

FROM THE WASHINGTON CAPITALS LOCKER ROOM

## MYLES TOOK LONG ROAD TO THE SHOW

**B**rock Myles has worked for 17 years as an equipment manager, starting out with the Detroit Falcons of the Colonial League, with stops in Port Huron, Louisville, and Portland in the American and United Leagues. Today, Myles is in his 5th year as the head equipment manager of the Washington Capitals.

**THN:** How did you get into being an equipment manager?

**BM:** I went to school for sports management at Durham College in Oshawa – I interned with the junior team in London. The director of marketing for the London Knights got a job with the Detroit Falcons and [asked me if I wanted to come and work in Detroit] and that's how I got started.

**THN:** What's the atmosphere like around the Caps dressing room this season?

**BM:** I would say a little bit more intense than the last couple of years. We had all the players arrive one week before training camp started. Everyone's goal from day one is to win a Stanley Cup.

**THN:** Last year, the Capitals played in the Winter Classic. What sort of things did you have to keep in mind when you were playing outdoors?

**BM:** Obviously the weather, because since we were playing in Pittsburgh in January,



**BROCK  
MYLES**  
EQUIPMENT  
MANAGER



we obviously had to be prepared for the coldest weather possible.

**THN:** When Alex Ovechkin accepted one of his Hart trophies, he thanked the Capitals training staff. How do you see your relationship and role with the players?

**BM:** We're there to help the players and have them feel as comfortable as they can, so they don't have to worry about their equipment and they can perform at the highest level. Our goal is to make sure that they're safe and not worrying about their equipment at any time. It's a small behind-the-scenes part but it's a very important part.

**THN:** What has your experience with Blademaster been like?

**BM:** Actually we just got the new Platinum machine installed at our practice facility. I can't wait to start using it. If it's anything like other Blademaster machines it's going to work great! I've used nothing but Blademaster my whole career.

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