



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 15, 2019

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## THE ATHLETIC

### One question to consider for every skater on the Hurricanes roster this season

By Sara Civian

Don't let the Hurricanes' drama-filled offseason (the Sebastian Aho offer sheet feels like at least three years ago) distract you from the on-ice product to be.

Carolina is spending near the cap for the first time in a long time, which of course comes with a healthy mix of talent and risks. Here's one essential question for each skater heading into training camp.

#### Centers

Sebastian Aho: No longer underrated, not yet a full-blown superstar. Does the latter change this season?

Aho flirted with stardom last season in his first as an NHL center.

He led the Hurricanes in regular-season goals (30) and points (83) at just 21 years old. Moreover, he did some stuff that honestly gave me a Pavel Datsyuk vibe. (I went there. I'm not sorry.)

There were stretches of time his conditioning and ~hockey IQ~ combined put him in a very exclusive club of current NHLers. Best part is, he didn't seem content with any of it.

Though concern about his playoff production (5-7—12 in 15 games) seems slightly overblown in retrospect, it was a testament to his growth into "go-to guy" for the Canes.

Will he thrive under the newfound pressure next season?

Aho's next gear feels imminent, with offer sheet drama a thing of the past, no contract negotiations to distract him and an army of Finns assembling in Raleigh.

Erik Haula: Can he bounce back from a dip in production and knee injury in a new environment?

Speaking of Finns, the Hurricanes capitalized off Vegas' salary cap situation in acquiring Haula last month.

Best case scenario, Haula can return to (or around) the 29-goal season he had centering Vegas' second line en route to its inaugural Cinderella Cup run. One might also envision him as an ideal linemate for someone like Martin Necas, who is clearly ready to succeed in the NHL at this point. At the very least, the Canes would hope he can take some of the pressure off Jordan Staal and play big minutes.

Jordan Staal: Can he keep it up?

I wouldn't bet against him.

It would be highly unprofessional and potentially illegal for me to attempt to do so, anyway. But if I were you, I wouldn't.

Lucas Wallmark: What, exactly, do the Hurricanes have in him?

At the risk of an insult, Wallmark proved surprisingly versatile last season. His ability to step in for Staal as competently as someone who isn't Staal could kept the Hurricanes glued together down the stretch. He's also shown a bit of playmaking flare.

I predict faceoff prowess and two-way play will emerge as Wallmark's

hallmarks

(please feel free to throw your subscription directly in the trash)

— with resources like head coach Rod Brind'Amour and Staal in his arsenal and most likely a full-time job in the bottom six.

#### Wingers

Justin Williams: Is he hanging up the skates? If not, what does his role become?

Obviously, the first Williams question is if he's retiring. If not, what are realistic expectations for the captain? Last season must've been exhausting mentally and physically, and he was often asked to fill roles he shouldn't have had to. He stepped up because of course he did, but he shouldn't have to do everything he did again this season. With the additions the Hurricanes made, Andrei Svechnikov on the come up and Necas most likely making the roster, he probably won't have to. He should be able to ease into a more typical veteran leadership role.

Andrei Svechnikov: Is this his breakout year?

Survey says: Yes.

As colleague Ian "Graph" Tulloch documented above, Svechnikov's underlying numbers were off the charts last season. He also led the league in stick penalties at certain points, so Brind'Amour clearly felt the best way for the rookie to learn the league was in mostly sheltered positions.

Well folks, now he's the hardened age of 19. He scored two goals in his NHL playoff debut. He's had a season working with Brind'Amour, in which he was a film junkie. He's sustained an Alex Ovechkin fist to the dome.

Where was I going with this?

Right.

#SvechIsReady

Nino Niederreiter: Regression is expected and acceptable, but how much?

The way Niederreiter strutted into a Hurricanes uniform and instantaneously averaged almost two points per game for about a month felt like a parody of itself. It was clear from the



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jump that something wasn't right in Minnesota, a situation our Michael Russo recently chronicled. It also was clear that the Hurricanes needed his killer instinct. It was as ideal as a situation gets in the NHL.

There was an inevitable drop off toward the end of the season, and no one should expect the same production as the fire-hot start, but we'll see just what is sustainable for Niederreiter next season.

Ryan Dzingel: How far can a chip on the shoulder take him?

Dzingel's introductory teleconference sounded exactly like what anyone who pays attention to the Carolina Hurricanes would want to hear.

"No one ever gave me a chance," Dzingel said. "That's what I've banked on my whole career. I'm a guy people doubted, and I found a way to prove them wrong."

We're about to find out how far that attitude can take him.

Teuvo Teravainen: Will he get comfortable using his shot more often?

Teravainen is hands down one of my favorite people to interview because of his comedic timing. One time, after he signed his contract and went on that tear (away from Aho), he scored two goals in one night.

I asked him if we can expect this out of him more often.

"If I see a good play, I might still try to pass it," he smirked.

That's who he is, and clearly that's perfectly fine. His shot is beautiful, though, and it's fun when he uses it.

Warren Foegele: Was the playoff tear a fluke?

Foegele faced too much adversity and rose up far too competently during the playoffs for me to think it was a one-off. Scoring aside, his ability to draw penalties is top 10 in the league. Consistency is obviously the question here, but depending on where he ends up in the lineup and what's expected out of him, I think he could rise up as a consistent impact player.

Brock McGinn: Will he get traded?

The problem with finally spending to the cap is the beloved fourth-liners all seem just a bit too expensive now, eh? McGinn is the "ultimate Hurricane," he saved Round 1, Game 7 twice and the resulting celebration is etched in Canes' lore for the rest of time. But the two-year, \$1.9 million then \$2.3 million deal just might prove too much for the Hurricanes to finesse for a fourth-liner — especially when his assets could be valuable to a different team. I don't necessarily think he'll get traded this season, but I do think it's worth ruminating.

Jordan Martinook: Is it possible to recreate last season's passion?

Probably not, but you can count on Martinook to give it a try.

Martin Necas: For the love of God, will he fix the power play?

Of course one person can't fix a power play (especially this one), but Necas should receive legit consideration as part of the solution. The real question is whether he will end up a

winger or center, and sources recently said he's totally comfortable with/excited for a shot at either. It's about time he gets one.

Defensemen

Jacob Slavin: Is cranking up point production Slavin's next gear?

Slavin hinted at this toward the end of last season, so I asked Brind'Amour if this is where it's headed and he said:

"Everyone wants to do that. Everyone wants that to be their game. When we're having power-play struggles guys will come up to me like 'You know, I could be on the power play.'"

This is probably the most intriguing question of all, in my opinion.

Dougie Hamilton: Is this the statement year?

Hamilton is one of the most coveted defensemen in the league for a reason, but he'll be the first to admit it can take him a while to get things going at the beginning of the season. He revealed at the end of the Hurricanes' playoff run that he'd been playing with a broken pinky for the first half of the season, for what it's worth.

He'll start next season on the same team that is clearly a fit for him, around folks he's had time to play with. Who says this isn't the year he silences the haters once and for all?

Brett Pesce: What's his true best fit?

It seems like Pesce can really play anywhere, any side with any partner — but what's the best for him? He doesn't care at all, but he broke the Hurricanes' plus/minus record last season. Stupid as plus/minus is, that means something. Maybe with less of a defensive logjam this season he'll get to flex his particular quirks a little more.

Justin Faulk: Did the playoff run re-invigorate him?

Perpetual trade bait, occasional scapegoat, career-long Hurricane. Whatever you want to call him, Faulk finally made it to the playoffs. He spoke often about how the biggest difference this season was how much the team enjoyed coming to the rink. The new atmosphere combined with a solid postseason showing paint a picture of a re-invigorated Faulk. Something tells me none of the re-invigoration in the known universe will fix the power play in its current state, though ...

Haydn Fleury: No more questions here.

Fleury's waiver ineligible now. The Calvin de Haan trade leaves a space wide open for him.

"Do or do not. There is no try."— Yoda

Trevor van Riemsdyk: Can he provide some quasi-veteran stability on the blue line?

De Haan (pour one out) used to joke about being the elder Hurricanes defenseman at (then) 27 years old. Now he's gone, and van Riemsdyk is next man up by about two months, he's got a Cup under his belt and the most playoff experience. Can he provide a stabilizing force?



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I promise we will get to the goalies.



## Defensemen on the bubble

Five who fell short of making NHL Network's Top 20 list

by David Satriano

Top Defensemen Honorable Mentions

Before unveiling the Top 20 Defensemen Right Now, look at which players just missed the list

NHL Network knows who the best players are in the League right now. They will reveal their lists in a nine-episode series that runs through the start of the regular season. The third episode is Sunday at 6 p.m. ET and focuses on the top 20 defensemen.

Did your favorite defenseman make the list? Tune in Sunday to find out and join the conversation with the #NHLTopPlayers hashtag. Here is a preview of the series and a look at five defensemen on the bubble who just missed the top 20.

Whether it's breaking up a big play, setting up a goal or scoring on the power play, some defensemen can do it all. But who are the top 20 defensemen in the NHL today?

NHL Network will answer that question Sunday. Ken Daneyko, a defenseman who played 20 seasons in the NHL (1982-2003), won the Stanley Cup three times with the New Jersey Devils and now works as an NHL Network analyst, shared his input on what makes a top defenseman.

"The evolution of the game seems to be more on offense, but I still like a more well-rounded defenseman," Daneyko said. "Sometimes it gets lost in the shuffle that it'd be nice to be able to defend as well at times. That's why Victor Hedman (Tampa Bay Lightning) is at the top of the charts for me, being a guy that can play the game any way you want it."

The top 20 defensemen will be revealed in the show, but Daneyko discussed some on the bubble who just missed the cut among the show producers and NHL Network analysts who made up the selection panel.

Rasmus Dahlin, Buffalo Sabres

The No. 1 pick in the 2018 NHL Draft, Dahlin was a finalist for the Calder Trophy last season after ranking first among rookie defenseman and third among all rookies with 44 points in 82 games. He ranked second in assists (35) and average ice time (21:09), and had eight multipoint games, tied for the second-most by an 18-year-old defenseman in NHL history (Phil Housley, 13; Bobby Orr, 8).

"Even when the Sabres started to struggle as a team, you watched him and he just continued to play through everything," Daneyko said. "He continued to perform at a high level for such a young defenseman. To come in and play as poised as he did for most of the year ... there's no doubt Dahlin, maybe not this year, but he has the potential to be a top five guy in a couple of years."

Thomas Chabot, Ottawa Senators

In his second full NHL season, Chabot had 55 points (14 goals, 41 assists) in 70 games after having 25 points in 63 games in 2017-18. The 22-year-old ranked 10th in points and eighth in points per game (0.79) among defensemen to play at least 50 games. Chabot led the Senators in average ice time per game (24:17), which ranked 14th in the League.

"You're going to see more hiccups on a team that struggles and gives up some goals and doesn't win as many hockey games, but for me, he's going to be a top 10 guy in a couple of years," Daneyko said. "He's a guy that his skating stride is effortless. He's just a very graceful guy, the way he carries the puck, capable of going end to end. He's honing his craft still."

Tyson Barrie, Toronto Maple Leafs

Barrie set his NHL career high in assists (45) and points (59), and tied his high of 14 goals with the Colorado Avalanche last season. He also had eight points (one goal, seven assists) in 12 Stanley Cup Playoff games to help the Avalanche win a series for the first time since 2008. Barrie, who has scored at least 49 points in four of the past five seasons, became Colorado's all-time leading scorer among defensemen last season. The 28-year-old, who was traded to Toronto on July 1, had 307 points (75 goals, 232 assists) in 484 regular-season games with Colorado.

"He's kind of one of those guys who plays the way the game has gone, but his numbers don't lie," Daneyko said. "The past two seasons, close to 60 points, 14 goals in both of those years. Tyson Barrie played very well last year. He's still evolving, but no question an elite, puck-moving defenseman who can join the attack with the best of them."

Dustin Byfuglien, Winnipeg Jets

Although he missed 40 games last season, Byfuglien managed to score 31 points (four goals, 27 assists), with more than half of them on the power play (16). Prior to that, he had at least 45 points in the previous seven full NHL seasons, and the 34-year-old, who won the Stanley Cup with



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the Chicago Blackhawks in 2010, ranks fourth in points (416) and goals (122) among defensemen since 2010-11.

"If I'm looking for one game, a big game, he's one of the guys, top five guys for me I'd probably pick because of his size (6-foot-5, 260 pounds), strength and dominance when he is on his game," Daneyko said. "Injuries are a part of it, and maybe his game dipped a little bit, but he's still such a dominant force on the ice that can turn the game many different ways."

Jacob Slavin, Carolina Hurricanes

Slavin tied his NHL career high with eight goals and had 31 points in 82 games last season. The 25-year-old helped the Hurricanes qualify for the Stanley Cup Playoffs for the first time since 2009, and his 11 assists in 15 playoff games was tied for fourth among defensemen. Slavin, who led Carolina in average ice time per game (23:02), hasn't missed a game in the past three seasons and has scored at least 30 points in each of them with a plus-25 rating.

"He's definitely in my top 20," Daneyko said. "He's elevated his game to that well-rounded defenseman level that I like. He has size (6-3, 207), reach, length. His offensive game is continually growing and he's superb in his own end defensively."

Here is the remaining schedule (all episodes will air at 6 p.m., ET):

Aug. 18: Top 20 defensemen

Aug. 25: Top 10 goalies

Sept. 1: Top 50 players (50-41)

Sept. 8: Top 50 players (40-31)

Sept. 15: Top 50 players (30-21)

Sept. 22: Top 50 players (20-11)

Sept. 29: Top 50 players (10-1)



### Metro Offseason Moves and Trend Assessment

A look at who's up and who's down so far during a busy offseason

By Luke Adomanis

The summer moves for most teams are just about finished, as outside of some restricted free agents and teams trying to get under the cap, most organizations are set for the new season. With that we can see who in the Metropolitan Division is trending up or down, and how their upcoming season is projecting.

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After missing the playoffs the last nine years, the Hurricanes formed into a "Bunch of Jerks" and finally broke through in 2019 to go on quite a run, making it to the Eastern Conference Finals. Despite being swept by the Bruins, it was a successful season overall - one that energized their fanbase and caused the rest of the League to sit up and take notice.

The Hurricanes haven't made any huge splashes so far this offseason, only losing Michael Ferland via free agency and Calvin De Haan in a trade to Chicago. Then they added Ryan Dzingel on a nice contract, James Reimer from Florida, and Erik Haula from Vegas (while hanging on to Sebastian Aho despite a Montreal offer sheet).

Losing Ferland hurts but Dzingel, though not a great possession player, is a great finisher, which is exactly what Carolina needs. They have all the possession players a team needs to succeed, they desperately need guys who can put pucks in the back of the net. Haula was often injured last season but if he can stay healthy he'll certainly be a great third line center for the Canes. De Haan was a very underrated defenseman, but the Hurricanes still have one of the best defensive cores in the league with Jacob Slavin,

Brett Pesce, and museum connoisseur Dougie Hamilton leading the way.

The big question for the Canes is can the goaltending hold up? Looks like they will be going with Petr Mrazek/James Reimer duo, which certainly doesn't strike fear into the hearts of opponents. But Mrazek did have a pretty good year for them and if he can at least bring in average goaltending the Canes should be okay. Reimer is an overpaid backup, but as long as he isn't playing that #1 spot then he should be able to help the Canes.

Trend: Up. Carolina is a young, fast entertaining team with a bright future. Sebastain Aho and Andrei Svechnikov are only going to be getting better, both with potential to be elite talents in the NHL. Surround them with Teuvo Teravainen, Nino Niederreiter, Dzingel, Haula, and the aging but still impactful Jordan Staal, the Hurricanes should be fighting to be a top team in the NHL. All they need is their goaltending to help them out.

#### COLUMBUS BLUE JACKET

It's been a bit of a wild ride for the Blue Jackets over the last six months or so. After going all in and acquiring Matt Duchene and Ryan Dzingel from Ottawa at the trade deadline, the Jackets squeaked into the playoffs where they played David and swept Goliath, also known as the Tampa Bay Lightning, in the first round. Alas, that's all they could do before following up their first-ever playoff series victory with a loss to the Bruins in the second.

So their all-in attempt for a Cup was for nothing — and as added salt in the wound, they lost Artemi Panarin, Duchene, Dzingel, and Sergei Bobrovsky in free agency. Not good.

That being said, the Blue Jackets aren't a team to so easily dismiss. On the forwards, they still have sniper Cam





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Atkinson, elite defensive forward Nick Foligno, a good young talent in Pierre-Luc Dubois, and Tom Wilson-lite with Josh Anderson. They also added, via free agency, a very underrated top six winger in Gustav Nyquist.

The biggest question for the Jackets is how Alexander Wennberg responds to a couple of terrible years. He had a 59-point season in 80 games in 2016-17; he's had a total of 60 points in 141 games since. His success or failure will determine how far the Blue Jackets go this upcoming season.

Where things get interesting is in the injection of some very good young talents like Emil Bemstrom, Alexandre Texier, and Trey Fix-Wolansky to the lineup. It's not certain all of them will make the team, but with a lot of spaces opening it wouldn't be surprising. These guys are young but have a ton of skill.

On the back end they arguably have the best top pairing in the NHL with Seth Jones and Zach Werenski, along with some nice surrounding pieces like David Savard and Ryan Murray, (when he's healthy).

Like the Hurricanes, their biggest question mark is in net. With the departure of elite talent Bobrovsky, they now have back up Joonas Korpisalo and newcomer Elvis Merzlikins (side note: not only will the Jackets have that terrible cannon, they'll have about 100 terrible Elvis puns). Elvis has all the ability to be a NHL starter but he has yet to play one North American hockey game - and the chances of a 25-year-old rookie netminder stepping into the NHL and being at least average aren't great.

Trend: Down. After losing talents like Panarin, Bobrovsky, and Duchene there's no way to go but down. That doesn't take away from the fact that the Jackets still have a pretty darn good team — goaltending will probably end up sinking them this season in a tough Metro division, but their upcoming young talent mixed with the stuff they have now should make them a dangerous team again soon enough.

## NEW JERSEY DEVILS

It's hard to have a perfect offseason, but the Devils probably came about as close as a team could get. First they added Tyler Dellow and Matt Cane to their analytics department, which is a home run. Then they traded for PK Subban for pennies on the dollar, used their first-overall pick to select Jack Hughes, and put a cherry on top with a trade for hyped Vegas prospect Nikita Gusev. It was an ace offseason for them.

They now have a Nico Hischier/Hughes 1-2 punch up the middle, surrounded by players like Taylor Hall, Kyle Palmieri, and Gusev to fill in their top six. They also have great depth players like Miles Wood, Blake Coleman, and Jesper Bratt. And taking a one year gamble on Wayne Simmonds is a low risk high reward move. Their offense should be deadly.

Having a right-side defense of Subban, Damon Severson, and Sami Vatanen is amazing. And the left side isn't too shabby either with young power play ace Will butcher. Andy Greene is 36 but still should hold his own.

Stop me if you heard this before, but their success depends on the goalies. Cory Schneider was once one of the best goalies in the league but after a few seasons with hip and other injuries, he just hasn't been the same. The good news for Devil fans is he finished last season very well, so if he can continue it into next season he should be able to be able to put up at least some decent numbers. He just needs to stay healthy.

Trend: Up. The New Jersey Devils added a ton of great talent this summer and their young guys should only be getting better. This is good news for them, bad news for the rest of the division as it means another potential powerhouse joining an already stacked group. The Devils are a team to keep an eye on... as long as their goaltending holds up.

## NEW YORK ISLANDERS

The Islanders shocked the league last season by actually being... good. On paper they looked like a bottom-five team, especially after the loss of John Tavares, and yet they ended up not only making the playoffs but also sweeping the Pittsburgh Penguins in the first round. That was of course then followed by their own sweep at the hands of the Hurricanes - but that doesn't take away from the magic that team brought due to Barry Trotz's coaching and the hype by the fans.

The Islanders seemed to be poised for a big offseason, getting into the mix on both Panarin and Bobrovsky, but were unable to snag either. The only real move they did make (after losing Robin Lehner to free agency) was to sign Semyon Varlamov as their new starting goalie.

The rest of their business revolved around locking up some of their own, with big deals to three of their top six forwards: Brock Nelson, Jordan Eberle, and Anders Lee. So the Isles still have a good top six that also includes the elusive Mathew Barzal and stable Josh Bailey. And of course they still have "the best fourth line in hockey" in Martin-Cizikias-Clutterbuck which, although vastly overpaid as individuals, can still be effective as a trio. The issue for the Islanders is their third line doesn't have anyone notable to play on it, so they're basically working with two fourth lines.

They still have a decent blueline, although not a spectacular one. Johnny Boychuk and Nick Leddy aren't what they once were, but they do have some promising young pieces like Ryan Pullock, Adam Pelech, Scott Mayfield, and Devon Toews. So if those young guys can really step up they should be able to stabilize the rearguard.

Where it will get interesting (are you sensing a trend?) is the goaltending. Lehner and Thomas Griess made up the best tandem in the league (statistically speaking) last season. Lehner is now gone. Can Varlamov replace him? He's still a good goalie but seems to have a hard time staying healthy, as Caps fans likely remember. If he can't go the Islanders must go with Griess, who is good but is on the wrong side of 30 to carry too much of a workload.

Trend: Down. Yes down, but only slightly. The magic that the Islanders rode last season is probably not repeatable, even as they generated a similar level of excitement as Vegas did a season before (although perhaps with a little less flash and a little more Long Island). They certainly aren't a bad team,



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and should be in the mix for a playoff spot, but it's not certain that they challenge for the Metro crown a second time.

## NEW YORK RANGERS

Earlier it was noted that the Devils had about as perfect of an offseason as you could have — well, the Rangers weren't far behind them. The Rangers landed free agent prize Panarin, traded for Jacob Trouba and Adam Fox, moved up in the lottery draft to snag the amazingly named Kaapo Kakko with the second-overall pick, and saw their prized prospects Vitali Kravstov and Igor Shesterkin make the jump from the KHL to North America. That is one heck of an offseason.

Panarin, Kakko, and Kravstov will join Mika Zibanejad, Chris Kreider (for now), and Pavel Buchnevich to create a deadly top six. There's a bit of pressure on Kravstov and Kakko to jump right in and not deal with the typical rookie struggles, but they'll almost assuredly turn into great NHL players before too long.

The big question mark for the Rangers is who plays second-line center. Zibanejad had a massive season on a bad team last year, but he will need help behind him. There are some young players that could slot in there like Filip Chytil, Lias Andersson, and Brett Howden, but it is no sure thing that any of them are ready for those duties. Center depth is so key these days — if they can't find a second-line center internally, they'll need to look at external options if they want to be in the playoff mix.

One option for them is to let Panarin carry his own line. He's that good that he doesn't need a top-end center to help him. So one of those young guys or even Vladislav Namestikov could play second-line center; they may not be able to match him in talent, but they just need to be good enough not to hold Panarin back.

The defense is where things can get a bit ugly. Yes, there are some great pieces like Trouba, Tony DeAngelo, Brady Skjei, and potentially Fox. But the team still has Marc Staal and Brendan Smith on their roster (and arguably their one big stumble this summer was buying out Kevin Shattenkirk instead of one of those two). How the coach decides to play the defense will determine a lot for them. If they rolled with a Trouba, DeAngelo, Skjei, Fox, Hajek, allowing only one of Staal or Smith to play a number six spot with the least of amount of time than the Rags should be looking good. But that's very unlikely. One or both of Staal and Smith will probably get top four minutes.

As for the goalies, the Rangers still have The King. Henrik Lundqvist has been the best goalie in the League over the course of his career, and it's not that close. That said, the dude is 37 years old, so if they want to get the best out of him they need to play him way less than a full season. They should keep him around 40-50 games at the most.

The issue is that his backup, Alexandar Georgiev, probably isn't a goalie that should be getting close to 40 starts himself, so the Rangers are stuck between a rock and a hard place. There's a chance Shesterkin could maybe be NHL ready. He absolutely tore up the KHL the last few years but he hasn't played a North American game yet and that usually takes adjusting. But crazier things have happened.

Trend: Up. The Rangers looked like they have ended their rebuild early by getting lucky in winning the draft lottery and landing a huge free agent at 27 years old, that usually doesn't happen. Will they be a playoff team this season though? Most likely not. They could maybe get there if they find a suitable second line center, the coach puts the right defensive pairings out on the ice, and they are able to rest Lundqvist without hurting the team. But even if they don't make the playoffs they will be a scary team soon enough.

## PHILADELPHIA FLYERS

The Flyers were one of the quieter teams this offseason, but when they made a move it was quite big. They signed Kevin Hayes for seven years, and while it was for too much money, he should help them now. They lost two trades when they sent Radko Gudas to the Capitals for Matt Niskanen and sent a pair of picks to San Jose for Justin Braun, expelling cheaper, shorter deals for longer, more expensive ones on two blueliners over 30 and likely on the decline.

Hayes will fit in nicely behind the ever underrated Sean Couturier, who needs to stay healthy. They will be able to surround those two with some great weapons like Claude Giroux, Jakub Voracek, James van Riemsdyk, Nolan Patrick, and Travis Konecny (still unsigned). Depth might be an issue, but if a kid like Morgan Frost can come in from Juniors and be effective immediately that would certainly help.

Defense, on the other hand, could be a struggle. Niskanen and Braun will probably be getting top-four time when they shouldn't. Shayne Gostisbehere will need to have a bounceback season, and Ivan Provorov (also still unsigned) still needs to take that next step that everyone is waiting on to become a true #1. Travis Sanheim is young but should be very good. Robert Hagg is bad. So the defense could be a big mess if it isn't put together perfectly, much like the Rangers.

One thing the Flyer fans don't have to worry about for the first time in a long time is goaltending. Savior Carter Hart appears to be here to stay. He's a very good young goalie that will probably be a top goalie in the league soon enough. As long as he can stay healthy and keep Brian Elliot out of the crease the Flyers could steal some games from Hart alone.

Trend: Up. Down. Maybe both. It's hard to tell. This season the offense should be very good, the defense not so good, and the goalie very good. The Flyers also have one of the best, if not THE best, prospect pools in the NHL, so they should be good for awhile. The issue is trying to meld their older players with young talent in time to win a Cup now. They will certainly be there in the playoff spot battle, probably getting in on a wild card spot or just missing.

## PITTSBURGH PENGUINS

You hate to see it, you really do... but the Penguins are declining thanks to the decision-making of the top brass over the last couple years, and especially this past summer. The Penguins shipped out sniper Phil Kessel to Arizona for Alex Galchenyuk, a clear downgrade. Galchenyuk brings less offense than Kessel while maintaining the same terrible defense.



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It wouldn't be all bad for the Penguins if they used the money they saved in that swap on something good, but they inexplicably used it to sign Brandon Tanev to a six year deal with a \$3.5M AAV. Granted, this wasn't like signing Jack Johnson long term, because Johnson was just bad (and is still on the books); Tanev is not bad per se, but he isn't worth that contract. The Capitals, for example spent 4 years \$2.75M AAV on Richard Panik. Panik is much better than Tanev and he cost \$750K and is signed for two fewer years.

The Penguins do still have Sidney Crosby, Evgeni Malkin, and Jake Guentzel up front, and as everyone knows, those three can be deadly. And while the Galchenyuk acquisition wasn't great, he's still a good offensive weapon who could turn a spot next to Crosby or Malkin into a 20-30 goal season if everything breaks right for him. The issue for the Penguins is now depth. The ability to move Kessel to the third line gave them an extra threat and some flexibility up front; now the third line will probably be Tanev-Bjugstad-Rust, which is certainly a good third line but won't have the same pop that Penguin fans are used to.

Defensively, Brian Dumoulin and Kris Letang should still make up an amazing top pair. It's also nice to have a Marcus Pettersson (still not signed) and Justin Schultz second pair. The issue is the bottom pairing is Jack Johnson and Erik Gudbranson. Those two will get torn apart every time they are on the ice if paired together — and it's not even a guarantee they are on the bottom pairing, as both Johnson and Gudbranson could see top four minutes like they did last season.

Matt Murray is still holding down the fort in net and Casey DeSmith is a good backup, so the goaltending should not be an issue for them provided Murray can stay healthy (which isn't an ironclad guarantee). The Penguins will need them to be quite good to keep up with the hectic Metro.

Trend: Down. No two ways about it, the Penguins are getting worse. BUT they still have Crosby, Malkin, Guentzel, Letang, and Murray. Those guys give the Penguins a chance to win every single night, but playoffs even with that group is no longer a guarantee as it may have been in recent years. With Carolina, New Jersey, and New York all getting much better, the road to the postseason is that much harder (and it wasn't easy to begin with). It wouldn't be a surprise to see the Penguins miss the playoffs all together, especially if they can't stay healthy.

It's also important to remember that the Penguins' summer isn't over yet. They are currently over the cap and still need to sign Pettersson. How they fit him in can either help or hurt the team. If the Penguins make room for him by moving out Johnson or Gudbranson then they get better, but if they make room by moving out Rust, like it's being rumored, than they could get even worse.

## WASHINGTON CAPITALS

The Capitals didn't have a sexy offseason, but it was a busy one. They added a lot of depth in Panik, Garnett Hathaway and Brednan Leipsic, extended trade deadline pickup Carl Hagelin, and moved Niskanen and his contract out for Gudas. But other than that, nothing crazy.

Up front, the Capitals should still be very dangerous. Alexander Ovechkin, Nicklas Backstrom, and TJ Oshie (if he can stay healthy) are older but still should be reliable. Jakub Vrana is poised for a break out season. And Wilson, as long as he stays out of the box and avoids the wrath of the DoPS, should be good for top-six production like he has done the last two seasons.

The biggest question mark is Evgeny Kuznetsov. How Kuznetsov goes is how the team goes. His potential is endless and it wouldn't be surprising if he hit 100 points, but it's up to him if he wants to do it. The Capitals need him to be his top end self or they won't capture their second Stanley Cup.

On the backend, the Capitals got some addition by subtraction. Losing Brooks Orpik to retirement and the declining Niskanen to the Flyers for Gudas are wins. John Carlson will still be an elite talent that will hopefully have a healthy Michal Kempny by his side. Nick Jensen struggled with the Capitals last year but should bounce back as he gets more comfortable, and young talents like Jonas Slegenthaler and Christian Djoos should round out a very strong defensive core.

Braden Holtby will be in a contract year and after seeing Bobrovsky and Andrei Vasilevskiy sign large deals, Holtby should have a big year himself. Considering the defensive additions in front of him, Holtby should be able to be better than he has the last two seasons, at least number wise. Pheonix Copley is an average backup but could have his position usurped by Vitek Vanecsek or Ilya Samsonov (if they make room for him) in preseason. Either way, the Capitals should have a good-to-great tandem this upcoming season.

Trend: Up. Slightly. The Capitals didn't need a lot of help because they were already a top team, but with the positive defensive additions from both the forwards and rearguards, the Capitals should be even deadlier this upcoming season. They might have to sacrifice some offense but will be worth it if they can get better defensive play from the team. They already had the offense, now they should be able to stop so many pucks going in as they have the last two years. And as long as Kuznetsov rights his ship and head coach Todd Reirden maximizes his roster, the Capitals should be a top team once again.



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## The Hockey News

### Stanley Cup Windows 2019-20: Metropolitan Division

Which NHL teams are legit threats to win the Cup? Which teams need to win it soon? Which are years away from truly trying to? The Windows series continues with the Metropolitan.

By Matt Larkin

Every NHL team's goal is to win the Stanley Cup. But is it really every team's goal to win the Stanley Cup every season? That's highly debatable. Any given season, some teams have loaded up in hopes of winning a championship immediately, some have docked their ships in states of multi-year contention, and other teams are rebuilding, stockpiling assets for future title runs rather than trying to win anything this year.

Understanding a team's annual forecast, then, is a matter of understanding whether that team sits in a Stanley Cup contention window. Where does your team fall entering the 2019-20 season? Our Stanley Cup Windows series continues with the Metropolitan.

**WIN-NOW WINDOW: Washington Capitals**

This is a veteran team, one year removed from a Stanley Cup, determined to win another on the backs of established veterans. Superstar Alex Ovechkin turns 34 in September. Right winger T.J. Oshie is 32. Center Nicklas Backstrom is 31. Stalwart blueliner John Carlson and goaltender Braden Holtby are 29. The core of this roster is exiting its collective prime, and even the "younger" key contributors, from Evgeny Kuznetsov to Dmitry Orlov, are in their mid-to-late 20s. Because of the Caps' recent run of success, they haven't picked inside the draft's top 20 since 2014, so their prospect pipeline doesn't ooze future star power aside from goaltending phenom Ilya Samsonov. The Caps thus can't count on guaranteed success in the near future from their next wave.

Complicating matters: Backstrom and Holtby enter the final seasons of their contracts. Backstrom will likely re-sign but, after a decade of excellent playmaking, will command a raise toward an AAV likely in the \$8-million range at minimum. Things get interesting with Holtby, who will likely use Sergei Bobrovsky's seven-year, \$70-million pact as a comparable in negotiations. Samsonov's opportunity awaits, so do the Capitals want to retain Holtby for his 30s? With an aging roster and a lot of contract uncertainty looming, Washington and GM Brian MacLellan should go all-in to win another championship this year.

**WINDOW WIDE OPEN: Carolina Hurricanes**

The Canes boast an exciting blend of established success and ascending youth. We already saw last season that this team, armed with a dominant D-corps and strong possession play, was good enough to upset the Capitals and reach the Eastern Conference final. The blueline should remain strong as ever, built around Jaccob Slavin, Brett Pesce, Dougie

Hamilton and Justin Faulk, with Haydn Fleury and Jake Bean, two first-round picks, starting to earn more responsibility over time. Up front, center Sebastian Aho broke the 80-point barrier in just his third season. He's still just 22, and his key support includes Teuvo Teravainen, 24, Nino Niederreiter, 26, and sophomore sniper Andrei Svechnikov, 19. Center Jordan Staal feels like a fossil because he debuted in the NHL so young, but he's quietly just 30. In his elder-statesman shutdown role, he has some useful years left.

Also keep in mind that Carolina's farm club, the Charlotte Checkers, just won the AHL Calder Cup, so help is on the way. The most intriguing contributor on that team was Martin Necas, Carolina's first-round pick in the 2017 draft, who has potential to grow into the Canes' long-term No. 2 center. Carolina has to hope it gets more consistency from goaltender Petr Mrazek, who didn't wake up until after the all-star break last season, and it needs its youngest defensemen to develop in anticipation of losing Faulk as a UFA next summer. Still, this is a fast, intelligent, well-coached group of players. The Storm Surges should be plentiful for the next several seasons.

**WINDOW OPENING: Philadelphia Flyers**

Admittedly, I'm projecting a bit here. But we already know the Flyers have a useful veteran forward corps including Claude Giroux, Jakub Voracek and James van Riemsdyk, and let's stop and think about their additions and ascending assets. Even though they overpaid Kevin Hayes, he obviously strengthens them at center, and veteran defenders Matt Niskanen and Justin Braun can handle some dirty-work assignments while mentoring the youth crop on defense.

Now let's discuss that youth crop further. The Flyers boast Ivan Provorov, coming off a down year but still just 22 and oozing all-star potential. Travis Sanheim broke through last season, while puck-mover Shayne Gostisbehere, albeit a bit one-dimensional, is in his prime at 26. Now factor in rising first-line right winger Travis Konecny, owner of consecutive 24-goal seasons before his 23<sup>rd</sup> birthday; center Nolan Patrick, who has been a bust as 2017's No. 2 overall pick thus far but is just 20 and should get insulated matchups now with Hayes in town; and the fact Philly has some exciting forward prospects knocking on the door in Morgan Frost and Joel Farabee, not to mention another blue-chipper on defense in Cam York. Oh, and some young kid name Carter Hart stops pucks for them. He was hyped as "the first legit long-term Flyers goalie since Ron Hextall" and looked the part as a 20-year-old rookie.

Toss in Philly's hiring of the experienced Alain Vigneault as head coach, and the arrow points skyward – immediately and for the next several seasons. The Flyers' time is coming.

**WINDOW FOGGED UP: New York Islanders**





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The Isles are difficult to project in the near and distant future. They're fresh off a highly successful season in which they made the playoffs despite losing John Tavares as a UFA and swept the Pittsburgh Penguins in Round 1. The Isles, though, outperformed their peripherals. They were one of the league's worst possession teams but sported the "best defense in the league" according to the goals-against column because they led the NHL in save percentage. One half of their stellar tandem, Robin Lehner, signed with Chicago, so goalie guru Mitch Korn will attempt to work another miracle with Semyon Varlamov.

The Islanders' roster core includes a strong first line centered by sublimely talented Mathew Barzal, with captain Anders Lee and playoff performer Jordan Eberle on the wings. The rest of New York's lineup doesn't have a sky-high ceiling, however, and this team isn't all that young aside from Barzal, left winger Anthony Beauvillier and defenseman Ryan Pullock. The majority of the impact forwards fall in the late 20s/early 30s range, while minute munchers Johnny Boychuk and Nick Leddy are 35 and 28, respectively. Collectively, the existing Isles core isn't likely to get much better than it is right now, and it was a pretty lucky group in 2018-19, leading the NHL in PDO.

The Isles do have quite a strong crop of prospects, of course, including scorers Kiefer Bellows and Oliver Wahlstrom and defensemen Noah Dobson and Bode Wilde. But the organization has struggled developing its kids in recent seasons, from Griffin Reinhart to Michael Dal Colle to Josh Ho-Sang, and Bellows scuffled as an AHL rookie last year. Theoretically, there's an exciting pack of reinforcements coming, but we've learned to take a wait-and-see approach with this franchise's kids. That said, things should continue to improve under GM Lou Lamoriello's watch. As a whole, though, the Isles' future is cloudy. Maybe this is a future Cup contender. Maybe not.

## WINDOW CLOSING: Pittsburgh Penguins

The process has been slow and steady. The Pens win two straight Cups. The Pens lose in the second round. The Pens get swept in Round 1. The next rung on the ladder suggests a playoff miss and the crumbling of an empire. And GM Jim Rutherford found himself painted into a corner this off-season with a deadly combination of maxed-out cap space and little to no help rising up from the farm since the Penguins' prospect group was the NHL's shallowest and weakest. He did do something, trading Phil Kessel to the Arizona Coyotes for Alex Galchenyuk and an actual prospect in defenseman Pierre-Olivier Joseph. Unless Joseph surprisingly makes the Pens this year, however, swapping Kessel for pending UFA Galchenyuk makes Pittsburgh worse in the short term.

As for the long term, franchise legends Sidney Crosby and Evgeni Malkin are 32 and 33. Crosby shows no signs of aging yet, but Malkin is good to miss double-digit games almost every season now, while No. 1 blueliner Kris Letang, 32, considers 70 games a healthy year. We know who the Pens are: a proud franchise that has produced three championships since 2009 but is watching its pillars exit their prime years. This team obviously has too much talent to be a pushover but is clearly trending away from Cup contention, not toward it. The glory days are likely finished.

## WINDOW SMASHED: Columbus Blue Jackets

The Blue Jackets are in pieces after losing all three of their big-ticket UFAs: Bobrovsky, Artemi Panarin and Matt Duchene. They have to start over in net with a who-knows tandem of Joonas Korpisalo and Elvis Merzlikins. They'll hope UFA signee Gustav Nyquist can be 75 percent of what Panarin was on line 1 with Pierre-Luc Dubois and Cam Atkinson. And maybe young center Alexandre Texier, who quickly earned coach John Tortorella's trust in the playoffs, makes a meaningful contribution as a rookie.

It feels like the Jackets have slipped into a rebuild situation, but they still have Seth Jones and Zach Werenski patrolling their blueline, and Tortorella-coached teams are always strong bets for hustle and defense, so we can't say for certain this team will be terrible. General manager Jarmo Kekalainen taped together what was left of his roster. We'll have a better sense of its new direction a year from now.

## REBUILDERS: New Jersey Devils, New York Rangers

The hype for the Devils and Rangers makes me want to graduate them from rebuilders to contenders, as they really have done great things this summer. But neither team is in a rush. General managers Ray Shero and Jeff Gorton have exercised good patience over the past couple years, and these franchises seem wired to peak in another year or two just as the longtime juggernauts Pittsburgh and Washington step down.

The Devils made the playoffs in 2017-18, carried by MVP Taylor Hall, but it was noteworthy when Shero did so little the ensuing off-season. His confidence wasn't artificially inflated. He understood his team needed to bottom out a bit more to score the critical prospect mass necessary for long-term contention, and he got rewarded in the best way possible when the Devils missed the playoffs, won the draft lottery for the second time in three years and drafted Jack Hughes first overall. Now, Shero can start building around Hughes, Hischier and, eventually, blueliner Ty Smith. At least for now, Taylor Hall remains in tow, Nikita Gusev brings intriguing upside after setting a KHL single-season record for assists, and P.K. Subban anchors the defense corps.

There's a case to be made that the Devils intend to contend right now, as Hall is a pending UFA, Subban was very much a win-now addition and Shero also signed Wayne Simmonds, but the overall identity of this team is still very young. Keep in mind the Simmonds signing was for one year, which means he can be sold off as a trade-deadline chip if the Devils aren't good enough to make the playoffs in Hughes' first season. New Jersey's future hasn't been this exciting in many years, but it's not an utter failure if the team needs an extra season to get playoff-ready.

The Rangers only penned their fan letter, in which they committed to a youth-oriented rebuild, in 2018, so they don't have to race back toward contention. Still, Gorton has made so many slick moves that this team may start winning games ahead of schedule. He made six first-round picks over the past three drafts, the most important of which was projected franchise player Kaapo Kakko at No. 2 overall this June. Gorton used a seventh first-rounder in a coup of a trade to acquire 25-year-old shutdown D-man Jacob Trouba. Gorton then caught the top UFA fish, left winger Panarin.



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It's possible Panarin forms a deadly first line with Mika Zibanejad and Pavel Buchnevich on Day 1, that power forward Vitali Kravtsov makes the team, that Trouba significantly improves the D-corps and that Rangers are

surprisingly relevant this season. But there truly is no need to hurry. This team is loaded with youth, with a lot more coming up the pipeline. The goal is a decade or more of contention, and if that starts in 2019-20, it's merely gravy.



## Predictions of the Hurricanes' Demise are Greatly Exaggerated

Almost no one has the Hurricanes replicating their 99-point season in 2019-20. But there's no good reason for the pessimism.

By Brian LeBlanc

The Carolina Hurricanes earned 99 points last season, their most since the 112 they had the year they won the Stanley Cup. They lost very little over the summer in terms of the scoring punch, the defensive acumen and the goaltending prowess that got them to that point. For all of the front office melodrama, the Hurricanes that take the ice October 3 will look a whole lot like the team that was last seen on May 16.

Yet if you listen to certain pundits, the Hurricanes took a step backward this offseason. BetOnline and the Westgate SuperBook have the Hurricanes to finish at around 95 points. Charting Hockey and The Athletic have them projected for 87. Westgate gives the Hurricanes a 30/1 shot at winning the Stanley Cup; the Florida Panthers have 20/1 odds.

Perhaps more damning, BetOnline has the Canes at 20/1 to win the Eastern Conference. The three New York teams are all at 12/1, and even the Flyers - the Flyers! - are at 14/1. Among Metropolitan Division teams, the Blue Jackets, 25/1 longshots, are the only team with worse odds to claim the Prince of Wales Trophy.

What in blazes is going on here?

Even if you build in a bit of regression for the likes of Nino Niederreiter, who set the world on fire after his trade before settling in a bit toward the end of the season, and accounting for the departures of Calvin de Haan and Curtis McElhinney, there is no universe in which a team that was eight wins away from the Stanley Cup last season has fallen behind to that degree.

The Hurricanes added Erik Haula, a second/third line type, at the cost of a player who wasn't even guaranteed a roster spot. Some combination of James Reimer and Alex Nedeljkovic will back up Petr Mrazek, and while that platoon might not reach the heights that McElhinney achieved last year, it's certainly acceptable; maybe a win or two under, but no worse.

It seems that some may not be accounting for the presence of Martin Necas, who has the inside track to a roster spot coming out of training camp. Necas is absolutely not a

known quantity, but the chances are better than not that the Hurricanes get some production out of him. At the very least, he'll replace Micheal Ferland's 40 points. Assuming Justin Williams comes back for one last year, the Hurricanes' top 16 scorers are all returning (the scoring list goes all the way down to de Haan, who had one goal, before you get to another player who left this summer), and Haula should be a top-10 (if not top-5) scorer. The Hurricanes should have no trouble scoring goals next season.

They may give up a few more, to be fair, given the presumed swap of Haydn Fleury into de Haan's vacated spot. Jaccob Slavin played at about the top of his game last season, and Justin Faulk was close, so if either of those regress even a little it could spell trouble. But if Dougie Hamilton can outperform his usual slow starts, all the better.

There's no question that the Metro has increased exponentially in difficulty this offseason, and unlike the Atlantic where the top three can basically be identified today, it's anyone's guess how the Metro will shake out. The BetOnline projections bear this out; they don't project any Metro team to break 100 points, and they have the Hurricanes tied for second at 94.5 points alongside the Penguins. The two teams trail only the Capitals, projected to win the division with 97.5 points. (Four NHL teams have projections north of 100 points, and to no one's surprise, three of them are the Atlantic's usual suspects.) This could be a case where the Metro cannibalizes itself, artificially suppressing points totals because the teams bash each other's heads in for 82 games.

For a team with such a high-profile soap opera in the front office, the Hurricanes entering 2019-20 are remarkably stable. They have a coaching staff that's largely unchanged. Their roster looks very familiar. They might not be playoff shoo-ins, but their chances are as good as anyone's. And if they can avoid a slow start again, they can put themselves in a position where they can ascend above the battle royal that will consume the Metro this season.

Bet the over on the Hurricanes this season. Despite what you might read, they're not appreciably worse than last season. And it's been a long time since we could say that two months before opening night.



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### TODAY'S LINKS

- <https://theathletic.com/1123421/2019/08/14/one-question-to-consider-for-every-skater-on-the-hurricanes-roster-this-season/>
- <https://www.nhl.com/news/nhl-top-defense-men-honorable-mentions/c-308530434>
- <https://sports.yahoo.com/m/10a26f12-8954-3bbb-8541-70ae41b64b70/metro-offseason-moves-and.html>
- <https://thehockeynews.com/news/article/stanley-cup-windows-2019-20-metropolitan-division>
- <https://www.canescountry.com/2019/8/14/20805970/carolina-hurricanes-2019-20-nhl-season-predictions-las-vegas-odds-metropolitan-division>

# SportScan

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

1150909 Carolina Hurricanes

One question to consider for every skater on the Hurricanes roster this season

By Sara Civian Aug 14, 2019

Don't let the Hurricanes' drama-filled offseason (the Sebastian Aho offer sheet feels like at least three years ago) distract you from the on-ice product to be.

Carolina is spending near the cap for the first time in a long time, which of course comes with a healthy mix of talent and risks. Here's one essential question for each skater heading into training camp.

Centers

Sebastian Aho: No longer underrated, not yet a full-blown superstar. Does the latter change this season?

Aho flirted with stardom last season in his first as an NHL center.

He led the Hurricanes in regular-season goals (30) and points (83) at just 21 years old. Moreover, he did some stuff that honestly gave me a Pavel Datsyuk vibe. (I went there. I'm not sorry.)

There were stretches of time his conditioning and ~hockey IQ~ combined put him in a very exclusive club of current NHLers. Best part is, he didn't seem content with any of it.

Though concern about his playoff production (5-7—12 in 15 games) seems slightly overblown in retrospect, it was a testament to his growth into "go-to guy" for the Canes.

Will he thrive under the newfound pressure next season?

Aho's next gear feels imminent, with offer sheet drama a thing of the past, no contract negotiations to distract him and an army of Finns assembling in Raleigh.

Erik Haula: Can he bounce back from a dip in production and knee injury in a new environment?

Speaking of Finns, the Hurricanes capitalized off Vegas' salary cap situation in acquiring Haula last month.

Best case scenario, Haula can return to (or around) the 29-goal season he had centering Vegas' second line en route to its inaugural Cinderella Cup run. One might also envision him as an ideal linemate for someone like Martin Necas, who is clearly ready to succeed in the NHL at this point. At the very least, the Canes would hope he can take some of the pressure off Jordan Staal and play big minutes.

Jordan Staal: Can he keep it up?

I wouldn't bet against him.

It would be highly unprofessional and potentially illegal for me to attempt to do so, anyway. But if I were you, I wouldn't.

Lucas Wallmark: What, exactly, do the Hurricanes have in him?

At the risk of an insult, Wallmark proved surprisingly versatile last season. His ability to step in for Staal as competently as someone who isn't Staal could keep the Hurricanes glued together down the stretch. He's also shown a bit of playmaking flare.

I predict faceoff prowess and two-way play will emerge as Wallmark's

□  
hallmarks

□  
(please feel free to throw your subscription directly in the trash)

— with resources like head coach Rod Brind'Amour and Staal in his arsenal and most likely a full-time job in the bottom six.

Wingers

Justin Williams: Is he hanging up the skates? If not, what does his role become?

Obviously, the first Williams question is if he's retiring. If not, what are realistic expectations for the captain? Last season must've been exhausting mentally and physically, and he was often asked to fill roles he shouldn't have had to. He stepped up because of course he did, but he shouldn't have to do everything he did again this season. With the additions the Hurricanes made, Andrei Svechnikov on the come up and Necas most likely making the roster, he probably won't



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have to. He should be able to ease into a more typical veteran leadership role.

Andrei Svechnikov: Is this his breakout year?

Survey says: Yes.

As colleague Ian "Graph" Tulloch documented above, Svechnikov's underlying numbers were off the charts last season. He also led the league in stick penalties at certain points, so Brind'Amour clearly felt the best way for the rookie to learn the league was in mostly sheltered positions.

Well folks, now he's the hardened age of 19. He scored two goals in his NHL playoff debut. He's had a season working with Brind'Amour, in which he was a film junkie. He's sustained an Alex Ovechkin fist to the dome.

Where was I going with this?

Right.

#SvechIsReady

Nino Niederreiter: Regression is expected and acceptable, but how much?

The way Niederreiter strutted into a Hurricanes uniform and instantaneously averaged almost two points per game for about a month felt like a parody of itself. It was clear from the jump that something wasn't right in Minnesota, a situation our Michael Russo recently chronicled. It also was clear that the Hurricanes needed his killer instinct. It was as ideal as a situation gets in the NHL.

There was an inevitable drop off toward the end of the season, and no one should expect the same production as the fire-hot start, but we'll see just what is sustainable for Niederreiter next season.

Ryan Dzingel: How far can a chip on the shoulder take him?

Dzingel's introductory teleconference sounded exactly like what anyone who pays attention to the Carolina Hurricanes would want to hear.

"No one ever gave me a chance," Dzingel said. "That's what I've banked on my whole career. I'm a guy people doubted, and I found a way to prove them wrong."

We're about to find out how far that attitude can take him.

Teuvo Teravainen: Will he get comfortable using his shot more often?

Teravainen is hands down one of my favorite people to interview because of his comedic timing. One time, after he signed his contract and went on that tear (away from Aho), he scored two goals in one night.

I asked him if we can expect this out of him more often.

"If I see a good play, I might still try to pass it," he smirked.

That's who he is, and clearly that's perfectly fine. His shot is beautiful, though, and it's fun when he uses it.

Warren Foegele: Was the playoff tear a fluke?

Foegele faced too much adversity and rose up far too competently during the playoffs for me to think it was a one-off. Scoring aside, his ability to draw penalties is top 10 in the league. Consistency is obviously the question here, but depending on where he ends up in the lineup and what's expected out of him, I think he could rise up as a consistent impact player.

Brock McGinn: Will he get traded?

The problem with finally spending to the cap is the beloved fourth-liners all seem just a bit too expensive now, eh? McGinn is the "ultimate Hurricane," he saved Round 1, Game 7 twice and the

resulting celebration is etched in Canes' lore for the rest of time. But the two-year, \$1.9 million then \$2.3 million deal just might prove too much for the Hurricanes to finesse for a fourth-liner — especially when his assets could be valuable to a different team. I don't necessarily think he'll get traded this season, but I do think it's worth ruminating.

Jordan Martinook: Is it possible to recreate last season's passion?

Probably not, but you can count on Martinook to give it a try.

Martin Necas: For the love of God, will he fix the power play?

Of course one person can't fix a power play (especially this one), but Necas should receive legit consideration as part of the solution. The real question is whether he will end up a winger or center, and sources recently said he's totally comfortable with/excited for a shot at either. It's about time he gets one.

Jacob Slavin (James Guillory / USA Today)

Defensemen

Jacob Slavin: Is cranking up point production Slavin's next gear?

Slavin hinted at this toward the end of last season, so I asked Brind'Amour if this is where it's headed and he said:

"Everyone wants to do that. Everyone wants that to be their game. When we're having power-play struggles guys will come up to me like 'You know, I could be on the power play.'"

This is probably the most intriguing question of all, in my opinion.

Dougie Hamilton: Is this the statement year?

Hamilton is one of the most coveted defensemen in the league for a reason, but he'll be the first to admit it can take him a while to get things going at the beginning of the season. He revealed at the end of the Hurricanes' playoff run that he'd been playing with a broken pinky for the first half of the season, for what it's worth.

He'll start next season on the same team that is clearly a fit for him, around folks he's had time to play with. Who says this isn't the year he silences the haters once and for all?

Brett Pesce: What's his true best fit?

It seems like Pesce can really play anywhere, any side with any partner — but what's the best for him? He doesn't care at all, but he broke the Hurricanes' plus/minus record last season. Stupid as plus/minus is, that means something. Maybe with less of a defensive logjam this season he'll get to flex his particular quirks a little more.

Justin Faulk: Did the playoff run re-invigorate him?

Perpetual trade bait, occasional scapegoat, career-long Hurricane. Whatever you want to call him, Faulk finally made it to the playoffs. He spoke often about how the biggest difference this season was how much the team enjoyed coming to the rink. The new atmosphere combined with a solid postseason showing paint a picture of a re-invigorated Faulk. Something tells me none of the re-invigoration in the known universe will fix the power play in its current state, though ...

Haydn Fleury: No more questions here.

Fleury's waiver ineligible now. The Calvin de Haan trade leaves a space wide open for him.

"Do or do not. There is no try." — Yoda

Trevor van Riemsdyk: Can he provide some quasi-veteran stability on the blue line?

De Haan (pour one out) used to joke about being the elder Hurricanes defenseman at (then) 27 years old. Now he's gone, and van Riemsdyk is next man up by about two months, he's got a Cup





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under his belt and the most playoff experience. Can he provide a stabilizing force?

I promise we will get to the goalies.

The Athletic LOADED: 08.15.2019

1150943 Websites

The Athletic / What does an NHL coach do in the offseason?

By Scott Burnside Aug 14, 2019

Bruce Boudreau is where he always is at this time of the year, waiting for the kids to show up.

Not necessarily his own kids, his three sons and daughter are all grown, although they will be on hand, as always. But the other kids. Kids from South Africa, Australia, all over the United States and Canada who descend every August for Boudreau's annual summer hockey camp.

He checked with his son Ben and confirmed this was the 37th year of the Golden Horseshoe Hockey School.

And in those years it went from a vital part of putting food on the table for Boudreau to a kind of institution, one that allows Boudreau to play a little summer Santa Claus for campers as he bestows literally hundreds of signed jerseys, sticks and paraphernalia gathered during the hockey season all with the express purpose of making the camp more than just learning edges and crossovers, but a celebration of summer and the game.

The hockey school, now run almost entirely by his sons Ben and Andy, with a strong helping hand from youngest son Brady, remains a touchstone for Boudreau.

It is also a reminder of Boudreau's own journey from longtime mostly minor pro player to longtime mostly minor pro coach to one of the most successful regular season coaches in the NHL. Boudreau ranks second in winning percentage among coaches with at least 200 games coached. He is 10th among all active coaches with 503 wins and is poised to reach the 1,000-games coached plateau late in the coming season, although no coach ever presumes anything.

The idea to work up a hockey school came in the early 1980s, long before multi-million dollar contracts were the norm, when many pro players held camps as a way of staying on the ice and putting some more money in their pockets.

Boudreau, a Toronto draft pick in 1975, and Maple Leaf forward Rocky Saganiuk were with the Leafs organization when the team moved its top farm team to St. Catharines, Ontario. So the two decided it would be a good idea to run a summer school in the town between Toronto and Buffalo.

"We didn't have a clue what we were doing," Boudreau said.

A week before the first camp, Boudreau realized they had one counselor for 160 kids. That coach was Brian Papineau, who would go on to become the longtime equipment manager for the Maple Leafs.

Papineau, known universally as "Pappy," found some buddies to help out and in the end there were eight counselors for the four groups of kids.

Now there are some 50 counselors or five per group for the 240 or so campers who hit the ice at the Seymour-Hannah Sports and Entertainment Center.

Early on Boudreau was billeting four or five campers at his own home to ensure that the campers had a place to stay and, more importantly, to ensure that paying campers were in town to attend the school.

About a decade into the life of the camp, Boudreau took a job with the San Francisco Spiders of the now-defunct International Hockey League. The day after marrying his wife Crystal, they drove 36 straight hours to get to San Francisco in time for a player draft.

Jean Perron, who coached Montreal to a Stanley Cup in 1986, was coach and GM. The expectation was Boudreau would start as an assistant and then take over as head coach. But the whole San Francisco experience didn't last long, just three games.

Boudreau recalls Perron telling him one morning at about 7 a.m. that he should stop coming to work.

The reason given? Boudreau didn't like the trap, according to the Wild coach.

Boudreau ultimately took the team to court to recover payments but the team went into bankruptcy.

Crystal took a job in a bank immediately after Boudreau was fired and then the couple drove back to St. Catharines.

"We didn't know where we were going to stay," he recalled. "We ended up in St. Catharines only so we could promote the hockey school in February. We were hoping we had enough money to pay the bills to the end of the year."

The down payments made by camper's families kept them afloat.

"That's what we lived on until we went to Mississippi (the next season)," Boudreau added.

(Courtesy the Boudreau family)

In recent years, Boudreau hasn't had to worry about making ends meet, but it hasn't lessened his enthusiasm for the summer gathering of old friends and new campers.

He has done less and less of the on-ice instructing and operation of the camp, handing over those duties to Ben and Andy.

"I'm there pushing the juice boxes all over the place," Boudreau said of his current role, which also includes the job of guest referee for some of the afternoon games that are one of the highlights of the camp.

The camp continues to bind the extended Boudreau family together – there are now three grandchildren in the fold – and those bonds extended to the campers themselves. There are children of former campers and grandchildren of old friends who make their way to the multi-pad complex not far from downtown.

Over time – and certainly since Boudreau made the jump from minor pro head coach to NHL head coach back in 2007 – people have asked, why keep doing the camp?

But regardless of his change in status, cementing his position as an NHL coach only served to heighten Boudreau's desire to keep on with the summer program.

No matter what happened in the previous season, a trip to the playoffs, missing the playoffs or even those summers when he was fired, the camp remained a constant, a touchstone, a chance to bore down to the game's most elemental qualities.

"It's more an act of love," Boudreau said. "Everybody from my ex(-wife)'s side of the family comes in, Crystal comes in, it's like a whole family affair."

And of course the boys.

"They grew up with it. They did every job there could be," Boudreau said.



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From students to junior counselors to instructors to lunch maids.

"When they took over, they knew what they had to do. They knew the work that they had to put into it and the love they needed to have for it," Boudreau said.

(Courtesy the Boudreau family)

Next season, all four Boudreau men will be standing behind benches. Brady, a former goaltender, is an assistant coach with the Blue Ox, a junior team owned by Crystal and Bruce in Coon Rapids, Minn., that Brady played for in the past.

Andy is the head coach at the Banff Hockey Academy in Banff, Alberta. And Ben is the head coach of the Fort Wayne Komets of the ECHL, working for the same owners who ran the team when Boudreau was first a player and then a coach.

So, while Boudreau prepares to hand out some of the dozens of jerseys, sticks and other odds and ends he's collected over the months to his happy campers, what are his peers doing?

The men who create the game plans in 31 different NHL cities have to find that balance of refreshing and staying on top of their hockey game.

Barry Trotz, New York Islanders

A year ago, Trotz was transitioning from coaching the Stanley Cup champion Washington Capitals to coaching the Islanders. He would lead his Isles to the best defensive record in the NHL and a berth in the second round of the playoffs, while walking away with his second Jack Adams Trophy.

Trotz has been an NHL head coach continuously since 1998 when he took the expansion Nashville coaching job.

"I found that when I was younger, I used to coach and then you get knocked out or whatever and I would just stop and take a couple of weeks off," Trotz explained. "But I had trouble getting ramped up because you crash. I would have an adrenaline crash because you're on adrenaline the whole time, the whole season, you're just going, going and then you just crash. And I felt like had mono all the time."

So Trotz learned the fine art of pacing himself when it comes to the summer, going from office time every day to fewer and fewer hours before letting go completely.

"What I've done is I've done training camp, I do everything that I need to do. Like we could start training camp tomorrow. I'm ready," he said. "I will have every player that's in practice, every group. Everything'll be done. It's done. I just have to walk in and here's, you want the first day? These are the guys that are in each group, these are the lines, I've got it all done. When I get there I want to re-invest my time to getting to know the players again. Rather than doing work."

In terms of his time away from routine, Trotz and his family always head back to Western Canada and that usually means running into a few colleagues from the coaching fraternity, including longtime pal and mentor Ken Hitchcock. In what has become a summer tradition, Trotz, Hitchcock and whoever else is in the area gather for coffee to kick around trends in the game, what works, what doesn't and basically share experiences.

Hitchcock, who is protective of the anonymity of the group and their meeting places, which have to be convenient for all who participate, said they haven't decided on this summer's location but added there are more and more coaches who seem to end up in the area in the summer.

Trotz recalled making a bit of a stir in a small mountain town a few years back.

"One time we were sitting there just chatting and we had our computers out and just going over little things in the game that are happening. I think this whole bus came in and all these people, there were some bikers, older bikers, coming in a group of about 40 and we're in this little town and maybe 200 in the town and they're walking by us to go to breakfast and they're, 'hey, is that Barry Trotz? What are you guys doing here?' Trotz said with a laugh.

The gathering is a reminder that, while it's good to decompress, it's also important to have people who understand what you've gone through and how to navigate some of the issues that confront them – no different than players who gather in the offseason.

"It is important to have friends in this business because you learn. You learn from each other. You learn from experiences. You just do," Trotz explained. "Everybody in this game has different twists and turns. We all get to those different twists and turns at different times. So when I go through it, I can maybe help a guy out or vice versa.

"And usually, I live in an area where there's myself, Billy Peters I think is living on my lake this year, Hitch, Ryan Huska, (a member of Peters' staff in Calgary). ... We talk about the game, not necessarily asking about each other's teams or players. It's about ideas or where the game's going. And getting better."

Trotz grew up as a coach learning from the late Wayne Fleming, Dave King and George Kingston.

"Now it's Babs (Toronto head coach Mike Babcock) and the next group of guys. We're now the older guys and guys are coming to us, the players that we've coached are now coaching and they're now asking different things. We're the next group of mentors, guys like Hitch who's so good at talking the game to young guys and encouraging them and keeping them on track and giving them ideas in terms of approaches. Because we all get stuck in our own way and when you're young what I found is you thought you know the game and you held everything, everything was a secret. What you're finding out is it's not a secret.

"Everybody has the same game it's how you are able to communicate that game or navigate through situations out of the game. And they're not always on the ice, they're dressing room, they're all over, social, they're wives, they're everything. Social media. Whatever. Contract status all that stuff. And navigating through that a little bit so you can have success. All us older guys are preaching it's OK to help each other."

Rod Brind'Amour, Carolina Hurricanes

Brind'Amour, fresh from his first season as head coach in Carolina, couldn't understand when he was a player why coaches talked about needing to get away after the season.

What do they need to get away from? They're not playing. Not taking shots in the shins or elbows to the face.

Now Brind'Amour gets it, even if he has struggled to find the right rhythm. As of recently, he'd been to his office at PNC Arena every day since the Canes were swept out of the Eastern Conference final.

He did a masterful job as the Hurricanes made the playoffs for the first time since 2009. The challenge for Brind'Amour is how he follows that up.

"I got to figure that out. What's the strategy?" Brind'Amour said. "Because I had a good one coming in (the first season) I felt. The message and everything. And now this is what coaching really is I think, how do you say the same thing but different, make it better, make it stick. That's what I'm struggling with right now, but hopefully it'll come together."

Brind'Amour is refreshingly candid. He doesn't have a summer home. Raleigh is his home. Has been for years. His in-laws have a place at the beach a few hours away, but he is rooted in Raleigh and



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he now understands why veteran coaches have said for years that it's important to take time away. Part of his summer plans involved schlepping family around, like his son Skyler, who will be playing hockey at Quinnipiac College in the fall. His son Reece will be attending college in the New York area, so there was more moving on tap there.

"The big guys get it," Brind'Amour said of veteran NHL coaches. "They take their months at their cottages and I'm like, 'I don't know how.' But I get why they do it. And I've got to figure that out."

One thing he won't have to figure out is how to listen to his own heartbeat when it comes to coaching. That, he said, was the top lesson he learned in what was a breakout year.

"Just trust your instincts. I get around all these guys sometimes (other coaches) and I hear how they talk the game and I'm like, 'oh man, that's not me.' And you get a little worried. But you've got to pull yourself back and trust what you feel and what you know and then go with it. And that's kind of what I learned. And thankfully I kind of think I did it that way. At least now I know we had some success so I know that that works, it can work. If it didn't I'd be really questioning right now, like holy shit, I better get on their page. But I think it can work this way."

Jim Montgomery, Dallas Stars

Montgomery is another coach coming off a stellar rookie NHL campaign.

In his first year in Dallas, Montgomery brought the Stars within a goal of advancing to the Western Conference final, dropping Game 7 to eventual Stanley Cup champion St. Louis in double overtime.

Montgomery admitted he needed a week at the end of the season to get back into a groove.

"I was just emotionally drained," Montgomery said.

After exit meetings he spent time at home in Dallas with his family and indulged one of his passions. He went through the books "Good to Great" by James Collins and "The Culture Code" by Daniel Coyle.

"My mind wanted to get away," Montgomery said.

The family also planned a getaway to the Florida Panhandle.

In terms of hockey, Montgomery gave his coaching staff summer projects that they will put together into a cohesive game plan when they reconvene in advance of training camp later in August.

He paused when asked the biggest lesson he learned.

"I had a lot of lessons that reaffirmed my beliefs, my core values," Montgomery said. "But I guess the biggest lesson was, especially the first 20 games, was time management. Making sure you're getting sleep. You're not trying to do too much. I wasn't getting enough sleep. That's something I learned. You have great assistants for a reason."

"I think I have a clearer vision of what's important, didn't know that for sure last year. You kind of guess at it and you hope that you're right and you find out a lot of the things you did were kind of needless. I think I have a better idea of how training camp needs to go and what we're going to do in the exhibition season, and things that we'll do as team bonding events that we can do and we have the time to do now before the season starts. And then the season, I'm looking forward to doing a lot of stuff with more pace because now we should have 85 percent of our team back so the language and getting to know each other and how we want to play should be kind of seamless, so we're going to be able to do more."

Jeff Blashill, Detroit Red Wings

The Red Wings coach would rather not be available to coach at the world championships, but such is life when your NHL squad is in the

midst of a reboot that has seen them miss the postseason three straight years.

Blashill is coming off a third straight gig as head coach of Team USA at the worlds, and he has used that experience to try and add to his own bank of knowledge about how different coaches coach and players play. He's also never been afraid to look outside his own comfort zone to talk to people who might help him in that pursuit.

"I also think it's a discovery process in you can do some research projects on other teams. Teams that play similar to you. What do they do a little different? Where maybe we can steal some ideas," Blashill said. "The other thing that I try to spend those months doing is talking to other coaches. Other coaches in the NHL, other coaches in different levels. I've done a thing with a small coaching development group where we have a good sharing of ideas. I've brought coaches into Detroit and had one- or two-day sessions with them, what they're good at. If I see something in college, maybe someone's got a great power play, I want to bring them in and learn from them. I try to go and spend time with professional coaches in other sports when I can, specifically I've done that a little bit with the Lions. And it's that discovery process."

It might seem strange for coaches to share information given the need to maintain a competitive edge in the business but Blashill said that as long as there is give and take it's a good way to get better.

"I think there's a balance to it. Certainly I think there's always a worry sharing ideas with other coaches having success, especially with direct competitors. But some of its relationship-based, and some of it's where each team's at," Blashill said. "I've been somebody I haven't been afraid to share ideas. As long as I'm getting ideas shared back. I'm a huge believer in never copying and paste. You don't take what somebody else does and say it's got to work for us. You take what they do ... and now I say, OK, now can I apply some of that to my own style?"

He also learned from his old boss and longtime mentor, Mike Babcock, that there is a time to put the coaching stuff away.

"When development camp's over I try to get away for a bit," Blashill said. "Mike Babcock said to me a long time ago and Scotty Bowman said to him the same thing, you have to get away. You have to get away. You have to get refreshed. The grind is the grind. And it's a great grind, but it's a hard grind. So you have to be refreshed."

Todd Reirden, Washington Capitals

A season that saw lots of ups and downs but ultimately a Metropolitan Division crown followed by an excruciating seven-game first-round series loss to Carolina left Reirden with a different approach to this offseason.

"Being able to have a chance to step away after a disappointing loss in the first round that I've been able to re-look at things and come up with a pretty decent plan where there are some adjustments we want to make," Reirden said.

He's given each member of his staff an area to examine, areas that appeal to their expertise or special interest, whether it's neutral zone play, breakouts or special teams.

"It's something that last year we didn't do it and I can tell you we didn't do it because we were using the same exact stuff that we had done," Reirden said. "I was going through a phase of the summer of just teaching the new members of my staff and new members in Hershey how Washington Capitals hockey looks and how we had success and how we won the Stanley Cup. I still think we'll keep to many of those things but there are things that we want to get better at and we need to improve on and so those are things."

On a personal level, Reirden was planning to return to a summer home on Lake Michigan. His son Travis has battled health problems related to immune deficiency issues and the offseason is a chance



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for Reirden to reconnect with family given the travel and commitments during the season.

"So this summer's been a lot slower and it's allowed me to take a step away and I think it's going to make me a better coach down the road," Reirden said.

The Athletic LOADED: 08.15.2019

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Sportsnet.ca / Injury to Juuso Valimaki changes Flames' plans for T.J. Brodie

Eric Francis | August 14, 2019, 12:34 PM

Turns out Nazem Kadri may have done the Calgary Flames a massive favour.

Instead of being booed Nov. 19 when Kadri makes his return to Calgary, a city he recently rejected a trade to, the former Toronto Maple Leafs centre should perhaps be thanked by Calgary faithful.

After all, had he rubber stamped last month's deal to bring him to Calgary in exchange for T.J. Brodie and Mark Jankowski, the Flames would be in a bigger pickle than they find themselves in today.

News of an ACL injury to prized young blueliner Juuso Valimaki on the weekend suddenly has Flames GM Brad Treliving searching for a serviceable defenceman – a quest that would have been incrementally harder had Brodie been sent packing.

This late in the summer it's a thin marketplace he didn't fathom he'd be picking through given the defensive depth his team has considered a forte the last few years.

The loss of third-pairing options Oscar Fantenberg and Dalton Prout to free agency this summer, followed by the recent buyout of Michael Stone's final year, leaves the team short on back-end depth it once had in spades.

Treliving isn't interested in talking about the Brodie trade Kadri rejected (before being shipped to Colorado) or what that would have meant to his new situation, but the GM is open about the fact this "cruel and unusual punishment" further complicates the cap strain he's been dealing with.

"We weren't contemplating adding a defenceman, so yes, if so you're going to have to pay him (a defenceman) something and that's a new charge than what we were contemplating," said Treliving.

"Depending on how we configure our team, we may have less or more than \$8 million. It's certainly not perfect."

That money is essentially going to Matthew Tkachuk, whose pending deal has handcuffed the Flames all summer long, as the winger waits for other RFA chips to fall and further raise his stock.

Brodie has been shopped around all summer long as part of the team's need to shed salary to make way for Tkachuk. With only one year left on a deal paying him \$4.65 million annually, the 29-year-old was an obvious odd-man out given his price tag, the team's emerging young defensive talent and the fact he'll command too much money to be re-signed.

He's long been a whipping boy for local fans who tend to focus on the defensive gaffes that come with his high-risk game, but he's a

brilliant skater and puck-mover who is a tremendous asset offensively.

Having spent the season on the top pairing, playing a role in helping Mark Giordano win the Norris Trophy, it's likely trade talk involving Brodie will now cease.

He's now needed in a top six that will likely start the season with Noah Hanifin and Travis Hamonic on the second-pairing, followed by 22-year-old Rasmus Andersson and Oliver Kyllington, who proved last season to be everyday NHLers.

Kyllington is a left-shot defenceman who should easily slide into the role Valimaki was tabbed to play on his way to one day replacing Giordano on the top pair.

Treliving takes great solace in opening the season with a top six that carried most of the load last season when the Flames finished tops in the Western Conference.

So dependable was the blue line brigade in front of Mike Smith and David Rittich, that the Flames finished second only to Tampa in the standings despite sporting the NHL's 21st-ranked save percentage.

However, beyond the top six defencemen, it's anyone's guess who slots in at No. 7.

The Flames signed 27-year-old Brandon Davidson earlier this summer and also have Rinat Valiev, 24, and Alexander Yezesin, 23, who could push for the seventh spot, amongst other lesser-known commodities. Expect that list to grow.

Valimaki, Calgary's first round pick in 2017, proved before and after a high ankle sprain that limited him to 24 games last season, that he's capable of being an impact defenceman. The 20-year-old was being counted on to take great strides this season and his \$894,000 cap hit was a major asset on a cap-tight team.

"We'll look at the free agent market – it's not bountiful on August 14, but there's certainly some guys out there," said Treliving, who could also wait for next month to see who is let go elsewhere during training camp.

"You're looking for third-pair depth kind of guys. News travels fast, so my 30 other GM friends certainly have lots of ideas for me."

One idea Treliving has had all along is trading Michael Frolik, who is entering the final year of a deal worth \$4.3 million annually. The Flames have had a hard time finding a suitor for the versatile winger, whose agent stirred things up early last season by suggesting coach Bill Peters was trying to run the veteran out of Calgary by limiting his ice time.

The injury, and Tkachuk's contract, could prompt Treliving to revisit a Jankowski trade, or perhaps move Austin Czarnik's \$1.25 million contract. Not ideal.

Suffice it to say, Treliving's vacation plans are on hold.

Valimaki, who injured his right knee while training in Finland Saturday, will fly to Calgary once the swelling goes down. Doctors won't know how many months he'll miss until they perform the surgery that generally puts players out at least six months.

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USA TODAY / Detroit Red Wings get forward Adam Erne from Tampa Bay for draft pick





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Kirkland Crawford, Detroit Free Press Published 2:32 p.m. ET Aug. 14, 2019 | Updated 7:15 p.m. ET Aug. 14, 2019

The Detroit Red Wings acquired Tampa Bay Lightning forward Adam Erne on Wednesday in exchange for a 2020 fourth-round draft pick, the Red Wings announced.

Erne, 24, scored a season-high seven goals and 13 assists in 65 games last season for Tampa Bay. He had two power play goals and three game-winners. He had a face-off winning percentage of .478 and had a rating of plus-10.

He is 6-foot-1 and 214 pounds and shoots left-handed. He earned playing time in Tampa Bay by increasing his physical style of play without drawing many penalties. In three seasons in the NHL, he has 13 goals and 14 assists in 114 games.

Steve Yzerman, now the general manager with the Wings, selected Erne in the second round (33rd overall) of the 2013 NHL draft for the Lightning out of the Quebec major junior hockey league.

UPDATE: The Detroit #RedWings today acquired forward Adam Erne from the Tampa Bay Lightning in exchange for Detroit's fourth-round pick in the 2020 NHL Entry Draft. [pic.twitter.com/cbpriv7qvX](https://pic.twitter.com/cbpriv7qvX)

— Detroit Red Wings (@DetroitRedWings) August 14, 2019

Erne won the Guy Lafleur Trophy in 2015 as the QMJHL's MVP of the playoffs. That season, he had 21 goals and nine assists in 22 games for the Quebec Remparts.

He played in three of the four playoff games this season for the Lightning, the No. 1 seed that was swept out in the first round by Columbus. In those three games, he did not record a point and had one minor penalty.

Erne is a restricted free agent this offseason. He made \$800,000 last season.

USA TODAY LOADED: 08.15.2019

1150946 Websites

USA TODAY / 'There's definitely gonna be a fire inside me.' A Q&A with Shayne Gostisbehere

Dave Isaac, NHL writer Published 1:19 p.m. ET Aug. 14, 2019 | Updated 2:00 p.m. ET Aug. 14, 2019

The end of the Flyers' season back in the spring was merciful for several players. Aside from No. 1 defenseman Ivan Provorov, who never seemed to be himself, Shayne Gostisbehere was chief among those who could use a reset.

General manager Chuck Fletcher got right to work reshaping the roster and finding a new head coach in Alain Vigneault all before the draft in June. There were question marks the whole time about Gostisbehere and how he'd fit in the new-look Flyers and with a new coaching staff. Trade rumors are still surfacing on a daily basis.

The homegrown defenseman is already on the ice preparing for next month's training camp and what will be his fifth full NHL season. He spoke with reporter Dave Isaac about what transpired in the offseason, trade rumors and how he sees things going from here.

Dave Isaac: You usually stay pretty local. Was that the case this summer?

Shayne Gostisbehere: Yup, I've been here the whole time. Nothing crazy. I've been here.

DI: After last season, on exit day you were frustrated with how the year went. After having a little more time to reflect, what are your thoughts? Is there any more reasons that you've found when you look back at it?

SG: It was a tough year. It's not like the others. You deal with injuries. You deal with management changes, coaching changes, new coaches. It's a lot thrown at us. It was a lot expected of us to turn it around here and it just didn't happen. When you've got some coaches coming in that you've experienced before (Gostisbehere played for interim coach Scott Gordon with the Lehigh Valley Phantoms), you've got different coaches coming in, it's difficult. For us as a whole, for me personally, I think obviously a fresh start is really nice for us. We've got a really good team on paper for what Fletch has done this summer. I think it's just up to us and our coaching staff to find the mesh, find the guys who work well together and put the good product on the ice.

DI: You talked about your own struggles a little bit. From my vantage point — you'll obviously tell me if you think I'm wrong — it looked like when you got frustrated there was never a turning point and then things just kind of rolled further and further down the hill from there.

SG: Yeah, that's just how it is sometimes. When it's going bad, it's going bad. It matters how you respond. It's not gonna happen overnight (that) you're a better player and you're gonna change it around. For a lot of us last season it was a tough season. For some of us it was a really good season. Some guys grew really well and grew into roles and they're mature and ready to play this season. I think for us, especially myself not having the best season, there's definitely gonna be a fire inside me and myself and I'll be ready to go.

DI: What do you think the defense looks like now after your two most veteran guys (Andrew MacDonald and Radko Gudas) are gone and two guys with a lot more veteran experience (Matt Niskanen and Justin Braun) come in? And I assume they'll be expected to take on a leadership role in addition to what they do on the ice.

SG: Sure. I mean, Nisky and Braunsy, they've played in Cups. Nisky's won a Stanley Cup. It's a cool experience to have. I haven't really had that much experience on the back end from my tenure with the Flyers. To have those guys, I want to see how they operate, how they carry themselves not only on the ice but off the ice. I think we obviously got more righties, so probably some guys playing their natural sides now.

DI: You'll appreciate that.

SG: Yeah, for sure. I mean, it doesn't matter where I play. I think some other guys will appreciate it though. I think for us just having those guys around, it's huge for us young guys. ...I'm middle of the pack, not the youngest (at age 26, only Braun and Niskanen are older than Gostisbehere on defense), it's huge for us. It's good for the young guys to see how those guys operate. I mean, they've been through it before. They know best.

DI: Do you know them at all, or have they reached out since the trades?

SG: No, I don't really know them. I know they're American so that's cool with me. It'll be fun to work with them.

DI: Going back to before the trade deadline when things weren't going well and your name was in trade rumors, even throughout the summer it doesn't seem to have stopped. How much has that gotten to you? Have you reached out to anyone, whether it be your agent or Chuck or whoever and ask, "Where do I stand?"

SG: I haven't really talked. Of course my agent's gonna say, 'Hey man, your name's been thrown out there. Don't listen to it,' but obviously you keep tabs on it. My mom and my girlfriend, my support



# CAROLINA HURRICANES

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system, they always say to do what's in my control and that's me getting stronger and better and healing up from the season. That's really all I can control. If I get traded, I get traded. I obviously don't want to. I want to be here and be a part of what's growing here and the step we're gonna take forward this year, but again, it's not in my control so I can't really say. Obviously you're gonna think about it because you have a whole life here but it's the nature of the beast. It's the name of the game. It's part of playing in the NHL.

DI: You mentioned on exit day you didn't want it to be an excuse, but you've mentioned it twice now about being injured. What were you dealing with?

SG: I was hampered down a little bit with my leg. I think this summer we've nailed it down to the point where I can really figure out how to take care of it and be OK with it. I think not skating on one and a half legs will be a lot easier this season. For me, again I don't want to use it as an excuse, but this summer I took care of it and hopefully it will be a better season.

DI: If memory serves, there was a blocked shot and not being able to go in a pregame skate. Was that the origin?

SG: I'd say it was an accumulation of things. It was a blocked shot and then trying to come back from it and skating on it. I think rest was probably the best thing for it, but it's hard for someone to tell a

hockey player not to play when you know you're capable of playing so I'm gonna play any chance I get. I still think I was valuable to the team but that's in the past. Hopefully I'm looking and all of us are looking toward a healthy season, just going out there. We've got a really good team this year so it's gonna be exciting.

DI: Any dialogue with any of the new coaches?

SG: Here and there. They're here this week so I popped in and this was the first time I met AV. I met Coach (Michel) Therrien and Coach (Mike) Yeo back during development camp. I met them and had a chat and they seemed like really nice guys so I'm excited to work with them and they're excited to work with me.

DI: As you mentioned, you get a fresh start not just by a new season but a new set of eyes on you.

SG: Absolutely. It's not just one set, it's three! It's different. You're gonna be coached differently at every position. If it's on the power play, penalty kill, even strength, your D coach, it's gonna be different from all around. It's absolutely a clean slate and you know these guys are here for good. They don't have an interim tag or anything like that. It's exciting.

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