high SV% indicates excellent performance by the goalie, thus leading to fewer goals surrendered. However, this metric only considers saves and ignores how frequently or infrequently they occur. To calculate the Save% it is 20 (shots) minus 5 goals lost =15 divided by 20 = .75.00%

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#### **SNL Scoreboard and Fixtures**

Saturday	13tł	September		Saturday	20 <sup>-</sup>	th September	
Aberdeen Lynx	9	North Ayrshire Wild	2	Kilmamock Thunder	Ρ	Edinburgh Capitals	Р
Edinburgh Capitals	4	Solway Sharks	1	North Ayrshire Wild	0	Whitley Warriors	3
Dundee Rockets	18	Kilmamock Thunder	1	Paisley Pirates	3	Aberdeen Lynx	4
Paisley Pirates	6	Kirkcaldy Kestrels	1	Kirkcaldy Kestrels		Solway Sharks	
Sunday 14	h S	eptember		Sunday	21s	t September	
Whitley Warriors	Solway Sharks	0	Whitley Warriors	3ot	Kirkcaldy Kestrels	2	

#### League Standings at 22nd September

Pos	Team	GP	W	I	OTL	GF	GA	GI Diff	Pts	Streak
1	Whitley Warriors	4	4	0	0	19	5	14	8	W4
2	Paisley Pirates	3	2	1	0	12	6	6	4	L1
3	Aberdeen Lynx	3	2	1	0	16	11	5	4	W2
4	Kirkcaldy Kestrels	4	1	2	1	9	12	-3	3	OTL1
5	Dundee Rockets	1	1	0	0	18	1	17	2	W1
6	<b>Edinburgh Capitals</b>	1	1	0	0	4	1	3	2	W1
7	North Ayrshire Wild	3	1	2	0	14	15	-1	2	L2
8	Solway Sharks	3	0	3	0	1	16	-15	1	L4
9	Kilmarnock Thunder	2	0	2	0	4	30	-26	0	L2

#### **SNL Fixtures**

Home Team	AL	DR	EC	KT	KK	NAW	PP	SS	ww
Aberdeen Lynx		11-10 13-12	08-11 10-01	27-09 14-03	25-10 01-11	<b>9-2</b> 28-03	17-01 14-02	04-10 07-02	<b>3-6</b> 20-12
Dundee	21-12		26-10	<b>18-1</b>	19-10	04-10	16-11	02-11	22-11
Rockets	21-03		29-03	24-01	31-01	08-02	10-01	28-03	01-03
Edinburgh	18-10	15-11		17-01	27-09	07-12	04-10	<b>4-1</b>	11-10
Capitals	21-02	27-12		07-02	07-03	31-12	31-01	03-01	13-12
Kilmarnock Thunder	31-01 07-03	27-09 06-12	20-09 28-02		04-10 28-03	<b>3-12</b> 21-03	11-10 22-11	13-12 14-02	01-11 21-02
Kirkcaldy	27-12	14-12	28-09	12-10		05-10	<b>1-3</b>	<b>5-0</b>	15-11
Kestrels	15-02	17-01	29-11	18-10		21-02	07-02	09-11	06-12
N Ayrshire	06-12	28-09	24-01	08-11	13-12		18-10	11-10	<b>0-3</b>
Wild	28-02	07-03	14-02	20-12	10-01		14-03	29-11	03-01
Paisley	<b>3-4</b>	07-12	02-11	05-10	<b>6-1</b>	09-11		11-01	29-11
Pirates	26-10	25-01	21-03	23-11	21-12	01-02		15-03	28-02
Solway	22-11	01-02	16-11	21-12	04-01	25-10	19-10		18-10
Sharks	24-01	22-03	01-03	22-02	08-03	14-12	28-12		15-02
Whitley	23-11	09-11	01-02	25-10	<b>3-2ot</b>	16-11	28-09	<b>7-0</b>	178
Warriors	25-01	22-02	22-03	11-01	14-03	18-01	12-10	07-12	

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## **Communication and Teamwork is Essential**

Ice hockey is a physically demanding sport that requires players to have a wide range of skills and abilities. The different positions on a hockey team require different skill sets and each player has a unique role to play in the game. The **forward** position is responsible for scoring goals and creating offensive opportunities. They need to be fast, agile and have good stickhandling skills. **Defencemen**, on the other hand, are responsible for preventing the opposing team from scoring. They need to have strong skating ability, good positioning, and be able to block shots. The **goaltender** is the last line of defence and the most important player on the ice. They need to be mentally and physically tough, with quick reflexes and excellent hand-eye coordination. Their job is to stop the puck from entering the net, and they need to be able to anticipate shots and make split-second decisions.

The **center** position is the playmaker on the ice, responsible for setting up scoring opportunities and winning faceoffs. They need to be strong on both offence and defence and have excellent vision on the ice.

The **winger** position is responsible for supporting the center and providing additional scoring opportunities. They need to be fast and skilled, with good shooting ability and the ability to create opportunities for their teammates. Each position on a hockey team is important and requires different skills and abilities. A strong team is one that has players who can work together and complement each other's strengths and weaknesses.

Teamwork and communication are essential components in any successful hockey team. Effective communica-

is critical to ensure that everyone is on the same page and knows their roles and responsibilities on the ice.

Teamwork is also vital, as it allows players to work together to achieve common goals and overcome challenges. 1 Communication helps players make quick decisions on the ice, allowing them to react to game situations in a coordinated and efficient manner. This can make all the difference in fastpaced games where split-second decisions can determine the outcome.

- 1. Teamwork also helps players support each other and pick each other up during the highs and lows of a game or a season. It creates a sense of unity and shared purpose that can help players stay focused and motivated.
- 2. Communication is also critical during team meetings and practices, as it allows coaches to convey their strategies and game plans to the team, and for players to provide feedback and ask questions to clarify their roles and responsibilities.
- 3. Teamwork can also be seen in the way players celebrate goals and successes on the ice, as they work together to achieve a common goal and share in the joy of their accomplishments.
- **4.Communication** is also critical during team meetings and practices, as it allows coaches to convey their strategies and game plans to the team, and for players to provide feedback and ask questions to clarify their roles and responsibilities.

In conclusion, teamwork and communication are fundamental aspects of successful hockey teams, and coaches and players must prioritize them to achieve tion between players and coaches their goals on and off the ice.

#### DO YOU WANT TO BE A MASCOT?

Ever wanted to skate out onto the ice through the Lion tunnel with the team?

Edinburgh Capitals are excited to offer a mascot package for the 2025-2026 SNL campaign, which will allow you to meet the team behind the scenes and take to the ice before the opening Face-Off.

The package costs £100 and mascots can be of any age. This will cover entry to the game for 1 adult and 1 child.

As a mascot, you and one guest will enjoy the pre-game experience here at Murrayfield Ice Arena with a chance to meet the players and grab photos and autographs. You will then get ready to take to the ice with the Edinburgh Capitals. You will also be able to watch the team warm up from the Capitals bench (helmet and face quard must be worn and can be provided).

As the lights go down and the atmosphere rises, you will skate out with the player of your choice for the opening Face-Off, and photos will be taken as you come through the Caps tunnel. You will then head into the huddle for fist bumps as the boys get ready for game time. Your name will also be announced to the crowd, and your photos and experience will be posted on our club's social media page.

All mascots and guests must wear a helmet (with a face guard, if under 21). Helmets can be provided. If you are doing a walk-on package, no kit is required.

This will again be on a first-come, first-served basis, and packages are now available to purchase through the Capitals Fanbase App for each home game.

For any additional questions, please contact Scott Neil at scottcapitals@gmail.com

Two Saturday's ago saw our first mascot experience for the new season. Kacey Douglas was no stranger to the team having been a mascot previously. This came as a big surprise to her when she arrived at the rink. Once we met her she was excited to head up to meet the team in the locker room before warm ups. She grabbed photos with all the boys and was delighted to meet her favourite player Ciaran Hoggan once again. It was then down to grab some fist bumps from the boys as they headed onto the ice for warm ups. Kacey had a great view watching from the home bench and she was able to grab more photos with the players in their new warm up jerseys. She even got a souvenir puck handed to her from Adam Robinson. It was then time to get ready to walk out with the players. With face off fast approaching Kacey waited for Titch Hoggan to then head out onto the ice through the Caps tunnel into the Lion's



### Capitals S N L Statistics 2025-26

	Stats at 23 Septembe	r courte	esy of C	aps St	atistici	ian	Ave	erages	per G	ame
#	Player	GP	Gls	Asts	Pts	PiM	Gls	Asts	Pts	PiM
17	Joe Lynch	1	1	2	3	0	1.00	2.00	3.00	0.00
37	Chad Smith	1	1	2	3	0	1.00	2.00	3.00	0.00
10	Sean Cochrane	1	1	0	1	0	1.00	0.00	1.00	0.00
16	Conner McNulty	1	0	1	1	2	0.00	1.00	1.00	2.00
22	Aiden Paterson	1	1	0	1	2	1.00	0.00	1.00	2.00
78	Rihards Grigors	1	0	1	1	2	0.00	1.00	1.00	2.00
3	Dean Walker	1	0	0	0	0	0.00	0.00	0.00	0.00
7	Cameron Wilkie	1	0	0	0	0	0.00	0.00	0.00	0.00
8	Adam Robinson	1	0	0	0	0	0.00	0.00	0.00	0.00
9	Cameron Gallacher	1	0	0	0	0	0.00	0.00	0.00	0.00
18	Ben Coughtrie	1	0	0	0	0	0.00	0.00	0.00	0.00
19	Rhys Stenhouse	1	0	0	0	0	0.00	0.00	0.00	0.00
24	Kyle Howie	1	0	0	0	0	0.00	0.00	0.00	0.00
27	Sean Stewart	1	0	0	0	0	0.00	0.00	0.00	0.00
47	Joel Gautschi	1	1	0	0	2	1.00	0.00	0.00	2.00
50	Charlie McLoughlin-Hanna	1	0	0	0	0	0.00	0.00	0.00	0.00
68	Lukas James	1	0	0	0	0	0.00	0.00	0.00	0.00
77	Scott McKay	1	0	0	0	0	0.00	0.00	0.00	0.00
25	Ross Dalgleish	0	0	0	0	0				
33	Scott Geddes	0	0	0	0	0				
90	Kris Phillips	0	0	0	0	0				
#	Netminders	GP	Mins	Shots	Saves	Gls Ag	Save%	GaAve	PiM	Shut out
13	Ciaran Hoggan	1								
24	Ben Keddie	1	60.00	18	17	1	.944	1.00	0	0

Capitals Pe	eriod	Stats @	23rd	l Septe	mber	
Period	1	2	3	OTW	OTL	Total
Wins	0	1	1	0	0	2
Draws	1	0	0	0	0	1
Losses	0	0	0	0	0	0
Goals Scored per Period	0	3	1	0	0	4
Goals Lost per Period	0	1	0	0	0	1

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## **N H L Players return to Olympics**

In July The International Ice Hockey Federation (IIHF) hosted key representatives from the National Hockey League (NHL) and the National Hockey League Players' Association (NHLPA) in presence of the International Olympic Committee (IOC) at its headquarters in Zurich, culminating in the finalization of a landmark agreement confirming the participation of NHL players in the Olympic Winter Games Milano Cortina 2026. This agreement, which has also opened the door for participation of NHL players in the Olympic Winter Games French Alps 2030, officially marks the return of NHL players to the Olympic stage for the first time since the Olympic Winter Games 2014 in Sochi, Russia — a long-anticipated comeback that fans around the world have been eagerly awaiting.

Throughout the negotiation process, all partners worked tirelessly to ensure the agreement would be aligned with the shared strategic goals of all parties involved.

"This is a tremendous day for international ice hockey and for fans across the globe," said IIHF President Luc Tardif. "At the initiative of the IIHF, we have worked collaboratively with NHL and NHLPA in close collaboration with the IOC and Milano Cortina Organizing Committee to make this a reality. Bringing the best players in the world back to the Olympic Winter Games Milano Cortina 2026 is a major step forward for our sport."

"We are pleased to confirm that NHL players will be participating in the Olympic Winter Games Milano Cortina 2026," said Gary Bettman, Commissioner of the NHL. "Olympic participation will showcase the skill and talent of NHL players on an international stage. We are proud to collaborate with the IIHF, NHLPA, and IOC to bring the best hockey players in the world to the Olympics and make this happen in a way that benefits the game globally."

"Best-on-best international tournaments like the Olympics provide the opportunity to create extraordinary moments for our players and fans alike," said Marty Walsh, Executive Director, NHLPA. "The return to the Olympics marks a monumental moment for hockey and we thank our partners – the NHL, IOC and IIHF – for this collaborative process. The skill and passion on display in Milano Cortina will build off the excitement of the 4 Nations Face-Off and continue our game's global growth."

IOC president Kirsty Coventry said: "The IOC welcomes the agreement between the International Ice Hockey Federation (IIHF), the National Hockey League (NHL), and the National Hockey League Players' Association (NHLPA). This agreement will lead to the participation of all the best Ice Hockey players of the world in the Olympic Winter Games Milano Cortina 2026 and the Olympic Winter Games 2030. All the parties who were involved in coming to this agreement should be commended for this excellent result."

The IIHF also published an in-depth article highlighting the exciting developments of Olympic Winter Games Milano Cortina 2026 which underscores the federation's full commitment to staging a world-class tournament in February 2026. All 12 participating ice hockey federations have also announced the initial six players proposed to their preliminary rosters for the upcoming men's ice hockey tournament.

With this agreement, the IIHF, NHL, and the NHLPA have not only reaffirmed their commitment to the global growth of ice hockey but have also opened the door to what promises to be one of the most competitive and thrilling Olympic tournaments in recent memory. Preparations now shift into high gear to ensure that the Olympic ice hockey competition in Milano Cortina 2026 will captivate fans and inspire a new generation of players around the world.

# **Winter Olympics 2026**

The game schedules for the Men's and Wom- 0, in the bronze-medal game in Beijing in 2022. en's tournaments at the Olympic Winter Games Milano Cortina 2026 have been released, another milestone on the road to glory that begins in February.

The men will feature 12 teams playing 30 games, while the women will have ten entries playing 28 games. Games will be played at two venues, both NHL-size sheets of ice. The men's tournament runs 11-22 February.

On the men's side, the preliminary round will consist of three groups of four teams. Group A includes Canada, Czechia, France, and Switzerland. Canada, which won three of the last four NHL-Olympics events, has to be considered pretournament favourites, but they have two tricky matches two start. Their opening game is against Czechia on 12 February, the team that stunned them in the semi-finals in 1998. A day later, they play the Swiss, the team that beat them 2-0 in 2006. France, which will host the 2030 Olympics, hasn't played in the Games since 2002. They last played Canada in 1994 and the Czechs in 1992. Against the Swiss, they have a 1-1-1 record all time. The Czechs haven't won an Olympic medal since 2006, while the only two medals the Swiss have won have been at home many decades ago-bronze in 1948 and 1928, both in St. Moritz.

Group B features Finland, Italy, Slovakia, and Sweden. The hosts have not qualified for the Olympics since Torino in 2006 and are definite underdogs in this group. The Finns are defending champions, and four years ago they were also in the same group as the Slovaks and Swedes, defeating the former, 6-2, and the latter. 4-3, in overtime. In the 2022 semi-finals, they eliminated the Slovaks with another win. 2-0. The Swedes last won a medal in 2014 after losing in the gold-medal game to Canada, and, of

> course, they won gold in Torino in 2006. Slovakia is coming off their best Olympics ever. They beat Sweden, 4

These two teams will meet on 14 February.

Finally, Group C has in it Denmark, Germany, Latvia, and United States. Denmark is just coming off its greatest hockey season ever, which included a fourth-place finish at the World Championship last month. They are playing in their second straight Olympics after never having qualified previously. The Germans won silver in 2018. They have never played the Danes at the Games and will do so for the first time on 12 February. They have faced Latvia only once, a 4-1 win in 2002. The Americans, coming off their stunning gold at the World Championship, also have to be considered one of the favourites in Italy. They have a history with Germany that goes back to Lake Placid in 1932 and have won 12 of 15 games over the decades. They'll meet again in Milano on 15 February.

No teams will be eliminated after the preliminary round. All 12 teams will be ranked and the group winners and the second-place team with the best record will qualify for the quarter-finals directly while the other eight teams play a qualification round. From there, it will be elimination playoffs, with the medal games being played on 21 (bronze) and 22 (gold) February.

#### Women's tournament starts on 5 February

As in 2022, the women's tournament will start with two groups of five teams which have been ordered vertically. All Group A teams will qualify for the quarter-finals along with the top three teams from Group B.

If the most recent Women's Worlds is any indication, the overwhelming favourites to play for gold are, once again, Canada and United States. They have won all gold and silver in Olympic competition since 1998, except 2006 when Sweden took silver to Canada's gold.

# Understanding the lines on the ice

If you've ever watched a hockey game, vou'll notice the distinctive lines on the rink. These lines define the different zones on the ice and play a crucial role in the game.

Starting with the **center ice** face-off circle, which is located at the center of the rink, and it's where the game begins. The red line is another crucial line that splits the rink in half and signifies the center of the ice.

The **blue lines** are the lines that create the offensive, defensive, and neutral zones. These lines also serve as offside markers during play. In other words, if a player enters the attacking zone before the puck, they are offside

Finally, the goal line is where the goal is located, and it marks the end of the rink. It's essential for determining if a puck has crossed the goal line and whether a goal has been scored.

Understanding these critical lines is essential for playing and watching hockev. The rink's layout allows for strategic plays, and knowing the lines' purpose can enhance the overall hockey experience.

Face-offs: At the start of each period

and after each goal, the puck is dropped at center ice for a face-off between two opposing players. The center line is crucial in determining the location of the face-off.

Offsides: If an attacking player crosses the blue line before the puck, they are considered offside. This rule ensures that the offensive team does not gain an unfair advantage.

**Icing:** If a player shoots the puck from behind their own side of the center line and it travels across the opponent's goal line without being touched, icing is called. This results in a face-off in the offending team's zone.

When watching a hockey game, it's easy to get lost in the action and forget about the various lines on the rink. However. each **line** serves a crucial purpose in the game. The **red line**, for example, is used for icing calls and separating the rink into two halves. Meanwhile, the blue lines are used to determine offsides and separate the attacking, neutral, and defending zones.

Another important line is the **goal line**, which is located where the goal frame is fixed.. This **line** determines whether a goal has been scored or not, and is crucial for referees to make accurate calls.



# **Last Weekends SNL Round Up**

Aberdeen Lynx claimed their first away win of the season on Saturday with a 4–3 victory over the Paisley Pirates at Braehead Arena. The result lifts the Lynx into third place in the Scottish National League standings on four points.

The opening period was evenly contested, with Pirates forward Calum
Blair breaking the deadlock midway through before Lynx import Brant
Saretsky hit back almost immediately with an unassisted equaliser.

Aberdeen pushed on in the second, with Calum MacEachran firing them in front and Jamie Edmonds converting on the power play to make it 3–1. The Pirates rallied early in the third through Martyn Simpson, but Lynx player-coach Jordan Leyden restored the cushion with a power-play strike. Paisley's new signing Craig Peacock then pulled one back, but goaltender Rory Wood stood tall in the closing minutes to secure the win.

Elsewhere on Saturday, Whitley Warriors continued their strong start to the season with a 3 –0 road win over North Ayrshire Wild. All the goals came in the second period, with Phil Edgar opening the scoring on the power play before Harry Harley and Ethan Reid quickly added two more. Despite battling hard, Wild couldn't find the net as the Warriors closed out the shutout victory.

In Fife, Solway Sharks SNL are still searching for their first win in the SNL after falling 5–0 to Kirkcaldy Kestrels in their third outing. The scoreline didn't tell the full story, with the Sharks creating chances but unable to find a way past netminder Craig Holland. George Pitcaithly and James Spence gave the Kestrels control before Spence doubled up in the third, followed by goals from Scott Jamieson and Adam Farmer to seal the Kestrels' first victory of the campaign





As you will now be aware, the league has expanded and we have 9 teams all fighting it out for the League, Scottish Cup, and Play Offs. The Capitals will face off against Aberdeen Lynx, Dundee Rockets, Kilmarnock Thunder, Kirkcaldy Kestrels, North Ayrshire Wild, Paisley Pirates, Solway Sharks, and Whitley Warriors over the course of the season, with many mouthwatering clashes to look forward to.

We will play a total of 32 league games, playing all teams both home and away, twice. Head Coach Steven Lynch has built a strong roster, and we are sure you will all be excited with the team that takes to the ice this season. He said, "Our fanbase has kept growing season after season, and we have no doubt that this will happen once again this upcoming campaign.

"The team when we hit the ice, will be a team that you will all be proud of. The players and I are all hungry to grab silverware after the disappointment of last season, and we will be giving it our all to do just that.

"Your support is massive to the team, and we would love to see you all back in the Lion's Den once again. Grab your season tickets now."

The season ticket will cover 16 home league games here at Murrayfield Ice Arena. All additional exhibition, cup, and play-off games will not be covered.

Like previous years, the majority of our home games will be on a Saturday at 6.30pm. There will be a free 1-hour skate after every home game throughout the season for fans who have been in attendance.

The season ticket prices for the 2025-2026 season are as follows:

- Adults £192 (£12 per game)
- Child £112 (£7 per game)
- Family (2 x Adult, 2 x Children) £519 (£32.43 per game)
- Family (1 x Adult, 1 x Children) £275 (£17.18 per game)

Standard game day ticket prices will be £14 for adults and £9 for children.

Edinburgh Capitals Season Tickets are available to purchase now through the Fanbase, ticket link here:

https://app.fanbaseclub.com/Fan/SeasonTickets/SelectType?clubId=142



Missing from Picture: Adam Robinson

(Team Manager), Sean Cochrane

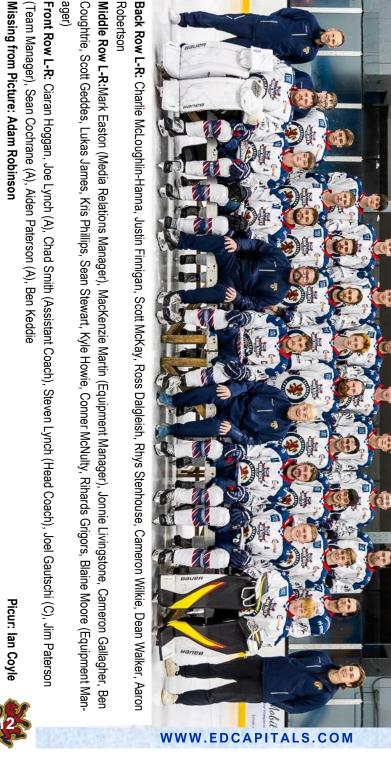
Coughtrie

Scott Geddes,

Lukas James,

Kris Phillips

Robertson





Over the years, the materials used in hockey sticks have gone through a significant transformation. The earliest sticks were made from solid pieces of wood, which pro-vided a durable but heavy option. With ad-vancements in technology, materials such as composite, aluminium, and titanium began to emerge as popular choices for players. These newer materials were known for their lightweight and responsive nature, which allowed for faster shots and better accuracy on the ice.

One of the biggest turning points in the evolution of hockey stick materials was the introduction of composite sticks in the 1990s. These sticks were made from a combination of materials, such as carbon fibre, kevlar, and fiberglass, which made them significantly lighter and more durable than traditional wooden sticks. This resulted in a game that was faster and more dynamic, as players were able to move the puck with greater ease and precision.

Today, many players use sticks made from Ioday, many players use sticks made from advanced graphite composites that are designed to offer a unique blend of strength, flexibility, and sensitivity. These sticks are engineered to respond to even the slightest movement, which allows for greater control and precision when shooting or passing the puck. While traditional wooden sticks may be used by the sticks may be sent the majority of the sticks of still be used by some players, the majority of professionals today opt for the speed and agility of composite materials.

In the early days, hockey sticks were typically made of hardwoods like ash and maple. These sticks were heavy and not very durable, but they were the only option available at the time. Despite their drawbacks, wooden sticks remained the standard for several decades.

Over time, manufacturers began experimenting with new materials to create lighter and stronger sticks. Fibreglass and aluminium setickš were introduced, but they didn't catch on due to concerns about their safety and performance.

Eventually, composite materials like graphite and carbon fibre were developed that comand carbon fibre were developed that combined the strength of metal with the light-weight properties of wood. Today, composite sticks are the norm in the NHL and have revolutionized the game. Composite sticks made their debut in the 1990s, and it was a game-changer. These sticks were made using a blend of materials, including carbon fiber, fiberglass, and Kevlar. The result was a lighter and stronger stick that provided players with more power and control over their shots. The initial cost of composite sticks. shots. The initial cost of composite sticks was high, but players soon realized the benefits they offered. The introduction of com-

posite sticks led to changes in the way the game was played. Players could shoot the puck faster and with more accuracy, leading to an increase in scoring. The new sticks also allowed players to handle the puck with more precision, giving them greater control of the game. The NHL had to adjust to the new style of play, leading to changes in rules and equipment.

Today, composite sticks are the most popular choice for players. They continue to evolve, with manufacturers using new technologies and materials to improve their per-formance. However, some players still prefer the feel of traditional wooden sticks, which offer a unique playing experience.

Type of Sticks
Wood: Wood has been used in NHL sticks for decades and is the most traditional mate-rial. The wood used in sticks is usually ash, birch, or maple. Wooden sticks is usually asn, birch, or maple. Wooden sticks offer a great feel and control, but they tend to be heavier and less durable than composite sticks.

Composite: Composite sticks are made of carbon fibre, fibreglass, or a combination of both. These sticks are incredibly light and durable, which makes them the met north. durable, which makes them the most popular type of stick among players. Composite sticks also offer great power and accuracy, but they can be more expensive than wood-

en sticks.

Foam Core: Foam core sticks have a foamfilled blade covered with composite material. These sticks offer a good balance between weight and durability, and they are a popular

choice among amateur players.

<u>Hybrid:</u> Hybrid sticks combine the features of both wood and composite sticks. The blade of the stick is made of wood, while the shaft is made of composite material. These sticks offer a traditional feel with modern technology.

Carbon Fibre: Carbon fibre is a type of composite material made from thin strands of carbon that are tightly woven together to create a lightweight yet strong material. It is one of the most popular materials used in NHL sticks because of its high strength-to-weight ratio and ability to flex without break-

Fibreglass: Fibreglass sticks are made with a composite of fibreglass and resin. They are similar to carbon fibre sticks in terms of weight and stiffness but are generally more affordable. They have a bit more flexibility, which can be good for players who prefer a little more "feel" when handling the puck. One disadvantage of fibreglass sticks is that they are not as durable as carbon fibre sticks and can be prone to cracking or breaking. They also do not offer the same level of performance as carbon fibre sticks, although they can still be a good option for players who are not looking to spend as much money.



#### **EDINBURGH CAPITALS**

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(F	Colours: White, E	lue, Red				Cap	oitals Goa	ls	
#	Player	Pos		#	Scorer	Asst 1	Asst 2	Time	Type
13	Ciaran Hoggan	NM		1				:	
24	Ben Keddie	NM		2				:	
88	Jonnie Livingstone	NM		3				:	
3	Dean Walker	D		3				:	
7	Cameron Wilkie	D		4				:	
8	Adam Robinson	RW		5				:	
9	Cammy Gallagher	C/W		6				:	
10	Sean Cochrane	F	'A'	7				:	
16	Conner McNulty	С		8				:	
17	Joe Lynch	F	'A'	9				:	
18	Ben Coughtrie	D		10				:	
19	Rhys Stenhouse	D				Capit	als Penal	ties	
20	Aaron Robertson	RW		#		Offence		Time	Pen Min
22	Aiden Paterson	D	'A'					:	:
24	Kyle Howie	F						:	:
25	Ross Dalgleish	C/D						:	:
27	Sean Stewart	D						:	:
33	Scott Geddes	D						:	:
37	Chad Smith	LW/RW						:	:
43	Justin Finnigan	F						:	:
47	Joel Gautschi	С	'C'					:	:
50	Charlie MdLaughlin Hanna	D						:	:
68	Lukas James	С						:	:
78	Rihards Grigors	D						:	:
90	Kris Phillips	C/D						:	:
lead	Coach: Steven Lynch. Asst.	Coach:: Ch	ad Smith:	. Mana	ger: Jim Pat	terson. Kit: N	lackenzie Ma	artin, Blaine M	loore.

	Colours: Blue, Yellov	v, White	}			Kes	trels Goa	ıls	
#	Player	Pos		#	Scorer	Asst 1	Asst 2	Time	Type
1	Andy Little	NM		1				:	
31	Craig Holland	NM		2				:	
35	Cameron Kenny	NM		3				:	
3	Jack Malcomson	D		3				:	
5	Kyle Horne	D		5				:	
6	Joe Somerville	С		6				:	
10	Jamie Wilson	F		7			:		
16	James Spence	RW		8				:	
18	Allan Anderson	С	'A'	9				:	
19	Lewis Gold	F		10				:	
20	Ross Henderson	F	'A'			Kestı	rels Penal	lties	•
22	Finley King	F		#		Offence		Time	Pen Mins
23	George Pitcaithly	С						:	:
32	Cole Giannanderea	D						:	:
34	Callum McLaren	C/LW						:	:
37	Caiden Forbes	LW						:	:
42	Fynn Page	D						:	:
44	Adam Farmer	D						:	:
53	Kian Shevlin	D						:	:
71	Grant Jamieson	F						:	:
88	Graham Chalmers	F/D	'A'					:	:

Head Coach: Stephen Wishart. Asst. Coach's: Arron Gregor, Andy Finlay, Kyle Horne, Equip. Cameron Wilkie

'C'

Shots On	#	Time on	1	2	3	ОТ	Total	Time Out	Period Scores	1	2	3	ОТ	Final	Time Out	Shots On	#	Time on	1	2	3	ОТ	Total
Ciaran Hoggan	13	:						Capitals	Capitals						Kestrels	Andrew Little	1	:					
Ben Keddie	34	:						:	Kestrels						:	Craig Holland	31	:					
					Т	onigh	t's Ma	tch Officials	: Referee:				Lir	nespers	sons:		and						

2025-2026 27th Sept. SNL

For your own safety and that of other fans please remain seated until play stops. Please follow the stewards instructions at all times. They are here to help not hinder you.

97 Scott Jamieson

Flash photography is not allowed for player and officials safety.

Please can you put your empty cup, glasses and other waste in the bins provided.

**Kestrels MoM** 



**Capitals MoM**