

Ice hockey – Tvrdon back for Capitals at the weekend



Edinburgh Capitals' Marek Tvrdon can't wait to get back into the line-up this weekend at Belfast Giants on Saturday and against Fife Flyers on Sunday at Murrayfield.

The 24-year-old former National Hockey League draft pick talked himself into a three-game ban for abusing an official in a recent Challenge Cup, Group B, clash at Kirkcaldy against Fife Flyers.

He was handed an automatic one game suspension and the Department of Player Safety (DOPS) increased this by a further two games.

Slovakia-born Tvrdon, who was drafted by Detroit Red Wings in 2011, has missed Capitals' 6-5 home defeat by Belfast Giants, Saturday's 4-3 penalty shots reverse at Dundee Stars also in the Challenge Cup and the 3-1 home defeat by Braehead Clan on Sunday.

Capitals have only won two of their nine games so far, including pre-season fixtures, and having Tvrdon back will be a massive boost.

Winger Tvrdon, who has played in North America and Slovakia, said: "I'll be back Saturday. I don't like missing games."