



WASHINGTON CAPITALS PRESS RELEASE

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FOR IMMEDIATE RELEASE – September 11, 2019

Capitals Announce Training Camp Schedule and Roster

*Caps will hold Media Day on Sept. 12 and first on-ice practice session on Sept. 13
On-ice practices at MedStar Capitals Iceplex are open to the public and free of charge*

ARLINGTON, Va. – The Washington Capitals will begin their 2019-20 Training Camp at MedStar Capitals Iceplex with Media Day on Thursday, Sept. 12, senior vice president and general manager Brian MacLellan announced today.

The Capitals will hold their first on-ice session on Friday, Sept. 13. Training camp will last 19 days with the NHL regular season beginning on Wednesday, Oct. 2, when the Capitals face-off against the St. Louis Blues at 8 p.m. at Enterprise Center. This marks the Capitals' 13th training camp at MedStar Capitals Iceplex, the Metro-accessible, inside-the-Beltway practice facility that features two NHL-sized rinks. All on-ice sessions will be open to the public and free of charge. MedStar Capitals Iceplex will be closed to the public for Media Day on Sept. 12.

The training camp roster will be broken up into three squads (Teams Red, White and Blue) and their schedules will vary. Players will be available to the media at the conclusion of their on-and off-ice sessions (approximate times are listed below). Those media members seeking specific players should check with the Capitals media relations department in advance for the best time to gain access to individuals as it will likely change daily. Head coach Todd Reirden will be made available to the media following the final on-ice session of each day. All Capitals practice sessions are open to approved members of the media.

The Capitals complete training camp roster and schedule through the first week is listed below. The roster must be trimmed to 23 players by Tuesday, Oct. 1. There is no mandatory schedule for making roster cuts.

Due to the team's travel schedule, the Capitals will not host a Media Luncheon this season. All Capitals players, coach Todd Reirden and general manager Brian MacLellan will be available to the media on Thursday, Sept. 12.

Thursday, Sept. 12	Capitals Media Day	Media Availability
	Players physical/off-ice testing	
	General Manager Brian MacLellan	9:15 a.m.
	Head Coach Todd Reirden	9:45 a.m.
	Alex Ovechkin	10:15 a.m.
	T.J. Oshie	10:25 a.m.
	Nicklas Backstrom	10:35 a.m.
	Braden Holtby	10:45a.m.
	John Carlson	10:55 a.m.
	2019-20 Capitals	10:15 a.m. – 2 p.m.

Please contact Tommy Chalk in the Capitals PR department to confirm your Media Day attendance (tchalk@washcaps.com).

Washington Capitals

News Release

2019 Washington Capitals Training Camp Roster

FORWARDS (36)

#	Player	Ht.	Wt.	Shoots	Born	Birthplace	2018-19 Club	League(s)
19	BACKSTROM, Nicklas	6'1"	210	Left	11/23/87	Gavle, Sweden	CAPITALS	NHL
82	BAILEY, Casey	6'3"	194	Right	10/27/91	Anchorage, Alaska	Slovan Bratislava	KHL
72	BOYD, Travis	5'11"	185	Right	9/14/93	Hopkins, Minnesota	CAPITALS	NHL
71	CLARK, Kody	6'1"	179	Right	10/13/99	Chicago, Illinois	Ottawa	OHL
26	DOWD, Nic	6'2"	197	Right	5/27/90	Huntsville, Alabama	CAPITALS	NHL
20	ELLER, Lars	6'2"	207	Left	5/8/89	Rodovre, Denmark	CAPITALS	NHL
58	FLORCHUK, Eric	6'2"	175	Left	1/10/00	Fort Saskatchewan, Alberta	Saskatoon	WHL
63	GERSICH, Shane	5'11"	175	Left	7/10/96	Chaska, Minnesota	Hershey	AHL
62	HAGELIN, Carl	5'11"	186	Left	8/23/88	Sodertalje, Sweden	CAPITALS	NHL
21	HATHAWAY, Garnet	6'2"	210	Right	11/23/91	Kennebunkport, Maine	Calgary	NHL
45	JONSSON-FJALLBY, Axel	6'2"	191	Left	2/10/98	Stockholm, Sweden	Djurgårdens IF/Hershey	SHL/AHL
89	KESSY, Kale	6'3"	212	Left	12/4/92	Shaunavon, Saskatchewan	Colorado	AHL
92	KUZNETSOV, Evgeny	6'2"	204	Left	5/19/92	Chelyabinsk, Russia	CAPITALS	NHL
49	LEASON, Brett	6'4"	200	Right	4/30/99	Calgary, Alberta	Prince Albert	WHL
28	LEIPSIC, Brendan	5'10"	182	Left	5/19/94	Winnipeg, Manitoba	Los Angeles	NHL
16	MAILLET, Philippe	5'10"	185	Left	11/7/92	Lachenaie, Quebec	Ontario	AHL
47	MALENSTYN, Beck	6'2"	198	Left	2/4/98	Delta, British Columbia	Hershey	AHL
73	McCARTHY, Chris	6'1"	205	Right	7/30/91	Collegeville, Pennsylvania	Reading	ECHL
24	McMICHAEL, Connor	5'11"	174	Left	1/15/01	Ajax, Ontario	London	OHL
25	MOULSON, Matt	6'1"	203	Left	11/1/83	North York, Ontario	Ontario	AHL
87	O'BRIEN, Liam	6'1"	215	Left	7/29/94	Halifax, Nova Scotia	Hershey	AHL
77	OSHIE, T.J.	6'0"	195	Right	12/23/86	Everett, Washington	CAPITALS	NHL
8	OVECHKIN, Alex	6'3"	235	Right	9/17/85	Moscow, Russia	CAPITALS	NHL
14	PANIK, Richard	6'1"	208	Left	2/7/91	Martin, Slovakia	Arizona	NHL
40	PILON, Garrett	6'0"	188	Right	4/13/98	Mineola, New York	Hershey	AHL
64	PINHO, Brian	6'1"	195	Right	5/1/95	North Andover, Massachusetts	Hershey	AHL
59	PROTAS, Aliaksei	6'5"	205	Left	1/6/01	Vitebsk, Belarus	Prince Albert	WHL
94	RIAT, Damien	6'0"	181	Left	2/26/97	Geneve, Switzerland	ECH Biel-Bienne	NLA
23	SGARBOSSA, Michael	6'0"	186	Left	7/25/92	Campbellville, Ontario	Hershey	AHL
91	SNIVELY, Joe	5'9"	170	Left	1/1/96	Herndon, Virginia	Yale/Hershey	NCAA/AHL
18	STEPHENSON, Chandler	6'0"	203	Left	4/22/94	Saskatoon, Saskatchewan	CAPITALS	NHL
67	SUTTER, Riley	6'3"	202	Right	10/25/99	Calgary, Alberta	Everett	WHL
13	VRANA, Jakub	6'0"	197	Left	2/28/96	Prague, Czech Republic	CAPITALS	NHL
86	WEIS, Matthew	5'10"	192	Left	5/23/95	Madison, New Jersey	Chicago	AHL
85	WHITNEY, Steven	5'7"	168	Right	2/18/91	Boston, Massachusetts	Hershey	AHL
43	WILSON, Tom	6'4"	218	Right	3/29/94	Toronto, Ontario	CAPITALS	NHL

DEFENSEMEN (19)

27	ALEXEYEV, Alexander	6'4"	196	Left	11/15/99	St. Petersburg, Russia	Red Deer	WHL
84	BINDULIS, Kristofers	6'2"	192	Left	9/17/95	Riga, Latvia	Hershey	AHL
80	BURGDOERFER, Erik	6'1"	207	Right	12/11/88	East Setauket, New York	Bellefonte	AHL
74	CARLSON, John	6'3"	218	Right	1/10/90	Natick, Massachusetts	CAPITALS	NHL
29	DJOOS, Christian	6'0"	180	Left	8/6/94	Gothenburg, Sweden	CAPITALS	NHL
42	FEHERVARY, Martin	6'2"	194	Left	10/6/99	Bratislava, Slovakia	HV71	SHL
46	GEISSER, Tobias	6'4"	201	Left	2/13/99	Stans, Switzerland	Hershey	AHL
33	GUDAS, Radko	6'0"	204	Right	6/5/90	Prague, Czech Republic	Philadelphia	NHL
36	HOBBS, Connor	6'1"	197	Right	1/4/97	Regina, Saskatchewan	Hershey	AHL
56	HUGHES, Tommy	6'2"	223	Right	4/7/92	London, Ontario	Nottingham	EIHL
3	JENSEN, Nick	6'0"	194	Right	9/21/90	Rogers, Minnesota	CAPITALS	NHL
22	JOHANSEN, Lucas	6'2"	182	Left	11/16/97	Vancouver, British Columbia	Hershey	AHL
53	KANNOK-LEIPERT, Alex	5'11"	193	Right	7/20/00	Nakhon Ratchasima, Thailand	Vancouver	WHL
6	KEMPNY, Michal	6'0"	194	Left	9/8/90	Hodonin, Czech Republic	CAPITALS	NHL
78	LEWINGTON, Tyler	6'2"	202	Right	12/5/94	Edmonton, Alberta	Hershey	AHL
88	NARDELLA, Bobby	5'9"	180	Left	4/22/96	Rosemont, Illinois	Notre Dame/Hershey	NCAA/AHL
9	ORLOV, Dmitry	6'0"	212	Left	7/23/91	Novokuznetsk, Russia	CAPITALS	NHL
34	SIEGENTHALER, Jonas	6'3"	206	Left	5/6/97	Zurich, Switzerland	CAPITALS	NHL
38	WILLIAMS, Colby	6'0"	200	Right	1/26/95	Regina, Saskatchewan	Hershey	AHL

GOALTENDERS (7)

1	COPLEY, Pheonix	6'4"	200	Left	1/18/92	North Pole, Alaska	CAPITALS	NHL
31	HAWKEY, Hayden	6'2"	181	Left	3/1/95	Parker, Colorado	Providence	NCAA
70	HOLTBY, Braden	6'2"	211	Left	9/16/89	Lloydminster, Saskatchewan	CAPITALS	NHL
30	SAMSONOV, Ilya	6'3"	200	Left	2/22/97	Magnitogorsk, Russia	Hershey	AHL
35	THOMPSON, Logan	6'3"	174	Right	2/25/97	Calgary, Alberta	Brock Uni.	USports
41	VANECEK, Vitek	6'1"	187	Left	1/9/96	Havlickuv Brod, Czech Republic	Hershey	AHL
60	WARM, Beck	6'0"	179	Left	4/22/99	Whistler, British Columbia	Tri City	WHL

Washington Capitals

News Release

2019 Washington Capitals Training Camp Roster by Group

Group White

#	Player (Position)	Ht.	Wt.	Shoots	Born	Birthplace	2018-19 Club	League(s)
13	VRANA, Jakub	6'0"	197	Left	2/28/96	Prague, Czech Republic	CAPITALS	NHL
16	MAILLET, Philippe	5'10"	185	Left	11/7/92	Lachenaie, Quebec	Ontario	AHL
25	MOULSON, Matt	6'1"	203	Left	11/1/83	North York, Ontario	Ontario	AHL
28	LEIPSIC, Brendan	5'10"	182	Left	5/19/94	Winnipeg, Manitoba	Los Angeles	NHL
33	GUDAS, Radko	6'0"	204	Right	6/5/90	Prague, Czech Republic	Philadelphia	NHL
34	SIEGENTHALER, Jonas	6'3"	206	Left	5/6/97	Zurich, Switzerland	CAPITALS	NHL
40	PILON, Garrett	6'0"	188	Right	4/13/98	Mineola, New York	Hershey	AHL
41	VANECEK, Vitek	6'1"	187	Left	1/9/96	Havlickuv Brod, Czech Republic	Hershey	AHL
42	FEHERVARY, Martin	6'2"	194	Left	10/6/99	Bratislava, Slovakia	HV71	SHL
49	LEASON, Brett	6'4"	200	Right	4/30/99	Calgary, Alberta	Prince Albert	WHL
53	KANNOK-LEIPERT, Alex	5'11"	193	Right	7/20/00	Nakhon Ratchasima, Thailand	Vancouver	WHL
70	HOLTBY, Braden	6'2"	211	Left	9/16/89	Lloydminster, Saskatchewan	CAPITALS	NHL
72	BOYD, Travis	5'11"	185	Right	9/14/93	Hopkins, Minnesota	CAPITALS	NHL
74	CARLSON, John	6'3"	218	Right	1/10/90	Natick, Massachusetts	CAPITALS	NHL
77	OSHIE, T.J.	6'0"	195	Right	12/23/86	Everett, Washington	CAPITALS	NHL
82	BAILEY, Casey	6'3"	194	Right	10/27/91	Anchorage, Alaska	Slovan Bratislava	KHL
84	BINDULIS, Kristofers	6'2"	192	Left	9/17/95	Riga, Latvia	Hershey	AHL
91	SNIVELY, Joe	5'9"	170	Left	1/1/96	Herndon, Virginia	Yale/Hershey	NCAA/AHL
92	KUZNETSOV, Evgeny	6'2"	204	Left	5/19/92	Chelyabinsk, Russia	CAPITALS	NHL

Group Red

#	Player (Position)	Ht.	Wt.	Shoots	Born	Birthplace	2018-19 Club	League(s)
1	COPLEY, Pheonix	6'4"	200	Left	1/18/92	North Pole, Alaska	CAPITALS	NHL
9	ORLOV, Dmitry	6'0"	212	Left	7/23/91	Novokuznetsk, Russia	CAPITALS	NHL
14	PANIK, Richard	6'1"	208	Left	2/7/91	Martin, Slovakia	Arizona	NHL
18	STEPHENSON, Chandler	6'0"	203	Left	4/22/94	Saskatoon, Saskatchewan	CAPITALS	NHL
20	ELLER, Lars	6'2"	207	Left	5/8/89	Rodovre, Denmark	CAPITALS	NHL
21	HATHAWAY, Garnet	6'2"	210	Right	11/23/91	Kennebunkport, Maine	Calgary	NHL
22	JOHANSEN, Lucas	6'2"	182	Left	11/16/97	Vancouver, British Columbia	Hershey	AHL
24	McMICHAEL, Connor	5'11"	174	Left	1/15/01	Ajax, Ontario	London	OHL
26	DOWD, Nic	6'2"	197	Right	5/27/90	Huntsville, Alabama	CAPITALS	NHL
30	SAMSONOV, Ilya	6'3"	200	Left	2/22/97	Magnitogorsk, Russia	Hershey	AHL
36	HOBBS, Connor	6'1"	197	Right	1/4/97	Regina, Saskatchewan	Hershey	AHL
38	WILLIAMS, Colby	6'0"	200	Right	1/26/95	Regina, Saskatchewan	Hershey	AHL
46	GEISSER, Tobias	6'4"	201	Left	2/13/99	Stans, Switzerland	Hershey	AHL
47	MALENSTYN, Beck	6'2"	198	Left	2/4/98	Delta, British Columbia	Hershey	AHL
59	PROTAS, Aliaksei	6'5"	205	Left	1/6/01	Vitebsk, Belarus	Prince Albert	WHL
62	HAGELIN, Carl	5'11"	186	Left	8/23/88	Sodertalje, Sweden	CAPITALS	NHL
64	PINHO, Brian	6'1"	195	Right	5/1/95	North Andover, Massachusetts	Hershey	AHL
73	McCARTHY, Chris	6'1"	205	Right	7/30/91	Collegeville, Pennsylvania	Reading	ECHL
78	LEWINGTON, Tyler	6'2"	202	Right	12/5/94	Edmonton, Alberta	Hershey	AHL

Group Blue

#	Player	Ht.	Wt.	Shoots	Born	Birthplace	2018-19 Club	League(s)
3	JENSEN, Nick	6'0"	194	Right	9/21/90	Rogers, Minnesota	CAPITALS	NHL
8	OVECHKIN, Alex	6'3"	235	Right	9/17/85	Moscow, Russia	CAPITALS	NHL
19	BACKSTROM, Nicklas	6'1"	210	Left	11/23/87	Gavle, Sweden	CAPITALS	NHL
23	SGARBOSSA, Michael	6'0"	186	Left	7/25/92	Campbellville, Ontario	Hershey	AHL
29	DJOOS, Christian	6'0"	180	Left	8/6/94	Gothenburg, Sweden	CAPITALS	NHL
31	HAWKEY, Hayden	6'2"	181	Left	3/1/95	Parker, Colorado	Providence	NCAA
35	THOMPSON, Logan	6'3"	174	Right	2/25/97	Calgary, Alberta	Brock Uni.	USports
43	WILSON, Tom	6'4"	218	Right	3/29/94	Toronto, Ontario	CAPITALS	NHL
45	JONSSON-FJALLBY, Axel	6'2"	191	Left	2/10/98	Stockholm, Sweden	Djurgårdens IF/Hershey	SHL/AHL
56	HUGHES, Tommy	6'2"	223	Right	4/7/92	London, Ontario	Nottingham	EIHL
58	FLORCHUK, Eric	6'2"	175	Left	1/10/00	Fort Saskatchewan, Alberta	Saskatoon	WHL
60	WARM, Beck	6'0"	179	Left	4/22/99	Whistler, British Columbia	Tri City	WHL
63	GERSICH, Shane	5'11"	175	Left	7/10/96	Chaska, Minnesota	Hershey	AHL
80	BURGDOERFER, Erik	6'1"	207	Right	12/11/88	East Setauket, New York	Belleville	AHL
85	WHITNEY, Steven	5'7"	168	Right	2/18/91	Boston, Massachusetts	Hershey	AHL
86	WEIS, Matthew	5'10"	192	Left	5/23/95	Madison, New Jersey	Chicago	AHL
87	O'BRIEN, Liam	6'1"	215	Left	7/29/94	Halifax, Nova Scotia	Hershey	AHL
88	NARDELLA, Bobby	5'9"	180	Left	4/22/96	Rosemont, Illinois	Notre Dame/Hershey	NCAA/AHL
89	KESSY, Kale	6'3"	212	Left	12/4/92	Shaunavon, Saskatchewan	Colorado	AHL
94	RIAT, Damien	6'0"	181	Left	2/26/97	Geneve, Switzerland	ECH Biel-Bienne	NLA

Washington Capitals

News Release

Washington Capitals Training Camp Schedule

Thursday, Sept. 12	NHL players physicals/testing – Capitals Media Day	
Friday, Sept. 13	9:30 a.m. – 10:15 a.m.	Group White practice (Arlington Rink)
	10:15 a.m. – 11 a.m.	Group White skate test (Capitals Rink)
	11:15 a.m. – 11:45 a.m.	Group White off-ice training
	11:45 a.m.	Group White media availability
	11 a.m. – 11:45 a.m.	Group Red practice (Arlington Rink)
	11:45 a.m. – 12:30 p.m.	Group Red skate test (Capitals Rink)
	12:45 p.m. – 1:15 p.m.	Group Red off-ice training
	1:15 p.m.	Group Red media availability
	12:30 p.m. – 1:15 p.m.	Group Blue practice (Arlington Rink)
	1:15 p.m. – 2 p.m.	Group Blue skate test (Capitals Rink)
	2:15 p.m. – 2:45 p.m.	Group Blue off-ice training
	2:45 p.m.	Group Blue media availability
Saturday, Sept. 14	9:30 a.m. – 10:15 a.m.	Group Blue practice (Arlington Rink)
	10:15 a.m. – 11 a.m.	Group Blue practice (Capitals Rink)
	11:15 a.m. – 11:45 a.m.	Group Blue off-ice training
	11:45 p.m.	Group Blue media availability
	11 a.m. – 11:45 a.m.	Group White practice (Arlington Rink)
	11:45 a.m. – 12:30 p.m.	Group White practice (Capitals Rink)
	12:45 p.m. – 1:15 p.m.	Group White off-ice training
	1:15 p.m.	Group White media availability
	12:30 p.m. – 1:15 p.m.	Group Red practice (Arlington Rink)
	1:15 p.m. – 2 p.m.	Group Red practice (Capitals Rink)
	2:15 p.m. – 2:45 p.m.	Group Red off-ice training
	2:45 p.m.	Group Red media availability
Sunday, Sept. 15	9 a.m. – 9:30 a.m.	Group Red practice (Arlington Rink)
	9:45 a.m. – 10:30 a.m.	Group Red scrimmage (Capitals Rink)
	10:45 a.m. – 11:15 a.m.	Group Red off-ice training
	11:15 a.m.	Group Red media availability
	9 a.m. – 9:30 a.m.	Group Blue practice (Capitals Rink)
	9:45 a.m. – 10:30 a.m.	Group Blue scrimmage (Capitals Rink)
	10:45 a.m. – 11:15 a.m.	Group Blue off-ice training
	11:15 a.m.	Group Blue media availability
	11 a.m. – 11:45 a.m.	Group White practice (Arlington Rink)
	11:45 a.m. – 12:30 p.m.	Group White practice (Capitals Rink)
	12:45 p.m. – 1:15 p.m.	Group White off-ice training
	1:15 p.m.	Group White media availability

Washington Capitals News Release

Monday, Sept. 16	10 a.m. – 10:50 a.m. 7 p.m.	Morning skate (Capitals Rink) Washington vs. Chicago (Capital One Arena)
	11:40 a.m. – 12:10 p.m. 12:30 p.m. – 1:15 p.m. 1:30 p.m. – 2 p.m. 2 p.m.	Group Blue and White scrimmage (Capitals Rink) Group Blue and White scrimmage (Capitals Rink) Group Blue and White off-ice training Group Blue and White media availability
Tuesday, Sept. 17	9:30 a.m. – 10:15 a.m. 10:15 a.m. – 11 a.m. 11:15 a.m. – 12 p.m. 12 p.m.	Group Blue practice (Arlington Rink) Group Blue practice (Capitals Rink) Group Blue off-ice training Group Blue media availability
	11:30 a.m. – 12:15 p.m. 12:15 p.m. – 12:45 p.m. 1 p.m. – 1:45 p.m. 1:45 p.m.	Group White practice (Arlington Rink) Group White practice (Capitals Rink) Group White off-ice training Group White media availability
	12:55 p.m. – 1:40 p.m. 1:40 p.m. – 2:25 p.m. 2:40 p.m. – 3:25 p.m. 3:25 p.m.	Group Red practice (Arlington Rink) Group Red practice (Capitals Rink) Group Red off-ice training Group Red media availability
Wednesday, Sept. 18	10 a.m. – 10:50 a.m. 7 p.m.	Morning skate (Capitals Rink) Washington vs. St. Louis (Capital One Arena)
	11:40 a.m. – 12:10 p.m. 12:30 p.m. – 1:15 p.m. 1:30 p.m. – 2 p.m. 2 p.m.	Group Blue and White scrimmage (Capitals Rink) Group Blue and White scrimmage (Capitals Rink) Group Blue and White off-ice training Group Blue and White media availability
Thursday, Sept. 19	DAY OFF	

Groups will re-adjust following Sept. 19. An updated roster and groupings will be provided to media