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Just a little reminder, can all fans please wait for a stoppage in play before leaving your seat during games. First of all for your own safety as the puck can fly out the rink at any time so please keep your eye on it. Also in respect of other fans who are trying to watch the game.

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.



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EDINBURGH CAPITALS



ICE HOCKEY 2025 - 26

Your 2025-2026 Edinburgh Capitals



Steven Lynch
Head Coach



Jim Paterson
Team Manager



13
Ciaran Hoggan



24
Ben Keddle



88
Jonnie Livingstone



3
Dean Walker



7
Cameron Wilkie



8
Adam Robinson



9
Cammy Gallacher



10
Sean Cochrane
Assistant Captain



16
Conner McNulty



17
Joe Lynch
Assistant Captain



18
Ben Coughtrie



19
Rhys Stenhouse



20
Aaron Robertson



22
Aiden Paterson
Assistant Captain



24
Kyle Howie



25
Ross Dagleish



27
Sean Stewart



33
Scott Geddes



37
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



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Capitals Action v Warriors Pics by Ian Coyle



Left: All action round the Warriors net in the middle period.



All action on the boards.

No doubt the question to Cameron Ware was "How's your dad doing"? "Tell him I'm asking for him."



Welcome to SNL hockey guys

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Top 25 Points and Netminders S N L Statistics

Stats at 13th October

Pos	Player	Team	GP	Gls	Asts	Pts	PiM	Averages per Game			
								Gls	Asts	Pts	PiM
1	Brant Saretsky	Lynx	6	4	15	19	8	0.67	2.50	3.17	1.33
2	John Dolan	Rockets	4	4	14	18	0	1.00	3.50	4.50	0.00
3	Allan Anderson	Kestrels	9	4	10	14	2	0.44	1.11	1.56	0.22
4	Joe Lynch	Capitals	5	7	6	13	14	1.40	1.20	2.60	2.80
5	Chris Wilson	Pirates	7	4	9	13	8	0.57	1.29	1.86	1.14
6	Deniss Kontseus	Rockets	4	6	6	12	2	1.50	1.50	3.00	0.50
7	Phil Edgar	Warriors	7	5	8	13	8	0.71	1.14	1.86	1.14
8	Martyn Simpson	Pirates	8	3	9	12	6	0.38	1.13	1.50	0.75
9	Ben Edmonds	Lynx	6	0	12	12	0	0.00	2.00	2.00	0.00
13	Scott Jamieson	Kestrels	9	9	2	11	8	1.00	0.22	1.22	0.89
11	Jaydn Baxter	Lynx	6	8	3	11	6	1.33	0.50	1.83	1.00
12	Dylan Murray	Wild	7	5	6	11	30	0.71	0.86	1.57	4.29
13	George Pitcaithly	Kestrels	9	5	6	11	5	0.56	0.67	1.22	0.56
14	Harry Harley	Warriors	7	3	7	10	0	0.43	1.00	1.43	0.00
15	Callum Queenan	Warriors	7	3	7	10	4	0.43	1.00	1.43	0.57
16	Sam McCluskey	Rockets	4	2	9	11	10	0.50	2.25	2.75	2.50
17	Adam Wood	Warriors	7	3	7	10	13	0.43	1.00	1.43	1.86
18	Chad Smith	Capitals	5	2	8	10	4	0.40	1.60	2.00	0.80
19	Lewis McIntosh	Rockets	4	6	3	9	0	1.50	0.75	2.25	0.00
20	Mark Laing	Lynx	3	5	4	9	0	1.67	1.33	3.00	0.00
21	Conor Duncan	Lynx	6	5	4	9	2	0.83	0.67	1.50	0.33
22	James Spence	Kestrels	9	5	4	9	2	0.56	0.44	1.00	0.22
23	Joe Somerville	Falcons	9	5	4	9	4	0.56	0.44	1.00	0.44
24	James Callum McLaren	Kestrels	9	0	9	9	8	0.00	1.00	1.00	0.89
25	Craig Peacock	Pirates	5	5	3	8	2	1.00	0.60	1.60	0.40

Top 10 Netminders Stats based on Gls Agst Ave (Min. 2:00:00 hours played)

	Netminder	Team	GP	TOI HrMinSec	Shots Agst	Saves	Gls Agst	Save%	Gls AgtAve	PiM	Shut out
1	Euan Simpson	Rockets	4	2:00:00	22	20	2	0.909	1.00	0.00	0
2	Thomas Brown	Warriors	7	5:55:41	192	183	9	0.953	1.52	0.00	1
3	Ben Keddie	Capitals	5	5:05:00	161	150	11	0.926	2.16	0.00	0
4	Dale Shearer	Rockets	4	2:00:00	51	46	5	0.902	2.50	0.00	0
5	Craig Holland	Kestrels	7	6:05:00	196	180	16	0.918	2.63	0.00	1
6	Daniel McGowan	Pirates	7	6:30:00	229	211	18	0.921	2.76	0.00	1
7	Cameron Kenny	Kestrels	6	2:00:00	60	54	6	0.9	3.00	0.00	0
8	Rory Wood	Lynx	6	4:09:41	143	129	14	0.902	3.36	0.00	0
9	Harry Campbell	Sharks	5	4:49:14	252	230	22	0.913	4.56	0.00	0
	David MacColl	Wild	7	7:00:00	313	267	46	0.853	6.57	0.00	0

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Murrayfield Ice Arena

13 Riversdale Crescent

Edinburgh 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 Manager: Mark Easton.

Announcer: TBC

Music: TBC

Official Photographers: Ian Coyle, Mark A Brown

Official Scorer: Gill MacDiarmid

Timekeeper: TBC

Mascot: Pawz

email enquiries@edinburghcapitals.com

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Honours

Northern League Champions 2023-24

SNL Play Off Champions 2023-2024

Northern Challenge Cup 2024

Well, what a great crowd we had here last Saturday with many former Racers fans paying a well deserved tribute to Jock Hay. There were many former players here as well and it was great to see them again and a few ales were consumed over the course of the night.

On the ice the guys had a great win over the then unbeaten Warriors and with a further bit of luck the scoreline could have been greater. Perhaps that's a bit harsh on Warriors as they too had great chances to score but another top performance by Ben in the goals laid the foundations for the win.

If you were here last Saturday you must surely have enjoyed a game which had everything. Great play, a couple of bouts of fisticuffs and goals. All the goals coming in the middle period settled the game for Capitals who led with goals at 21:19 and 22:58 before Whitley scored at 24:53. However, the insurance marker came at 30:49 which ended the scoring. Both teams had chances to add to their score but great netminding and defending put paid to that.

Tonight we have a game with the Lynx who ended Rockets unbeaten run last Saturday so we know we are in for another tough evening. The Lynx are always a threat so we will have to concentrate for the whole game if we are to be successful on the night.

We dropped to fourth place in the league on goal difference after Kestrels 18-0 win against Thunder last Sunday but the goal difference is a bit of a non-starter at the minute as Lynx and Kestrels have had large wins over Thunder.

In fact Kestrels have met the Thunder twice so that has enhanced their goal difference. Whitley met Paisley last Sunday and a win took them two points clear at the top of the league again. It's all nip and tuck in the top four with Paisley and Dundee lurking around. Dundee look a huge threat as they have only played four games prior to this weekend's double header at Thunder and at home to Kestrels tomorrow.

Having said that we need to worry about our results let the other teams take care of themselves and once we meet the Thunder in the future things may work themselves out goal difference wise.

We face home and away games against Dundee next weekend so that will be two games not to be missed.



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Jock Hay's jersey ritual



The Capitals form a guard of honour



A Time for Thought

Who's Visiting the Lions Den Next ?



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SNL League Results and Fixtures

Saturday 11th October					Saturday 18th October				
Aberdeen Lynx	3	Dundee Rockets	2	Edinburgh Capitals	Aberdeen Lynx				
Edinburgh Capitals	3	Whitley Warriors	1	Kilmarnock Thunder	Dundee Rockets				
Kilmarnock Thunder	3	Paisley Pirates	9	North Ayrshire Wild	Paisley Pirates				
North Ayrshire Wild	2	Solway Sharks	3						
Sunday 12th October					Sunday 19th October				
Kirkcaldy Kestrels	18	Kilmarnock Thunder	0	Dundee Rockets	Kirkcaldy Kestrels				
Whitley Warriors	5	Paisley Pirates	2	Solway Sharks	Paisley Pirates				

League Standings at 13th October

Pos	Team	GP	W	L	OTL	GF	GA	GI Diff	Pts	Streak
1	Whitley Warriors	6	5	1	0	27	10	17	10	L1
2	Aberdeen Lynx	6	5	1	0	47	17	30	10	W5
3	Kirkcaldy Kestrels	9	4	3	2	47	26	21	10	W3
4	Edinburgh Capitals	5	5	0	0	22	11	11	10	W5
5	Paisley Pirates	7	4	3	0	32	20	12	8	W2
6	Dundee Rockets	4	3	1	0	42	7	35	6	L1
7	Solway Sharks	5	1	4	0	7	23	-16	2	W1
8	North Ayrshire Wild	7	1	6	0	21	46	-25	2	L6
9	Kilmarnock Thunder	7	0	7	0	9	94	-85	0	L7

SNL Fixtures — Results

Home Team	AL	DR	EC	KT	KK	NAW	PP	SS	WW
Aberdeen Lynx		3-2 13-12	08-11 10-01	22-1 14-03	25-10 01-11	9-2 28-03	17-01 14-02	5-3 07-02	3-6 20-12
Dundee Rockets	21-12 21-03		26-10 29-03	18-1 24-01	19-10 31-01	14-1 08-02	16-11 10-01	02-11 28-03	22-11 01-03
Edinburgh Capitals	18-10 21-02	15-11 27-12		17-01 07-02	6-5ps 07-03	07-12 31-12	4-1 31-01	4-1 03-01	3-1 13-12
Kilmarnock Thunder	31-01 07-03	18-10 06-12	20-09 28-02		1-6 28-03	3-12 21-03	3-9 22-11	13-12 14-02	01-11 21-02
Kirkcaldy Kestrels	27-12 15-02	14-12 17-01	3-5 29-11	18-0 18-10		6-2 21-02	1-3 07-02	5-0 09-11	15-11 06-12
N Ayrshire Wild	06-12 28-02	2-8 07-03	24-01 14-02	08-11 20-12	13-12 10-01		18-10 14-03	2-3 29-11	0-3 03-01
Paisley Pirates	3-4 26-10	07-12 25-01	02-11 21-03	8-0 23-11	6-1 21-12	09-11 01-02		11-01 15-03	29-11 28-02
Solway Sharks	22-11 24-01	01-02 22-03	16-11 01-03	21-12 22-02	04-01 08-03	25-10 14-12	19-10 28-12		18-10 15-02
Whitley Warriors	23-11 25-01	09-11 22-02	01-02 22-03	25-10 11-01	3-2ot 14-03	16-11 18-01	7-2 12-10	7-0 07-12	

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Capitals S N L Statistics 2025-26

Stats at 13th October courtesy of Caps Statistician

Averages per Game

#	Player	GP	Gls	Asts	Pts	PiM	Gls	Asts	Pts	PiM
17	Joe Lynch	5	7	6	13	14	1.40	1.20	2.60	2.80
37	Chad Smith	5	2	8	10	4	0.40	1.60	2.00	0.80
10	Sean Cochrane	5	4	2	6	2	0.80	0.40	1.20	0.40
78	Rihards Grigors	5	2	3	5	2	0.40	0.60	1.00	0.40
47	Joel Gautschi	4	3	1	4	4	0.75	0.25	1.00	1.00
22	Aiden Paterson	5	2	2	4	4	0.40	0.40	0.80	0.80
16	Conner McNulty	5	1	2	3	4	0.20	0.40	0.60	0.80
20	Aaron Robertson	4	1	1	2	2	0.25	0.25	0.50	0.50
27	Sean Stewart	5	0	2	2	2	0.00	0.40	0.40	0.40
33	Scott Geddes	4	0	2	2	0	0.00	0.50	0.50	0.40
24	Kyle Howie	5	1	0	1	0	0.20	0.00	0.20	0.00
3	Dean Walker	3	0	1	1	0	0.00	0.33	0.33	0.00
8	Adam Robinson	4	0	1	1	2	0.00	0.25	0.25	0.50
18	Ben Coughtrie	3	0	1	1	30	0.00	0.33	0.33	10.00
7	Cameron Wilkie	5	0	0	0	2	0.00	0.00	0.00	0.40
9	Cameron Gallacher	5	0	0	0	2	0.00	0.00	0.00	0.40
19	Rhys Stenhouse	5	0	0	0	0	0.20	0.00	0.20	0.00
25	Ross Dalglish	2	0	0	0	2	0.00	0.00	0.00	1.00
43	Justin Finnigan	2	0	0	0	0	0.00	0.00	0.00	0.00
50	Charlie McLoughlin-Hanna	4	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	3	0	0	0	0	0.00	0.00	0.00	0.00
90	Kris Phillips	4	0	0	0	2	0.00	0.00	0.00	0.50
#	Netminder	GP	TOI	Shots	Saves	Gls Ag	Save%	Gls Ag Ave	Shut Out	PiM
24	Ben Keddie	5	305.00	161	150	11	.926	2.16	0	0
13	Ciaran Hoggan	5								

Capitals Period SNL Games Stats at 13th October

Period	1	2	3	OT/PSW	OT/PSL	Total
Wins	1	4	2	0	0	7
Draws	3	1	2	1	0	7
Losses	1	0	1	0	0	2
Goals Scored per Period	3	14	4	1	0	22
Goals Lost per Period	3	4	4	0	0	11

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Capitals Fixtures and Results 2025-26

3Day	Date	HA	Opponent	Comp	Final Score Caps 1st	Period Scores (Capitals first)							Shots on Caps	Shots on Opp	PiM on Caps	PiM on Opp	Caps MoM
						1	2	3	OT								
Sun	31/08	H	Paisley Pirates	EXH	6 1	1	0	2	0	4	1	-	34	36	12	12	16
Sat	06/09	A	Sheffield Steeldogs	EXH	2 5	2	1	0	2	0	2	-	70	21	4	2	24
Sun	07/09	H	Sheffield Steeldogs	EXH	2 14	0	7	2	5	0	2	-	49	28	8	14	22
Sat	13/09	H	Solway Sharks	SNL	4 1	0	0	3	1	1	0	-	18	58	8	10	24
Sat	20/09	A	Kilmarnock Thunder	SNL	P P												
Sat	27/09	H	Kirkcaldy Kestrels	SNL	6 5ps	1	1	2	2	2	2	0-0	46	37	10	5	17
Sun	28/09	A	Kirkcaldy Kestrels	SNL	5 3	0	1	5	0	0	2	-	38	41	48	39	78
Sat	04/10	H	Paisley Pirates	SNL	4 1	2	1	1	0	1	0	-	34	39	6	6	10
Sat	11/10	H	Whitley Warriors	SNL	3 1	0	0	3	1	0	0	-	23	31	8	18	37
Sat	18/10	H	Aberdeen Lynx	SNL													
Sat	25/10	H	Dundee Rockets	SNL	Halloween Fancy Dress Night												
Sun	26/10	A	Dundee Rockets	SNL													
Sat	01/11	A	North Ayrshire Wild	SCup													
Sun	02/11	A	Paisley Pirates	SNL	To be played at MIA												
Sat	08/11	A	Aberdeen Lynx	SNL													
Sun	16/11	H	Solway Sharks	SNL													
Sat	22/11	H	North Ayrshire Wild	SCup	Skate with the Capitals												
Sat	29/11	A	Kirkcaldy Kestrels	SNL													
Sun	30/11	H	North Ayrshire Wild	SNL	St Andrews Day Theme Night												
Sat	13/12	H	Whitley Warriors	SNL	Annual Teddy Toss												
Sat	27/12	H	Dundee Rockets	SNL	7:30 pm Face off												
We	31/12	H	North Ayrshire Wild	SNL	2:00 pm Face off												
Sat	03/01	H	Solway Sharks	SNL													
Sat	10/01	A	Aberdeen Lynx	SNL													
Sat	17/01	H	Kilmarnock Thunder	SNL	Retro Night												
Sat	24/01	A	North Ayrshire Wild	SNL													
Sat	31/01	H	Paisley Pirates	SNL													
Sun	01/02	A	Whitley Warriors	SNL													
Sat	07/02	H	Kilmarnock Thunder	SNL	Valentines Night												
Sat	14/02	A	North Ayrshire Wild	SNL													
Sat	21/02	H	Aberdeen Lynx	SNL													
Sat	28/02	A	Kilmarnock Thunder	SNL													
Sun	01/03	A	Solway Sharks	SNL													
Sat	07/03	H	Kirkcaldy Kestrels	SNL	Skate with the Capitals												
Sat	21/03	A	Paisley Pirates	SNL	To be played at MIA												
Sun	22/03	A	Whitley Warriors	SNL													
Sat	29/03	A	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

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IHUK STATEMENT: SOCIAL MEDIA INCIDENT

Ice Hockey UK strongly condemns racist and discriminatory comments made on social media following an Elite League game. This behaviour is completely unacceptable and directly contradicts the core values of our sport.

We stand by our counterparts at Scottish Ice Hockey, England Ice Hockey and the Elite League in making it absolutely clear: racism, homophobia and any form of discriminatory or hateful behaviour will not be tolerated online, in our rinks, or anywhere associated UK ice hockey.

We are proud to be a diverse, inclusive and welcoming community where players, staff, officials and fans from all backgrounds can enjoy the sport.

Anyone found engaging in racist, homophobic, or abusive behaviour will face the strongest possible sanctions across our sport.

In this instance, the individual involved has received a lifetime ban from the relevant arena and the matter has been reported to the appropriate authorities.

We remain firmly committed to providing a safe, respectful, and welcoming environment for everyone. Hate has no place in ice hockey or anywhere else.

We thank our supporters and the wider hockey community for standing with us in upholding these values.

#HockeyIsForEveryone

Good to see Ava back at Murrayfield

Last Saturday night we invited Ava Dimelow to meet the team before the game.

Ava you may remember was the little girl who was struck on the head with the puck over in Kirkcaldy a few weeks back whilst supporting the Caps.

The boys wanted to give Ava a few gifts for being so brave after her accident. Captain Joel Gautschi presented Ava with one of his signed jerseys, a signed stick from the team, a Caps puck and a Caps foam hand.

We got sent these photos of Ava who as you can see was delighted with her new Caps goodies. We hope you enjoyed the game Ava and you are a true hockey hero bouncing back so soon after your injury.



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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 guard 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 pages.

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



Tonight's Mascot is

Zara Johnston Aged 9

Favourite team: Edinburgh Capitals and Toronto Maple Leafs (she was lucky enough to see them play in Toronto last month).

Favourite player: Chad Smith

Loves most about hockey: When Capitals win and she gets signatures from the players.



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Do you want your kids to play hockey?

Are you a parent interested in introducing your child to hockey? This exciting sport offers a multitude of benefits for young children, including physical activity, teamwork, and learning new skills.

Hockey is a fantastic way for kids to stay active, learn new skills, and develop teamwork and sportsmanship. **Physical fitness** is just one of the many benefits of playing hockey. Not only does hockey promote **physical health**, but it also helps kids develop important **mental skills**. Playing hockey requires focus, quick thinking, and problem-solving.

Hockey is just plain fun. It's an exciting sport that will keep your kids engaged and entertained. With the adrenaline rush of scoring a goal or making a big save, your kids will be hooked on hockey in no time.

Physical and Mental Benefits

1. **Improved Physical Fitness:** Hockey is an excellent cardiovascular workout that can improve endurance, strength, and agility. The constant movement on the ice and the need for quick bursts of speed make hockey a great way to burn calories and build muscle.

2. **Development of Teamwork Skills:** Playing on a hockey team requires strong communication and cooperation between players. This helps children develop social skills, such as communication, leadership, and teamwork. Hockey also provides opportunities for children to make friends and build relationships with their teammates.

3. **Improved Cognitive Skills:** Hockey requires quick decision-making, problem-solving, and strategic thinking. These skills are not only important on the ice but also in everyday life. Children who play hockey can improve their cognitive abilities, including concentration, memory, and attention span.

Overall, hockey is a great sport for children to participate in. It provides a range of physical and mental benefits, from improved physical fitness and teamwork skills to enhanced cognitive abilities. Whether your child is just starting out or has been playing for years, hockey is an excellent choice for both fun and develop-

ment.

The Benefits of starting young

Starting young in hockey not only helps develop good habits but it also improves motor skills, which are essential for success in the sport. Children who play hockey at a young age develop better hand-eye coordination, balance, and agility. These skills are transferable to other areas of life such as school and other sports.

Research has shown that playing sports like hockey can improve overall cognitive function, such as attention span and concentration, which is important for children who are developing their academic abilities. Improved motor skills also help children build their confidence, which can be beneficial in all aspects of life.

Moreover, playing hockey at a young age helps children develop discipline and self-control. The rules and structure of the game teach children to follow instructions, respect their teammates and opponents, and develop a strong work ethic. These traits are important for personal growth and success in any future endeavours.

Increased Confidence and Self-Esteem

Playing hockey can have a positive impact on a child's confidence and self-esteem. As children learn new skills and progress in the sport, they gain a sense of achievement and pride in their accomplishments. This can help them feel more confident in other areas of their lives as well. Additionally, hockey is a team sport that requires cooperation and communication. When children work together successfully on the ice, it can boost their sense of self-worth and help them feel more connected to their teammates.

Finally, participating in physical activity can have a significant impact on mental health, and hockey is no exception. Regular exercise has been linked to improved mood and decreased symptoms of anxiety and depression. By playing hockey, children can build a positive self-image and learn healthy coping mechanisms that can benefit them throughout their lives.

IIHF Global Hockey Development Forum

Of the three IIHF Global Hockey Forum topics – Women's, Marketing, and Development – it was Development that focused mostly on the action on the ice, even though Xs and Os were mostly absent there as well. Development focused on talent, transformational leadership, and selection.

"Our job is to provide opportunities and find ways of improving the environment in which our athletes and coaches operate," says Kalle Valiaho, IIHF Development Manager for Europe and Africa.

"At the Global Hockey Forum we were able to provide various insights on how to build a structure that keeps players in the game. Our speakers shared the latest findings from their research and explained how to implement them in practice."

When those experts meet a curious audience, such as the one in Nice, France, one plus one becomes three.

"At events like this, the expertise is not on the stage – it's in the audience. Use these connections, get together. Find people in your situation, get advice from people who have been there before you. The collective wisdom in this room is far greater than anything I can offer. We're the catalyst for you to go and make those connections," said John O'Sullivan, Founder of the Changing the Game Project.

No child picks up hockey to become a professional player. They fall in love with the fastest game on earth because it's challenging, fun, and makes them happy. Too often that is forgotten in organized sports. These days, youth sports are not only a business—it's a huge business, said Tom Farrey, founder and executive director of the Aspen Institute's Sports & Society Program, and author of Game On: The All-American Race to Make Champions of Our Children.

"The youth sports industry is worth \$40 billion, which is twice as much money as is flowing through the NFL, the richest sports league in the world, and six times as much as is flowing through the NHL," he told IIHF.com.

"What do children want out of a sport experience? They want to challenge themselves with friends, have fun—even win—but that's not the most important thing. If you let kids design sport environments, they usually look a lot different from what adults would do. Do you think kids put all the best players on one team? No, they don't. Why? That's boring," he added.

Once the game is on, another thing adults often bring into sports is talent scouting. A talented kid is recruited to another team, given more and better coaching, even though research shows that scouting too early doesn't work very well.

John Lind, Director of Research & Education at the Swedish Ice Hockey Association, drove that point home by showing how late bloomers make up 40 percent of Swedish NHLers, even though their share in the under-16 national team was only 19 percent.

Bio-banding – a method of grouping players based on their maturity rather than chronological age – is one way to level the playing field, so that maturity isn't mistaken for greater talent.

Whatever talent is, we're not very good at finding it, because talent is a complicated and complex phenomenon that can't be distilled into a single indicator or measure, noted Joe Baker, Tanenbaum Research Chair in Sport Science, Data Modeling, and Sport Analytics at the University of Toronto. Instead, it's a mixture of different physical, mental, psychological, and cognitive variables.

"Athletes who get selected are offered developmental advantages over their peers," Baker said, echoing Lind. "Evidence indicates that if we allow our system to have multiple entry points, athletes can enter later and still be successful."

On the other hand, Associate Professor Billy Adamsen of Zealand Academy of Technology and Business in Denmark said that labeling athletes talented can reduce persistence and proactive learning behavior.

"The most important thing is to see the players thrive. Sometimes we only see the unicorns, but my proudest moments as a coach have come with kids who make the A team after having been cut first. They learn that if they invest in themselves, if they do the work, good things happen. That's not a hockey lesson – it's a life lesson," O'Sullivan says.

"The number one thing that makes a great coach is caring. They love their players not just as hockey players but as human beings. When you invest in the human being, you get better hockey players. Yes, you have to know the Xs and Os, but relationship skills are the key to everything."



MoM and Players Lion of the Game award



Chad was voted MoM v Warriors and was congratulated by Harvey from match sponsor Secure Cabling Solutions and the legend Jock Hay.



Rihards was voted Lion of the Match by his Capitals teammates

Caps v Warriors Stats

Capitals Goals

1. 37 from 10 and 17 @ 21:19 PP
2. 47 from 27 and 17 @ 22:58 =
3. 17 from 16 @ 30:49 =

Capitals Penalties

25 Holding 2 mins @ 10:52
20 Holding 2 mins @ 11:31
37 Slashing 2 mins @ 23:30
90 Interference 2 mins @ 27:46

Shots on 34 Ben Keddle 8-8-7=23

Capitals MoM 37 Chad Smith

Did not Ice: 88 Jonnie Livingstone,
18. Ben Coughtrie, 68 Lukas James

Warriors Goal

29 from 8 and 27 @ 24:53 PP

Warriors Penalties

77 Roughing @ 10:52
22 Elbowing @ 19:55
64 Holding @ 32:00
64 Roughing @ 37:35
64 Unsports Conduct 2mins @ 37:35
20 High Sticks 2 mins @ 38:34
20 Hooking 2 mins @ 46:25
21 Tripping 2 mins @ 54:55
44 Hooking 2 mins @ 54:55

Shots on Thomas Brown 2-17-12 = 31

Warriors MoM: 22 Adam Wood

Did not ice: 5 Matty McDonald, 78 Jack Williams, 87 Harvey Starkie, 92 Jayden White.

Current Capitals All Time stats 2022 to date

	Player	GP	Gls	Asst	Pts	PiM	Average per Game			
							Gls	Asst	Pts	PiM
37	Chad Smith	110	104	116	220	106	0.95	1.05	2.00	0.96
47	Joel Gautschi	102	88	104	192	141	0.86	1.02	1.88	1.38
17	Joe Lynch	110	89	56	145	95	0.81	0.51	1.32	0.86
10	Sean Cochrane	107	39	75	114	37	0.36	0.70	1.07	0.35
20	Aaron Robertson	117	32	58	90	30	0.27	0.50	0.77	0.26
78	Rihards Grigors	38	14	29	43	30	0.37	0.76	1.13	0.79
22	Aidan Paterson	112	9	31	40	85	0.08	0.28	0.36	0.76
33	Scott Geddes	76	7	25	32	28	0.09	0.33	0.42	0.37
25	Ross Dalglish	75	9	21	30	247	0.12	0.28	0.40	3.29
18	Ben Coughtrie	70	2	25	27	88	0.03	0.36	0.39	1.26
3	Dean Walker	89	3	18	21	41	0.03	0.20	0.24	0.46
8	Adam Robinson	36	8	11	19	34	0.22	0.31	0.53	0.94
90	Kris Phillips	35	2	13	15	11	0.06	0.37	0.43	0.31
9	Cameron Gallagher	83	2	9	11	39	0.02	0.11	0.13	0.47
7	Cameron Wilkie	35	3	3	6	8	0.09	0.09	0.17	0.23
27	Sean Stewart	3	2	3	5	2	0.67	1.00	1.67	0.67
18	Rhys Stenhouse	72	2	2	4	31	0.03	0.03	0.06	0.43
16	Conner McNulty	4	1	1	2	4	0.25	0.25	0.50	1.00
68	Lukas James	7	1	1	2	0	0.14	0.14	0.29	0.00
24	Kyle Howie	4	1	0	1	0	0.25	0.00	0.25	0.00
77	Scott McKay	4	0	0	0	6	0.00	0.00	0.00	1.50
50	Charlie McLoughlin-Hanna	3	0	0	0	0	0.00	0.00	0.00	0.00
43	Justin Finnigan	2	0	0	0	0	0.00	0.00	0.00	0.00

#	Netminders	GP	Mins	SOG	Saves	GA	Save%	GaAve	PiM
24	Ben Keddle	5	305.00	161	150	11	.926	2.16	0
13	Ciaran Hoggan	5							
88	Jonnie Livingstone	0							

Note: The following eleven players have played for the four seasons of the Capitals club.
Sean Cochrane, Ben Coughtrie, Ross Dalglish, Cameron Gallagher, Joel Gautschi, Joe Lynch, Aidan Paterson, Aaron Robertson, Chad Smith, Rhys Stenhouse, Dean Walker.



How the other half live.

Connor McDavid said his new contract with the Edmonton Oilers is about putting the team first in the quest to win the Stanley Cup.

The Oilers captain took his time deciding his future beyond this season and settled on a direction he felt was best for team success, signing a two-year, \$25 million contract on Monday that begins with the 2026-27 season.

With an average annual value of \$12.5 million, it is a price tag far below what is considered market value for the center.

"I obviously said I was committed to winning here and I meant that when I said that, and two years makes a lot of sense," McDavid said Tuesday. "It gives us a chance to continue chasing down what we've been chasing down here with the core guys we have in here and we have a little bit of money to work with too. I think the deal makes sense to both sides."

The contract keeps Edmonton's championship window open for at least another three seasons and affords the Oilers space under the NHL salary cap to make adjustments to the roster if necessary.

Edmonton made it to the Stanley Cup Final the past two seasons, losing to the Florida Panthers on both occasions, and is again considered a championship contender.

"It gives the core guys that have been here a really long time and guys in this room that have come here, a chance to be a part of something special," McDavid said of the two-year term. "It gives us a chance to play that out and that's important to me, obviously."

McDavid is in the last season of an eight-year, \$100 million contract (\$12.5 million AAV) he signed July 5, 2017.

Though there was an expectation that the 28-year-old would sign a shorter-term deal with his

next contract, the fact that he didn't get a raise took nearly everyone by surprise.

"I guess it's a unique situation," McDavid said. "We weren't going to sign a long-term deal, so two years at that number makes a lot of sense. It gives us a chance to extend our window here in Edmonton. [My dog] Lenny is not going to go hungry with that money, so we'll be fine. It's about winning and that's always what I preached, and I think this deal gives both sides what we're looking for."

McDavid has accomplished nearly everything there is to achieve individually since entering the League in 2015-16 after being selected No. 1 by the Oilers in the 2015 NHL Draft.

He has won the Hart Trophy as the NHL's most valuable player three times (2016-17, 2020-21, 2022-23); the Ted Lindsay Award as most outstanding player, as voted by the NHL Players Association, four times (2016-17, 2017-18, 2020-21, 2022-23); and the Art Ross Trophy as the NHL's leading scorer five times (2016-17, 2017-18, 2020-21, 2021-22, 2022-23). He also won the Conn Smythe Trophy as MVP of the Stanley Cup Playoffs in 2024 despite Edmonton losing the Cup Final in seven games.

All that's left for him is to help bring the Stanley Cup back to Edmonton for the first time since 1990.

"Obviously the city and the fans are important to us and we want to win here," McDavid said. "We want to bring it back here and make our city proud. But it's mostly for the guys in this room. We've been through a lot together and to see it through together is important."

"I think everybody understands the situation in this room and the situation this organization is in. We want to win. If it lends urgency, that's a good byproduct."

Four questions to be answered

The clock is ticking. There are just over four months until the start of the 2026 Olympic men's hockey tournament. But the NHL season is already underway. And early-season performances in the world's top pro league can potentially shape outcomes in Milan in February.

So let's check out some key NHL storylines to watch as we await the thrilling return of NHLers to the Olympics for the first time since 2014.

1) Who will emerge as Canada's #1 goalie?

Jordan Binnington, the longtime St. Louis Blues starter and a two-time IIHF Ice Hockey World Championship participant, appears to have the inside track. The 32-year-old shone in Canada's 3-2 overtime win over the archrival U.S. in the 4 Nations Cup.

That said, this is not 2002, when the Canadians brought a Hockey Hall of Fame-contending trio of Martin Brodeur, Curtis Joseph, and Ed Belfour. Binnington is not a lock. The Hockey Canada braintrust will also look closely at the likes of Adin Hill (Vegas Golden Knights), Logan Thompson (Washington Capitals), and Samuel Montembeault (Montreal Canadiens) – the latter backstopped Canada to gold at the 2023 Worlds in Tampere. The door remains open for someone to steal the top job.

2) Which 2014 NHL Olympians will go to Milan?

Twelve years is an eternity in hockey. Yet some NHL stars who played in Sochi are still going strong. Canada announced Sidney Crosby among its first six choices for 2026. Switzerland did the same with Roman Josi and Nino Niederreiter. Czechia's Ondrej Palat and Radko Gudas also received that honour.

Defenceman Drew Doughty, if healthy and excelling at age 35, could join Crosby in Milan. Mikael Granlund – one of Finland's top game-breakers with World Championship gold from 2011 and 2022 – should get another chance to shine at age 33. The list of potential 2014 returnees is surprisingly long.

3) Will stars in new NHL homes get turbocharged?

Sometimes a change of NHL scenery can spark success on Olympic ice.

Will Mitch Marner take his two-way game to new heights this year? If so, the former Toronto Maple Leaf and newest Vegas Golden Knights star could be impactful for Canada in Milan. How about Matias Maccelli, the nifty Finn who'll try to fill the gap left playmaking-wise after Marner's departure from Toronto? The 24-year-old, traded by the Utah Mammoth in June, could be a bigger factor than expected for Suomi in February.

And if the Danes want to pull off a massive Olympic upset – similar to their 2-1 World Championship quarter-final ouster of Canada on home ice in Herning this year – they'll need big-time help from Nikolaj Ehlers again. The ex-Winnipeg Jets ace may benefit from an expanded role with the Carolina Hurricanes in 2025-26.

4) Can Finland find a Barkov substitute?

Nobody said it would be easy for the Finns to defend their historic 2022 Olympic title. But their odds looked far better with Florida Panthers captain Aleksander Barkov, a 2014 Olympic bronze medalist who has since won two Stanley Cups and three Selke Trophies. Since the towering centre suffered a pre-season knee injury, Finnish coach Antti Pennanen must decide how best to address this gaping void, as you can't really "replace" the unique Barkov.

Budding Panthers star Anton Lundell – nicknamed "Baby Barkov" – could step up here. Playmaking Carolina pivot Sebastian Aho, who received Selke votes last season, is also strong on the draw and solid defensively. And Dallas Stars superstar Mikko Rantanen, who entered the Conn Smythe Trophy conversation during the 2025 playoffs, will look to pick up the slack as well. Of course, the Finns thrive on being underestimated. Stay tuned.





EDINBURGH CAPITALS

Colours: White, Blue, Red

Capitals Goals									
#	Player	Pos		#	Scorer	Asst 1	Asst 2	Time	Type
13	Ciaran Hoggan	NM		1				:	
34	Ben Keddie	NM		2				:	
88	Jonnie Livingstone	NM		3				:	
3	Dean Walker	D		4				:	
7	Cameron Wilkie	D		5				:	
8	Adam Robinson	RW		6				:	
9	Cammy Gallagher	C/W		7				:	
10	Sean Cochrane	F	'A'	8				:	
16	Conner McNulty	C		9				:	
17	Joe Lynch	F	'A'	10				:	
Capitals Penalties									
#	Offence			Time				Pen Mins	
18	Ben Coughtrie	D						:	
19	Rhys Stenhouse	D						:	
20	Aaron Robertson	RW						:	
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	C	'C'					:	
50	Charlie McLaughlin-Hanna	D						:	
68	Lukas James	C						:	
77	Scott McKay	C						:	
78	Rihards Grigors	D						:	
90	Kris Phillips	C/D						:	

Head Coach: Steven Lynch. Asst. Coach: Chad Smith. Manager: Jim Paterson. Kit: Mackenzie Martin, Blaine Moore.

#	Netminder	Time on	1	2	3	OT	Total	Time Out	Period Scores	1	2	3	OT	Total
13	Ciaran Hoggan	:						Capitals	Capitals					
34	Ben Keddie	:						:	Lynx					
88	Jonnie Livingstone	:												

Referee: _____ Linespersons: _____ and _____

Season
2025-2026

18th October.

SNL



ABERDEEN LYNX



Colours: Black, Red, White

Lynx Goals									
#	Player	Pos		#	Scorer	Asst 1	Asst 2	Time	Type
21	Liam Griffin	NM		1				:	
28	Rory Wood	NM		2				:	
5	Jamie Edmonds	D		3				:	
8	Jordan Leyden	F		4				:	
9	Brant Saretsky	F		5				:	
11	Calum MacEachran	D		6				:	
12	Conor Duncan	F		7				:	
13	Euan Hanton	F		8				:	
17	Callum Smith	D		9				:	
19	Mark Laing	F		10				:	
Lynx Penalties									
#	Offence			Time				Pen Mins	
21	Joshua Purvis	F						:	
22	Toby Reynolds	D						:	
23	Logan Gordon	F						:	
24	Ben Edmonds	F	'C'					:	
27	Jack Hutton	F						:	
29	Callum Hill	F						:	
44	Daniel Topping	D						:	
55	Aaron Thomson	F						:	
57	Jaydn Baxter	F						:	
71	Lennon Stephen	F						:	
72	Sean Dyer	F	'A'					:	
74	Jack Flynn	D/F						:	
79	Zac Thomson	F						:	
88	Owen Michie	D	'A'					:	
91	Rhubin Wilson	D						:	
96	Macauley Armstrong	F						:	

Player Coach: Jordan Leyden.

Asst Coach,

Manager:

#	Netminder	Time on	1	2	3	OT	Total
21	Liam Griffin	:					
28	Rory Wood	:					
34	Kain Mitchell	:					

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.

Flash photography is not allowed for player and officials safety.

Can you please put your empty cups, beer glasses and general rubbish in the bins around the Arena and not leave them under your seat. Thank You for your co-operation.



Capitals MoM _____

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Lynx MoM _____

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