

pi-green
building services

ballantine
goldie



www.
tailfordmeats
.co.uk

THANK YOU TO OUR SPONSORS



DWJ
LAW

Mobile
Vet
Scotland



DaXcon Ltd
Digital Transformational Specialists

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.

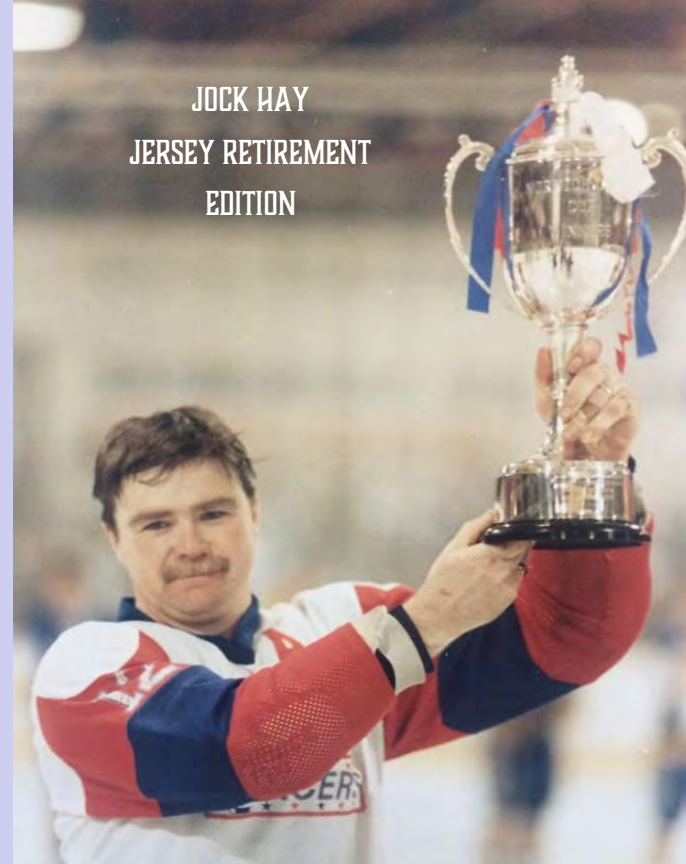
We appreciate each and every one of you supporters and we will continue to try make your match night experience as enjoyable as possible.



WWW.EDCAPITALS.COM

EDINBURGH
CAPITALS

JOCK HAY
JERSEY RETIREMENT
EDITION



Match Sponsor



Secure Cabling Solutions

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



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 Dalglish



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

Capitals Action v Pirates Pics by Mark Brown

Right: Ben get's down
amongst the bodies.

Below: The Pirates goalie
does likewise.



Right: Kris Phillips voted Lion
of the Game by his teammates
last Saturday.



Left: Caps heed the no-
tice on the barrier.



Top Twenty 25 Points and Netminders S N L Statistics

Stats at 7th October

Pos	Player	Team	GP	Gls	Asts	Pts	PiM	Averages per Game			
								Gls	Asts	Pts	PiM
1	Brant Saretsky	Lynx	5	4	15	19	4	0.80	3.00	3.80	0.80
2	John Dolan	Rockets	3	3	14	17	0	1.00	4.67	5.67	0.00
3	Deniss Kontseus	Rockets	3	6	5	11	2	2.00	1.67	3.67	0.67
4	Phil Edgar	Warriors	5	4	7	11	4	0.80	1.40	2.20	0.80
5	Sam McCluskey	Rockets	3	2	9	11	6	0.67	3.00	3.67	2.00
6	Scott Jamieson	Kestrels	8	8	2	10	6	1.00	0.25	1.25	0.75
7	Jaydn Baxter	Lynx	5	7	3	10	4	1.40	0.60	2.00	0.80
8	Joe Lynch	Capitals	4	6	4	10	14	1.50	1.00	2.50	3.50
9	Martyn Simpson	Pirates	6	2	8	10	2	0.33	1.33	1.67	0.33
10	Ben Edmonds	Lynx	5	0	10	10	0	0.00	2.00	2.00	0.00
11	Mark Laing	Lynx	3	5	4	9	0	1.67	1.33	3.00	0.00
12	Conor Duncan	Lynx	5	5	4	9	2	1.00	0.80	1.80	0.40
13	Chris Wilson	Pirates	5	4	5	9	6	0.80	1.00	1.80	1.20
14	Dylan Murray	Wild	6	4	5	9	28	0.67	0.83	1.50	4.67
15	Callum Queenan	Warriors	5	3	6	9	4	0.60	1.20	1.80	0.80
16	Lewis McIntosh	Rockets	3	6	2	8	0	2.00	0.67	2.67	0.00
17	Adam Wood	Warriors	5	2	6	8	11	0.40	1.20	1.60	2.20
18	Chad Smith	Capitals	4	1	8	9	2	0.25	2.00	2.25	0.50
19	Kyle Ross	Warriors	3	4	3	7	2	1.33	1.00	2.33	0.67
20	James Spence	Kestrels	8	4	3	7	2	0.50	0.38	0.88	0.25
21	Sean Beattie	Rockets	3	1	6	7	0	0.33	2.00	2.33	0.00
22	Ben Walker	Pirates	5	2	5	7	4	0.40	1.00	1.40	0.80
23	George Pitcaithly	Kestrels	8	2	5	7	5	0.25	0.63	0.88	0.63
24	Harry Harley	Warriors	5	2	5	7	0	0.40	1.00	1.40	0.00
25	James Callum McLaren	Kestrels	8	0	7	7	8	0.00	0.88	0.88	1.00

Top 10 Netminders Stats (Minimum 120 minutes played)

	Netminder	Team	GP	TOI HrMinSec	Shots Agst	Saves	Gls Agst	Save%	Gls AgtAve	PiM	Shut out
1	Euan Simpson	Rockets	3	02:00:00	22	20	2	0.909	1.00	0.00	1
2	Thomas Brown	Warriors	5	03:55:41	126	122	4	0.968	1.02	0.00	0
3	Daniel McGowan	Pirates	5	04:30:55	178	168	10	0.944	2.21	0.00	1
4	Ben Keddle	Capitals	4	04:05:00	138	128	10	0.928	2.45	0.00	0
5	Craig Holland	Kestrels	6	06:05:00	196	180	16	0.918	2.63	0.00	1
6	Rory Wood	Lynx	5	03:09:41	93	81	12	0.871	3.80	0.00	0
7	Harry Campbell	Sharks	4	03:49:14	213	193	20	0.906	5.23	0.00	0
8	Caiden MacColl	Wild	6	06:00:00	289	246	43	0.851	7.17	0.00	0
9	Thomas Mangan	Thunder	3	02:01:19	165	147	18	0.891	8.90	0.00	0
10	Matthew Reid	Thunder	5	02:01:32	133	106	27	0.797	13.33	0.00	0

WWW.EDCAPITALS.COM

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: Mark Easton.

Announcer: TBC

Music: TBC

Official Photographers: Ian Coyle, Mark A Brown

Cover Picture: Ian Coyle

Official Scorer: Gill MacDiarmid

Timekeeper: TBC

Mascot: Pawz

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

Last Saturday we welcomed Paisley Pirates to Murrayfield and the guys skated to a fine 4-1 win and two more league points in the bag.

Tonight we welcome everyone to the Arena for tonight's important S N L match which brings together the Capitals and Whitley Warriors. Which is being sponsored by Secure Cabling Solutions who are first time sponsors. We hope they enjoy the evening.

Not only do we have this huge game points wise. we will be paying homage to a truly great servant of hockey here at Murrayfield.

Jock Hay will have the honour of having his number 12 Murrayfield/Edinburgh Racers jersey retired. Jock has been involved in the game as a player, coach and manager since 1975 until he retired from all of his involvement with the Racers and the Capitals. Jock still attends games to this day and at times you would think he was in coaching mode on the balcony. Once hockey is in your blood it never leaves you it seems.

Jock also played football and had two trial games for the then Meadowbank Thistle. It turned out what was Meadowbanks loss was the Racers gain, thankfully.

Have Great night Jock.

Looking ahead at the fixtures we have a visit from Aberdeen next Saturday and again it should be a great night of hockey.

Talking of Aberdeen they have Dundee visiting them tonight so with the top four in the league all playing tonight somethings got to give for two of the teams.

Moving on to the weekend of 25th/26th we will face Dundee home and away and again the games don't come any bigger than these two back to back games.

With these aforementioned games taking place Paisley and Kirkcaldy could well take advantage of two of the top four dropping points. It's certainly not cut and dried as far as the top four placings are concerned and there's a whole lot of hockey to be played yet.

Whatever happens tonight enjoy the game and have a safe journey home.



WWW.EDCAPITALS.COM

A few of the Tributes to Jock from ex players and fans

Fan Pam Taylor

This is long overdue his service to hockey in Edinburgh has been under estimated for far to long.

Lorraine Evans

Congratulations Jock well deserved who played for the best team ever and a lovely guy thank you for all those years Jock.

Ex Racers team mate Frederick Wood Well deserved Jock great career with your service to Murrayfield. Freddie

Former Durham netminder Frankie Killen

Congratulations Jock Hay well deserved for your hard work and dedication to the Racers and British ice hockey.

Former Racers team mate Paul Pentland

Brilliant Jock well deserved for everything you have done for the club congratulations

Former player Robin R Andrew

Congratulations Jock !!! Well deserved. Hope you have a fantastic evening of celebration.

Former Whitley Coach Terry Matthews

Great honour to a loyal servant of the Racers.

Former Racers team mate Gordon Inglis

Well deserved Jock.

Former Racers team mate Kevin Renton Congrats Jock Hay - Legend of the club, well deserved - hope you have an amazing evening!

Racers fan Noel Tait Not before time!!! A credit to the game.

George Watson Lee Aye Jock, well deserved. I can remember the first time we met on the ice, a long time ago now. I remember you chasing your big brother and me around the ice, and i said who is this wee guy when we were all in the centre ice during a Saturday night session. I always look for you when I come down from up north to watch the hockey. I will not miss this Jocky. Take care pal.

Former team mate Stuart Muir Well done. Well deserved

Fan Davie Macdonald Long overdue and well deserved

SNL League Results and Fixtures

Saturday 4th October					Saturday 11th October				
Aberdeen Lynx	5	Solway Sharks	3		Aberdeen Lynx		Dundee Rockets		
Edinburgh Capitals	4	Paisley Pirates	1		Edinburgh Capitals		Whitley Warriors		
Dundee Rockets	14	North Ayrshire Wild	1		Kilmarnock Thunder		Paisley Pirates		
Kilmarnock Thunder	1	Kirkcaldy Kestrels	6		North Ayrshire Wild		Solway Sharks		
Sunday 5th October					Sunday 12th October				
Kirkcaldy Kestrels	6	North Ayrshire Wild	2		Kirkcaldy Kestrels		Kilmarnock Thunder		
Paisley Pirates	8	Kilmarnock Thunder	0						

League Standings at 6th October

Pos	Team	GP	W	I	OTL	GF	GA	GI Diff	Pts	Streak
1	Whitley Warriors	5	5	0	0	26	7	19	10	W5
2	Aberdeen Lynx	5	4	1	0	44	15	29	8	W4
3	Edinburgh Capitals	4	4	0	0	19	10	9	8	W4
4	Kirkcaldy Kestrels	8	3	3	2	29	26	3	8	W2
5	Dundee Rockets	3	3	0	0	40	4	36	6	W3
6	Paisley Pirates	6	3	3	0	23	17	6	6	W1
7	North Ayrshire Wild	6	1	5	0	19	43	-24	2	L5
8	Solway Sharks	4	0	4	0	4	21	-17	0	L4
9	Kilmarnock Thunder	5	0	5	0	6	67	-61	0	L5

SNL Fixtures—Results

Home Team	AL	DR	EC	KT	KK	NAW	PP	SS	WW
Aberdeen Lynx		11-10 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	11-10 13-12
Kilmarnock Thunder	31-01 07-03	18-10 06-12	20-09 28-02		1-6 28-03	3-12 21-03	11-10 22-11	13-12 14-02	01-11 21-02
Kirkcaldy Kestrels	27-12 15-02	14-12 17-01	3-5 29-11	12-10 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	11-10 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	

Who's Visiting the Lions Den Next ?



IT'S
ABERDEEN LYNX
ON
SATURDAY OCTOBER 18TH
FACE OFF 6:30
A GAME NOT TO BE MISSED

WWW.EDCAPITALS.COM

Capitals S N L Statistics 2025-26

Stats at 6th October courtesy of Caps Statistician							Averages per Game			
#	Player	GP	Gls	Asts	Pts	PiM	Gls	Asts	Pts	PiM
17	Joe Lynch	4	6	4	10	14	1.50	1.00	2.50	3.50
37	Chad Smith	4	1	8	7	2	0.25	2.00	1.75	0.50
10	Sean Cochrane	4	4	1	5	2	1.00	0.25	1.25	0.50
78	Rihards Grigors	4	2	3	5	2	0.50	0.75	1.25	0.50
22	Aiden Paterson	4	2	2	4	4	0.50	0.50	1.00	1.00
47	Joel Gautschi	3	2	1	3	4	0.67	0.33	1.00	1.33
16	Conner McNulty	4	1	1	2	4	0.25	0.25	0.50	1.00
20	Aaron Robertson	3	1	1	2	0	0.33	0.33	0.67	0.00
33	Scott Geddes	3	0	2	2	0	0.00	0.67	0.67	0.00
24	Kyle Howie	4	1	0	1	0	0.25	0.00	0.25	0.00
3	Dean Walker	2	0	1	1	0	0.00	0.50	0.50	0.00
8	Adam Robinson	3	0	1	1	2	0.00	0.33	0.33	0.67
27	Sean Stewart	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	4	0	0	0	2	0.00	0.00	0.00	0.50
9	Cameron Gallacher	4	0	0	0	2	0.00	0.00	0.00	0.50
19	Rhys Stenhouse	4	0	0	0	0	0.00	0.50	0.50	0.00
50	Charlie McLoughlin-Hanna	3	0	0	0	0	0.00	0.00	0.00	0.00
90	Kris Phillips	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
68	Lukas James	1	0	0	0	0	0.00	0.00	0.00	0.00
77	Scott McKay	2	0	0	0	0	0.00	0.00	0.00	0.00
25	Ross Dalglish	1	0	0	0	0	0.00	0.00	0.00	0.00
#	Netminder	GP	TOI	Shots	Saves	Gls Ag	Save%	Gls Ag Ave	Shut Out	PiM
24	Ben Keddie	4	245.00	138	129	9	.935	2.20	0	0
13	Ciaran Hoggan	4								

Capitals Period Stats @ 6th October

Period	1	2	3	OTW	OTL	Total
Wins	1	3	2	0	0	6
Draws	2	1	1	1	0	5
Losses	1	0	1	0	0	2
Goals Scored per Period	3	11	4	1	0	19
Goals Lost per Period	3	3	4	0	0	10

WWW.EDCAPITALS.COM



Capitals Fixtures and Results 2025-26

Day	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 Thun-	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														
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 Thun-	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 Thun-	SNL	Valentines Night													
Sat	14/02	A	North Ayrshire Wild	SNL														
Sat	21/02	H	Aberdeen Lynx	SNL														
Sat	28/02	A	Kilmarnock Thun-	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

WWW.EDCAPITALS.COM



Easy Catches up With — Jock Hay. Part one

Mark Easton Caught up with Jock Hay in September 2016 for an insight into his career.

RACERS STATS –

Number – #12 Nationality – Scottish Season with Club Playing – 1975-1991

Position – Forward

How did you first get involved in hockey and what are your early memories? We had a couple of family outings to the rink my brother Bobby loved it he was never away from the place. He took up ice hockey and played on 'D' for the Racers and also the GB team. I would go along sometimes to watch the games if I wasn't playing football. I would go skating with my football buddies. Then one night I had to go to the rink to give my brother a message from my mum I saw them at training and thought I would like to have a go at that. So Bobby would take me along early Sunday mornings when they were just playing fun hockey and I would stay out of the way in a corner with a stick and a puck and try to get used to stick handling as I had no idea what to do with it. I was an 18 yr old footballer with a hockey stick (pretty awkward). That was about January or February but I was ready to give it a try come the new season in September. The first weekend we had a double header the Saturday game I never got any ice time then at home on Sunday after a few shifts I was put on the left wing and that was me in the team I never looked back. The middle of my second season Willie Kerr (owner of the rink) broke his wrist so I was moved up to Racers to replace him. In those days you only had two lines.

Looking back on your career you only ever played with one team and that was Murrayfield Racers. Can you remember your debut for the club? My debut game I don't remember much about it as I was so nervous but I got the best advice ever from the centre ice man Freddie Wood when we were coming out the dressing room to go on the ice he said "you'll be fine all you have to do is when you get the puck give it to me" and that's what I did.

You won a number of cups with the Racers (League, Play Offs, Norwich Union Cup, Capitals Foods Scottish Cup). If you had to pick the one you enjoyed the most what one would it be and why? Most memorable game would be I think it was a Norwich Union Cup Final at Murrayfield we beat Durham Wasps I scored a hat-trick and was Man of the Match.

You played with a number of players through the years as a Racer, if you had to pick your top player who would it be and why? Best player played with was obviously Tony Hand there's nothing you could say about Tony that hasn't been said already.

You played in the era of the 3 import days. How much fun was the game back then? The era with 3 imports was just the start of the progression of ice hockey here in the UK then a UK passport holder was added then escalated from there but it doesn't matter what level you play it is always much more fun when you win.

Who would you say was the best import the Racers ever had in your time as a player? It would have to be Chris Kelland he logged some amount of ice time he would play 55mins a game plus he was a tough guy as well and he looked after the likes of Tony, Paul Hand Paul Pentland when they first came into the Racers when they were just kids. I also liked Brian McKee he scored a lot of goals for a 'D' man he had a cannon of a shot from the blue line also Jimmy Mollard was a really good player and a great guy who was an absolute scream.



WWW.EDCAPITALS.COM



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



Want to get real time updates straight to your phone? Now you can!

Scan the QR code or click the link below to join the Caps whatsapp group to get weekly team and game updates plus have the chance to win whatsapp community raffles!

Join now for the chance to win 4 tickets to one of our hospitality boxes for the October 18th game, Edinburgh Capitals vs Aberdeen Lynx!*

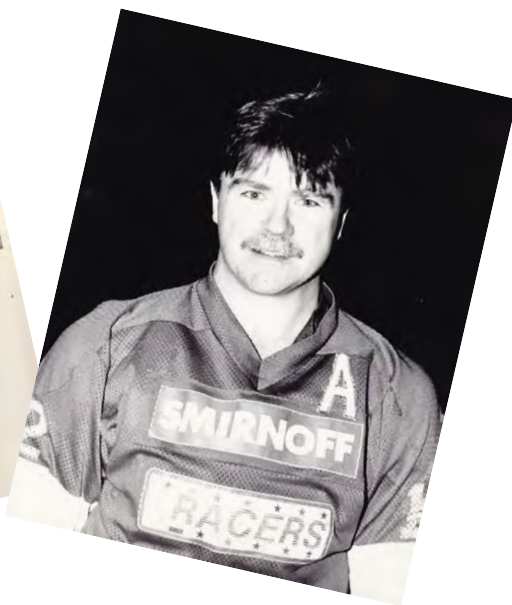
To join: <https://chat.whatsapp.com/CFaxA7UBszB0scvESOhfQ8>

*Raffle ends 12th October at 23:55

WWW.EDCAPITALS.COM



Jock Through the Years



Easty Catches up With..continued

What season as a player was the most enjoyable at the Racers for you and why? I loved playing so every season was great but a few seasons stand out 1980-81 Alex Dampier was also the GB coach and I got selected to go and play in the World Championships in Beijing, China. That was a great experience as I had never flown or been abroad before. Also a couple of seasons when the Racers won the league we played in Europe, Holland, Hungary and Bulgaria....brilliant trips.

You then started coaching at the club and have been involved almost every year since at the Racers or with the Capitals. Did you always feel coaching was something you wanted to get into after playing? The season we had Archie Henderson as coach he parted company with us before the end of the season so I was asked to fill the gap short term as I was the most senior player then and when Leo Koopmans had to leave abruptly I got promoted from manager to coach short term again. Three seasons later the first season after the Murrayfield Racers demise I was asked to coach the Edinburgh Racers also to set up the junior coaching system which coincided with my sons starting to play so I brought in my mates who were all ex players with kids to coach the different age levels which worked a treat as within a couple of seasons we were having great success. So I suppose it was a natural progression into coaching.

How hard was it seeing the Racers go out the game back in 1995? Seeing the Racers demise was soul destroying having been competing at the top level and then just disappear was devastating.

Probably my personal favourite line of all time was the Tony Hand, Chris Palmer, Ivan Matulik line. Just how good were these three together? The Tony, Chris and Ivan line was a great line as was Tony, Chris and John Newberry. Chris was an excellent player who blended with Tony easily as he was a fantastic skater so comfortable looking and had a good eye for the back of the net. Ivan had an incredible will to win really powerful skater and his work rate second to none. John Newberry never received the credit he deserved IMO his work in both ends of the ice was excellent.

As a coach you have seen the highs and lows here in Edinburgh. If you had to pick a season you enjoyed the most to coach the team what one would it be and why? Most memorable seasons were firstly when both Ross and Neil were playing with the Caps at the same time which gave me immense pride seeing them progress to the Caps. Secondly Doug Christianson's last season when we had a load of injuries to the defensemen and Doug told me he had asked if there was any volunteers to play 'D' and Neil stepped forward I just laughed and said he can't skate backwards. But to my surprise he was excellent he knew when to step forward and force the play in our own end he never panicked on the puck got his head up and made good passes to the forwards which is what you need your 'D' to do which led to Neil receiving coaches player of the year.

What one was the better player in your eyes out of Ross and Neil? They are both very good hockey players I've always said if you take Ross's skill and Neil's aggression you would have a cracking player so I couldn't split them as they are different type of players. The one thing they have in common is they both have good vision and good passers of the puck.



Easy Catches up With..concluded

Through all the players you have coached at the Caps who would you say brought the most to the team and the best player? For me that would be 'D' man Pavel Kowalczyk he was a great player solid defence man who was great at penalty shootouts and penalty kill. The player who brought most to the team would have to be Adam Stefisen, he could play up front and also on 'D' plus Stef was a tough guy who would fight anybody and he is a great guy.

Coaching hat on, your best starting line of Caps players over the years? –

Goalie – Cody Rudkowsky

Defence – Roland Carlsson **Defence** – Pavel Kowalczyk

Forward – Jason Lafreniere **Forward** – Chris St Jacques **Forward** – Rene Jarolin

What coach did you enjoy working with most at the club over the years? I enjoyed working with both Doug Christiansen and Richard Hartmann as both had good seasons were we were playing well and getting results which obviously makes a big difference.

How much would it mean to you to see the Caps reach the top end of hockey again and be a force once again? It would be great if the Caps could be back at the top again challenging for silverware. As long as we are competitive and not stranded at the bottom of the league and your season be finished at Christmas. The fans who have been there through thick and thin have had some really tough times and deserve some return for their loyalty.

Do you have a message to the Caps fans? You should be proud of yourselves.

Caps v Pirates Stats

Capitals Goals

- 10 from 37 & 8 (1.37) =strength
- 20 from 37 & 33 (3.28) =strength
- 24 from 22 & 17 (25.45) =strength
- 10 from 3 & 28 (50.08) =strength

Capitals Penalties

- 17 2 min X Check at 10.12
10 2 min Hooking at 19.17
7 2 min X Check at 33.52

Shots on Ben Keddie 6-19-11 = 36

Capitals MoM. 10: Sean Cochrane

Pirates Goal

19 from 18 (4.08) =strength

Pirates Penalties

- 12 2 min X Check at 8.12
10 2 min Tripping at 54.45
19. 2 min Interference at 59.04

Shots on Daniel McGowan 18-12-9 =39

Pirates MoM: 8: Marty Simpson

Caps MoM



Sean Cochrane scored a brace of goals against the Pirates to be voted Caps MoM which was presented by Davey Kerr and young Callan Simpson representing match sponsor IME DJK Group Ltd.

WWW.EDCAPITALS.COM

Who Are the Top Nations in Ice Hockey>

The sport of hockey has captured the hearts and minds of people all around the world, with its combination of speed, skill, and toughness. It's a sport that requires precision, strength, and intelligence, and it's no surprise that it has produced some of the greatest athletes of all time. But which **country** can claim to have the **best hockey team** in the world?

Over the years, **Canada, Sweden, the United States, Russia, Finland, and the Czech Republic** have consistently fielded some of the most talented and successful hockey teams in the world. But which one of these nations can truly claim to be the best? In this article, we will take an in-depth look at each country's hockey pedigree, analyzing their strengths, weaknesses, and histories, to determine who is the king of the rink.

When it comes to hockey, **Canada** is widely considered the king of the ice. With a long and storied history of success on the international stage, it's no surprise that Canada boasts some of the greatest hockey players of all time. But what is it about Canadian hockey culture that has led to such consistent success?

One key factor is the **development** of young players through Canada's extensive minor league system. From a young age, Canadian children are encouraged to play hockey and hone their skills on the ice.

Canada's Olympic Hockey Triumphs

1. Gold Rush: Canada has dominated the Winter Olympics in hockey, winning a total of 13 gold medals. Since the introduction of ice hockey in 1920, Canada has won gold in eight out of 23 Olympic tournaments, cementing their position as the most successful ice hockey nation in the world.

2. Unforgettable Moments: Some of the most iconic moments in Olympic history have been in Canadian ice hockey. The 1972 Summit Series against the Soviet Union, the 2002 men's Olympic gold medal game, and the 2010 men's Olympic gold medal game are just a few examples of the unforgettable moments that have made Canadian ice hockey a worldwide phenomenon.

3. Legendary Players: From Wayne Gretzky to Sidney Crosby, Canada has produced some of the greatest ice hockey players of all time. These players have become household names and inspired future generations to pick up a hockey stick and hit the ice.

Canada's success in Olympic hockey is a testament to their dedication and passion for the sport. Their dominance in the Winter Olympics has inspired countless young players to pursue their dreams on the ice, and their legacy in the sport will continue to live on for

generations to come.

The NHL has been instrumental in the growth of Canadian hockey by providing players with access to world-class training facilities, equipment, and coaching. The league's influence can be seen in the numerous state-of-the-art arenas that have been built across the country, as well as the high-quality training programs that are now available to aspiring players.

Furthermore, the NHL has helped to elevate the status of Canadian hockey on the international stage. Many of the country's top players have gone on to represent Canada in international competitions such as the Olympics and the World Cup of Hockey, helping to solidify the country's reputation as a hockey powerhouse.

Sweden is a country that has a rich history in ice hockey, consistently being one of the top contenders in international tournaments. Despite having a smaller population than many of the other top hockey countries, Sweden has managed to produce top-tier talent. The country has a **long-standing hockey culture** with deep roots in the community. Hockey rinks can be found all across Sweden, and the country has a strong developmental program to ensure that young talent is properly nurtured.

Swedish players are known for their speed, skill, and tenacity on the ice. Over the years, Sweden has produced some of the most dominant players in the NHL, including Nicklas Lidstrom, Peter Forsberg, and Henrik Lundqvist.

Sweden's consistent success in international tournaments is a testament to their commitment to the sport. With a **strong national team program** and a deep pool of talent to draw from, Sweden is always a force to be reckoned with on the ice. Another factor contributing to Sweden's teamwork-oriented approach is their strong **club system**.

The USA has also invested heavily in developing their youth hockey programs, with many talented players coming up through the ranks. Another key aspect is the tactical evolution of the sport, with US coaches and players adapting their game to be more agile and fast-paced, giving them an edge over their opponents.

Development Programs: The United States has invested in top-notch development programs to foster young talent. Programs such as the National Team Development Program (NTDP) identify and develop promising players from a young age. Finally, the US has also benefited from having strong leaders and team captains, such as Patrick Kane and Zach Parise, who have inspired their teammates and brought out the best in them.

WWW.EDCAPITALS.COM





And I still say it was the wrong call.



Another warm up, another game



In full flight at Wembley Arena



WWW.EDCAPITALS.COM

Jock Hay's Career Statistics 1975-1992

Pre Heineken Era					
Season	GP	GLS	ASTS	TOTAL	PiM
1975/76	12	6	3	9	7
1976/77	28	26	16	42	6
1977/78	29	25	25	50	6
1978/79	34	24	28	52	11
1979/80	38	21	14	35	10
1980/81	33	35	29	64	17
1981/82	42	39	56	95	22
1982/83	33*	36*	33*	69*	23*
Total	249	212	204	416	102

* Does not include Playoffs

Heineken League					
Season	GP	GLS	ASTS	TOTAL	PiM
1983/84	31	21	40	61	30
1984/85	23	26	30	56	36
1985/86	33	15	27	42	40
1986/87	35	12	20	32	22
1987/88	36	28	32	60	16
1988/89	36	20	44	64	24
1989/90	32	18	25	43	10
1990/91	36	9	15	24	4
1991/92	15	2	2	4	24
Total	277	151	235	366	206

Heineken Championship Playoffs					
Season	GP	GLS	ASTS	TOTAL	PiM
1982/83	2	0	2	2	0
1983/84	6	4	4	8	6
1984/85	6	6	7	13	4
1985/86	6	1	1	2	20
1986/87	6	3	4	7	4
1987/88	5	0	6	6	12
1988/89	4	1	2	3	2
1989/90	6	0	3	3	4
1990/91	7	1	4	5	2
Total	48	16	33	49	54

European Cup					
Season	GP	GLS	ASTS	TOTAL	PiM
1987/88	5	0	0	0	4
1988/89	2	0	0	0	0
Total	7	0	0	0	4

Icy Smith Cup					
Season	GP	GLS	ASTS	TOTAL	PiM
1989/90	2	2	1	3	0

WWW.EDCAPITALS.COM

Autumn Cup					
Season	GP	GLS	ASTS	TOTAL	PiM
1983/84	7	8	8	16	4
1984/85	8	8	9	17	18
1985/86	9	8	8	16	4
1986/87	8	5	3	8	6
1987/88	7	2	5	7	10
1988/89	8	6	3	9	2
1989/90	7	4	7	11	4
1990/91	11	3	6	9	2
1991/92	8	2	5	7	12
Total	73	46	54	100	62

Scottish Cup and League					
Season	GP	GLS	ASTS	TOTAL	PiM
1985/86	7	3	5	8	6
1986/87	10	9	14	23	0
1987/88	4	0	2	2	2
1988/89	7	4	2	6	0
1989/90	6	5	3	8	18
1990/91	8	3	12	9	2
1991/92	4	0	0	0	2
Total	46	24	35	59	30

Challenge Matches					
Season	GP	GLS	ASTS	TOTAL	PiM
1983/84	3	1	3	4	0
1984/85	2	2	4	6	5
1987/88	1	0	3	3	0
1988/89	2	2	3	5	0
1989/90	2	1	1	2	2
1990/91	1	0	0	0	0
Total	11	6	14	20	7

Career Summary					
	GP	GLS	ASTS	TOTAL	PiM
Pre Heineken	249	212	204	416	102
Heineken Lge	277	151	235	366	206
Heineken P'off	48	16	33	49	54
Autum Cup	73	46	54	100	62
Scot. Cup/Lge	46	24	35	59	30
European Cup	7	0	0	0	4
Icy Smiht Cup	2	2	1	3	0
Challenge M.	11	6	14	20	7
Total	713	457	576	1033	465

Career Points Per Game Averages

GP	GLS	ASTS	TOTAL	PiM
713	0.64	0.81	1.45	0.65





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.

Shots On	#	Time on	1	2	3	OT	Total	Time Out	Period Scores
Ciaran Hoggan	13	:						Capitals	Capitals
Ben Keddie	34	:						:	Warriors
Jonnie Livingstone	88	:						Referee: _____	Lines _____

Referee: _____ Linespersons: _____ and _____

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.

WHITLEY WARRIORS

Colours: Maroon, Yellow, white

Warriors Goals									
#	Player	Pos		#	Scorer	Asst 1	Asst 2	Time	Type
30	Thomas Brown	NM		1				:	
32	Joshua Crane	NM		2				:	
5	Matty McDonald	D		3				:	
8	Liam Smedley	D		4				:	
13	Kyle Ross	F/D		5				:	
15	Anthony Wetherell	F		6				:	
18	Lucas Champion	F		7				:	
20	Phil Edgar	C	'A'	8				:	
21	Ross Douglass	F		9				:	
22	Adam Wood	D	'C'	10				:	
24	Harry Harley	D	'A'						
Warriors Penalties									
#	Offence			Time				Pen Mins	
27	Jamie Ord	F						:	
29	Cameron Ware	C						:	
34	George Cowey	D						:	
37	Matty Betham	F						:	
43	Ethan Reid	D						:	
44	Oliver Jardine	F						:	
57	Callum Queenan	F						:	
64	Owen Yarrow	F						:	
75	Ethan Dunn	F						:	
77	Jay Lucas	F						:	
78	Jack Williams	F						:	
87	Harvey Starkie	F						:	
92	Jayden White	F						:	
94	Ben Richards	F						:	

Head Coach: Tony Hand. Asst Coach's: Shaun Kippen, Robert Pamphilon. Manager: Willie Dunn.

OT	Final	Time Out	Shots On	#	Time on	1	2	3	OT	Total
		Warriors	Thomas Brown	30	:					
		:	Joshua Crane	32	:					
and					:					

Referee: _____ Linespersons: _____ and _____

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 _____

WWW.EDCAPITALS.COM

Warriors MoM _____

WWW.EDCAPITALS.COM

