



# THANK YOU TO OUR SPONSORS



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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# MURRAYFIELD ICE ARENA 2025-2026



EDINBURGH SEASON 2025-26

**SCOTTISH NATIONAL LEAGUE**

EDINBURGH CAPITALS vs KILMARNOCK THUNDER

6:30PM, 17/1/26 @ MURRAYFIELD ICE ARENA

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# Your 2025-2026 Edinburgh Capitals



Steven Lynch  
Head Coach



Jim Paterson  
Team Manager



13  
Ciaran Hoggan



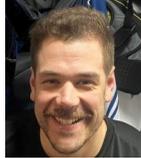
24  
Ben Keddie



88  
Jonnie Livingstone



3  
Dean Walker



5  
James Isaacs



7  
Cameron Wilkie



8  
Adam Robinson



9  
Cammy Gallacher



10  
Sean Cochrane



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



26  
Garry Simpson



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



Left: The 'Rhino' (not in shot) was briefly back and was on target to open the scoring on Hogmanay.



Right: Ben on his way to a fourth shut out of the season v Wild  
Picture: Ian Coyle



Left: Joel on his way to a hat-trick v Sharks.

Picture: Ian

Right: Can we come again please, I love the hockey. Just wish I could chase that black thing they're all hitting.

Picture : Ian Coyle



Left: Justin (half hidden) scores his first senior goal.

Picture: Ian Coyle



## Team Stats Courtesy SNL Statistician

Team	SHG	SHGA	GP	GF	GA	Diff	PPO	PPG	PP%	PPGA	PPOA	PK%
Capitals	5	2	18	95	35	60	68	20	29.4	9	60	85
Warriors	3	2	22	112	44	68	86	22	25.6	6	63	90.5
Rockets	1	3	19	133	47	86	66	19	28.8	12	56	78.6
Pirates	2	5	22	102	68	34	77	15	19.5	13	80	83.8
Kestrels	4	1	22	88	62	26	87	20	23	13	80	83.8
Lynx	5	1	19	77	64	13	70	17	24.3	15	67	77.6
Wild	3	4	21	58	111	-53	85	15	17.6	23	85	72.9
Sharks	2	4	21	47	93	-46	82	16	19.5	19	74	74.3
Thunder	3	6	18	32	220	-188	37	1	2.7	35	93	62.4

### KEY

**SHG** = Short Handed Goals scored  
**SHGA** = Short Handed Goals Against  
**GP** = Games Played  
**GF** = Goals For  
**GA** = Overall Goals Against  
**Diff** = Overall Plus/Minus Difference  
**PPO** = Power Play Opportunities  
**PPG** = Power Play Goals Scored  
**PP%** = Powerplay Success Rate  
**PPGA** = Power Play Goals Against  
**PPOA** = Power Play Opportunities Against %  
**PK%** = Penalty Kill Success Rate

## GB Under 20's Secure Silver Medal

Great Britain secured a Silver Medal in the World Under 20 Championship in Romania. The GB team were captained by Capitals Joe Lynch proudly showing the Silver Medal in the picture..



### GB results

Spain 3-4 Great Britain. Korea 4-0 Great Britain. Croatia 2 Great Britain 5. Great Britain 2 Romania 1. Great Britain 4 China 3.

## Who's Visiting the Lions Den Next ?

**PAISLEY PIRATES**  
**ON**  
**SATURDAY JANUARY 31ST**  
**FACE 6:30PM**  
**SCOTTISH NATIONAL LEAGUE**  
**WE WILL BE OUT TO REPEL THE PIRATES**

WWW.EDCAPITALS.COM



Murrayfield Ice Arena

13 Riversdale Crescent

Edinburgh EH12 5XN

Phone: 0131 337 6933

email: [info@murrayfieldicearena.co.uk](mailto:info@murrayfieldicearena.co.uk)

Web site: [www.murrayfieldicearena.co.uk](http://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

Cover Picture: Justin celebrates his 1st senior goal

Official Scorer: Gill MacDiarmid

Timekeeper: TBC

Mascot: Pawz

[email.enquiries@edinburghcapitals.com](mailto:email.enquiries@edinburghcapitals.com)

Honours

Northern League Champions 2023-24

SNL Play Off Champions 2023-2024

Northern Challenge Cup 2024

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It seems along time ago now but we must comment and Thank everyone who filled the Arena on Hogmanay. 3,150 attendees was the biggest crowd since the old Heineken League days in the 1980's. There were 490 subscribers to the live webcast, again a record number. Well done Sean on the commentary each week.

What an atmosphere everyone created and it was a great advert for SNL Hockey. We have increased the Hogmanay attendance every year since our first Hogmanay game in 2022. Unless there are alterations to the Arena that figure won't be improved on. Once again Thank you all.

As for the game itself we got back to winning ways after our loss to the Rockets. The two points earned from the North Ayrshire game saw us end 2025 at the top of the league on countback on better results, over Dundee. Then two more points against Solway to start 2026 saw us remain there.

We hope your plans for your New Year come to fruition and 2026 is very good to you, the Capitals will do their best to make it a great one

As if to emphasise that ,January 2nd saw the club announce the signing of prolific goalscorer and all round player Garry Simpson. Garry has been icing with Paisley recently after moving back to Scotland from Blackburn where he was a teammate of Ben Keddie. Garry has already sampled life at Murrayfield have played for the Racers SNL team.

Last Saturday we had a wee jaunt up to Aberdeen to see if we could post our second win of the season there and boy did we! I doubt if any Caps fans were forecasting a 8-1 win but after a five goal first period blitz, 3-0 after 6:22, the guys dominated thereafter and secured two precious points.

Garry scored his first hat-trick for the Caps and it was a pity Ben didn't post what would have been his fifth shut out of the season losing it with just 4:04 left in the game.

We now head to North Ayr next Saturday before entertaining Paisley followed by a visit to Whitley Bay on February 1st.

## Capitals S N L and Cup Statistics @ 15th January 2026

Courtesy of Capitals Statistician

Average per Game

#	Player	GP	Gls	Assts	Pts	PiM	GIS	Asst	Pts	PiM
17	Joe Lynch	18	23	19	42	22	1.28	1.06	2.33	1.22
37	Chad Smith	19	16	22	38	15	0.84	1.16	2.00	0.79
47	Joel Gautschi	18	13	16	29	22	0.72	0.89	1.61	1.22
16	Conner McNulty	18	11	11	22	12	0.61	0.61	1.22	0.67
78	Rihards Grigors	20	3	16	19	19	0.15	0.80	0.95	0.95
10	Sean Cochrane	19	10	6	16	4	0.53	0.32	0.84	0.21
27	Sean Stewart	17	4	10	14	26	0.24	0.59	0.82	1.53
22	Aidan Paterson	19	2	9	11	12	0.11	0.47	0.58	0.63
26	Garry Simpson	2	5	3	8	0	2.50	1.50	4.00	0.00
8	Adam Robinson	19	1	7	8	6	0.05	0.37	0.42	0.32
5	James Isaacs	3	2	4	6	2	0.67	1.33	2.00	0.67
33	Scott Geddes	19	0	6	6	2	0.00	0.32	0.32	0.11
24	Kyle Howie	20	2	3	5	2	0.10	0.15	0.25	0.10
90	Kris Phillips	19	3	2	5	12	0.16	0.11	0.26	0.63
77	Scott McKay	18	2	3	5	32	0.11	0.17	0.28	1.78
18	Ben Coughtrie	14	0	4	4	40	0.00	0.29	0.29	2.86
9	Cameron Gallacher	20	2	1	3	22	0.10	0.05	0.15	1.10
19	Rhys Stenhouse	17	1	2	3	9	0.06	0.12	0.18	0.53
3	Dean Walker	18	0	3	3	0	0.00	0.17	0.17	0.00
43	Justin Finnigan	15	1	1	2	43	0.07	0.07	0.13	2.87
7	Cameron Wilkie	20	1	0	1	2	0.05	0.00	0.05	0.10
50	Charlie McLoughlin-Hanna	16	0	0	0	0	0.00	0.00	0.00	0.00
68	Lukas James	3	0	0	0	2	0.00	0.00	0.00	0.67
25	Ross Dalgleish	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	20	239.15	97	91	6	.938	1.51	0	2
34	Ben Keddie	20	970.39	508	477	31	.940	1.91	4	0
88	Jonnie Livingstone									

### Capitals Period SNL Games Stats at 14th January

Period	1	2	3	OT	Total	OT/PSW	OT/PSL
<b>Wins</b>	13	14	7	2	36	2	0
<b>Draws</b>	4	5	10	0	19	0	0
<b>Losses</b>	3	1	3	1	8	0	1
<b>Goals Scored per Period</b>	31	43	26	3	103	2	1
<b>Goals Lost per Period</b>	8	12	15	1	36	0	1

## Capitals Fixtures and Results 2025-26

Day	Date	HA	Opponent	Comp	Final Score	Period Scores (Capitals first)					Shots on Caps	Shots on Opp	PiM on Caps	PiM on Opp	CapsM oM		
						1	2	3	OT								
Sun	31/08	H	Paisley Pirates	EXH	6 1	1	0	2	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	34 BK
Sun	07/09	H	Sheffield Steeldogs	EXH	2 14	0	7	2	5	0	2	-	49	28	8	14	22 AP
Sat	13/09	H	Solway Sharks	SNL	4 1	0	0	3	1	1	0	-	18	58	8	10	34 BK
Sat	27/09	H	Kirkcaldy Kestrels	SNL	6 5p	1	1	2	2	2	0-0	46	37	10	5	17 JL	
Sun	28/09	A	Kirkcaldy Kestrels	SNL	5 3	0	1	5	0	0	2	-	38	41	48	39	78 RH
Sat	04/10	H	Paisley Pirates	SNL	4 1	2	1	1	0	1	0	-	34	39	6	6	10 SC
Sat	11/10	H	Whitley Warriors	SNL	3 1	0	0	3	1	0	0	-	23	31	8	18	37 CS
Sat	18/10	H	Aberdeen Lynx	SNL	2 0	0	0	2	0	0	0	-	39	29	10	10	34 BK
Sat	25/10	H	Dundee Rockets	SNL	4 2	2	0	0	0	2	2	-	25	28	22	40	27 SS
Sun	26/10	A	Dundee Rockets	SNL	5 4ot	4	1	0	1	0	2	1-0	51	30	12	8	17 JG
Sat	01/11	A	North Ayrshire Wild	SCup	6 2	2	0	2	1	2	1	-	32	52	26	18	43 JF
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 RH
Sun	16/11	A	Solway Sharks	SNL	5 2	1	0	2	0	2	2	-	27	65	9	6	37 CS
Sat	22/11	H	North Ayrshire Wild	SCup	2 0	0	0	2	0	0	0	-	14	38	11	13	34 BK
Sat	29/11	A	Kirkcaldy Kestrels	SNL	2 3ot	2	1	0	0	0	0	0-1	35	35	26	38	17 JL
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 CS
Sat	27/12	H	Dundee Rockets	SNL	3 4	1	2	1	1	1	1	-	41	32	15	21	17 JL
Wed	31/12	H	North Ayrshire Wild	SNL	5 0	3	0	2	0	0	0	-	32	69	45	19	5 JI
Sat	03/01	H	Solway Sharks	SNL	10 1	3	0	3	1	4	0	-	17	56	4	12	44 GS
Sat	10/01	A	Aberdeen Lynx	SNL	8 1	5	0	2	0	1	1	-	32	64	12	14	1 BK
Sat	17/01	H	Kilmamock Thunder	SNL													
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	Kilmamock Thunder	SNL													
Sat	14/02	A	North Ayrshire Wild	SNL													
Sun	15/02	H	Kilmamock Thunder	SNL													
Sat	21/02	H	Aberdeen Lynx	SNL													
Sat	28/02	A	Kilmamock 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:



## Top 25 Points and Netminders Stats at 12th January

Stats at 12th January										Averages per Game			
Rank	#	Player	Team	GP	Gls	Asst	Pts	PiM	Gls	Asst	Pts	PiM	
1	16	John Dolan	Rockets	17	12	34	46	10	0.71	2.00	2.71	0.59	
2	11	Deniss Kontseus	Rockets	19	15	26	41	4	0.79	1.37	2.41	0.21	
3	17	<b>Joe Lynch</b>	<b>Capitals</b>	16	22	18	40	20	1.38	1.13	3.08	1.25	
4	24	Harry Harley	Warriors	20	12	25	37	2	0.60	1.25	2.31	0.10	
5	37	<b>Chad Smith</b>	<b>Capitals</b>	17	13	22	35	13	0.76	1.29	1.84	0.76	
6	18	Sean Beattie	Rockets	16	15	18	33	14	0.94	1.13	1.74	0.88	
7	18	Dylan Murray	Wild	19	16	16	32	55	0.84	0.84	1.88	2.89	
8	29	Cameron Ware	Warriors	19	15	16	31	15	0.79	0.84	1.82	0.79	
9	20	Phil Edgar	Warriors	18	13	17	30	23	0.72	0.94	3.75	1.28	
10	18	Allan Anderson	Kestrels	21	9	20	29	18	0.43	0.95	4.83	0.86	
11	47	<b>Joel Gautschi</b>	<b>Capitals</b>	17	13	15	28	22	0.76	0.88	1.75	1.29	
12	12	Rio Page	Rockets	18	17	9	26	17	0.94	0.50	4.33	0.94	
13	57	Callum Queenan	Warriors	19	11	15	26	4	0.58	0.79	1.86	0.21	
14	8	Martyn Simpson	Pirates	21	7	18	25	19	0.33	0.86	1.79	0.90	
15	43	Jack Henderson	Rockets	19	14	11	25	22	0.74	0.58	1.32	1.16	
16	88	Craig Peacock	Pirates	17	12	12	24	2	0.71	0.71	1.85	0.12	
17	88	Chris Wilson	Pirates	18	7	16	23	17	0.39	0.89	1.21	0.94	
18	26	Scott Jamieson	Kestrels	22	18	4	22	20	0.82	0.18	1.57	0.91	
19	97	<b>Garry Simpson</b>	<b>* Capitals</b>	9	12	10	22	4	1.33	1.11	1.22	0.44	
20	92	Lewis McIntosh	Rockets	19	13	8	21	14	0.68	0.42	1.40	0.74	
21	6	Joe Somerville	Falcons	22	9	12	21	20	0.41	0.55	1.40	0.91	
22	19	Sam McCluskey	Rockets	18	5	16	21	18	0.28	0.89	1.40	1.00	
23	94	Ben Richards	Warriors	18	10	10	20	12	0.56	0.56	2.50	0.67	
24	16	<b>Conner McNulty</b>	<b>Capitals</b>	17	9	11	20	12	0.53	0.65	1.25	0.71	
25	9	Brant Saretsky	Lynx	9	4	16	20	8	0.44	1.78	1.33	0.89	

\* Note: Garry Simpson Pts for Paisley are GP 8 Gls 8 Asst 7 Pts 15 Pim 6

### Netminders based on Gls Agst Average. Courtesy SIH stats (Min 180 mins played)

Rank	#	Netminder	Team	GP	TOI MinSec	Shots Agst	Saves	Gls Agst	Save%	Gls Agt Ave	PiM	Game S/out
1	13	Ciaran Hoggan	Capitals	15	239:15	65	61	4	0.938	1.34	2	0
2	32	Joshua Crane	Warriors	15	210:27	88	83	5	0.943	1.43	0	1
3	20	Liam Griffin	Lynx	11	170L19	112	107	5	0.955	1.76	2	0
4	34	Ben Keddie	Capitals	17	910:39	494	463	31	0.937	2.04	0	4
5	33	Euan Simpson	Rockets	18	385:25	148	134	14	0.905	2.18	0	1
6	30	Thomas Brown	Warriors	19	1006:41	563	525	38	0.933	2.26	0	3
7	1	Andrew Little	Kestrels	13	781:52	442	409	33	0.925	2.53	16	0
8	31	Dale Shearer	Rockets	18	759:15	335	303	32	0.904	2.53	0	0
9	39	Daniel McGowan	Pirates	17	906:28	553	514	39	0.929	2.58	2	1
10	39	Craig Holland	Kestrels	17	284:47	234	213	21	0.91	3.11	25	1
11	28	Rory Wood	Lynx	19	974:41	630	571	59	0.906	3.63	2	0
12	55	Callum Donaghy	Pirates	19	289:30	218	190	28	0.872	4.1	0	1
13	31	Harry Campbell	Sharks	20	1102:00	872	793	79	0.909	4.3	0	0
29	29	Caiden MacColl	Wild	20	1025:00	884	779	105	0.881	5.23	0	0

## SNL League Results and Fixtures

Wednesday 31st December					Saturday 10th January			
Edinburgh Capitals	5	North Ayrshire Wild	0	Aberdeen Lynx	1	Edinburgh Capitals	8	
Saturday 3rd January					Dundee Rockets	8	Paisley Pirates	1
Edinburgh Capitals	10	Solway Sharks	1	North Ayrshire Wild	1	Kirkcaldy Kestrels	7	
North Ayrshire Wild	2	Whitley Warriors	5	Sunday 11th January				
Scottish Cup 2nd Leg					Paisley Pirates	4	Solway Sharks	0
Dundee Rockets	3(7)	Kirkcaldy Kestrels	1(3)	Whitley Warriors	9	Kilmarnock Thunder	0	
Sunday 4th January								
Solway Sharks	4	Kirkcaldy Kestrels	5					

### League Standings at 12th January

Pos	Team	GP	W	L	OTL	GF	GA	GI Diff	Pts	Streak
1	<b>Edinburgh Capitals</b>	18	16	1	1	95	35	60	33	W3
2	Whitley Warriors	22	15	5	2	112	44	68	32	W2
3	Dundee Rockets	19	15	3	1	133	47	86	31	W5
4	Paisley Pirates	22	14	7	1	102	68	34	29	W1
5	Kirkcaldy Kestrels	22	12	7	3	88	62	26	27	W3
6	Aberdeen Lynx	19	9	10	0	77	64	20	18	L3
7	North Ayrshire Wild	21	5	15	1	58	111	-52	11	L3
8	Solway Sharks	21	5	16	0	47	93	-46	10	L4
9	Kilmarnock Thunder	18	18	17	0	32	220	188	0	L18

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

### All SNL Fixtures — Results

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

## SIH, IHUK and EIH vote in Favour of Merger

Scotland joins England Ice Hockey in voting in favour of a full sport merger and the outcome of the vote ensures in-depth discussions with IHUK will commence.

Henry Staelens, Chief Executive Officer at Ice Hockey UK and England Ice Hockey, commented, "This is a major moment for ice hockey in the UK, and I am thrilled that members across Scotland agreed by voting in favour of this historic opportunity. The sport has reached a pivotal point in its trajectory, and this merger will allow us to enter the next phase – this is a journey that we should all be very excited by, as we move forward together."

John Colley, Chair of **Scottish Ice Hockey**, concluded, "The decision made by Scottish Ice Hockey's member clubs is very much welcomed. I thank every single member who has engaged throughout, offering constructive debate and conversation that will help shape the sport moving forward."

"The vote provides a mandate to explore how a single governing body will better support clubs, volunteers and participants in Scotland, while ensuring Scottish interests are clearly represented. The consultation phase will be vital in shaping the detail of any future structure, and Scottish Ice Hockey will remain focused on representing the views of its members at every stage."

*Henry Staelens, Chief Executive Officer at Ice Hockey UK and England Ice Hockey has resigned from his position but will now be retained as a Strategic Commercial Consultant.*

## Women's Hockey Growing In UK

Women's ice hockey in the UK is gaining in popularity and professionalism, supported by the Women's National Ice Hockey League.

WNIHL Elite is the top tier of the sport with six nationwide teams. Below WNIHL Elite sit WNIHL 1, a league encompassing national teams, and WNIHL 2 which is split into North and South regions with Under 16 leagues enabling youth development.

Growing the game is more important than ever, and the section see the merger of **Ice Hockey UK, England Ice Hockey** and **Scottish Ice Hockey** a crucial element to achieve that.

Rachel Gilvear, from the Women's Section of the sport, commented, "I am a big supporter of the proposed merger. Women's ice hockey is oversubscribed due to the popularity of the sport, and I believe the best chance at creating facilities for these passionate players is through a single, unified voice."

"Aside from that, we have all seen the growth of the women's game and how this has increased the success for GB Women. And we know the leagues can improve and expand with better resources and more support from a combined governing body."



**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](mailto:scottcapitals@gmail.com)

### MoM and Lion of the Match v Wild



James was MoM and Nashy from Keep Edinburgh Thriving made the award.



Justin was selected by the Caps players as 'Lion of the Match' for the second time this season



## Olympic Hockey

The first Olympic ice hockey tournament took place at the 1920 Summer Olympics in Antwerp, Belgium. At the time, organized international ice hockey was still relatively new. The International Ice Hockey Federation (IIHF), the sport's governing body, was created on 15 May 1908, and was known as the *Ligue Internationale de Hockey sur Glace (LIHG)* until 1947. At the 1914 Olympic Congress in Paris, ice hockey was added to the list of optional sports that Olympics organizers could include. The decision to include ice hockey for the 1920 Summer Olympics was made in January, three months before the start of the Games.

Several occurrences led to the sport's inclusion in the programme. Five European nations had committed to participating in the tournament and the managers of Antwerp's Palais de Glace stadium refused to allow the building to be used for figure skating unless ice hockey was included. The IIHF considers the 1920 tournament to be the first Ice Hockey World Championship. From then on, the two events occurred concurrently, and every Olympic tournament until 1968 is counted as the World Championship. The Olympic Games were originally intended for amateur athletes, so the players of the National Hockey League (NHL) and other professional leagues were not allowed to play.

The first Winter Olympic Games were held in 1924 in Chamonix, France. Chapter 1, article 6, of the 2007 edition of the Olympic Charter defines winter sports as "sports which are practised on snow or ice". Ice hockey and figure skating were permanently integrated in the Winter Olympics programme. The IOC made the Winter Games a permanent fixture and they were held the same year as the Summer Games until 1992. Following that, further Winter Games have been held on the third year (i.e. 1994, 1998, etc.) of each Olympiad.

Perhaps the most famous Olympic Ice Hockey tournament is the 1980 'Miracle on Ice' Olympics.

The Winter Olympics returned to Lake Placid, New York in 1980. Twelve teams participated in the tournament, including Canada for the first time since 1968. The Soviet Union had won the gold medal in five of the six previous Winter Olympic Games, and were the favourites to win once more in Lake Placid. The team consisted of full-time players with significant experience in international play. By contrast, the United States' team—led by head coach Herb Brooks—consisted exclusively of amateur players with mostly college experience, and was the youngest team in the tournament and in U.S. national team history. In the group stage, both the Soviet and U.S. teams were unbeaten; the U.S. achieved several notable results, including a 2–2 draw against Sweden, and a 7–3 upset victory over second-place favourites Czechoslovakia.

For the first game in the medal round, the United States played the Soviets. The first period finished tied at 2–2, and the Soviets led 3–2 following the second. The U.S. team scored two more goals to take their first lead during the third and final period, winning the game 4–3. Following the game, the U.S. went on to clinch the gold medal by beating Finland in the final. The Soviet Union took the silver medal by beating Sweden. The victory became one of the most iconic moments of the Games and in U.S. sports.

Equally well-known was the television call of the final seconds of the game by Al Michaels for ABC, in which he declared: "Do you believe in miracles?! YES!"

As part of its centennial celebration in 2008, the International Ice Hockey Federation (IIHF) named the "Miracle on Ice" as the best international ice hockey story of the past 100 years

## Tonights Game Mascot is .....



**HARRIS THOMAS**

**AND IS AGE 10**

**HIS FAVOURITE TEAM IS THE CAPITALS**

**FAVOURITE CAPITALS PLAYER IS CHAD SMITH**

**WHAT HE LOVES ABOUT HOCKEY IS WHEN THE CAPS SCORE AND THE WHOLE CROWD ERUPTS AND GOES CRAZY.**

[WWW.EDCAPITALS.COM](http://WWW.EDCAPITALS.COM)

## Stats from the Wild and Sharks games

Capitals Goals					
#	Scorer	Asst1	Asst2	Time	Type
1	5	17	37	3:26	=
2	37	17	-	8:15	=
3	47	3	-	10:36	=
4	9	5	-	19:07	=
5	10	77	-	29:40	SH

Capitals Penalties			
#	Offence	Time	PiM
43	Interference	28:31	2:00
77	Interference	31:55	2:00
19	High Sticking	36:01	2:00
9	Fighting	55:11	2:00
43	Fighting	55:11	2:00
43	Fighting	55:11	5:00
43	Fighting	55:11	2:00
43	Fighting	55:11	2:00
43*	Fighting	55:11	Game
*	Served by #19		

Shots on Ben Keddie: 10+12+10=32

Did not play: 25, 27, 68, 88

Addition: # 5 James Isaacs

Wild Goals					
#	Scorer	Asst1	Asst2	Time	Type
1					

Wild Penalties			
#	Offence	Time	PiM
91	Boarding	55:11	2:00
91	Fighting	55:11	2:00
20	Fighting	55:11	2:00
20	Fighting	55:11	2:00
12	Tripping	55:11	2:00

Shots on Caiden MacColl: 22 + 17 + 30 = 69

Did not play: 14, 25, 35, 67, 77, 78, 96, 97

Addition: 93 Sean Woods

Referee: Alex Stewart:

Lines: Jordan Troupe, Josh Middleton.

Attendance, 3,150. 490 watched the 'live webcast'

Capitals Goals					
#	Scorer	Asst1	Asst2	Time	Type
1	47	37	55	3:35	=
2	44	22	55	7:24	=
3	47	37	78	12:33	PP
4	37	24	-	29:51	DP
5	16	55	10	31:42	=
6	47	78	8	36:43	PP
7	55	24	22	44:32	=
8	44	10	33	51:19	=
9	24	8	77	52:24	=
10	43	78	8	56:41	=

Capitals Penalties			
#	Offence	Time	PiM
47	Roughing	29:08	2:00
77	Slashing	46:19	2:00

Shots on Goal; Ciaran Hoggan: 4+7+ 6=17

Did not play: # 17, 25, 27, 68, 90

Addi: # 44 Garry Simpson.55 James Isaacs

Sharks Goals					
#	Scorer	Asst1	Asst2	Time	Type
1	19	28	22	19:20	=

Sharks Penalties			
#	Offence	Time	PiM
27	Holding	11:55	2:00
35	Tripping	19:24	2:00
85	Boarding	29:02	2:00
19	Tripping (wiped out by goal)	29:51	2:00
14	Delay of Game	34:52	2:00
18	Slashing	45:56	2:00

Did not play: 14, 25, 35, 67, 77, 78, 96, 97

Shots on Goal; Harry Campbell: 15 + 22 + 12 = 49

Shots on Goal; Oliver Calvert: (on @ 46:00) 7 = 7

Referee: Alex Stewart

Lines: Josh Middleton, Lewis Christie

Attendance: 1,700



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## Stats from Lynx Game 10th January

Lynx Goals					
#	Scorer	Asst1	Asst2	Time	Type
1	8	79	23	55:56	=

Lynx Penalties				
#	Offence	Time	PiM	
79	Hooking	1:37	2:00	
11	Roughing	3:28	2:00	
57	Tripping	4:36	2:00	
24	Hooking	8:09	2:00	
74	Slashing	8:25	2:00	
28*	High Sticking	42:43	2:00	
*	Served by #96		2:00	
10	Tripping	47:24	2:00	

Shots on Goal; Rory Wood:: 26 + 13 + 25 = 64



Lion of the Game  
Garry Simpson



Man of the Match  
Ben Keddie

Capitals Goals					
#	Scorer	Asst1	Asst2	Time	Type
1	16	26	78	2:22	PP
2	37	-	-	2:47	=
3	90	16	26	6:22	PP
4	27	16	-	8:30	PP
5	26	18	3	11:53	=
6	26	10	16	29:03	=
7	26	16	-	39:38	=
8	90	24	18	41:58	=

Capitals Penalties				
#	Offence	Time	PiM	
77	Holding	3:28	2:00	
47	Interference	7:26	2:00	
47	Hooking	20:48	2:00	
16	Hooking	22:49	2:00	
16	Elbowing	33:06	2:00	
77	Holding	45:51	2:00	

Shots on Goal; Ben Keddie: 6 + 15 + 11 = 32

Did not play: # 5, 17, 25, 68, 88.

Referee: Fraser Craig

Lines: D. McKenzie and Richard Thorp

## Caps Mom V Sharks



Garry was Voted MoM with Thanks to Stewart, Barbara, Declan and Madison from Sponsors Install Oil for selecting presenting the award.

## Lion of the Game v Sharks



The guys voted Adam their 'Lion of the Game' Well done Adam

## Why do hockey payers eat mustard before a game?

Hockey players are known to consume mustard for various reasons, one being its anti-inflammatory properties.

Research has shown that the compound found in mustard seeds called allyl isothiocyanate can help reduce inflammation and pain in the body. This makes it an ideal food choice for athletes as they often experience muscle soreness and inflammation after intense workouts or games.

Mustard also contains high levels of magnesium which helps relax muscles, ease cramps and regulate heart rhythms. These benefits make mustard a popular condiment among hockey players, helping them to recover faster from physical exertion on the ice.

Beyond just benefiting athletes though, consuming foods with anti-inflammatory properties such as mustard is good for overall health too. It's been linked to reduced risk of chronic diseases including cardiovascular disease, cancer and type 2 diabetes.

Incorporating healthy options into your diet is always encouraged regardless if you're an athlete or not. A simple switch like substituting regular ketchup with mustard can go a long way towards improving our health outcomes.

**The High Nutrient Content of Mustard**  
Mustard is one of the most popular condiments in the world, known for its unique flavor and versatility. But did you know that mustard also boasts a variety of beneficial nutrients?

One major nutrient found in mustard seeds is omega-3 fatty acids, which are essential for brain health and reducing inflammation in the body. These healthy

fats are particularly important for athletes like hockey players who need to stay sharp on the ice.

Another key nutrient found in mustard is vitamin B1, also known as thiamin. This vital nutrient helps convert food into energy and is crucial for maintaining a healthy nervous system. For hockey players who demand a lot from their bodies during games and practices, getting enough vitamin B1 can help ensure they have the stamina and alertness needed to perform at their best.

In addition to these nutrients, mustard also contains iron, magnesium, phosphorus, and zinc. All of these minerals play important roles in maintaining overall health – including bone strength, immune function, and energy metabolism.

The Low Calorie Count of Mustard  
As a condiment, mustard is among the most popular in the world. It's also known for being low in calories and virtually fat-free, making it an attractive option for athletes who want to keep their diet lean.

Hockey players are known for eating mustard before games or practices, but why exactly do they do this? One reason could be that mustard provides a quick boost of energy without adding unnecessary calories. A tablespoon of yellow mustard has only 8 calories but contains essential nutrients like protein and fiber. This makes it a great pre-workout snack if you need something to kickstart your metabolism without feeling weighed down by heavy foods.

So, can we expect any players who eat mustard before a game to be hot stuff on the ice?



## 1st season Capitals Players pre Capitals Statistics

### #27 Sean Stewart

Born Antigonish NS Canada: . Age:24 . Height: 6' 1" 185cm Weight 181lbs 82kg

Season	Team	League	GP	Gls	Asst	Pts	PiM	
2014-15	Nova Jr. X Men Major Bantam	NSMBHL	33	1	9	10	22	
		Playoffs	2	0	0	0	0	
2015-16	Nova Jr. X Men Major Bantam	NSMBHL	33	6	13	19	28	
		Playoffs	2	0	2	2	0	
2016-17	Cape Breton West Islanders U18	NSMMHL	38	2	14	16	24	
		Playoffs	11	2	5	7	0	
2017-18	Cape Breton West Islanders U18	NSMMHL	33	6	16	22	82	
		Playoffs	10	1	8	9	12	
	Weeks Crushers (Pictou County)	MJAHL	4	0	0	0	0	
	Moncton Wildcats	QMJHL	2	0	0	0	0	
2018-19	Moncton Wildcats	QMJHL	49	1	3	4	43	
		Playoffs	7	0	0	0	2	
2019-20	Moncton Wildcats	QMJHL	61	2	11	13	58	
2020-21	Moncton Wildcats	QMJHL	13	1	3	4	6	
		Charlottetown Islanders	QMJHL	22	0	1	1	33
			Playoffs	8	0	1	1	5
2021-22	Pictou County Crushers	MJAHL	27	5	7	12	39	
	Drummondville Voltigeurs	QMJHL	1	0	0	0	2	
	Rouyn-Noranda Huskies	QMJHL	6	0	1	1	8	
2022-23	St. Francis Xavier Univ.	USports	0	0	0	0	0	
2023-24	St. Francis Xavier Univ.	USports	25	0	0	0	18	
		Playoffs	3	0	1	1	2	
2024-25	St. Francis Xavier Univ.	USports	29	0	3	3	61	
		Playoffs	2	0	0	0	0	



## What Is The Transition Game In Hockey?

In hockey, the transition game refers to switching from defence to offence quickly. It's an essential part of any team's strategy, as it allows them to take advantage of sudden opportunities and catch their opponents off guard.

How is this done? The key lies in quick decision making and communication amongst the players on the ice. When a defending player gains possession of the puck, they must make split-second decisions about where to pass or carry the puck next.

The rest of their teammates must be aware and ready for these potential passes or traps that can potentially lead to counterattacks. Players further up the ice must also position themselves correctly so they can receive the puck with speed and begin attacking immediately.

The rest of their teammates must be aware and ready for these potential passes or traps that can potentially lead to counterattacks. Players further up the ice must also position themselves correctly so they can receive the puck with speed and begin attacking immediately.

Properly executing this transition can often be what separates winning teams from losing ones. Teams that can do it effectively put immense pressure on opponents by creating scoring chances out of nowhere while keeping defences constantly guessing.

In conclusion, mastering hockey's transition game requires quick thinking, teamwork, strategic positioning, and good communication skills among your defensive defenceman and offensive forwards.

Essentially, it's about facilitating fast breakouts and counterattacks that put pressure on opposing teams and create scoring opportunities.

This aspect of gameplay is especially important for two reasons:

Firstly, it allows teams to catch opponents off guard while they're still transitioning defensively. This can lead to odd-man rushes which often result in high-quality scoring chances.

Secondly, having a strong transition game means that your team will spend less time defending in their own zone. Quick breakouts allow players to move up ice more efficiently, putting them in better positions to score goals instead of simply trying to clear pucks out of danger zones.

In order to be successful at the transition game, players need excellent passing skills as well as good vision and anticipation. They must be able to read the situation and make quick decisions based on what they see happening around them.

Coaches also play an important role in developing effective strategies for executing quick transitions during games. By practicing specific drills designed to improve reactions times and decision-making abilities, coaches can help build a cohesive unit that can quickly turn defensive situations into offensive ones.

In summation, mastering the transition game in hockey is critical if you want your team to succeed. Being able to seamlessly switch from defense to offense not only helps generate scoring chances but also keeps your team on its toes by placing constant pressure on your opponents.

*Keep an eye out and see if you can spot how the players use the transition in the game.*





# 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					
#	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					:	:
26	Garry Simpson	F					:	:
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	Final	Time Out	#	Netminder	Time on	1	2	3	OT	Total
13	Ciaran Hoggan	:						Capitals	Capitals						Thunder	1	Matthew Reid	:					
34	Ben Keddie	:						:	Thunder						:	35	Aaron Forsyth	:					
88	Jonnie Livingstone	:													:	35	Thomas Mangan	:					

Referee: \_\_\_\_\_ Linespersons: \_\_\_\_\_ and \_\_\_\_\_

# KILMARNOCK THUNDER



Colours: Grey, Yellow.

			Thunder Goals					
#	Player	Pos	#	Scorer	Asst 1	Asst 2	Time	Type
1	Matthew Reid	NM	1				:	
35	Aaron Forsyth	NM	2				:	
35	Thomas Mangan	NM	3				:	
3	Ronan McCready	F	4				:	
5	Torin MacLachlan	F	5				:	
8	Ross Chalmers	F A'	6				:	
12	Taylor McCormick	D	7				:	
13	Keir Anderson	D	8				:	
14	Sean Mullin	D	9				:	
15	Lewis Grant	F	10				:	
			Thunder Penalties					
#	Player	Pos	#	Offence	Time	Pen Mins		
16	Matthew Preston	F					:	:
17	Sean Mullin	D					:	:
18	Mack Harris	F					:	:
20	Keir McPherson	F					:	:
22	William Greenlees	F					:	:
24	Mylo Wylie	F					:	:
25	Lewis Grant	F					:	:
27	Ruby Newlands	F					:	:
28	Liam Anderson	D					:	:
34	Marc Fowley	F					:	:
47	Charlie Govans	D					:	:
61	Luke Kearsley	D					:	:
81	Ethan Rankin	F					:	:
90	Andy Barr	F C'					:	:
94	Fraser Turner	F					:	:

Coach's: Andy Anderson, Malcolm Anderson. Manager: Graeme Anderson

#	Netminder	Time on	1	2	3	OT	Total	Time Out	Period Scores	1	2	3	OT	Final	Time Out	#	Netminder	Time on	1	2	3	OT	Total
13	Ciaran Hoggan	:						Capitals	Capitals						Thunder	1	Matthew Reid	:					
34	Ben Keddie	:						:	Thunder						:	35	Aaron Forsyth	:					
88	Jonnie Livingstone	:													:	35	Thomas Mangan	:					

Out of courtesy and for your own safety and that of other fans please remain seated until play stops. Please follow the stewards instructions at all times.

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 \_\_\_\_\_

Thunder MoM \_\_\_\_\_

