

## FROM THE WASHINGTON CAPITALS LOCKER ROOM

# Capital season for Myles

**B**rock Myles, who is in his third year as a head equipment manager for Washington, has followed a long road to the NHL. The 38-year-old native of Chesley, Ont. began his career as an equipment manager in 1994-95 with Detroit of the Colonial League, and later Port Huron. Later, he moved to the American League, where he worked first for Louisville and then Portland. Today, Myles lives in Alexandria, Va., with his wife and young son. We chatted with Myles about Washington's strong season:

**THN:** What is the feeling around the Caps this season?

**BM:** Our strong run started around U.S. Thanksgiving of last season and snowballed since then. We got a lot of attention from our fans and even around the league, all through the summer and into this year. It's exciting.

**THN:** How would you describe team chemistry on the Caps this season?

**BM:** Everybody really gets along in the room. A lot of different guys speak up, not just one guy. And Ovie [Alexander Ovechkin] is always going on high gear and the guys really pick up on that.

**THN:** What do you think is behind the team's great home record?

**BM:** Well, one thing I know is that everyone is really excited

to see us play this year. We get great crowds, and they get into the game. That gives the team confidence.

**THN:** The Caps have had success despite a number of injuries.



**BROCK  
MYLES**

**EQUIPMENT  
MANAGER**



**BM:** Yeah, we had a stretch with a lot of injuries, and a lot of call ups from Hershey. But the guys worked hard. We didn't miss a beat, whether we had a full lineup or a mix of NHL and AHL guys.

**THN:** Do injuries present you

with challenges in terms of getting the right equipment for guys?

**BM:** No, the guys come with all the equipment when they get called up. We issue them equipment in Caps colors at the beginning of the year. For me, it's pretty much just changing the name tag above the locker.

**THN:** In terms of skate sharpening requirements, do any of your players require any extra attention or have particular needs?

**BM:** Not really, no one is high maintenance. I sharpen skates for about 80-90% of the team before the morning skate, and a few of them after.

**THN:** Do you use Blademaster skate sharpening machines?

**BM:** Yes, I have one at the practice rink, and another at the game rink. I like them, they give a skate a consistent finish.

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