

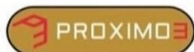
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Just a little reminder, can all fans please wait for a stoppage in play before leaving your seat during games. First of all for your own safety as the puck can fly out the rink at any time so please keep your eye on it. Also in respect of other fans 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
2025-2026**

**V NORTH Ayrshire Wild
31st DECEMBER 2025**

**V SOLWAY SHARKS SNL
3rd JANUARY 2026**

MURRAYFIELD ICE ARENA

Your 2025-2026 Edinburgh Capitals



Steven Lynch
Head Coach



Jim Paterson
Team Manager



13
Ciaran Hoggan



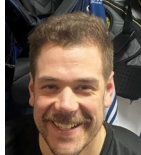
24
Ben Keddie



88
Jonnie Livingstone



3
Dean Walker



5
James Isaacs



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



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

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Capitals Action



Keddie at the ready (Pic Ian Coyle)



Joe fires one home (Pic Ian Coyle)



Celebration time (Pic Ian Coyle)

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Top 25 Points and Netminders Stats League Games

SNL Stats at 29th December

Averages per Game

Rank	#	Player	Team	GP	Gls	Asst	Pts	PiM	Gls	Asst	Pts	PiM
1	16	John Dolan	Rockets	16	11	32	43	10	0.69	2.00	2.69	0.63
2	17	Joe Lynch	Capitals	15	22	17	39	20	1.47	1.13	2.60	1.33
3	11	Deniss Kontseus	Rockets	18	14	22	36	4	0.78	1.22	2.00	0.22
4	24	Harry Harley	Warriors	18	11	23	34	2	0.61	1.28	1.89	0.11
5	18	Sean Beattie	Rockets	15	13	17	30	14	0.87	1.13	2.00	0.93
6	18	Phil Edgar	Warriors	18	13	17	30	23	0.72	0.94	1.67	1.28
7	18	Dylan Murray	Wild	16	15	14	29	53	0.94	0.88	1.81	3.31
8	29	Cameron Ware	Warriors	17	13	15	28	15	0.76	0.88	1.65	0.88
9	37	Chad Smith	Capitals	14	10	18	28	13	0.71	1.29	2.00	0.93
10	18	Allan Anderson	Kestrels	19	8	19	27	16	0.42	1.00	1.42	0.84
11	8	Martyn Simpson	Pirates	19	7	18	25	19	0.37	0.95	1.32	1.00
12	12	Rio Page	Rockets	17	15	9	24	17	0.88	0.53	1.41	1.00
13	43	Jack Henderson	Rockets	18	14	10	24	22	0.78	0.56	1.33	1.22
14	19	Chris Wilson	Pirates	16	7	16	23	17	0.44	1.00	1.44	1.06
15	47	Joel Gautschi	Capitals	14	9	14	23	16	0.64	1.00	1.64	1.14
16	57	Callum Queenan	Warriors	17	10	12	22	4	0.59	0.71	1.29	0.24
17	88	Craig Peacock	Pirates	15	11	11	22	2	0.73	0.73	1.47	0.13
18	19	Sam McCluskey	Rockets	17	5	16	21	16	0.29	0.94	1.24	0.94
19	9	Brant Saretsky	Lynx	9	4	16	20	8	0.44	1.78	2.22	0.89
20	92	Lewis McIntosh	Rockets	18	13	7	20	12	0.72	0.39	1.11	0.67
21	97	Scott Jamieson	Kestrels	20	16	3	19	20	0.80	0.15	0.95	1.00
22	10	Conor Duncan	Lynx	18	10	8	18	17	0.56	0.44	1.00	0.94
23	22	Adam Wood	Warriors	17	4	14	18	21	0.24	0.82	1.06	1.24
24	24	Ben Edmonds	Lynx	18	1	17	18	0	0.06	0.94	1.00	0.00
25	94	Ben Richards	Warriors	16	9	9	18	10	0.56	0.56	1.13	0.63

Netminders Stats. Based on 'Goals against Average' Min 180 mins played

Rank	#	Netminder	Team	GP	TOI MinSec	Shots Agst	Saves	Gls Agst	Save %	Gls AgtAve	PiM	Full Game Shut out
1	33	Euan Simpson	Rockets	18	385.25	148	134	14	0.905	2.18	0	0
2	30	Thomas Brown	Warriors	18	946.41	543	507	36	0.934	2.28	0	3
3	34	Ben Keddie	Capitals	15	790.39	430	400	30	0.93	2.28	0	3
4	1	Andrew Little	Kestrels	11	661.52	378	350	28	0.926	2.54	12	1
5	39	Daniel McGowan	Pirates	17	906.28	553	514	39	0.929	2.58	0	2
6	31	Dale Shearer	Rockets	18	699.15	307	276	31	0.899	2.66	0	1
7	39	Craig Holland	Kestrels	17	404.47	234	213	21	0.91	3.11	25	1
8	28	Rory Wood	Lynx	18	914.41	566	515	51	0.91	3.35	0	0
9	31	Harry Campbell	Sharks	17	936.00	753	690	63	0.916	4.04	0	0
10	55	Callum Donaghy	Pirates	17	298.30	161	140	21	0.87	4.22	0	0
11	29	Caiden MacColl	Wild	17	1025.00	701	613	88	0.874	5.15	0	0
12	12	Matthew Reid	Thunder	14	456.26	527	439	88	0.833	11.57	0	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

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Honours

Northern League Champions 2023-24

SNL Play Off Champions 2023-2024

Northern Challenge Cup 2024

Here we are at the end of 2025 and into 2026, depending on when you read this.

As we end 2025 and enter 2026 we are delighted to have James Isaacs back in a Capitals uniform for the Festive fixtures. James will be initially be covering for Sean Stewart who returned home to Canada for Christmas. James is currently working in London and will be available to play when circumstances allow.

So far the 2025 part of the season has been excellent for the Capitals and we look forward to hopefully the same in 2026. It's a big ask but the Steven and the players will be determined to keep the positive feeling around the club going.

Our last game against the Rockets saw us lose in regulation time for the first time this season and we now hope the next few games will yield a few more league points to continuing our quest for honours this season.

The loss dropped us to third place in the league but a Hogmanay win will see us finish the year in top position. It shows how tight the league chase is as we reach Hogmanay having lost just on regulation time and one overtime win and we are third place. It was another amazing crowd of 2,150 for the Dundee game and we are looking to keep our fans happy in the games to come.

We had a 'free week' on the 20th-21st and we have to thank Aberdeen Lynx for doing us a huge favour in beating Whitley Warriors. That of course will mean nothing if we lose up there on the 10th.

We will be without Joe for a couple of games, against Solway and Aberdeen, as he is on GB U20 duty in Romania which runs from the 4th to the 10th of January. I'm sure you join me in wishing Joe all the best for the week.

With Joe missing Steven will have to shuffle the lines around but I'm sure we have the players to cover for him and with due respect to the teams we face in January, we have a chance to pick up league points and the guys will be determined to do just that with your support.



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Capitals S N L and Cup Statistics @ 29th December 2025

Courtesy of Capitals Statistician

Average per Game

#	Player	GP	Gls	Assts	Pts	PiM	GIS	Asst	Pts	PiM
17	Joe Lynch	17	24	18	42	22	1.41	1.06	2.47	1.29
37	Chad Smith	15	13	18	31	15	0.60	1.20	2.07	1.07
47	Joel Gautschi	15	9	15	24	16	0.60	1.00	1.60	1.07
16	Conner McNulty	15	9	7	16	8	0.60	0.47	1.07	0.53
78	Rihards Grigors	17	3	11	14	19	0.18	0.65	0.82	1.12
27	Sean Stewart	16	3	10	13	26	0.19	0.63	0.81	1.63
10	Sean Cochrane	16	9	3	12	4	0.56	0.19	0.75	0.25
22	Aidan Paterson	16	2	7	9	12	0.13	0.44	0.56	0.75
8	Adam Robinson	16	1	4	5	6	0.00	0.31	0.31	0.13
33	Scott Geddes	16	0	5	5	2	0.00	0.31	0.31	0.13
77	Scott McKay	15	2	2	4	24	0.13	0.13	0.27	1.60
19	Rhys Stenhouse	14	1	2	3	7	0.07	0.14	0.21	0.50
90	Kris Phillips	17	1	2	3	12	0.56	0.19	0.75	0.25
20	Aaron Robertson	7	1	1	2	2	0.14	0.14	0.29	0.29
24	Kyle Howie	17	1	1	2	2	0.06	0.06	0.12	0.12
9	Cameron Gallacher	17	1	1	2	17	0.06	0.06	0.12	1.00
3	Dean Walker	15	0	2	2	0	0.00	0.17	0.17	3.33
18	Ben Coughtrie	12	0	2	2	40	0.00	0.17	0.17	3.33
43	Justin Finnigan	12	1	0	1	7	0.08	0.00	0.08	0.12
7	Cameron Wilkie	17	0	1	1	2	0.00	0.06	0.06	0.00
50	Charlie McLaughlin-Hanna	13	0	0	0	0	0.00	0.00	0.00	0.67
68	Lukas James	3	0	0	0	2	0.00	0.00	0.00	0.67
5	James Isaacs	1	0	0	0	2	0.00	0.00	0.00	2.00
25	Ross Dalglish	5	0	0	0	8	0.00	0.00	0.00	1.60

Netminder League and Cup Stats

#	Netminder	GP	TOI	Shots	Saves	Gls Ag	Save%	Gls Ag Ave	Shut Out	PiM
13	Ciaran Hoggan	17	180.00	80	75	5	.927	1.67	0	2
34	Ben Keddie	17	850.28	418	390	28	.933	1.68	3	0
88	Jonnie Livingstone									

Capitals Period SNL Games Stats at 29th December

Period	1	2	3	OT	Total	OT/PSW	OT/PSL
Wins	10	11	6	2	29	2	0
Draws	4	5	8	0	17	0	0
Losses	3	1	3	1	8	0	1
Goals Scored per Period	20	36	21	3	80	2	1
Goals Lost per Period	8	11	14	1	34	0	1



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Capitals Fixtures and Results 2025-26

Day	Date	HA	Opponent	Comp	Final Score		Period Scores (Capitals first)							Shot s on Caps	Shots on Opp	PiM on Cap s	PiM on Opp	Caps MoM
					Caps	1st	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	2	0	0	0	2	0	0	0	-	39	29	10	10	34
Sat	25/10	H	Dundee Rockets	SNL	4	2	2	0	0	0	2	2	-	25	28	22	40	27
Sun	26/10	A	Dundee Rockets	SNL	5	4ot	4	1	0	1	0	2	1-0	51	30	12	8	17
Sat	01/11	A	North Ayrshire Wild	SCup	6	2	2	0	2	1	2	1	-	32	52	26	18	43
Sun	02/11	A	Paisley Pirates	SNL	6	0	1	0	3	0	2	0	-	29	40	15	17	16
Sat	08/11	A	Aberdeen Lynx	SNL	6	2	1	0	2	2	3	0	-	26	46	6	8	78
Sun	16/11	A	Solway Sharks	SNL	5	2	1	0	2	0	2	2	-	27	65	9	6	37
Sat	22/11	H	North Ayrshire Wild	SCup	2	0	0	0	2	0	0	0	-	14	38	11	13	34
Sat	29/11	A	Kirkcaldy Kestrels	SNL	2	3ot	2	1	0	0	0	0	0-1	35	35	26	38	17
Sun	30/11	H	North Ayrshire Wild	SNL	12	1	3	0	5	0	4	1	-	21	35	12	16	77
Sat	13/12	H	Whitley Warriors	SNL	5	4ot	0	1	3	1	1	2	1-0	23	50	13	17	37
Sat	27/12	H	Dundee Rockets	SNL	3	4	1	2	1	1	1	1	-	41	32	15	17	17
Wed	31/12	H	North Ayrshire Wild	SNL														
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	A	Kilmarnock Thunder	SNL														
Sat	14/02	A	North Ayrshire Wild	SNL														
Sun	15/02	H	Kilmarnock Thunder	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: EXH, Challenge: S N L– Scottish National League: SC–Scottish Cup:
Please check the Capitals web site for any late changes

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Stats from Rockets Game 27th December

Capitals Goals					
#	Scorer	Asst1	Asst2	Time	Type
1	17	47	-	5:17	Even
2	17	47	37	26:36	PP
3	17	-	-	43:01	SH

Capitals Penalties				
#	Offence	Time	PiM	
90	Roughing	14:25	2:00	
5	Interference	18:31	2:00	
16	Slashing	19:29	2:00	
90	Delay of Game	28:07	2:00	
78	Charging	48:19	2:00	
37	Fighting	48:19	5:00	

Shots on Goal; Ben Keddie: 22 : 11 : 8 = 41

Did not play: # 19, 20, 27, 88

James Isaacs wore # 5



Despite being MoM, presented by Mark Williamson and Emily Clark, you can see the disappointment at the result on Joe's face

Rockets Goals					
#	Scorer	Asst1	Asst2	Time	Type
1	12	3	-	13:20	Even
2	18	42	16	18:08	Even
3	18	-	-	28:45	PP
4	51	16	-	47:32	Even

Rockets Penalties				
#	Offence	Time	PiM	
43	Roughing	18:31	2:00	
8	Hooking	21:49	2:00	
4	Interference	25:21	2:00	
18	High Sticking	30:55	2:00	
12	Tripping	32:26	2:00	
21	Fighting	48:19	5:00	
19	Roughing	49:01	2:00	
93	Tripping	50:05	2:00	
18	Cross Checking	57:14	2:00	

Shots on Goal; Dale Shearer: 8: 13 : 11 = 32

Referee: Alex Stewart

Linesman : Josh Middleton

Lineslady: Jamie Briggs

Attendance 2,150

Who's Visiting the Lions Den Next ?



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SNL League Results and Fixtures

Saturday 27th December					Saturday 3rd January				
Edinburgh Capitals	3	Dundee Rockets	4		Edinburgh Capitals		Solway Sharks		
Kirkcaldy Kestrels	5	Aberdeen Lynx	3		North Ayrshire Wild		Whitley Warriors		
Sunday 28th December					Sunday 4th January				
Solway Sharks	2	Paisley Pirates	4		Solway Sharks		Kirkcaldy Kestrels		
Wednesday 31st December									
Edinburgh Capitals		North Ayrshire Wild							

League Standings at 28th December

Pos	Team	GP	W	L	OTL	GF	GA	GI Diff	Pts	Streak
1	Dundee Rockets	18	14	3	1	125	46	79	29	W4
2	Whitley Warriors	20	13	5	2	98	42	46	28	L1
3	Edinburgh Capitals	15	13	1	1	72	33	39	27	L1
4	Paisley Pirates	20	13	6	1	97	60	37	27	W3
5	Kirkcaldy Kestrels	20	10	7	3	76	57	19	21	W1
6	Aberdeen Lynx	18	9	9	0	76	56	20	18	I2
7	North Ayrshire Wild	18	5	12	1	55	94	-39	11	W2
8	Solway Sharks	18	5	13	0	42	74	-32	10	L1
9	Kilmarnock Thunder	17	0	17	0	32	211	-179	0	L17

If teams are tied on points, positions are decided by head-to-head results then overall goal difference, then goals scored

SNL Fixtures — Results

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

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T - Z of Hockey Terms

Tap-in

A shot very close to the net that no opposing player or goaltender is able to block/save.

Top shelf

The upper area of the goal, just below the crossbar and above the goaltender's shoulders.

Trap

A defensive-style hockey strategy in which a team loads up the neutral zone with players so that the opposing team has a difficult time crossing the blue line and gaining the zone.

Trapezoid

The marked trapezoidal area immediately behind the goal line and the goal itself within which the goaltender may touch the puck. A minor penalty (delay of game) is assessed if the goaltender plays the puck behind the goal line outside of the trapezoid. First adopted by the AHL in 2004, with the NHL following suit in 2005, the KHL in 2019, and the IIHF in 2021.

Tripping

The act of knocking an opponent down by taking their feet out from under them using a stick or any part of the body, an illegal action which incurs a Minor penalty.

Two-way forward

A forward who handles the defensive aspects of the game as well as the offensive aspects.

Unsportsmanlike

An action of a player that results in a 2-minute minor penalty deemed by the referee to be a minor act not severe enough to warrant a 10-minute misconduct or game misconduct.

Waffle

The goalie's blocker. This term stemmed from the visual appearance of the blocker in the pre-modern ice hockey equip-

ment era (also refer to waffle-boarding).

Wheel

Typically referred to when there is time and space to skate with the puck, sometimes is said to tell someone to skate faster.

Wheelhouse

The area immediately at a player's feet and in line with the player's shoulders, which is the optimum puck location for a player to get the most power from a slap shot.

Wholesale change

A team may, during play or after a whistle, choose to substitute the forwards or defensemen currently on the ice with other players. A wholesale change occurs when all five players (three forwards and two defensemen) are changed at the same time. See *line change*.

Winger

A forward position whose primary zone of play on the ice is along the outer playing area. A right winger is responsible for the right-hand side of the ice and a left winger is responsible for the left-hand side.

Wraparound

When an attacking player controls the puck behind the opposition's net and attempts to score by reaching around the side of the net. Such a move is difficult to defend and may result in a goal.^[47]

Wrist shot

A shot that involves using arm muscles (especially those in the wrist and forearm) to propel a puck forward from the open-faced, concave part of the blade of a hockey stick.

Zone

One of three areas of the ice as divided by the blue lines, either the attacking zone, neutral zone, or defensive zone.

Have you 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.

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

Our Mascots are.....



LEO PEACOCK

AGE: 14

FAVOURITE TEAM: EDINBURGH CAPITALS (OF COURSE)

FAVOURITE

CAPS PLAYER: JOE LYNCH AND TITCH HOGGAN

LOVES MOST ABOUT HOCKEY: THE EXCITEMENT AND THE FIGHTS

OLIVER SLIGHT

AGE: 11

FAVOURITE TEAM: EDINBURGH CAPITALS (OF COURSE)

FAVOURITE

CAPS PLAYER: TITCH HOGGAN

LOVES MOST ABOUT HOCKEY: THE FIGHTS



Player Protection is Priority

Ice Hockey UK, England Ice Hockey and Scottish Ice Hockey have committed to protect players, support clubs and strengthen the Department of Player Safety, as part of the proposed merger of the organisations.

Why Player Safety is central to our future

DOPS carries one of the most challenging roles in UK ice hockey. A small group of incredible, tireless volunteers spend countless hours reviewing incidents, handing down suspensions and trying to balance player safety, the integrity of competition and the real-world impact on clubs and individuals.

Under the new unified structure, the organisations have committed to properly resourcing DOPS, professionalising it and clearly embedding it in governance and welfare frameworks. This will move DOPS beyond disciplinary and lead on education, prevention and support for clubs and players

What the merged entity will deliver for Player Safety

By bringing all three organisations together, aligning regulations and pooling resources where it makes sense, the new governing body will be able to:

1. **Invest in people:** Introduce accountable roles within DOPS (for example, a Head of Player Safety and dedicated case management support), reducing the load on volunteers.
2. **Strengthen systems and processes:** Implement joined-up case management systems across the UK, so that incidents are logged, tracked and reviewed in a consistent way, regardless of league or location.
3. **Enhance the experience for Members:** Provide faster, clearer resolutions to discipline cases wherever possible, with better communication on decisions and reasoning.
4. **Put education and support at the centre:** Create a structured education programme for clubs, coaches and players on player safety, contact, respect and duty of care.

Embed robust, transparent governance: Make sure decisions are made with the game, not at the game – partnering with leagues, clubs and officials to continually raise standards.

How this reflects our principles



This approach brings two of the core principles of the merger to life:

1. Member-Centricity: A DOPS structure that listens, explains and educates, not just issues suspensions as well as greater investment in welfare, safety and assurance programmes that protect our players and give clubs confidence in the system.

2. Professionalise to Perform: A single, best-in-class operating model for player safety across the UK and new roles and better tools to support our volunteers and ensure DOPS can function at the level the sport demands.

A safer, smarter game – together

Our volunteers in DOPS have carried the weight of player safety for years, often unseen and under pressure. The merger is our opportunity to back them properly – with professional support, better systems and stronger governance – and to set a higher, clearer bar for discipline and education across the whole UK game.

This is what Together As One means for player safety: not simply doing more of the same, but building a modern, consistent, fair and supportive system that protects players, helps clubs, and strengthens the sport for generations to come.

The merger of **Ice Hockey UK, England Ice Hockey** and **Scottish Ice Hockey** will transform the positioning of ice hockey across England, Northern Ireland, Scotland and Wales.

Bringing all the resources of the organisations together under a single governing body will enable nationwide growth and development. Five core principles will underpin the work of the organisation, including professionalise to perform, enhance the experience, member-centricity, sustainability for generations to come and fully recognise potential.

Through months of consultation, engagement with other IIHF members and a driven, newly appointed Executive Team, the Boards of the IHUK, EIH and SIH all unanimously approved the merging of the three bodies to bring everyone Together As One.

We may know a lot more as there was a meeting on 17th December at which IHUK, EIH and SIH encouraged its members to vote in favour of the vote.

Where and When Can A Goalie ‘Freeze the Puck’?

As a hockey goalie, positioning is key to making successful saves and preventing goals. One important skill for goalies is knowing where they can freeze the puck during game-play.

In hockey, when the goaltender covers or freezes the puck with their glove or body, play stops until the puck is dropped again by an official. Knowing when and where a goalie can do this is crucial for controlling momentum in games.

There are several situations in which a goalie can freeze the puck without penalty:

- If the puck crosses over the goal line, but outside of the net
- During a stoppage of play such as after a goal has been scored, icing has occurred, or there is an offside call
- ♦ If there is an opportunity to catch their breath and make adjustments before facing another shot.

Knowing these rules and keeping track of game time will help goalies make strategic decisions about freezing pucks to control pace and avoid giving away free opportunities to opponents on rebounds.

The Crease

In ice hockey, the crease is a painted area in front of the goal where only the goaltender can play and touch the puck. Within the confines of this zone, there are specific rules for goalies who want to freeze or smother the puck.

One scenario where a goalie may want to freeze the puck is when their team is being outplayed by the opposition and needs a breather. By freezing the puck with their glove hand or stick blade, they halt play and give their teammates some time to catch their breath.

To technically “freeze” the puck, a goalie must have control over it with either their blocker pad, trapper glove, or stick. The goalkeeper then closes his/her legs around it while keeping one hand on top of it at all

times until he/she hears a whistle from an official that signifies that play has been stopped

A goalie may also choose to simply cover up (smother) the puck if an opponent is nearby and looking to score off a rebound attempt or create some chaos in front of the net. To do so without getting penalised, they ideally need to be guarding possession with their body weight rather than clenching onto it tightly beneath them.

The Only Area A Goalie Can Freeze The Puck

When it comes to the game, there are specific areas a goalie can freeze the puck. The rules regarding this aspect of the game have been put in place for safety reasons and to prevent teams from stalling or delaying the match's progress.

A goalie can only freeze/play the puck within what is known as their “crease.” This area is marked with blue paint on either side of the goal line, starting at each post, then extending out five feet. If a goalie leaves this area intentionally or otherwise, they cannot pick up or play the puck with their hands or stick; else risk being penalized for delay-of-game.

It's essential to note that if an opposing player enters the crease while trying to score, they must vacate promptly after shooting. If not, and if contact was made while inside, referees may end up disallowing any goals scored on these occasions.

The crease refers to an area directly in front of the goal that extends four feet out from each post and eight feet wide. Goalies are allowed to freeze the puck within this zone without penalty. If an opposing player makes contact with them while they're in this area, it could result in a minor penalty for interference.

If a goalie leaves their crease to retrieve a loose puck behind the net, they can still freeze it once they've gained possession. This allows them time to set up a play or wait for their teammates to get into position before starting another rush up-ice. However, if they hold onto the puck for too long without taking action, referees may blow the whistle and call delay of game.



What Happens During a Delayed Penalty in Hockey?

In hockey, when a player commits an infraction that results in a penalty, the other team may benefit from a delayed penalty situation. A delayed penalty is called by the referee when a team has illegally touched the puck or committed some other violation to warrant a penalty call. What happens during a delayed penalty in hockey? Here are some things to know:

Offending Team Controls the Puck During a Delayed Penalty in Hockey

During a delayed penalty situation, the offending team controls the puck until the whistle blows stopping play or they commit another infraction that warrants a penalty. This means that the defensive team must pressure the attacking team to regain control of the puck and end the delayed penalty.

Advantages and Disadvantages of Pulling the Goalie During a Delayed Penalty in Hockey

Pulling the goalie during a delayed penalty is a tactic that gives teams a greater chance of scoring while shorthanded. It allows them to have six attackers on the ice instead of five, increasing their chances of making a successful attack. However, it also comes with significant risks as there will be no one protecting the empty net. If the opposing team gains control of the puck, they can easily score an open net goal and seal the game. Therefore, coaches must decide if pulling the goalie is worth the risk based on the specific situation.

Offending Team Cannot Score During a Delayed Penalty in Hockey

One of the advantages for the defending team during a delayed penalty is that the clock continues even though they do not control the puck. Additionally, the offending team cannot score a goal during a delayed penalty situation unless the defending team scores on themselves. In this case, it would still count as a goal for the defending team.

If the defending team regains control of the puck and then accidentally shoots it into their own net, a goal will be awarded to the offending team as they were the last team to have legally touched the puck.

Defending Team Cannot Ice the Puck During a Delayed Penalty in Hockey

Another advantage for the attacking team during a delayed penalty situation is that the defensive team cannot ice the puck. If they do so, play is immediately stopped and the face-off takes place in their zone. This rule discourages teams from blindly dumping the puck down the ice to relieve pressure or avoid an opposing attack and benefits the attacking team by giving them more offensive opportunities.

Advantages of a Delayed Penalty in Hockey

There are several benefits to using a delayed penalty system in hockey:

- **More scoring opportunities:** Since the offending team doesn't know exactly when play will be stopped, players from the non-offending team can move up the ice to create more shooting and scoring opportunities.
- **Potential for short-handed goals:** If the team on the power play loses possession of the puck during a delayed penalty situation, the other team has a chance to score a short-handed goal before play is finally whistled dead.
- **Makes referees' jobs easier:** A delayed penalty allows referees to let some fouls go if they do not impact the immediate flow of play, making it easier for them to call games consistently without interrupting the game too often.

Disadvantages of a Delayed Penalty in Hockey

While there are many advantages to using a delayed penalty system, there are also downsides to consider:

- **Inconsistent application:** Referees may have different interpretations of what constitutes an infraction, leading to inconsistencies in how penalties are called from one game to the next.
- **Frustration for coaches and players:** Coaches and players may feel like their opponents are getting away with infractions, causing frustration and potentially leading to a more physical or contentious game.

Limited protection for players: In some cases, players on the team with possession of the puck may be at risk of injury if the other team continues to commit Penalties while the play is allowed to continue.



Colours: Sky Blue .

Sharks Goals

#	Player	Pos	#	Scorer	Asst 1	Asst 2	Time	Type
31	Harry Campbell	NM	1				:	
37	Logan Reid	NM	2				:	
5	Niall Duignan	F	3				:	
14	Stephen Adams	F	4				:	
16	Bailey Thomson	F	5				:	
17	Jamie Ferguson	F	6				:	
18	Tomas Vydrostek	F	7				:	
19	Richard Bentham	D	8				:	
22	Andrew Craik	F	9				:	
28	Gordon Horne	F	'C' 10				:	
29	Charles Leuvenink	F	Sharks Penalties					
32	Taylor Caruth	F	#	Offence		Time	Pen Mins	
35	Scott Kirkpatrick	D				:	:	
42	Ewan Duignan	D				:	:	
45	Scott Crane	F				:	:	
51	Struan Tonnar	D				:	:	
55	Owen Rae	D				:	:	
58	Scott Rae	F				:	:	
67	Ruairi Lockerbie	F	'A'			:	:	
77	Ajay Turner	F				:	:	
85	Andrew Creighton	D				:	:	
89	Oliver Turner	D	'A'			:	:	
90	Samuel Wojcik	D				:	:	
92	Travis Lavery	D				:	:	
97	Lewis Chalmers	F	'A'			:	:	

Head Coach: Bob Chalmers. General Manager:

#	Netminder	Time on	1	2	3	OT	Total	Time Out	Period Scores
31	Harry Campbell	:						Sharks	1
37	Logan Reid	:						:	2
		:							3
Sharks MoM :									Total





EDINBURGH CAPITALS

Colours: Light Blue

			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				:	
5	James Isaacs	D		5				:	
7	Cameron Wilkie	D		6				:	
8	Adam Robinson	RW		7				:	
9	Cammy Gallagher	C/W		8				:	
10	Sean Cochrane	F	'A'	9				:	
16	Conner McNulty	C		10				:	
			Capitals Penalties						
#	Player	Pos		#	Offence			Time	Pen Mins
18	Ben Coughtrie	D						:	:
19	Rhys Stenhouse	D						:	:
22	Aiden Paterson	D	'A'					:	:
24	Kyle Howie	F						:	:
25	Ross Dalglish	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
13	Ciaran Hoggan	:						Capitals	1
34	Ben Keddie	:						:	2
88	Jonnie Livingstone	:							3
Capitals MoM :									Total

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Got New Skates? Break Them In Before Hitting The Ice

There's nothing more exciting than acquiring a brand-new pair of hockey skates. However, with great pleasure comes the pain of breaking them in. Wearing those stiff boots and blades can be uncomfortable but don't worry this guide will provide you with some tips to ease the process.

Firstly it is important to wear your skates around the house or on carpeted areas before hitting the ice. This gives you an opportunity to gently break them in either by stretching them out or heating up tight areas that may cause discomfort during gameplay Such as Achilles tendon area at the back Or Toes Area In The front Of Skates By Blowing Hot Air On Them.

Maintenance goes hand-in-hand with breaking in new skates. Make sure blades are sharpened regularly, muscle pains from trying too hard can arise quickly if one tries to push through using dull blades since Too Much pressure Will Have To Be Exerted For Turning Movements Thus Causing Strain Leading Pains In Feet And Knees.

Skating socks made of moisture-wicking material will help improve airflow and reduce blisters during gameplay also invest in silicone gel pads commonly found online these offer additional cushioning between rigid parts such as tongue and laces without adding bulkiness inside A Skate Boot.

In conclusion, take it slow, practice regularly yet carefully – do not rush into making sudden high speed manouvers until feet adapt fully. Breaking in new gear takes time and patience- always Ensuring Comfort And Movement Of Feet Is Priority.

The first thing you should do is have them sharpened before hitting the ice. A proper skate sharpening will ensure that your blades are even and sharp, which can significantly improve your skating abilities.

You can take them to your local rink shop and they'll typically use a machine to remove any nicks or unevenness on the blade's edge before grinding it to a specific angle based on your preference.

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**WEEKLY TEAM UPDATES AND THE
CHANCE TO WIN 4 TICKETS TO ONE OF
OUR HOSPITALITY BOXES!**

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EDINBURGH CAPITALS

Colours: Light Blue

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				:	
5	James Isaacs	D		5				:	
7	Cameron Wilkie	D		6				:	
8	Adam Robinson	RW		7				:	
9	Cammy Gallagher	C/W		8				:	
10	Sean Cochrane	F	'A'	9				:	
16	Conner McNulty	C		10				:	
Capitals Penalties									
#	Player	Pos		#	Offence	Time	Pen Mins		
18	Ben Coughtrie	D						:	:
19	Rhys Stenhouse	D						:	:
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	:						:	Wild					
88	Jonnie Livingstone	:												

Referee: _____ Linespersons: _____ and _____

NORTH Ayrshire Wild



Colours: Black, Orange.

Wild Goals									
#	Player	Pos		#	Scorer	Asst 1	Asst 2	Time	Type
29	Caiden MacColl	NM		1				:	
31	Gary MacColl	NM		2				:	
35	Lewis Gardner	NM		3				:	
5	Jack Neil	D		4				:	
7	Matthew Evans	F		5				:	
8	Lewis McCrindle	D	A'	6				:	
10	Jacob Woods	F		7				:	
11	Kerr Drummond	D		8				:	
12	Jordan McGonigle	D		9				:	
17	Liam Houston	W		10				:	
Wild Penalties									
#	Player	Pos		#	Offence	Time	Pen Mins		
14	Connor Wood	D						:	:
18	Dylan Murray	F						:	:
20	Rocco Murray	F						:	:
22	Ross Andreucci	F						:	:
25	Rowan Mills	F						:	:
67	Haydn Woods	F						:	:
27	Lennon Deeney	D						:	:
77	Scott Cowan	C						:	:
78	Zak Kenneth	F						:	:
88	Luca DeSimone	D/C	C'					:	:
91	Tom Morgenthaler	F	A'					:	:
96	Georg Superov	F						:	:
97	Kyle Forsyth	D/F						:	:
								:	:
								:	:

Head Coach: Dominic DeSimone. General Manager: _____

#	Netminder	Time on	1	2	3	OT	Total	Time Out	Period Scores	1	2	3	OT	Total
29	Caiden MacColl	:						Wild	Wild					
31	Gary MacColl	:						:						
35	Lewis Gardner	:												

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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Wild MoM _____

WWW.EDCAPITALS.COM

