



# CAROLINA HURRICANES

NEWS CLIPPINGS • July 11, 2018

## THE NEWS & OBSERVER

### Hurricanes promote Yorke, Tulskey

By Chip Alexander

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July 10, 2018 03:36 PM

Updated July 10, 2018 03:36 PM

Raleigh

The Carolina Hurricanes made some personnel shifts Tuesday, naming Darren Yorke as director of player personnel and promoting Eric Tulskey to vice president of hockey management and strategy.

"Darren and Eric have earned these promotions through hard work and dedication to the Hurricanes," Don Waddell, the team president and general manager, said in a

statement. "Their knowledge and expertise in their respective areas are assets to this organization."

Yorke will be involved in all player personnel decisions, oversee amateur scouting, and report to Waddell.

Yorke first joined the organization in 2009 as video scout. He most recently served as manager of scouting, assisting the management team with professional and amateur player evaluations, approving scouting schedules and leading the annual scouting meetings.

Tulskey, beginning his fifth years with the Hurricanes, provides and analyzes data to assist the hockey operations department and coaching staff. The Philadelphia native began publishing advanced hockey statistical analysis in 2011.

### After Hurricanes career, Joe Corvo crosses over into new championship chase off the ice

By Luke DeCock

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July 10, 2018 09:34 AM

Updated July 10, 2018 04:47 PM

Joe Corvo was just killing time, really. On the road with the Ottawa Senators during the final season of his NHL career, a healthy scratch most nights, he'd get back from the morning skate, get on his phone and find the nearest CrossFit gym. Then he'd go in and destroy the workout of the day, blowing the best time out of the water.

"Every city he went. Every place he went," said Erik Cole, Corvo's close friend and former Carolina Hurricanes teammate. "There would be names in the rafters or on the wall, CrossFit guys, CrossFit champions. Joe would be doing a workout, and people would come up to him and say, 'Are you this guy? Is this you?'"

Corvo, then, was just a tourist — supremely fit, even by NHL standards — as his hockey career was winding down. Now, at 41, four years since retiring, living outside Chicago not far from where he grew up, he's on the verge of actually becoming the CrossFit champion people once thought he was.

"It was just something for me to keep me busy," Corvo said. "I didn't know what else I was going to do. There was a transition period after hockey where I kind of let things happen in terms of what I wanted to do. As I did CrossFit, it became something where I realized I could actually compete in this and get to where I wanted doing it."

What started as a hobby became a second career for Corvo, who was one of only 20 qualifiers in his age group for the national CrossFit Games next month in Madison, Wis., a tremendous achievement in this rapidly growing sport that tries to measure overall fitness and determine a true fitness champion.

Competitors in open and age-group divisions complete specified routines for time or repetitions and are scored against each other. Gym workouts typically include weightlifting and jumping and pullups; competitions add running, swimming, cycling and everything from throwing softballs to dragging weighted sleds. In competition, workouts aren't disclosed until the last minute, so there's no way to prepare for one specific event, making it a mental test as much as a physical one.

"It's been keeping me up nights, trying to figure out stuff for this guy to do," said Angelo Sisco, Corvo's trainer and the owner of O'Hare CrossFit in Franklin Park, Ill. "You have to throw as many unknown elements and combinations at him as you can. That's my job right now. It's not about making him more fit."

One of Corvo's qualifying workouts included a series of "thrusters," lifting 135 pounds from a squat to overhead position, and a 15-foot rope climb, repeated three times with increasing reps in each set. [Corvo finished that in 1 minute, 47 seconds](#) — the eighth-best time in his age group.

He's currently ranked 31<sup>st</sup> in the world among men in the 40-44 division — a higher standard than he ever reached as a NHL player, and he played more than 700 games in the NHL.



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Corvo put enough money away during his career that he didn't ever have to work again, which allowed him to devote himself to coaching his kids' baseball and hockey teams, but he also knew himself well enough to know he needed something to occupy his time.

His crossover into CrossFit started during his days with the Hurricanes, where he played in three separate stints between 2008 and 2013. He was always a workout freak, different than Rod Brind'Amour, but in a similar vein — burly where Brind'Amour was sinewy. His summer workouts with Cole would turn into feats of one-upmanship.

"We'd have eight plates on both sides of the leg press," Cole said. "We're going and stealing them from other racks at the gym. They're just like, 'What are these animals doing?'"

During that final run with the Canes, Corvo wandered into Sua Sponte, a CrossFit gym on Falls of Neuse. He went through the workout of the day, tweaked his wrist and didn't go back. But the owner, John Dill, reached out to ask why. Corvo told him he couldn't risk his career getting hurt. Dill offered to make sure that wouldn't happen. Corvo was hooked, quickly.

The competitive nature of CrossFit meshed with Corvo's workout mania, and he took that with him to Ottawa. When the Senators sent him to the minors, he negotiated an assignment back home to Chicago instead of Binghamton, N.Y., for the final months of his career. He found a CrossFit gym eight minutes from his house and made a pledge: He was too old to compete against younger men in the open category, but he had more than three years to prepare for the masters division. (CrossFit would later add a 35-39 age group, too late for Corvo.)

Working with Sisco, Corvo formulated a plan to hone his strengths, address his weaknesses and put him in the position he's in now. To qualify for the national CrossFit Games, he had to record himself going through four workouts and finish in the top 20 nationally. A year ago, on his first try at age 40, he finished 22<sup>nd</sup>. This year, redoing one workout trying for a better time, he struggled to complete the final lift, his hands bleeding, and assumed it had cost him his spot again. He actually qualified comfortably, 11<sup>th</sup>.

"Many people who go into CrossFit have a background in weightlifting or gymnastics, something that translates into an

aspect of CrossFit. Or they're an endurance athlete," Sisco said. "So it was interesting to get Joe, who had a hockey background, and there isn't much crossover from hockey to CrossFit except for maybe high intensity. It took three years of work, and at his age, to be able to do that and take care of his body, it's pretty amazing."

Corvo's height — at 6-foot-1, he's a few inches taller than most CrossFit athletes — gives him an advantage when running and jumping, but can be a negative in some of the gymnastics-type events. Still, competitive CrossFit is a discipline where you don't have to be great at everything, you just can't be bad at anything. (Corvo was 23<sup>rd</sup>, 30<sup>th</sup> and 45<sup>th</sup> in his three other qualifying workouts, all commendable rankings.)

"His abs have abs," Cole said. "He's honestly insane, just how fit he is and just how muscular he is right now."

Corvo has competed in regional events, but nationals will be an entirely different thing entirely. The crowds are massive, because it's a convention as much as a competition, with tens of thousands of devotees taking over Madison from Aug. 1-5. His goal is to stick as close as he can to the acknowledged top three in his division, hoping his experience performing in front of an audience will be the difference, as well as his versatility.

"They're going to mix it up and that's going to play into my hands," Corvo said. "I adapt pretty well. Swimming does kind of scare me. I've been swimming like crazy for the last year to get better. But I've played in front of such big crowds, it's kind of like no big deal to go out there and be on the competition floor. It doesn't really bug me."

"I've done much bigger things than this. I've played in the Stanley Cup Finals. And there's kind of some crossover there, where you're stuck out on the ice for over a minute doing everything you can to not let the other team score. That's like a lot of situations in CrossFit where you're dead tired and just have to finish."

Corvo has never attended the CrossFit Games. Like touching the Stanley Cup without winning it, it's something he wouldn't do until he earned it. He now has a chance to compete for a championship in something other than hockey. It just turned out to be a good fit.



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## The Hockey News

### The Hurricanes' goaltending woes aren't Darling's problem alone

By: [Jared Clinton](#) July 10, 2018

Scott Darling had an awful 2017-18 campaign, but there were more to Carolina's struggles than the backup-turned-starter failing to live up to expectations in his first go-round as a No. 1.

In his first attempt at taking the reins as a starting netminder in the NHL, Scott Darling wasn't all that great, all that good or even all that average. Matter of fact, there's probably not a single positive light that can be shone on Darling's campaign, one that saw him acquired and signed by the Carolina Hurricanes in the off-season and given the keys to the No. 1 job only to cede his first shot at being a full-time starter on account of his own poor play.

And Darling's disappointing season didn't come without its consequences. Signed to the aforementioned deal last summer, a four-year, \$16.6-million pact, there were rumblings that the Hurricanes' front office were already having some deep discussions about getting out of the contract. The most talked about option was a move that saw Darling shipped out and shuffled off to a new town that could take on the money. The worst-case scenario was a buyout that would have freed up salary space and gotten Darling off the books entirely.

Either would have seemed a knee-jerk reaction, of course, but who would have really blamed the Hurricanes if they cut bait? Acquired to finally expel the demons that seem to have been haunting the Carolina crease for the better part of the past several seasons, Darling's numbers were abhorrent. Among netminders to appear at least 41 times last season, his .888 save percentage was the league's worst and his 3.18 goals-against average would have made most backups blush. If that isn't enough, Darling had only 14 quality starts in 40 attempts. Without getting into too much detail, that's to say that Darling was only better than a league-average keeper 14 times he took the crease last season, this despite having the 23rd-highest salary of the 148 goaltenders under contract in 2017-18.

The talk of moving Darling along, however, has all but subsided. The whispers have quieted, the first buyout window has closed and the 29-year-old goaltender is being supported by Carolina in his pursuit of turning an abysmal season into another turning point in his still-somewhat-young career. [In a fantastic piece by The News & Observer's Luke DeCock](#), it was outlined how Darling is laser-focused on his off-season training, putting in far more work than he did ahead of the past campaign and targeting the upcoming season as an opportunity to prove the Hurricanes' faith in his abilities wasn't misguided.

Primarily, it's easy to have faith in Darling's ability to turn things around in the Carolina crease because, quite frankly, his numbers can't realistically get much worse. His performance last season was so poor that anything less would all but certainly result in him ending up in the AHL and

potentially out of the league by next summer. But Darling's history, albeit brief, gives no reason to believe last season was anything more than an aberration.

Statistically speaking, sure, Darling hadn't seen starter duty prior to last season, but it should be noted that the difference between last season's workload and the one he faced the year prior to taking the reins in Carolina was a mere 11 outings. It's not as though he went from a 15-game goaltender to a 65-game starter overnight. And Darling's numbers back during his days with the Chicago Blackhawks, back when he was skating in roughly 30 games per season, were rock solid. Across the regular season and playoffs in 2015-16, Darling posted a .915 SP and 2.53 GAA. He followed that up with a .924 SP and 2.38 GAA in 2016-17. And across the entirety of his 80-game stay in Chicago, Darling posted a .924 SP and 2.36 GAA. That should be a big enough workload to get a read on Darling's ability, and the read there definitely isn't below-replacement-level backup.

So, what gives? Well, there could be any number of factors. Maybe last season's performance was a psychological battle, which is to say there's a chance the pressure of the starting role got to Darling. Maybe it was physical and the lack of a proper off-season regimen resulted in Darling slipping. But the only conclusion we can draw for sure is that despite Carolina having a stellar defense corps on paper and the Hurricanes boasting favorable underlying numbers under now former-coach Bill Peters, Darling saw more rubber than he had in any year prior and was put under more pressure to make tough saves than he had been prior.

[According to NaturalStatTrick](#), Darling faced 40.5 unblocked shot attempts against per 60 minutes at 5-on-5 over the past season, an increase of about half a shot more than any season with the Blackhawks. So, while his overall attempts against and shots against averages were lower than or in the same range as what he had faced prior, he was more active when we take into account more pucks getting through or missing the traffic in front. And while Darling's scoring chances against and high-danger chances against numbers are similarly in the same range as they had been prior, one interesting wrinkle in his underlying statistics [comes via Corisca](#).

While Darling's overall rate of shots against was lower and among the lowest in the league, his work most often came from the higher quality areas. He had the second-lowest rate of his total shots against at 5-on-5 come from low-danger areas and the highest rate come from high-danger areas. This is to say when he was busy, it was often from in tight, which isn't a recipe for success. Overall, among goaltenders to play 2,000 minutes at 5-on-5, he ranked last in low-danger shots against but 16th from the medium-danger area and ninth from high-danger range. It's in those latter two areas Darling got picked apart, too, with the third- and sixth-worst SP marks at five-a-side.



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There's also something to be said of the penalty kill, as well. Darling was one of 52 goaltenders to see at least 100 minutes shorthanded, but he had the third-lowest expected SP in large part due to the areas from he faced shots against. Only 18 goaltenders had penalty killers perform more poorly in front of them in terms of forcing the bulk of shots to come from low-danger areas, which resulted in Darling facing 90.1 of all shorthanded shots against from either medium- or high-danger positions. That's to say that when the Hurricanes' kill broke down, it was picked apart, leaving Darling scrambling to stop pucks from tough areas. That he wasn't successful is painfully obvious.

While Darling undoubtedly needs to be better given last season's unsightly numbers, the onus also falls on new Carolina coach Rod Brind'Amour to find a way to make life somewhat easier on the Hurricanes keeper(s). Darling performed poorly, no doubt, but he had a .907 expected SP across all situations. That was the fifth-lowest expected SP in the NHL last season and significantly lower than his .914 expected SP at all situations throughout his time in Chicago. And this is all to say that Darling can be the goaltender who gets the Hurricanes back to the post-season for the first time in 10 seasons. In order to do so, though, he's going to need some extra insulation.



## Teuvo Teräväinen Won't Let His New Coach Forget His World Championships Shenanigans

**The Carolina Hurricanes forward wants to elevate himself among the group of established elite players in the NHL.**

By [Katariina Rasku](#) Jul 10, 2018, 11:03am EDT

*This is a translation of the [original article by Pekka Jalonen at Iltalehti](#). Translated with permission.*

Teuvo Teräväinen of the [Carolina Hurricanes](#) had his career season in the NHL. Nevertheless, it didn't fully satisfy the Finn since the Hurricanes didn't make it to the playoffs.

The team not succeeding wasn't on Teräväinen, though, on the basis that the 23-year-old forward set his personal record in goals (23), assists (41) and total points (64) and was the second most productive player on the roster after his linemate, [Sebastian Aho](#) (29-36-65).

"I've had a feeling for a long time that I develop and my playing improves constantly. Again, last season I took steps forward. I generated a lot of points and the overall feeling to play was good. It of course was nice, but the success of the team is my biggest priority," says Teräväinen.

The Carolina Hurricanes haven't made it to the playoffs for nine seasons straight, so Teräväinen's wish to steer the team to the most important games of spring is more than relatable.

"The new owner of the team, Tom Dundon, wants to bring the club back to the top again. We have a real good and young framework around which he wants to build a victorious group. There hasn't been a lot of success for us during the last few years so that's why there hasn't been that much of an audience. The new owner wants to invest into getting bigger crowds to watch our games, too," says Teräväinen.

Next season Teräväinen will have a new head coach, when 47 year old Rod Brind'Amour, who had been an assistant coach of the Hurricanes for the past seven seasons, was

named to the head coaching position to replace Bill Peters who left for the [Calgary Flames](#).

"Brind'Amour is a good choice since he knows the players well and has helped us a lot. He's a smart and demanding guy and, back upon the times, also a tough player. Brind'Amour will not cut us any slack because he is a guy for whom no 'just okay' performance is enough. But that's only a good thing," says Teräväinen.

Brind'Amour may not be all that popular of a character among some Finnish people. The incident dates way back to the IIHF World Championships finals in 1994 when Brind'Amour hooked Jari Kurri in the 3rd period, and because of the uncalled penalty, scored to tie the game at 1-1. Canada ended up winning the gold medal 2-1 after penalty shots.

Teräväinen was born four months after the aforementioned IIHF World Championships finals in Milan, so he had no clue of the shenanigans Brind'Amour pulled back then.

"Oh, I haven't heard that story. I must pick on Brind'Amour: 'You just don't do that. It is cheating!'" laughs Teräväinen.

After the Hurricanes' season was over, Teräväinen played on Team Finland together with [Sebastian Aho](#). In Denmark the youngsters took the same role as with the Hurricanes, being the two most productive players for Team Finland. Aho (9-9-18) was second in scoring in the tournament, and Teräväinen was 5th (5-9-14).

"I think I will play together again with Sepe [Aho] next season, but we need to see how the new head coach changes our roles and the playing system," says Teräväinen.

After the IIHF tournament Teräväinen took a three-week vacation, but now he has started practicing for the next season.

"First I just enjoyed the vacation and played tennis and golf. Now I hit the ice once or twice a week," explains Teräväinen.



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This summer is the third in a row where Teräväinen has attended on ice practice under supervision of skating instructor Janne Hänninen. Last summer, weightlifter Anni Vuohijoki helped Teräväinen to gain more upper body strength [working with him for a] one month period.

"That was clearly a lot of help," says Teräväinen.

Teräväinen, who is a 2014 World Junior champion and a [Stanley Cup](#) winner with the [Chicago Blackhawks](#) in 2015, has a contract of \$2.86 million through next season. An extension is likely to be in the making already this summer.

"After July 1st it's possible to start the negotiations for the new contract. We'll see what happens," states Teräväinen.

Teräväinen didn't watch the [Stanley Cup Final](#) between the Vegas [Golden Knights](#) and the [Washington Capitals](#).

"I checked the game results but didn't stay awake to watch the games."

[Alex Ovechkin](#) of the Washington Capitals finally won his Cup. Unlike Ovechkin, Teräväinen didn't need to wait for 13 years to raise the Cup, because the youngster who set out into the world originally from Jokerit in the Finnish League already was a Stanley Cup winner to end his first full NHL season as a 20 year old.

But that doesn't imply, though, that Teräväinen wouldn't do everything in order to lift the most coveted sports prize in the world again: the Stanley Cup.

## THE ATHLETIC

### NHL Power Rankings: The impact of free agency

By The Athletic Staff 12m ago

How much does a big signing change a team? Can one trade vault a club up the standings?

After projecting [the potential of all 31 teams before the draft](#), *The Athletic's* NHL staff went through the new rosters to see which teams improved the most.

#### 1. Tampa Bay Lightning

*Previous ranking: No. 2*

*First-place votes: 50 percent*

Free agency was quiet for the loaded Bolts, although they did lock up Ryan McDonagh long-term. It's as good a team on paper as there is in the East and that's without adding Erik Karlsson — yet. — *Scott Burnside*

#### 2. Toronto Maple Leafs

*Previous ranking: No. 8*

*First-place votes: 27 percent*

The last time we did this exercise, I ranked the Leafs a tier below the likes of the Lightning and the Jets. The addition of John Tavares changes that, and should firmly slot them among the league's top three or four teams. — *Scott Wheeler*

The Leafs purged their potential UFA forwards knowing what they'd cost (four years at \$3 million for Leo Komarov, five years at \$7 million for James van Riemsdyk, three years by \$5 million for Tyler Bozak), largely because they're aware of their inevitable salary cap dance in the years to come.

They're now among the contenders, and all you have to do is look at last year's Capitals to know what that means. Get yourself in the mix, and you never know what can happen. This isn't breaking news, but with the addition of Tavares, they're going to be in the mix for a while. — *Justin Bourne*

#### 3. Nashville Predators

*Previous ranking: No. 4*

Like the Lightning, the Predators are well-built and look to bounce back after coming up short in spite of lofty playoff expectations. Look for Ryan Ellis to sign a long-term deal in the \$6 to \$7 million range sooner than later. — *Burnside*

#### 4. Winnipeg Jets

*Previous ranking: No. 1*

*First-place votes: 8 percent*

The Jets sat at fifth place in the standings as well as 5-on-5 xG% and HDSC% the day they acquired Paul Stastny and that's roughly where they sit today. Blake Wheeler and Mark Scheifele are still the drivers on this team, but continued development of Patrik Laine, Nik Ehlers, Kyle Connor and Jack Roslovic should make Winnipeg scary to defend against. The big concern: a defense corps with a clear top three in Dustin Byfuglien, Josh Morrissey and Jacob Trouba is openly considering the conversion of Tyler Myers to the left side to complete its top four. Could such a switch work? This author says no, but Winnipeg has time to sort itself out. — *Murat Ates*

The Jets cleared cap room for Stastny and then came up empty. Now to Plan B for GM Kevin Cheveldayoff as he needs to keep his highly regarded team tracking forward in a very tough Central Division. — *Burnside*

#### 5. Washington Capitals

*Previous ranking: No. 3*

*First-place votes: 15 percent*

Sorry, still the Stanley Cup champions, and GM Brian MacLellan returned John Carlson, Michal Kempny and Devante Smith-Pelly to the fold in recent days — plus the unsurprising ascension of Todd Reirden to the head coaching position vacated by Barry Trotz shortly after the Caps' Stanley Cup win does little to dissuade us from keeping the Caps at the top of our post-July 1 Power Rankings. — *Burnside*

#### 6. Boston Bruins



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*Previous ranking: No. 5*

Marginal gains in Jaroslav Halak and John Moore may not be enough to keep the Bruins in the Presidents' Trophy race. — *Fluto Shinzawa*

The Bruins will be a Stanley Cup contender again next season and the team's young core gained valuable experience that will only help. — *Joe McDonald*

## 7. Pittsburgh Penguins

*Previous ranking: No. 6*

Jack Johnson and Matt Cullen weren't the sexiest of additions, but they do represent modest upgrades from last season. The winner of the Penguins-Capitals series has won the Stanley Cup in each of the past three seasons and, until proven otherwise, they remain the NHL's two best teams. Also, don't think for a second that Sidney Crosby isn't watching the Alex Ovechkin's Stanley Cup tour with great interest. He will be plenty motivated come fall. — *Josh Yohe*

The Penguins' biggest need — defensive depth — was addressed by signing Johnson, while a familiar face in Cullen will add versatility throughout the forward ranks. The Penguins have one of the NHL's deepest rosters. — *Seth Rorabaugh*

## 8. Vegas Golden Knights

*Previous ranking: No. 7*

And yes, Vegas is still the defending Stanley Cup finalists and GM George McPhee did a nice job of stealing coveted free agent center Paul Stastny from Western Conference finalist Winnipeg, as well as keeping Ryan Reaves for a team that has tons of cap room, enticing young prospects and draft picks. Plus they are still, at this time, in the hunt for Erik Karlsson, which shows you the Golden Knights mean business. — *Burnside*

## 9. San Jose Sharks

*Previous ranking: No. 9*

The Sharks have stayed oddly quiet after missing out on Tavares. They locked up Logan Couture for the longterm and re-signed Tomas Hertl, Joe Thornton and Dylan DeMelo, but the lack of activity on the free agent market is a bit perplexing. For as much credit as Doug Wilson got for clearing salary cap space and getting a few drafts picks in the Mike Hoffman trade with Ottawa, his team that lost in the second round of the 2018 Stanley Cup playoffs only looks worse on paper to this point. Perhaps the Sharks would have been better off just keeping Hoffman, because the forward group appears thin. — *Kevin Kurz*

## 10. Los Angeles Kings

*Previous ranking: No. 12*

The Kings were able to add some scoring and not give up any assets with the addition of 35-year-old forward Ilya Kovalchuk via free agency. It's unlikely the Kings are getting the Kovalchuk of old, who was one of the most feared snipers in the NHL. But he should have the skill to hit between 20 and 30 goals. — *Josh Cooper*

## 11. Columbus Blue Jackets

*Previous ranking: No. 10*

Other than adding third-line center Riley Nash, the opening of free agency was a mass exodus of veteran players. The uncertainty around Artemi Panarin and Sergei Bobrovsky is a gathering storm could. Rough summer so far in CBus. — *Aaron Portzline*

## 12. St. Louis Blues

*Previous ranking: No. 17*

GM Doug Armstrong pulled off the precise trade the team needed, acquiring Ryan O'Reilly from Buffalo and unloading Patrik Berglund and Vladimir Sobotka without giving up any top prospects. He further bolstered the club at center with the signing of longtime Toronto Maple Leaf Tyler Bozak and also brought back David Perron for a third tour of duty. — *Jeremy Rutherford*

## 13. Philadelphia Flyers

*Previous ranking: No. 14*

The surprise addition of James van Riemsdyk provides a major scoring boost on the wing, and just as important, it signifies to fans and the league alike that general manager Ron Hextall wants his team to take a significant step forward in 2018-19 and is willing to give them help in order to do so. — *Charlie O'Connor*

## 14. Minnesota Wild

*Previous ranking: No. 11*

The Wild "tweaked" away in free agency with the addition of four players that will be largely fourth-liners and third-pair defensemen, but unless a bold trade is made, all Wild fans know how this story ends: Make the playoffs, early exit. And, even that's not a given. Lots of teams in Minnesota's conference got better (on paper, at least). — *Michael Russo*

## 15. Colorado Avalanche

*Previous ranking: No. 15*

The Avalanche traded for Philipp Grubauer while signing veterans Matt Calvert and Ian Cole. Grubauer represents youth and a plan for the future. Calvert and Cole can be venerable figures for young roster of players trying to reach the playoffs for a second straight season for the first time in more than a decade. — *Ryan Clark*

Really like the Cole add on the blueline and, if Joe Sakic is right and Grubauer is the goalie of the future for the Avs, they should be knocking on the playoff door again next spring. — *Burnside*

## 16. Anaheim Ducks

*Previous ranking: No. 13*

When the team's biggest summer moves are signing Brian Gibbons, Luke Schenn and Andrej Sustr, you know you've not had one to brag about. — *Eric Stephens*

The Ducks made several small moves during the free agency/draft period but were mostly hamstrung by their aging — and expensive — core. Ryan Getzlaf is still elite and



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they have some solid young players, but this team doesn't look much different than the group that got swept out of the first round of last year's playoffs by the Sharks. — *Cooper*

## 17. New Jersey Devils

*Previous ranking: No. 16*

The Devils have been quiet in free agency. They have young players who can improve next season, but a few of the other teams that finished in the middle of the Eastern Conference look like they've made potentially significant additions. "New Jersey vs. Everybody" might be an apt slogan again in 2018-19 if most preseason projections have the Devils outside of the playoffs. — *Corey Masisak*

## 18. Dallas Stars

*Previous ranking: No. 19*

The Stars have been in on the big conversations throughout the offseason, but have only gotten marginally better through free agency with the likes of Blake Comeau and Anton Khudobin. Valeri Nichushkin's return from the KHL is also a slight improvement, but Dallas is still missing that consistent top-six punch on the second line to support the top line of Jamie Benn-Tyler Seguin-Alexander Radulov. It doesn't help that the rest of the Central has gotten better and thus far outmaneuvered Dallas in the offseason. — *Sean Shapiro*

Lack of goaltending depth and a large gap in production from the top end guys and the rank and file sewered the Stars' playoff hopes last spring. Khudobin is a nice insurance policy behind Ben Bishop in goal. Now they need Nichushkin to prove he's a real NHLer and Miro Heiskanen has to prove he's the player everyone thought he was when Dallas took with the third pick overall in the 2017 draft. — *Burnside*

## 19. Florida Panthers

*Previous ranking: No. 18*

There's lots to like about this Panthers team from the coaching staff on down to its deceptively deep roster. Mike Hoffman has a chance to push the team into a playoff spot, assuming his off-ice issues don't follow him from Ottawa. And Michael Hutchinson, pushed out in Winnipeg, adds some nice goaltending insurance behind Roberto Luongo and James Reimer. — *Burnside*

## 20. Calgary Flames

*Previous ranking: No. 20*

I bumped the Flames up this time around, largely because of the moves they made up front to enhance scoring, particularly the acquisitions of James Neal and Elias Lindholm, both of whom should play in their top six and put other forwards in their correct slots. They're still a bubble playoff team though. — *Eric Duhatschek*

## 21. Chicago Blackhawks

*Previous ranking: No. 21*

The Blackhawks slightly upgraded their roster with three signings at the opening of free agency. Stan Bowman says he'll still explore trades. If nothing gets done, it'll be a

disappointing offseason for fans who expected more after the team missed the playoffs last season. — *Scott Powers*

## 22. Edmonton Oilers

*Previous ranking: No. 22*

The Oilers have made intelligent but modest improvements to their roster in free agency and have some prospect quality on the way. Nevertheless, the biggest gains will need to be made by the young core and supporting veteran cast that failed to make the grade last season. — *Jonathan Willis*

## 23. Carolina Hurricanes

*Previous ranking: No. 23*

The Canes rolled the dice on Petr Mrazek as a guy who can push and/or replace Scott Darling as the nominal starter in goal. So goaltending remains a big question mark after a solid draft weekend that saw the Hurricanes add Dougie Hamilton, Micheal Ferland and top defensive prospect Adam Fox, and then complete the defensive picture with the shrewd acquisition of UFA Calvin de Haan. — *Burnside*

## 24. Arizona Coyotes

*Previous ranking: No. 27*

The Coyotes keep quietly building a team that could be in the hunt for a wild-card spot, inking Michael Grabner after his disappointing turn in New Jersey after the trade deadline. Throw in extensions to cornerstone players Oliver Ekman-Larsson, Niklas Hjalmarsson and Antti Raanta, and there's something finally cooking other than chaos in the desert. — *Burnside*

## 25. New York Rangers

*Previous ranking: No. 25*

The Rangers are sticking with the full-rebuild plan and all of their moves are for the long-term good. But they expect to be competitive with Henrik Lundqvist in goal and a bunch of young faces. — *Rick Carpinello*

## 26. Montreal Canadiens

*Previous ranking: No. 26*

The Canadiens entered the offseason looking to shore up the center position, perhaps find a partner for Shea Weber on the top defense pairing and resolve the Max Pacioretty situation either via a trade or, the less likely solution, a contract extension. Not only have they not accomplished any of those things, they revealed Weber will not be ready to play until at least December after having surgery on his right knee on June 19. The Canadiens can probably count on Carey Price being much better than he was last season, which will singlehandedly make them a much improved team, but their flaws from years past still remain and the Pacioretty debacle hangs over the team like a black cloud. — *Arpon Basu*

## 27. Detroit Red Wings

*Previous ranking: No. 29*

The Red Wings addition of electric winger Filip Zadina along with the return of Mike Green and Thomas Vanek in free agency should help the offense and power play. The defense



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is still a bit of a mess, which will likely keep this team in the bottom portion of the standings. But a strong draft and deepening prospect pool provides hope for the future. — *Craig Custance*

## 28. Buffalo Sabres

*Previous ranking: No. 30*

The Sabres had too many holes to fill in one offseason, but adding Carter Hutton and Conor Sheary was a solid start. Plus, with Ryan O'Reilly gone, the team can follow Jack Eichel's confident lead. — *John Vogl*

## 29. New York Islanders

*Previous ranking: No. 24*

Now's not a good time, OK? Just dealing with a few things. Maybe come back later. Thanks. — *Arthur Staple*

## 30. Vancouver Canucks

*Previous ranking: No. 28*

The Canucks went heavy (in both quantity and contract term) on gritty depth players in free agency in an effort to get "harder to play against." They had ample cap room, so there's not much of a crunch in that respect, but the organization's committing to the cause does raise some eyebrows. Jay Beagle, Antoine Roussel and Tim Schaller won't help them much offensively, either, putting further pressure on Brock Boeser, Bo Horvat and most likely Elias Pettersson to carry the scoring load. Every time Vancouver seems to be making strides forward, they make moves that prompt questions about where the apparent rebuild is really headed. — *Israel Fehr*

## 31. Ottawa Senators

*Previous ranking: No. 31*

With no resolution to the Erik Karlsson trade talks, things in Ottawa continue to be worthy of the bottom spot in the rankings, although, not sure that trade will help this ranking either.



## Hurricanes bolster defense with Hamilton, de Haan, add Mrazek in goal

**Carolina could have as many as 10 new players in lineup if Faulk, Skinner traded**

by Kurt Dusterberg / NHL.com Correspondent

12:00 AM

*After the NHL Draft, free agency and other offseason moves, NHL.com is taking a look at where each team stands. Today, the Carolina Hurricanes:*

The Carolina Hurricanes are counting on forward Andrei Svechnikov, the No. 2 pick in the 2018 NHL Draft, to develop into a franchise player and usher in a new era.

Heading into his first offseason as owner, Tom Dundon promised widespread changes throughout the organization after Carolina was 36-35-11 and missed the Stanley Cup Playoffs for the ninth straight season. Rod Brind'Amour was hired as coach May 8, replacing Bill Peters, who left to take the same position with the Calgary Flames after four seasons in Carolina. That same day, Don Waddell, who oversaw business operations for four years, replaced Ron Francis as general manager in a reconfigured front office that will rely on collaborative decision-making.

The Hurricanes have been active in reshaping the roster, hoping to change their culture. Forward [Elias Lindholm](#) and defenseman [Noah Hanifin](#) were traded to the Flames on

June 23 for forward [Micheal Ferland](#), defenseman [Dougie Hamilton](#) and defenseman prospect Adam Fox. There's been speculation forward [Jeff Skinner](#) and defenseman [Justin Faulk](#) could be traded in the coming months, leaving Carolina with as many as 10 new players to start the 2018-19 season.

Here is what the Hurricanes look like today:

### Key arrivals

**Andrei Svechnikov, F:** The 18-year-old has speed, power, puck-handling skills and the ability to finish. The Hurricanes hope he will quickly develop into an elite scorer in the NHL after he scored 40 goals in 44 games for Barrie of the Ontario Hockey League last season. ... **Micheal Ferland, F:** The 26-year-old had NHL career highs in goals (21) and points (41) last season. He brings size (6-foot-2, 208 pounds) and a much-needed physical presence to the forward group. ... **Dougie Hamilton, D:** The big, rangy defenseman (6-6, 210) has improved his goal total in each of his six NHL seasons and scored 17 in 2017-18, tied for the NHL lead among defensemen with [Victor Hedman](#) of the Tampa Bay Lightning and [Ivan Provorov](#) of the Philadelphia Flyers. The 25-year-old has three seasons remaining on a six-year contract. ... **Calvin de Haan, D:** The 27-year-old unrestricted free agent signed a four-year, \$18.2 million



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contract on July 3. He adds depth to the left side on a defense that was already among the best groups in the NHL. ... [Petr Mrazek](#), **G**: After splitting time between the Detroit Red Wings and Philadelphia Flyers last season, Mrazek, 26, agreed to terms on a one-year, \$1.5 million contract July 1. He will challenge [Scott Darling](#) for playing time. ... **Rod Brind'Amour, coach**: It is the 47-year-old's first job as NHL coach. He was an assistant and development coach with the Hurricanes since June 7, 2011. He played 694 games over 10 seasons for Carolina, winning the Stanley Cup in 2006.

## Key departures

**Cam Ward, G**: After 13 seasons with the Hurricanes, Ward signed a one-year contract with the Chicago Blackhawks on July 1 as a UFA. He is Carolina's all-time leader in wins (318) and shutouts (27). ... **Elias Lindholm, F**: The No. 5 pick in the 2013 NHL Draft never emerged as a scoring threat for the Hurricanes; he scored 64 goals in 374 games in five seasons. ... **Noah Hanifin, D**: His offensive game grew in his first three seasons in the NHL, including career highs in goals (10) and points (32) in 2017-18. But the No. 5 pick in the 2015 NHL Draft struggled at times with his defensive game. ... **Derek Ryan, F**: The 31-year-old signed a three-year, \$9.375 contract with the Flames on July 1. He had 38 points in 80 games last season.

## On the cusp

**Martin Necas, F**: The Hurricanes believe the No. 12 pick in the 2017 NHL Draft can step up as a playmaking center. The 19-year-old played one NHL game in 2017-18 before returning to the Czech Extraliga, the top professional league in the Czech Republic, where he scored nine goals and had eight assists in 24 games for HC Kometa Brno. ... **Valentin Zykov, F**: The 23-year-old scored 33 goals in 63 games with Charlotte to lead the American Hockey League last season. Zykov (6-1, 224) used his size to score three goals in 10 games with the Hurricanes at the end of the season. A second-round pick (No. 37) in the 2013 draft, Zykov was acquired from the Los Angeles Kings in a trade for forward [Kris Versteeg](#) on Feb. 28, 2016. ... **Saku Maenalanen, F**: The Hurricanes signed the 24-year-old forward to a one-year, two-way contract May 18. He was a fifth-round pick (No. 125) of the Nashville Predators in the 2013 draft and

had 46 points (17 goals, 29 assists) in 59 games last season for Kärpät of Liiga, the top professional league in Finland.

## What they still need

[Sebastian Aho](#) moved from left wing to center at the end of last season and would be a quality top-line center if he stays there. But the Hurricanes could use more depth at the position after the departures of Lindholm and Ryan this offseason. [Jordan Staal](#)'s 46 points led Carolina centers in 2017-18.

## Fantasy focus

Hamilton has ranked seventh among NHL defensemen in even-strength points (94) over the past three seasons. Even though he regressed in points last season (44 after scoring 50 in 2016-17), he was tied for the most goals among NHL defensemen and was second at the position in shots on goal (270) behind [Brent Burns](#) of the San Jose Sharks (332). Faulk's points-per-game average has declined in each of the past three seasons, and his 12 even-strength points last season ranked fifth among Hurricanes defensemen. Hamilton was brought in to be Carolina's No. 1 defenseman and power-play anchor, and is ranked among the top 15 players at his position from a fantasy standpoint with a chance to help the young Hurricanes take that elusive next step. -- *Pete Jensen*

## Projected lineup

[Valentin Zykov](#) -- [Sebastian Aho](#) -- [Teuvo Teravainen](#)

[Micheal Ferland](#) -- [Jordan Staal](#) -- [Andrei Svechnikov](#)

[Jeff Skinner](#) -- [Martin Necas](#) -- [Justin Williams](#)

[Brock McGinn](#) -- [Victor Rask](#) -- [Phillip Di Giuseppe](#)

[Jacob Slavin](#) -- [Brett Pesce](#)

[Calvin de Haan](#) -- [Dougie Hamilton](#)

[Justin Faulk](#) -- [Trevor van Riemsdyk](#)

[Scott Darling](#)

[Petr Mrazek](#)

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# CAROLINA HURRICANES

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## SportScan

Articles from outlets covering the Hurricanes' upcoming opponents and league-wide news

1101760 Carolina Hurricanes

Hurricanes promote Yorke, Tulsy

BY CHIP ALEXANDER

RALEIG-The Carolina Hurricanes made some personnel shifts Tuesday, naming Darren Yorke as director of player personnel and promoting Eric Tulsy to vice president of hockey management and strategy.

"Darren and Eric have earned these promotions through hard work and dedication to the Hurricanes," Don Waddell, the team president and general manager, said in a statement. "Their knowledge and expertise in their respective areas are assets to this organization."

Yorke will be involved in all player personnel decisions, oversee amateur scouting, and report to Waddell.

Yorke first joined the organization in 2009 as video scout. He most recently served as manager of scouting, assisting the management team with professional and amateur player evaluations, approving scouting schedules and leading the annual scouting meetings.

Tulsy, beginning his fifth years with the Hurricanes, provides and analyzes data to assist the hockey operations department and coaching staff. The Philadelphia native began publishing advanced hockey statistical analysis in 2011.

News Observer LOADED: 07.11.2018

1101761 Carolina Hurricanes

After Hurricanes career, Joe Corvo crosses over into new championship chase off the ice

BY LUKE DECOCK

Joe Corvo was just killing time, really. On the road with the Ottawa Senators during the final season of his NHL career, a healthy scratch most nights, he'd get back from the morning skate, get on his phone and find the nearest CrossFit gym. Then he'd go in and destroy the workout of the day, blowing the best time out of the water.

"Every city he went. Every place he went," said Erik Cole, Corvo's close friend and former Carolina Hurricanes teammate. "There would be names in the rafters or on the wall, CrossFit guys, CrossFit champions. Joe would be doing a workout, and people would come up to him and say, 'Are you this guy? Is this you?'"

Corvo, then, was just a tourist — supremely fit, even by NHL standards — as his hockey career was winding down. Now, at 41, four years since retiring, living outside Chicago not far from where he grew up, he's on the

verge of actually becoming the CrossFit champion people once thought he was.

"It was just something for me to keep me busy," Corvo said. "I didn't know what else I was going to do. There was a transition period after hockey where I kind of let things happen in terms of what I wanted to do. As I did CrossFit, it became something where I realized I could actually compete in this and get to where I wanted doing it."

Former Carolina Hurricanes defenseman Joe Corvo is headed to the national CrossFit Games next month after qualifying 11th in his age group.

Courtesy O'Hare CrossFit.

What started as a hobby became a second career for Corvo, who was one of only 20 qualifiers in his age group for the national CrossFit Games next month in Madison, Wis., a tremendous achievement in this rapidly growing sport that tries to measure overall fitness and determine a true fitness champion.

Competitors in open and age-group divisions complete specified routines for time or repetitions and are scored against each other. Gym workouts typically include weightlifting and jumping and pullups; competitions add running, swimming, cycling and everything from throwing softballs to dragging weighted sleds. In competition, workouts aren't disclosed until the last minute, so there's no way to prepare for one specific event, making it a mental test as much as a physical one.

"It's been keeping me up nights, trying to figure out stuff for this guy to do," said Angelo Sisco, Corvo's trainer and the owner of O'Hare CrossFit in Franklin Park, Ill. "You have to throw as many unknown elements and combinations at him as you can. That's my job right now. It's not about making him more fit."

One of Corvo's qualifying workouts included a series of "thrusters," lifting 135 pounds from a squat to overhead position, and a 15-foot rope climb, repeated three times with increasing reps in each set. Corvo finished that in 1 minute, 47 seconds — the eighth-best time in his age group.

He's currently ranked 31st in the world among men in the 40-44 division — a higher standard than he ever reached as a NHL player, and he played more than 700 games in the NHL.

Corvo put enough money away during his career that he didn't ever have to work again, which allowed him to devote himself to coaching his kids' baseball and hockey teams, but he also knew himself well enough to know he needed something to occupy his time.

His crossover into CrossFit started during his days with the Hurricanes, where he played in three separate stints between 2008 and 2013. He was always a workout freak, different than Rod Brind'Amour, but in a similar vein — burly where Brind'Amour was sinewy. His summer workouts with Cole would turn into feats of one-upmanship.

News Observer LOADED: 07.11.2018

1101810 Websites

The Athletic / Nikita Kucherov deal doesn't preclude Lightning from Karlsson sweepstakes



# CAROLINA HURRICANES

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By Joe Smith Jul 10, 2018

Nikita Kucherov could have waited.

The All-Star winger could have played out this season, scored another 40 goals and then tried to squeeze the Lightning for a mega contract. Unlike when Kucherov, 25, signed his bargain bridge deal worth \$4.7 million two years ago, he would have the hammer in negotiations this time with arbitration rights.

But when general manager Steve Yzerman went over to agent Dan Milstein's Detroit-area home Thursday, it wasn't just Tampa Bay that was serious about getting a long-term deal done. By Sunday night, Kucherov agreed on an eight-year extension with a \$9.5 million annual cap hit.

"I didn't think twice," Kucherov said. "Why wait?"

The next morning, he was doing a 90-minute workout on the ice in Clearwater, Florida, where he began his training two weeks ago.

"He has one goal and one goal only — to win a Stanley Cup in Tampa," Milstein said. "This is his home."

While the hockey world was wondering all weekend whether Senators star defenseman Erik Karlsson would land in Tampa Bay, Yzerman was working on locking up his leading scorer. And the Kucherov contract doesn't preclude the Lightning from making a Karlsson blockbuster happen.

It actually might help in terms of having cost certainty.

Yzerman said the timing of the Kucherov extension was unrelated to any other moves he had in mind. Without mentioning Karlsson's name, he said any report a deal was close or imminent was "very inaccurate."

But when asked how challenging it might be to take on another significant long-term deal in a trade, Yzerman didn't rule it out.

"I don't think it's impossible," Yzerman said. "But if you look at our commitments, if we were to bring on a significant contract, we would have to make the money work, so to speak."

The Lightning continue to lock up their core, re-signing Kucherov, defenseman Ryan McDonagh (six years, \$6.75 million AAV) and J.T. Miller (five years, \$5.25 million AAV) this summer. With big contracts for Steven Stamkos (\$8.5 million AAV) and Victor Hedman (\$7.875 million AAV) already on the books, it would take some sleuth salary cap maneuvering to take on another sizable one.

There's still \$4 million in cap space for this season — when Karlsson makes \$6.5 million. Next summer, Braydon Coburn (\$3.7 million), Anton Stralman (\$4.5 million) and Dan Girardi (\$3 million) come off the books, which could help handle some of Kucherov's bump and the raise Karlsson would need in an extension that'll likely be in the eight-year, \$80 million range.

The Lightning could also move someone like Ryan Callahan (\$5.8 million AAV) or Tyler Johnson (\$5 million AAV). For what it's worth, neither player — as of Tuesday — has been asked about their no-trade clauses. Johnson has a full no-trade. Callahan has a list of 15 teams he can be dealt to without his permission and the Rangers are believed to be one of them.

Yzerman said he wants to keep this team together as long as possible. But it hasn't stopped him from going for the big fish, with Tampa Bay one of five teams who met with star center John Tavares, who ended up in Toronto.

The Lightning can only keep everybody for so long, however. According to CapFriendly, Tampa Bay has \$65 million already committed to just 12 players for the 2019-20 season. By then, center Brayden Point will be a

restricted free agent and goalie Andrei Vasilevskiy will be one year away from being a restricted free agent.

"I don't know if you're ever completely comfortable (with the cap situation)," Yzerman said. "The reality is with Steven Stamkos, Victor Hedman, Ryan McDonagh, Nikita Kucherov, these guys are really good players. You look around the comparables, they're going to get paid a certain amount."

"We want to keep as many good players as we can. But at some point, you can't keep everybody. At some point, we'll have to make some decisions that are strictly (cap related)."

Cutting salary becomes more challenging with the amount of no-trade clauses the Lightning has given out. Kucherov has full no-trade, with no-move protection in the first four years of his deal and a modified no-trade the final four years where he would list 10 teams he'd go to. It's similar to the no-trade Hedman has.

Johnson, Ondrej Palat and Alex Killorn also have no-trade clauses. Miller's doesn't kick in until after this season, same with Kucherov.

"From a team-perspective, we'd all love the ability to have no no-trade clauses to give us the (flexibility) to make changes to go along," Yzerman said. "But these are parts of negotiating the entire contract."

The Lightning don't have many holes to fill on their roster the rest of the summer, with Adam Erne the only restricted free agent without a contract.

You're looking at this depth chart:

Forwards

J.T. Miller – Steven Stamkos – Nikita Kucherov

Ondrej Palat – Brayden Point – Tyler Johnson

Yanni Gourde – Anthony Cirelli – Alex Killorn

Adam Erne/Cory Conacher – Cedric Paquette – Ryan Callahan (starting season on injured reserve)

Defense

Victor Hedman – Dan Girardi

Ryan McDonagh – Anton Stralman

Braydon Coburn – Mikhail Sergachev

Slater Koekkoek – Jake Dotchin

With Callahan missing the first month due to offseason shoulder surgery, you could see a few prospects get a chance to crack the opening night roster (Mathieu Joseph and Alex Volkov leading the pack).

But having Kucherov signed is an important piece of the puzzle. The only player with more points than Kucherov the past two seasons is Connor McDavid. With salaries rising over \$10 million a year — Tavares got \$11 million AAV from Toronto — a \$9.5 million average for a 100-point scorer is a good deal.

Yzerman said the goal is getting these contracts done early, for two purposes.

"From a player's perspective, it eases their mind," Yzerman said. "They can plan their future. From a team's perspective, it helps us going forward, the cap number and commitments we have, so we can make other decisions accordingly."

The Athletic LOADED: 07.11.2018

1101811 Websites



# CAROLINA HURRICANES

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The Athletic / Source: The Canadiens have told Max Pacioretty they will not negotiate a contract extension

By Marc Antoine Godin Jul 10, 2018

The possibility of the Canadiens reversing course and signing Max Pacioretty to a contract extension appears to no longer exist.

According to what an NHL source told The Athletic, general manager Marc Bergevin has told his captain there will be no contract negotiation and that his intention is to trade Pacioretty as soon as possible.

TSN had reported a month ago, back when Pacioretty was still represented by Pat Brisson, that there were preliminary contract talks between his camp and the Canadiens. Those talks never progressed and apparently, the fact that Pacioretty is now represented by Allan Walsh has not changed the situation.

When contacted by The Athletic, Walsh did not want to comment on his client's status with the Canadiens.

"I'll reiterate what Max has said a number of times, that he loves Montreal, he holds Montreal dear to his heart and he hopes to stay," Walsh said.

Pacioretty hopes to sign a lucrative, long-term contract extension as a sort of status adjustment after being considered one of the biggest bargains in the NHL over the length of his current deal. He would also like nothing more than to sign that contract with Montreal. But trade rumours have swirled around him since Christmas, they intensified approaching the trade deadline and came close to being realized just before the draft. So it's fair to say Bergevin has had a different outcome in mind for quite some time.

But here we are in mid-July and the GM has yet to settle an issue that gets more delicate with each passing day. Bergevin has not received the trade offer he is looking for and could have at least explored the possibility of retaining Pacioretty, the best scorer the Canadiens have had over the past decade, on a long-term deal. After all, his goal of remaining competitive in the short term and the salary cap flexibility he could have available to him in the coming years could have mitigated the risk of giving a player entering his 30s a long-term contract.

But the new element in this story appears to be the refusal to even negotiate that has been communicated to Pacioretty.

When asked by The Athletic if they intend to negotiate a contract extension the Canadiens repeated again that Bergevin does not want to comment publicly on Pacioretty. On July 1, when speaking after the opening of the free agent market, Bergevin refused to say if he was negotiating with Pacioretty or not.

So we seem to have reached a point of no return in the relationship between the Canadiens and their captain of the last three seasons. Is this simply a matter of the length and value of Pacioretty's next contract or does Bergevin have other reasons for the position he has taken?

It is difficult to say for now. But seeing as the relationship has become increasingly tense over the past year, coming to a swift conclusion would be the wise thing to do.

The Athletic LOADED: 07.11.2018

1101812 Websites

The Athletic / Bourne: On summer shinny for pros, and the art of trying hard ... while not trying too hard

By Justin Bourne Jul 10, 2018

I don't know who invited the kid, but it did not go well from the drop of the puck. We were playing summer shinny in a game I was lucky to have been invited to, a prestigious skate played out every weekday during the summer in Kelowna, B.C. It's home to NHL all-stars and Olympians on down to scrubs like me. It was the summer between my two seasons with the Vernon Vipers of the BCHL, and I just happened to have a connection to a player who took the chance and invited me to take part.

I say "took the chance," not because he was worried I couldn't hang with the pace or anything (I couldn't, but still), but because there's a certain etiquette to playing summer shinny with some of the best players in the world, and it's not always easy to dial in.

This kid ... this kid did not dial it in.

The thing with these sort of games, is you have to try, obviously. But you can't legitimately try. I mean, if you're dumping the puck in and forechecking, you're going to get some looks. If you're hotly contesting a puck battle in the corner, you may hear a "settle down, Turbo." If you aggressively slash someone's stick to get the puck back, you're probably A) eating a full glove-on right hook, and B) not getting invited back. There's a level between "good sweat" and "Stanley Cup playoffs."

That's what seemed to be the issue with this kid, who like me, hadn't been invited out before. He wanted to show these guys he could play, he tried way too hard, and one incident (basically, he finished a check) immediately started the murmurs on the bench. Apparently, the decree was sent down that this situation was to be wreck-tified. I'm not sure I've seen someone get blown up in a real game like I saw that day, delivered by a rather scrappy then-NHLer who I'll give the courtesy of not calling out by name. It was a really beautiful open-ice hit, to his credit.

Either way, the message was clear to us fringe players in the game. Don't bog down the pace, but don't be a pain in the ass with all that effort either.

A few other interesting bits of etiquette to keep in mind if you find yourself invited to play some summer shinny with a group of professionals:

Firstly, err on the side of over-passing.

You have to really consider what the goals are of playing hockey inside a cold-ass rink during the most beautiful months of the year. You can get your cardio a million different ways. Along with the fitness aspect, you're really just looking to get your hands back, feel the puck, find your edges again, and get back into the flow of the game. Maybe even have some fun. So when a guy suits up to join the game, grabs the puck and tries to Erik, Karlsson-rush the puck end to end every shift, his four teammates aren't getting what they showed up to get.

In turn, each possession looks Golden State Warriors-esque, much to the chagrin of goaltenders who just want to feel some damn shots, not have looks passed up until there's a back-door tap-in to be had. There's something soccer-like about summer possessions, in that if players don't like what they see, they'll turn it back and regroup rather than dumping the puck in or trying to go on a hero run. You'd rather pass the puck back to your goaltender than turn it over and have to spend one of your precious shifts playing defence.

Sticking with in-game etiquette...

No shooting through traffic.

This one's pretty self-explanatory, and makes a ton of sense. Players obviously have varying levels on intrinsic competitiveness; if you're at the level where there's a forest of legs in front of the net, and you're still considering cocking back a slapper, you might need therapy. Everyone plays those games for the same purpose, and not one of them is "winning," so you're best dishing the puck around until you can get an open look. Nobody needs a fractured ankle in July.



# CAROLINA HURRICANES

## NEWS CLIPPINGS • July 11, 2018

It's crucial to mind your shift length.

This is one area pro shinny is so much better than your average drop-in game. At regular drop-in, you usually don't know everyone on your team, so to hell with those guys, you'll take yourself a three-minute shift. With the pro game, everyone is fit enough to play on the ice the duration of the game given its pace. But that pace of play drops when you do that, and other guys — friends and teammates — don't get their chance to play. So, I'd say about 90 seconds during those games is deemed reasonable. Anything beyond that, and the door handle starts to rattle from the bench.

There's also this quirky little nugget:

NHLers wear their jerseys inside out.

This one makes very little sense to me. My basic understanding is that it's to not attract attention, as in most Canadian cities, a bunch of six foot-plus men skating together wearing NHL logos will draw a crowd, which means autographs and awkward conversations. The funny thing is, if you aren't in the NHL, you likely don't even have a team-issued practice jersey — few below the NHL know they're returning to the same club, so they aren't given one — so it's not really an issue. But those established NHLers who do have a proper practice sweater and choose to wear it right-side out usually end up the brunt of chirps from the bench. There is nothing less cool in those circles than actively trying to look cool, and apparently wearing your jersey properly has become one of those things. "What, you couldn't find a sweater with a namebar?"

Finally, know your level.

The reason I got invited was that the game was in June, when many players still aren't back on the ice, so they needed warm bodies. It's a terrible feeling as a junior player as better players start to come back and skate, with the best usually coming back last. As the benches fill up — right when the game gets better, right when you're prepping for camp — you can feel yourself getting pushed out of the game. You know that once all the best players are back, you're going back to regular drop-in. Each summer I hung around longer and longer as the lesser players were kindly informed their spot was now full, which was sort of cool. It's a bit of a rite of passage, I suppose.

To sum it all up, it's pretty simple. Try hard but don't try too hard. Be cool by trying not to look cool. Keep the pace of the game up but don't push to win. You have to find that sweet spot, or you might just find yourself picking up your yard sale'd equipment from both bluelines wondering what went all so very wrong.

The Athletic LOADED: 07.11.2018

1101813 Websites

Sportsnet.ca / Maple Leafs' Semyon Der-Arguchintsev trying to be like Marnier

Luke Fox | @lukefoxjokebox July 10, 2018

Semyon Der-Arguchintsev was 13 years old when he left his family and flew across the world to live in a country with two official languages he couldn't speak a lick and one in which he was fluent: hockey.

To those on this side of the Atlantic who stumble over the pronunciation of the Russian's name, the ones who call him "Sammy" or "SDA" for short, imagine how Der-Arguchintsev felt packing a suitcase and his trusting parents' support, then jetting from Moscow to Ottawa to pursue his dream at the same age most kids are barely allowed to babysit or mow the lawn.

Now a mature — if slight — 17, with a remarkable grasp of English, the affable Der-Arguchintsev is one giant step closer to realizing his mission.

The Toronto Maple Leafs made Der-Arguchintsev the youngest player of the 2018 draft class when they selected the crafty Peterborough Petes centre with the 76th-overall pick. That's some shrewd use of the bonus third-rounder GM Kyle Dubas scooped from St. Louis by trading down four spots in Round 1 from 25th to 29th.

That gif-ready smirk Dubas flashed to the camera before adding the Der-Arguchintsev pick could ripen into a full-blown LOL if the undersized forward develops into the impact player he believes he can become.

Leafs first-round defenceman Rasmus Sandin may be the safest bet to crack the big leagues, but of all the franchise's picks in June, scouts believe SDA has the most potential to become a star.

Kyle Dubas makin' moves pic.twitter.com/v2s1BkX6GK

— Sportsnet (@Sportsnet) June 23, 2018

Generously listed as 5-foot-10 and 159 pounds, Der-Arguchintsev looks up to another playmaking Maple Leaf draftee.

"I like the game of Mitch Marner. He's such a good player. He's not very big, but he plays big. He's strong on the puck. He wins puck battles. He plays hard. I really like that," Der-Arguchintsev told Sportsnet in a recent interview.

"It gives you more hope that if you're not the biggest guy, you have a chance of making it. You have to understand that you have to work hard. I've talked to some people about him, and they all say he worked really hard to get there. That's what I'll have to do as well."

Der-Arguchintsev won't turn 18 until Sept. 15. Despite exploding for 51 points in 68 OHL contests as a sophomore — the highlight being a six-point outburst versus Oshawa in mid-March — he knows he's at least two seasons away from turning pro.

He hopes to grow taller and will spend his summer back home in Russia, around his hockey-loving father and KHL-drafted older brother, building his strength and, like Marner, adding weight to his shot.

Der-Arguchintsev trains with CrossFit champion Artem Nehoroshih alongside friend Nikita Zaitsev, the Leafs defenceman who grew up skating with the prospect's older brother and was one of the first people to text him congratulations in Dallas — where Der-Arguchintsev sat alone and anxious, only his agent by his side to watch his life change.

"My family couldn't make it. It's too far," Der-Arguchintsev explained. "It's still shocking for me. I was pretty nervous, I'm not going to lie. I was just hoping for the best. My agent was like, 'Relax. Don't be nervous.' But you can't listen. You're nervous. Is anyone going to take me?"

"Then, when you get your name called, it's super exciting. Whew. Just excitement. Especially because it's Toronto and I live not far from Toronto and I'm a fan. I watch a lot of games."

Over the past two seasons, Zaitsev would score tickets a couple times a month for Der-Arguchintsev and a few friends to attend Leafs home games, and he would make the two-hour commute to Air Canada Centre and marvel at Marner. Der-Arguchintsev wonders if his friendship with Zaitsev helped the Leafs pick him.

"[Zaitsev] says it's so nice here," Der-Arguchintsev said, smiling. "He just likes this city, the fans, the organization. And the team, he said, is very close, so he's excited to be here."

The Marner-esque work ethic isn't an issue for SDA. When he arrived at Rockland, Ont.'s Canadian International Hockey Academy four years ago, he devoted himself to the game and to his English studies. And when he had free time to kill at his house parents' place, he'd happily toil away on his stickhandling in his bedroom.



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"I was homesick my first year," admitted Der-Arguchintsev, but only when pressed. "I just practised, went to school, had hockey. You try not to think about it much, so it wasn't too bad."

Now he's quick to deliver a scouting report on himself, as if he's memorized his own Elite Prospects page: "Playmaking centreman. Good hockey IQ. ... Not the biggest player, but I'm a good puck protector."

As he strives for Marnier's strengths, he shares the Leafs star's weakness too: his brain always thinks pass.

"It's just inside of me. I was born like that. When I was a kid, I just always passed more," Der-Arguchintsev said. "I need to shoot more because you have to score as well, right? I'm more of a playmaker, but I should know how to score goals. So this year I'll work on shooting."

Come fall, the kid who could've been a Blue is determined to improve on 2017-18's 51-point showing.

"Then two years from now in junior I need it to be a really big year. We'll see what happens when I'm 20 or 21 years old," Der-Arguchintsev said.

"I don't want to say much about it. Just work hard every day."

And let actions speak louder.

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Sportsnet.ca / Cap Comparables: Kucherov cashes in, but doesn't break the bank

Emily Sadler | July 10, 2018

The Tampa Bay Lightning locked up star winger Nikita Kucherov to an eight-year, \$76-million extension on Tuesday.

The deal, which locks up the would-be 2019 RFA through the 2026-27 season, is not at all surprising. Sure, \$9.5 million is a big price tag — \$1 million more per year than captain Steven Stamkos' \$8.5-million average annual value — but Kucherov is worth every penny and likely could have gotten even more. To put things in perspective, just look at the league's list of scoring leaders from the past two seasons: the only player ahead of him in points is Connor McDavid, and Kucherov's annual cap hit comes in at \$3 million less than that of the Oilers' captain.

Nikita Kucherov must really like it in Tampa Bay and/or Steve Yzerman must have taken his family hostage because he certainly could've drawn this thing out for more given a) his otherworldly production the last two years and b) how much he got squeezed on his last contract.

— Dimitri Filipovic (@DimFilipovic) July 10, 2018

Nikita Kucherov has collected 138-178—316 over the past four seasons (313 GP), ranking among the top five in both goals and points in the NHL during that span. #NHLStats pic.twitter.com/451Sz0INCy

— NHL Public Relations (@PR\_NHL) July 10, 2018

"About a year ago, I said publicly that Nikita wasn't looking to break the bank. He was looking to get a reasonable, good deal but also give Tampa room to sign other players as well," Kucherov's agent, Dan Milstein, told The Jeff Blair Show on Tuesday. "In my opinion, and in Nikita's opinion, and I think Steve Yzerman would agree to that as well, this is a good deal for both sides. I've seen some recent signings, and of course we could have waited and of course we could have asked for more but what was important for Nikita is to get back on the ice and to win the Stanley Cup. The one thing that he wants is to win the Stanley Cup."

Does this affect the Lightning's chances of landing (and extending) Erik Karlsson? As Sportnet's Chris Johnston explains, it's the opposite, as the Lightning are "still very much in on" Karlsson trade talks.

"They may even be the favourite, depending on who you trust on this," Johnston explained on-air on Tuesday. "If anything, this signing of Nikita Kucherov gives Steve Yzerman more certainty about what his roster picture will look like for years to come, and not making this trade guessing what they might need to pay Nikita Kucherov next summer. So the real takeaway from this is that they're even more in on getting Karlsson rather than out of the running after giving out this big contract."

#TBLightning Yzerman says he's still looking at options on improving team. Said timing of Kucherov, McDonagh extensions not related to any other potential moves he has in mind.

— Joe Smith (@JoeSmithTB) July 10, 2018

There are plenty of comparables — production-wise, Kucherov has posted similar numbers to Blues winger Vladimir Tarasenko (\$7.5 million per year), and he makes similar money to Predators forward Ryan Johansen (\$8 million per year) — so we've highlighted a few that are particularly interesting:

Jamie Benn (eight years, \$76-million, 9.5-million cap hit)

Kucherov's contract is identical to the one Benn signed with the Stars two summers ago, at about the same age. Benn, 28, has played almost twice the number of NHL seasons as Kucherov, but their stats are very similar when you look at the past five years since Tampa's winger entered the league. Benn has registered 172 goals and 403 points since the 2013-14 season, while Kucherov has 147 goals and 334 points with steady improvement.

Claude Giroux (eight years, \$66.2 million, \$8.275-million cap hit)

Giroux signed his eight-year, \$66.2-million deal back in 2013 at age 25, the same age Kucherov is now. The two players' contract history is similar, too, as both were approaching the end of affordable three-year bridge deals when they inked their extensions (Kucherov has one year left with a \$4.67-million cap hit).

Steven Stamkos (eight years, \$68 million, 8.5-million cap hit)

Remember how crazy Stamkos Watch was? Yzerman cut all that out in signing Kucherov, who won't even sniff free agency until 2027. Kucherov's pricetag comes in at \$1 million more per year than his captain — making him the highest-paid player on the team — makes sense, and he's led the team in goals and points in each of the past three seasons. How much fun is it going to be to watch these two hit the ice together for the next six years?

Lightning now has Stamkos, Hedman, Kucherov, McDonagh, Johnson and Miller all under contract through 2022-23 season. Nucleus intact for next five years.

— Greg Auman (@gregauman) July 10, 2018

So, who's up next?

Kucherov, of course, was one of many pending free agents (RFAs and UFAs) eligible for a new deal this summer. Auston Matthews and Patrik Laine are among the league's brightest young stars ready for their biggest payday as they prepare for the final year of the entry-level contracts, but here's a look at a few more relevant comparisons to Kucherov in terms of who might be next up to sign a hefty extension like his.

Tyler Seguin

Dallas' 26-year-old centreman has three seasons' worth of experience on Kucherov, but has similar production, with Kucherov surpassing Seguin's point totals in each of the past two seasons. Though they play different positions, with Seguin at centre and Kucherov on the wing, it wouldn't be surprising to see the Stars sign their leading scorer four of the past five



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seasons to a similar deal, matching the contract given to linemate Jamie Benn two years ago.

Artemi Panarin

Panarin, 26, lit up the league as a rookie three seasons ago with the Chicago Blackhawks, and hasn't slowed down. The Russian left winger and pending 2019 UFA will surely be due for a sizeable raise once his two-year, \$12-million deal expires after the 2018-19 campaign, but the big question here is, who will be picking up the cheque? Panarin said earlier this off-season that he's not ready to lock himself into a long-term deal with the Blue Jackets at this time as he's unsure if he wants to play out his prime in Columbus. It's shaping up to be an off-season of trade rumours for Panarin. Kucherov's place in the league is better established, but Panarin's production through three seasons should see him join the upper echelon of NHL contracts.

Mark Stone

Buried amid Erik Karlsson trade talk is the fact the Senators owe RFA Mark Stone a new contract (Matt Duchene, too, who will be a UFA next July). Stone might just be one of the biggest bargains in the league right now, earning just \$3.5 million in each of the last three seasons, while posting consistently strong numbers on a team that ... lacks consistency right now. The elite two-way forward has reached the 20-goal plateau in each of the last four seasons, hitting 60 points or more in three of them. He filed for arbitration, but the Senators would be smart to lock him up long-term to a deal similar (thought likely a bit less) than Kucherov's contract.

Mark Stone went on to say: "I'm going into the summer wanting to stay with this (Senators) team." And he also added, "it feels like we're going in the right direction."

Stay tuned.

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Sportsnet.ca / Esports notebook: NHL wants 'grander things' with competitive gaming

Steven Loung | July 10, 2018

After dipping a toe in the space this past season, the NHL is looking to do bigger and better things within the realm of esports.

Speaking to ESPN's Arash Markazi, NHL commissioner Gary Bettman promised a much larger, more ambitious NHL esports plan is on the way.

A grand prize of \$50,000 was handed out to 18-year-old Finn Erik "Eki" Tammenpaa at the inaugural NHL Gaming World Championship held in Las Vegas in June.

In total, \$100,000 in prize money was handed out to the event's finalists, and particularly encouraging to the NHL, according to the ESPN report, the Twitch streaming numbers of the NHL's esports initiative matched and occasionally exceed that of the NBA and NFL.

"This was an incredible rollout," Bettman told Markazi. "But this is just the beginning of us doing bigger and grander things with esports."

The first "grander thing" is likely full six-on-six team competition similar to what's seen in the NBA's 2K League.

"In Year 1, we wanted to be prudent and approach this cautiously. We needed to test and learn, and we did that in a number of different

scenarios from the content and promotion," NHL vice president of business development Chris Golier told ESPN.

"In Year 2, we're going to invite our clubs in. It's not going to be a full-blown league, but we're going to have teams participate in some way, shape or form. We're going to have locally activated tournaments that will be part of the overall construct of the league. The clubs are excited."

Since the initial announcement of the league's foray into professional esports, the EA Sports NHL community have clamoured for the integration of the popular EA Sports Hockey League mode to be made the main mode in competition as it most closely simulates the real game and because team competitions have proven to be among the most popular in games like League of Legends and Counter-Strike.

Now the community may finally be getting its wish, with more support than ever from the NHL itself.

"We want to use esports to build more interest and a greater connectivity to our game through the hockey video game," said Bettman.

Here are a few other things of note from around the esports world:

Overwatch League Playoffs begin Wednesday

The Overwatch League playoffs kick off with a pair of quarter-final matchups. At 8:00 p.m. ET the Philadelphia Fusion will take on the Boston Uprising. The London Spitfire will face the Los Angeles Gladiators at 10:00 p.m..

In total, six of the league's 12 teams will be participating in the post-season. The league-best New York Excelsior and second-place Los Angeles Valiant both receive automatic byes to the semifinals.

Of note to Canadian fans, the playoffs will feature four Canucks: Lucas "NotE" Meissner playing for the Uprising, Joe "Joemeister" Gramano for the Fusion, Brady "Agilities" Girardi for the Valiant and Lane "Surefour" Roberts for the Gladiators.

With the opening match pitting Meissner's Uprising against Gramano's Fusion, it's become a point of pride for each young man.

"I think Canada has a lot of talent in Overwatch, which doesn't seem to be the case and a lot of other esports," Gramano told Sportsnet. "So the fact that I'm able to participate in the first playoffs of the inaugural season is pretty amazing."

Said Meissner: "It makes me feel proud that I've done so much from what you could consider a smaller country [in terms of participation in esports]."

The playoffs will run from to July 28, with the Grand Finals taking place at the Barclay's Center in Brooklyn, N.Y.

Team Canada announced for Overwatch World Cup

In other Overwatch news, the Canadian roster for the Overwatch World Cup has been announced.

All four Canadians participating in the OWL playoffs have been selected for the squad, which begins group play on Sept. 7 against Brazil.

Canada's been placed into the "United States" group where it will compete against the U.S., Brazil, Austria, Switzerland and Norway. The team will aim to finish within the group's top two to reach the event's final at BlizzCon in November.

Team Canada reached the final of last year's World Cup where they fell to South Korea.

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