



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

## SportScan

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

1103174 Websites

The Athletic / Kyle Dubas wants to hire the best people available; don't be shocked if they don't always look like basically every other person in hockey

By Justin Bourne Aug 23, 2018

I had a bit of an eye-opening moment earlier this Thursday, when I saw that Hayley Wickenheiser had been hired as assistant director of player development for the Toronto Maple Leafs, and that Noelle Needham had been hired as an amateur scout for the team. I immediately grew a little smile, because I knew this was Kyle Dubas fulfilling one of the goals he wanted to achieve for the organization: to bring in people with more varied backgrounds, which should logically bring more unique viewpoints, which should bring about more original ideas. As a bonus, it affords more opportunity to those who may have deserved it but weren't afforded it in the past.

I took to Twitter and I (admittedly poorly) shared two anecdotes over two tweets, both of which needed to be condensed for characters sake (I'm not really a "THREAD" guy – if I have that much to say, I'll write an article ... and here we are).

The first was a cool story Kyle told me about an interaction he had with Masai Ujiri, the president and GM of the Toronto Raptors, a man he very much admires. He asked Ujiri for any single piece of advice he could give him, and the response was "hire women." It wasn't some "trying to be woke" piece of advice, he was identifying a market inefficiency. Pro sports are hyper-competitive, so you always want the best person for the job. Opening doors to women and people of colour isn't just about doing it for the sake of doing it. It's just that if you want the best person for the job, in the past, nobody in hockey even considered that the best person just might not be a white male. By expanding beyond that demographic, suddenly you're fishing for talent in a stocked pond that's gone entirely un-fished.

There are few exceptions to that concept even being considered. With the Islanders, Bill Torrey reached out to Laura Stamm to help with Bobby Nystrom's skating in the mid-70s, but examples like that are few and far between. Today, about four teams employ three women as skating coaches (Barb Underhill: Leafs and Tampa Bay Lightning; Dawn Braid: Arizona Coyotes; and Tracy Tutton: Colorado Avalanche) and a few others work behind the scenes in video and analytics (Rachel Doerrie: New Jersey Devils; Kate Madigan: New Jersey Devils; and Alexandra Mandrycky: Minnesota Wild). I may be missing one or two others (apologies if so), but there aren't many more than that league-wide.

The other Dubas story was when we had a lower-level opening with the Marlies, I told him I knew a guy who'd be interested in the job. To which he asked, "Is he another white male?" I responded in the affirmative, so Kyle explained how he saw an opportunity to give a chance to someone who didn't exactly look exactly like the rest of our huge staff, someone with a different background, upbringing and experiences. And he wanted that not just for appearance's sake; he believed it would help the rest of the staff if we had some other viewpoints in the room. Our group at the time had all grown up similarly, and thought somewhat along the same

lines, so hey – wouldn't some variation be useful? He always pushed the staff to look beyond the status quo and challenge us to expand our horizons.

That's something that should be noted about Dubas' managerial style: he's willing to step outside the box, he strives for non-conformity, he admires those who truly think for themselves and do things different ways. Not to a ridiculous degree or anything, he's just always looking for that little per cent or two an organization can improve from how it previously operated. Hockey is unbelievably stagnant when it comes to "the code," and "how you should play," and just the game's culture in general. The Leafs new GM loves to argue, is happiest when debating conflicting viewpoints, and just wants to drag hockey out of the Stone Age.

But I'll tell you what: when you ask others to change how they think, it doesn't always happen so easily. Most people have to be dragged kicking and screaming to new ideas and viewpoints. Confirmation bias is a hell of a drug.

When I mentioned in my opening paragraph that I had an interesting experience regarding this, it was because this post was originally two now-deleted tweets. I explained the exchange between Dubas and I as such: "Is your friend a white male?" "He is." "Then I gotta pass." I should not have put his words in quotes (let alone try to sum all this up in two tweets), because while I think our chat may have opened there, it was a much longer conversation than that.

But my word, my mentions after hitting "send tweet" on that. It couldn't have been 90 seconds before I had responses from about seven white men about how dumb Dubas' line of thinking was; about how that means he's not trying to hire the best people, how that's not healthy for the organization, right on down to "I've already lost Star Wars to this garbage and now it looks like racism may be seeping into my sports." (That one's a doozy.) I even got a DM asking if I thought, in this climate, white men should bother applying for hockey jobs because organizations are just looking for women and people of colour. (For the record, that was a very pleasant exchange, I was just a little taken aback that someone really felt that question needed to be asked.)

In 10 years time, we'll likely look back at the day an organization hired two women, and think "How weird is it that that used to be weird?" I'm unfamiliar with Noelle Needham as a scout, but I've been watching Wickenheiser for what feels like my whole life. And whether as a player, or hearing her opinions on TV, I've developed a tremendous amount of respect for her. She's probably the greatest player of all-time on the women's side, an individual who thought and played the game in a way that few could equal. How smart is it to hire someone like that to shape the games of your prospects? I have zero doubt that the team they've assembled to help those players with the Marlies will continue to maximize the talent of their draft picks.

In all, the Leafs have a GM who's going to do more things that make the generally stagnant hockey community need their fainting couches. Welcome to the "But that's not how we've always done it!" Leafs era. He knows it's not going to be easy to get as creative here in Toronto as he may like, but he's not one to care too much about what people think of him. There will be changes.

The Leafs hired two women, and the organization is better off today than it was the day before, yet some guys are upset at the team's GM for being open-minded. Well, get used to it guys.



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

First Star Wars, now this. What's next?

The Athletic LOADED: 08.24.2018

1103175 Websites

The Athletic / Living with Asperger's, Brady Boudreau following in his dad's hockey footsteps

Michael Russo Aug 23, 2018

As his dad navigated the road during their 35-minute drive from Woodbury to Coon Rapids, Minnesota, last weekend, Brady Boudreau pulled out a pencil and his handy non-spiral notebook that often acts as his security blanket.

Out of memory, he jotted down every Stanley Cup champion in a row from 2018 all the way to the 1880s before the National Hockey League even existed and back when Canadian amateur clubs were awarded the trophy during annual challenges. On the next page, he started writing down every USPHL team, every USHL team, every NAHL team, every OHL team, every WHL team, maybe an NHL team coupled with its AHL affiliate until the Boudreaus finally arrive at the Italian restaurant the 20-year-old Brady commissioned to feed 65 kids daily at the hockey school he personally brought to Minnesota and has been running all week.

"Like I get bored a lot, and I'll do stuff like this," said Brady, a goalie on the USPHL Minnesota Blue Ox, as he opens his notebook. "I just like writing lists."

"I don't know how, but this kid knows everything about old-time hockey," piped in his father, Bruce, who has spent a lifetime playing and coaching hockey and is entering his third season behind the Minnesota Wild's bench. "Like didn't you ask me the other day who won the Stanley Cup in 1915 or something like that? Wasn't Ottawa the answer, and they won it six times in a row or something?"

"No, no, no," Brady said, rolling his eyes. "It was who defended the Cup the most consecutive times, and it was Ottawa. They won the Cup 11 times, but they did it over a three- or four-year stretch because back in the early days it was a John's Cup, so there'd be like a board, and if you won the game, any team could challenge for it. If the board deemed them worthy, then the game would happen. You could have up to two or three challenges in a year, but they'd also get their name on the Cup if they won their league, so over the course of a few years, Ottawa kept winning it."

"And by 1905 — this is a fun fact — a team from the Yukon (the Dawson City Nuggets) challenged it. It was a huge gimmick, and they got slaughtered in the game, and then they tightened the rules. But in those early years, you'd see teams from Sydney (Nova Scotia) or even a team from Kenora, Ontario. They won the Cup twice, and you see other towns like Winnipeg or Victoria or Vancouver win it. Well, Victoria won it later in the mid-20s, but they'd just challenge for it in the mid-10s. This started when I was nine. I'd watch all these hockey videos and wanted to know who won every Cup. Then, it became every team that didn't win the Cup or they lost to this team in this many games, and this guy won the Conn Smythe."

"I just get bored and want to see how much I know."

Brady Boudreau

"Like ask him who scored the Cup-winning goal in 1951, and he'll know," said Bruce.

"Bill Barilko," said Brady.

"See?"

"Well, you gave me a really easy one."

"Before he got into all this, he would sit there, and he would tell you every single dog breed in the world," Bruce said. "Then, he would say every country. He could name every country that exists in the world."

"I still do that," Brady says. "Well, I couldn't name all the dog breeds. Maybe every category, but there's a lot of dog ones. There's a website, called Sporcle, in which I'd name all of them, and they had a country game that I used to love. I remember (in eighth grade) I set the website record for naming all the countries and spelling them correctly in the time."

The trivia continued.

"He tests me," Bruce said. "He'll come up with everyday some sort of history trivia hockey thing."

"He usually gets it," Brady said, "but I mean, if I really wanted, I could make it outrageous or something, but I don't. I'll try to give him something more in his era whether that be when he played or was growing up."

"What was the trivia question you gave me yesterday, the Glenn Hall one, which I thought was the greatest?" said Bruce.

"Who replaced Glenn Hall as a starter both when his Iron Man streak ended and when he was left unprotected in the expansion draft?" Brady said.

"And how many games was it consecutively that he played, including junior, minor pro and pro?" Bruce said.

"Everybody knows in the NHL Glenn Hall played 502 consecutive games without missing a game, and this is without a helmet," Brady said. "But dating back to junior and minor-league hockey, he played 1,024 games without missing anything. And the goalie that replaced him both times was Denis DeJordy."

Bruce Boudreau, mouth ajar, looked up, shook his head and took a bite of pizza.

Brady Boudreau was aware something was a little "off" about himself growing up.

He's admittedly socially awkward and can get easily frustrated. He's independent, extremely intelligent, easily retains information whenever he reads or watches TV, can be a little obsessive compulsive and can be overcome by anxiety.

And then there are those lists. His bedroom is filled to the brim with little hanging Post-its with dozens of lists on them.

"I'll just get bored and just write certain things," Brady said. "I don't know, sometimes they're just irrelevant, and some of them are just for school. I just like writing them on a Post-it and just writing things down. I have that notebook with me all the time. I remember, one day, I was bored and I wrote 50 ideas in 20 minutes."

"I may have the only kid in the world that you take him to Toys'R'Us and he doesn't want anything but take him to Staples and you've got to get an extra cart," Brady's mom and Bruce's wife of 23 years, Crystal, said.

One day, about six or seven years ago, Brady remembers watching a TV show and there was a character who had Asperger syndrome. The character was discussing the symptoms, and it sounded familiar.

"I remember saying, 'Yeah, this might be me,'" Brady said.

Brady Boudreau

"I think everyone who has something like Asperger's or dyslexia or OCD, or anything like that, once you're told, it's a huge relief," Brady Boudreau says. (Credit: Margo LaPanta)

Brady approached his parents and they took him to the doctor. He took myriad tests and at 14 years old was indeed diagnosed with Asperger's, which is considered a high-functioning form of autism.



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

The diagnosis helped his father, especially, relate to him better.

"It was huge for Bruce," Crystal said. "Like Bruce always thought he was just being difficult or hard. ... It helped Bruce a ton knowing how to deal with Brady different and for Brady to realize that he wasn't different, that his brain was just wired different, that he wasn't intentionally doing this. It was his own normal."

The diagnosis was also an epiphany for his mom, who has been together with Bruce for 28 years since his player-coach days with the Fort Wayne Komets.

Six years ago, after Brady was diagnosed, then-42-year-old Crystal also took the test and discovered she too has Asperger's but never was diagnosed. Brady scored 95 out of 100, and Crystal was on the scale around 78.

"I always knew he was a lot like me, but I was lucky. You learn a lot of things as a kid," Crystal said. "I had a sister one year older and a sister one year younger."

Crystal credits growing up in a small Indiana farming town, where there wasn't a lot of change in her life, with helping her adjust. Socially, she was able to learn from her friends and two sisters. For Brady, he has moved his entire life because of his dad's coaching and basically was an only child because Bruce's three older children from his first marriage were out of the house.

Still, for Brady, the diagnosis was a breath of fresh air. Some people may not want to be labeled, but the label helped him understand what he had and what he can do to strive through it.

"I think everyone who has something like Asperger's or dyslexia or OCD, or anything like that, once you're told, it's a huge relief," Brady said. "I just remember saying, 'Oh, so it is something. I am not crazy or weird.' And ever since I think I'm more at peace with myself. If I'm having a bad day, I say to myself, 'All right, what's wrong? Oh, that's why. Just calm down, and I can do this to fix it.' So, I feel like I've done better in the past few years knowing it. Before, I was told I was being difficult. It's like, why are you being difficult or weird? Why are you reacting this crazy way? Now, I know why."

Brady takes a daily pill for his anxiety, and there are conscious exercises he can do when he's being "difficult."

"I don't get too worked up over little things anymore," he said. "My first year I was diagnosed, I didn't take the pill. And I just wasn't in a good place where I'd get depressed and just angry at the littlest things. I needed to take three weeks off in the middle of the (hockey) season. They recommended the pills and I don't get set off by little things like I did before."

Through it all, Brady has excelled in his studies. The youngest of Bruce's four children, Brady graduated high school in California at 16. By 19, he already had his bachelor's degree in sports management from Grand Canyon University in Phoenix, Ariz.

He's currently working on his Master's with an emphasis in sports business management. Brady has the class he's currently taking and two more to go, and by Halloween, still at the age of 20, he should have his MBA and be done with school, which will provide a much-needed break. Since graduating from Orange Lutheran High School in 2015, Brady has taken online classes year-round, seven days a week, except for the 10 days a year the school shuts down around Christmastime. There's an assignment due every single day, so even on vacations, Brady must log on to do schoolwork and participate in class and group discussions.

"To do online school, you have to be disciplined, self-motivated and very dedicated because there's no one there checking on you, no one asking for your assignment, no one in class handing you their notes," Crystal said. "You have to be willing to learn on your own."

That sure isn't a problem for Brady, who says, "If I am into something ... I am into it."

It could be hockey history. It could be video games. It could be his decision to take his father's 36-year-old Golden Horseshoe Hockey School, one Bruce started in 1982 in his hometown of St. Catharines, Ontario, and create an offshoot in Minnesota inside the same rink he plays his junior hockey.

Or, it could be Rubik's Cubes.

Brady has more than 50 and when he first got into Rubik's Cubes, it wouldn't be unheard of for him to spend 13 hours a day practicing and solving them with an intensity that concerned his dad. Brady still occasionally messes around with the Rubik's Cubes just to make sure he can still do them, but the passion has died.

"The passion that he had that I really didn't like was those cups," Bruce said.

"Oh, the cup stacking?" Brady asked.

"Yeah! Because it was eight hours straight of noise, noise, noise, noise," Bruce said, irritated by the memory. "He needed to get through it in a certain time with a timer, but for eight to 10 hours at a time?"

"Yeah, like I said, if I'm into something, I'm into it," Brady said. "Some things, most of them will die out or it'll change. Like sometimes I might be really into a specific game. But after a week or so, I'll shift into something else. ... Some things will stay or maybe some things come and go every once in awhile."

Brady's debut, week-long hockey school has been a success this week, something that's a delight after he was stressed about it heading into this week.

"It's my goal that there won't be any hiccups, that the kids are happy at the end of the day and that it'll be good enough to keep it going in the future," Brady said last weekend. "Even though I'm running it, it's my parents' name and 30 years of work that I could end up screwing up if I don't do good."

"He's not going to screw it up," Bruce said, rolling his eyes.

"I know, but like, I just know it's sort of your baby I'm trying to take on now," Brady said.

Both Bruce and Crystal were worried because Brady didn't come up with the idea about having the school until March, well after the Boudreaus begin organizing the St. Catharines school every year.

"Personally I thought this is too late," Bruce said. "We start ours in December because it might be a gift to the kid for Christmas. But March seemed insane. But he was insistent he could get it done."

Brady approached his mom, who runs the Blue Ox, with an entire business plan. He knew how many kids they would need to break even, and he even budgeted money for a hotel so he could stay near the rink all week and for his 33-year-old brother, Ben, to travel to Minnesota and get paid to help coach.

The children were outfitted with jerseys, are fed daily and even get daily Hersheys chocolate donated by the Boudreaus pals from Hersheys (Bruce used to coach the AHL Bears in Hershey, Pa.).

There are four prize drawings every day for two signed hockey sticks (players like Nathan MacKinnon, Alex Ovechkin, Roman Josi and Evgeny Kuznetsov), one autographed jersey (players like Casey Mittelstadt, Patrick Kane and Nicklas Backstrom) and a five-pound Hershey bar.

Hershey bar

"The kids love that. The parents not so much," said Bruce as he handed out chocolate to all the kids Monday.

"The numbers of kids has been really good, which is good because I honestly did not think we'd get enough this year," Brady said. "I was like (Bruce) and thought we'd get like 30, and we doubled that. I just more wanted to get it set up for the year after, so then I know how to properly



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

do it. But I'm happy. My mom's helping a lot. And my dad's doing a lot trying to give me advice, but, it's for one of those things they're trying to train me so I can do more next year. So next year maybe I'll start being the first contact instead of the secondary one.

"I still have a lot to learn but they are giving me, sort of, a bit more freedom like, 'If you really want to do it, you can do it.'"

Added Bruce, "It's like being the owner of McDonald's: You have to learn how to do the cash register, then everything else behind the counter, before you can do anything else."

As for the on-ice instructions, kids are split into ages, some by skill level. Brady's pretty much using the St. Catharines school as a precise model. And Ben has been an enormous aid.

"Ben is the closest son to (Bruce's personality) out of all of us," Brady said. "He has the knowledge and the jokes and the social aspect that me and (brother) Andy don't really have. Ben can walk in a room like my dad and chat with everyone and make them feel like they're buddies. Me and Andy aren't really like that, but it's important because Ben can make all the kids feel good. He knows how to talk to people and do all those things like my dad."

Bruce is no doubt proud that Brady, like Ben and the 31-year-old Andy (a player development coach for the Banff Hockey Academy), is following in his footsteps. Brady doesn't remember when he first fell in love with hockey, but there are tons of photos of him as a kid holding a stick or wearing a hockey jersey as a baby. At 18 months old, there's a sweet snapshot of Brady sitting behind Bruce's desk when he coached Lowell in the AHL.

"He just crawled up there, and it's like he never left that desk," Crystal said. "And now he's running a hockey school."

Added Bruce, laughing, "Yeah, he's basically been working our hockey schools since he was a month old. Crystal would do the work with him in the pouch. She'd be running the front desk, and either he'd be in the pouch or sleeping in the baby seat right beside her.

"So he's been there every year of his life."

"Right," said Brady. "I must have paid attention."

On the ice, the entire Blue Ox coaching staff is there, including head coach Jay Witta. Ben, an assistant coach for the Fort Wayne Komets, takes the reins on a lot of the skill drills while Brady works with the goalies. Power-skating instructor Margaret Ann Erwin has been on the ice. So has new Wild forward Matt Hendricks. The Wild assistant coaches and mascot Nurdy showed up Wednesday, and Wild defenseman Nick Seeler came to coach Thursday.

But the kids, who largely hail from Coon Rapids and get to watch Brady play goal during the Blue Ox's season, flock to Brady. In fact, assistant rink manager Cindy Evensen's 11-year-old son, Lucas, was more excited heading into camp that he'd get to skate with Brady Boudreau, not Bruce — the second-best regular season coach in terms of points percentage in the long, rich history of the NHL.

This makes Brady's dad beam with pride even though Brady isn't consciously trying to be some inspiration that a kid with Asperger's can do anything.

"You know I'm your dad, but when people hear and read about what you've had going on with this stuff and how you don't use it as a crutch or a form of, 'Poor me,' it is inspirational to young child who might have it but think, 'Oh, I'm stuck in a cocoon somewhere,'" Bruce said to Brady. "I think you should be proud that kids see people like yourself who are very active and outgoing and they use Asperger's to their advantage."

Brady agreed: "If there is a kid who might be a bit confused or like a family that doesn't know how to handle it, then I'll be more than happy to help them out with it. I feel, from what people keep telling me, I'm getting more and more adjusted. And that's because we've sort of done things to make it easier because I have such a supportive family.

"So, if I'm an inspiration then that's cool. But I just try to be me. I just try to be a good guy."

What Brady has discovered is Asperger's is very manageable. He's able to play hockey at a high level, and because of that, he can be part of a team and make friends like Bailey Emery and Philip Schader, who are two of many Blue Ox teammates helping Brady at his hockey school this week. At the school, they say they see a different side of Brady, one who actually is serious and not the goofball he can be during hockey season.

"You struggle socially but tend to have more intelligence or just higher passion," Brady said of people with Asperger's. "Most people with Asperger's, they're not physically gifted. They are very awkward physically, as I was. But I just love sports so much, that's how I got over it, I think."

Brady said he doesn't make it a habit of telling teammates he has Asperger's. He doesn't want them to treat him differently, but eventually he opens up.

"Usually I'll tell the coach, but I just want them to try and see me as me," Brady said. "I'll usually eventually tell them because socially, trying to get slang or terms or sarcasm, I'm really bad at trying to read that. It's like, Does it mean that? What does this mean? I'm just really bad at reading physical and social cues.

"Like I can't tell, at all, if a girl's flirting with me. Which, I don't know, if every guy feels like this, but I've had guys say, 'She was so into you.' And I cannot tell. I had to take an emotional intelligence test for a class once, and I think I did like 30 out of 80. Like, I was awful. I just don't know what things feel like, if that makes sense. People with Asperger's have trouble understanding social things or social cues and understanding emotions. Like they feel certain ways but they don't know how to explain it."

Interrupted Bruce: "Like some girl would have to hit you over the head with a hammer to tell you she likes you for you to get it."

"Yeah, pretty much," Brady said. "Unless they physically say, 'I like you and want to go out on a date with you,' I probably would not read the cue."

Brady figures deep down he became a goalie because he's a "loner kind of guy," so the idea of being the last line of defense attracted him to the position. He loves the thinking part of the job and the quick reflexes and overall flexibility needed to play the position. Even when he used to play soccer and lacrosse, he was a goalie.

Most fascinating, he's got vision issues where the glare of the rafter lights affects his already blurry eyes. So he plays wearing a pair of tinted Oakley sunglasses.

"Actually, he's blind as a bat," Bruce said. "I used to watch him play and I'd keep saying, 'All these long shots go in, all the time! You can't catch anything.' And so, we took him to the eye doctor and found he's half blind. So, he got the glasses on and all of a sudden, he could see pucks from the blue line."

Watch Brady play, and maybe the funniest moments come when there's a scrum around the net. He nonchalantly rests his arm over the crossbar and watches the fray from the crease even if it's directly in front of him.

It's something his dad thinks Brady picked up from watching old Ken Dryden videos.

"I used to be a lot more angry and aggressive and combative like I guess today (Calgary Flames goalie) Mike Smith or something, but more like (combustible Hall of Famer) Eddie Belfour," Brady said. "But I realized that as soon as I played like that, I was awful. After a while I realized, I play better when I'm not distracted. If I play calm, I feel like it's more assuring because every once in a while I'll snap, usually about once a year there'll be something that I don't agree with, and I'll snap. It happened last year, but I mean usually with me I try to stay calm and stay out of it. I also can't fight, so ..."



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

Brady uses Wild goalie Devan Dubnyk's Bauer Vapor stick and has become the Blue Ox's kinda, sorta equipment manager.

Wild equipment manager Tony DaCosta taught Brady how to sharpen skates, and Brady has taken it upon himself to sharpen all of his teammate's. He won't even let them touch the machine.

"It's a bit relaxing for me," Brady said. "If I'm not playing, sometimes we'll have a guy who loses an edge during the game, and I'll be the one to fix it. I've even had guys on nights I'm starting ask me five minutes before warmups, 'Hey, can you sharpen my skates?' I'll usually do it after. I'll just take off my top gear and do it during Coach Witta's talk."

Witta coached Boudreau on the New Ulm Steel, then snatched up Brady for the Blue Ox after meeting with Brady's dad and mulling over the idea of starting a USPHL team. Brady knows his goalie career could be a season from wrapping up — it's his final year of junior eligibility in the United States — but he would like to at least play some brief minor pro hockey like his brothers, Ben and Andy.

"He doesn't want to be the only brother, only son, that didn't play some form of pro hockey, so he says, 'I'd look for a team that has a great No. 1 that wants a No. 2 to sit on the bench for every game, and that would be me,'" Bruce said, laughing hard, before looking at his son. "I think you're better than that though."

Whenever the playing days are over, Brady has bigger aspirations.

He wants to own his own junior team. He doesn't want the money handed to him from his parents. He's saving to either someday buy a junior team or purchase the Blue Ox from his parents, says Crystal.

"I want to stay in junior hockey because I know a lot about it," Brady said. "Being at the NHL level doesn't seem like for me. I like the minor or small level because you have a lot more control of the things day to day where you get to do so much more, so it might not be glamorous hours, but you'd get to do a lot more whereas you're more specialized if you work with an NHL team. That doesn't seem very interesting to me."

"I've thrown around the idea where there's one owner in our division that owns multiple teams, and I suggested well, 'What's stopping us from doing that?' So maybe in the future, we open other teams in other markets."

In times of boredom, Brady, naturally, makes lists of what cities he thinks could work.

The Athletic LOADED: 08.24.2018

1103176 Websites

The Athletic / Life inside an NHL gym: Meet Mark Fitzgerald, the man behind the health of the Anaheim Ducks

By Scott Wheeler Aug 23, 2018

A month before the Anaheim Ducks play their first game of the preseason, Mark Fitzgerald has already left his Whitby, Ont., gym behind for California.

As players slowly begin to trickle into the Ducks' facilities and the ice gets painted and installed, Fitzgerald must be ready for them.

He's the man tasked with their health — from what (and when) they eat to how (and when) they train.

The day one Ducks season ends, and players take two or three weeks away, Fitzgerald begins his preparation for the next. That preparation has led him to the third Monday in August, when he pauses to pick up the

phone and explain to a reporter the intricacies of his one-man operation as one of the NHL's 31 head strength and conditioning coaches.

Fitzgerald is busiest during the offseason. Not only does he run Elite Training Systems, his gym just outside of Toronto which trains a bevy of professional and elite amateur athletes across several sports, but he spends his summer writing programs for each of the 20-25 players he'll be training from the end of August until, if all goes well, the following June. Throughout, he travels to many of the Ducks' hometowns to pay them summer visits and touch base with the coaches they work with during the offseason.

He has been doing this now for almost a decade, a realization he admits makes him feel old. He began his career as a professional strength coach in hockey with the AHL's Toronto Marlies in 2009 and a lot has changed since, led by just how personal his job now is.

Those offseason visits are one part of the relationships he has to build with each player in order to get the most out of them.

"I think it's a good way to create relationships with my athletes and make sure that they know that I'm here for them and obviously I work for the team but at the end of the day it's a very personal relationship," Fitzgerald told The Athletic.

"You have to treat them differently no matter what. There are a lot of things that we do in the gym and nutritionally that can help everybody but there's some things that you can do in the gym that can only help a few and not hurt but be less effective for others. You've got to be aware of that."

Despite the nuance his job now entails, there's still a long list of basics. The team tries to feed all of its players gluten-free meals (though that doesn't mean they won't sometimes include bread in their diets). Fitzgerald stresses immune system health through the use of garlic and Vitamin C mixtures to avoid players who spend nine months together from getting each other sick (being in California helps, Fitzgerald says, because there are incredible resources at his disposal and he's a big believer that manufactured products like Advil works as a Band-Aid and not a solution). The Ducks always have cold-press juices available to the player. On their plane, every player is met with two bottles of water and a Hydralite drink mixture (Fitzgerald insists hydration is often overlooked, even by elite athletes, and that a lot of concussion symptoms look like dehydration) with instructions on what to do.

While there's a long list of supplements he won't use, the Ducks do use creatine, which he insists is one of the most researched supplements in the world. It's not uncommon, when dealing with the team's junior players, for Fitzgerald to have to stern talks with them about the supplements they use.

"Anything that is shaped like a rocket with lightning bolts on it, please don't take that. They market to the 15-19 year olds with a little cash. In the CHL every year there's always a couple of kids that get busted because, and they're not doing it purposefully, but they're taking something that they're misinformed about. There's 14 different banned substances in your rocket ship," he joked.

"I don't think I go to one extreme ever. We try to get it to where this is going to be good for all of our players. It's going to be not as good for this guy but it won't be bad for anybody, and I know that's a weird way to put it but when you're dealing with 22-25 guys all at one time but you have to kind of think that way."

But now, more than ever, each player has specific needs in everything they do both during and also when they're not on the ice. Fitzgerald has to factor in each player's injury history, body type, position, and role in how and how often he trains them.

Today's athlete is also inquisitive. They've been training since their early teens and they're knowledgeable. They ask more questions than they used to and Fitzgerald has to always have an answer that is backed by research, data, or Player X's specific body composition and needs. He remembers, in his time with the Leafs, being caught off guard by just how



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

demanding defenceman Paul Ranger was of him. Back then, Ranger was the exception. Today, he'd be the rule.

"Ranger was a very cerebral guy, very intelligent guy, and every goddamn day he would ask: 'Why are we doing this? Why are we doing four instead of five?' Every single day. It can get a little annoying but I always answered because he was willing to ask," Fitzgerald recalled.

"If there were questions that I didn't know I would say, 'You know what, I don't know but I'll find out.' And I would get back to him. You get more and more of those athletes now because of the access to information, they're just flooded with it. The big thing in hockey now is, 'Oh, I've got to get more powerful.' Well, of course you do, but that's part of being an athlete: Putting force into the ground. Before it was, 'Oh, I need to get faster, I need to get quick feet.' I don't know what that means. Force into the ground, rate of force into the floor, that's how you get fast. It's constantly teaching."

On today's Ducks team, Fitzgerald points to defenceman Josh Manson as that same kind of inquisitive.

"He's got a weird history in terms of not a lot of hockey until he got to high school and really started, went to college where there was a lot of heavy lifting, and I've spent two years cleaning up a lot of patterns for him to make sure he doesn't miss games. And that process started with a relationship, building a communication level between the two of us in terms of, 'Hey, how does this feel? What's sore today?' It's not kissing ass, it's more finding information and building a report card on each player," Fitzgerald said.

"Josh is an interesting one just because he's young and healthy but he plays a lot, he plays hard, he hits, he fights, and there's a lot of things that go into that to make sure that posturally and all of those things are taken care of. For him, it's more restoration and movement capacity than anything else. He's strong. I don't really have to test his strength as much because his age and genetics are helping him quite a bit. But his mobility and working on his posture and making sure things aren't tight and restricting him from certain motions, that's just an example of one guy. One of our older players, it's keeping strength on, keeping lean muscle mass high, and their rep range or how much volume their doing is different. It's nuances within the big picture."

The players and the people aren't the only thing that has changed in a short period of time during Fitzgerald's career as a strength and conditioning coach either.

The technology he's using is changing every season.

"With the Marlies, which was just a great organization to work with and very well off so we could have any toys we wanted, it just wasn't what it's like now where every day I'm using technology in one way shape or form, whether it's in the gym measuring the speed of the barbell or the power outputs of athletes, when back then it was a lot more hands-on coaching. We were using heart-rate monitors and tracking stuff but it wasn't really telling us anything that we didn't already assume through experience," Fitzgerald said.

"Now, with the technology it's giving us incredible insight as to what is happening as a result of training, as a result of gameplay, practices. There's so many things that you can use technology for. Has it replaced coaching and interaction? No, definitely not. But it's definitely an important tool. With sports science now, and not that it's new, but the prevalence of sports science in hockey, it's kind of cool to see the growth of it and the implementation of it. It's to make sure that we're getting the most out of them but they're also getting the chance to recover and be able to perform again the next day. Hockey is a unique sport in that way with the back-to-back games and the ridiculous travel where the use of the right kind of technology is probably more important than other sports."

A month before he picked up that phone in Anaheim, Fitzgerald was standing on a stage in a lecture hall in Etobicoke, Ont., just west of Toronto, complaining about that same "ridiculous travel."

He was a keynote speaker at TeamSnap's annual coaches conference and hundreds of coaches from around the world had gathered to hear him talk.

There, Fitzgerald recalled a 30-day stretch from the end of November until the Christmas break last season when the Ducks played 17 games, four back-to-backs, and spent a combined 24 hours in the air.

But his point wasn't one of woe-is-me.

Instead, he wanted to use it as illustrative to the title of his talk, *Building The Coaches Playbook*, and the preparation that had to go into fitting everything he needed to around what was already an overly-demanding portion of the schedule. Without proper planning, the Ducks wouldn't have finished .500 during that stretch. He had to work around the coaching staff's practice schedule and when a flight got delayed for five hours in Vancouver, there was a ripple effect in everything they did in the two weeks that followed.

"Because we're a West Coast team, we fly three-to-five hours every flight. For me, it's hydration, nutrition, making sure guys aren't sleeping the whole time they're on the plane, adjusting to the time zone, we have to make sure guys get their food postgame, and we get to the hotel pretty late. Those are the realities of our schedule. Our sport is violent, our schedule is insane. If you're not thinking about your schedule and planning, you're going to see a performance deficit," he said.

"We get the schedule in June and that's when my planning starts: What, who, when, where, opportunities to practice, workout, our travel, our games, where do I fit in opportunities to inject fitness, nutrition? I put a quote above our gym door that reads, 'The way you do anything is the way you do everything.' It's that constant mindset of, 'How does this contribute to our end goal of winning a Stanley Cup?' I look at each month and go through this list: How many games, is it a light month, is it heavy travel? We fly quite a bit and I put together a report and hand it to our coach and our general manager and say, 'This is our optimal schedule.' Does that always work? Definitely not. It gives us an idea of what our best-case-scenario is and how we can be most effective with our time. But stuff happens. You adapt on the fly."

Fitzgerald's also a sounding board for trouble at home, bullying, and issues with "immense social media pressures." If a player has a tragic situation, he has to be there for them in ways that extend well beyond their time together in the gym.

"Stress is stress. There's no uniqueness to it. You have to take that into account, at any age. I've seen my six-year-old get stressed out. I was crushing him at Uno and he didn't like it," he said with a laugh. "You don't want to get into people's private business but it's going to play a role in personalities and how they react to you. I had a player who lost his mom to breast cancer. You think that doesn't affect him as a person? Well, it does. And it affects how he's going to respond to you. If you want to make an impact, these are the things that have to be looked at. Observe your athletes and make sure you're not always putting the thumb down, not always blowing the whistle."

Fitzgerald likes to tell his players what the plan is for the next day's workout beforehand so that they know what's coming and can do their own kind of preparation. That means telling them when a light day is coming too, even if it means they might be complacent the night before.

"Athletes crave structure. 'Today's going to be a light day, we're going to make you feel good and then you're going to get the hell out of here.' I tell that to guys and it's almost like a relief. They know that I know that they're tired and they need a rest. Stay the course. Bend but don't break. I've argued with our coaches about it. You've got to tell them what's expected. 'Hey, on Monday, come to work. Make sure you get a good night's sleep, be smart, because we're going to get after it.' You want to be respectful and give them the opportunity to prepare. And then the buy-in you're going to get is optimal," Fitzgerald said.

"Does it mean you're going to win games? I don't know, I have no control over that, but you're going to put them in the best opportunity. If you say



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

you're going to have a light practice, have a light practice. That's where I think maybe not knowing your athletes or ego gets in the way and you think, 'They didn't play well, they pissed me off, so I'm going to get them today.' In my opinion, stick to the plan. Then guys know you're going to stick to it and carry it out and you can make sure everyone is on board with the plan because you've presented it to the players."

In season, Fitzgerald also believes that less is more.

He focuses on mobility and power production. The Ducks only lift weights after games because that's when Fitzgerald feels he gets the most bang for his buck in a 20-minute workout.

While he knows he can't teach Ducks coach Randy Carlyle anything about hockey, he hopes he can give him insight into his athletes' readiness to play. Sometimes, he'll encourage him to get out of the rink if he feels like things are getting stale in on-ice or off-ice sessions. In his summer group at Elite Training Systems, Fitzgerald often takes his two dozen professional players for handball or dodgeball just to get them moving.

"There, you can see, 'Hey, he needs to work on X, Y, and Z' or 'Hey, this kid surprised me, why doesn't he do that in his drills?' And competitiveness is never a bad thing for professional athletes, get those juices flowing again," he said.

With his younger clients, he cautions against against overexposure in the gym or on the ice.

The Elite Training Systems gym borders six ice pads and they're always busy, even in July, which Fitzgerald calls "craziness."

"With all the sports specialization now, it's nonstop. My six-year-old Kane plays flag football, he wrestles (which is hilarious), he plays baseball. That's purposeful on my end because I want him to touch all those sports and see which ones he likes. He likes them all, which is good, but I want to make sure that we're developing him – not to be weirdo about it but I know what I'm doing in terms of exposures. Wrestling, for example, is on your bare feet, it's roughhousing in a controlled manner and it's a very respectful sport. Genetics wise, he's going to have some trouble," Fitzgerald joked.

"One minor midget team going to the Ontario championship, the parents came to me, really dedicated, and they said, 'What can we do for that extra edge?' and I said, 'If it was me, I would cook breakfast and lunch every day. Bring some skillet, bring some bottled water, bring some oatmeal,' and for four or five days they rented out the ballroom in their hotel and they cooked breakfast and lunch for the kids. They made sure that they had high quality nutrition and then that post-game they had a meal together so that it wasn't Tim Horton's. They controlled those variables and didn't feed them too much sugar and crash them out. It doesn't mean you have to spend excess amounts of money, or spend too much time on the ice or in the gym. It's just awareness."

Otherwise, the end result is repetitive trauma injuries.

According to recent studies, by the time the average competitive hockey player reaches Midget (16 years old), 50 per cent have labral tears or serious early hip problems created by the unnatural motion of skating — and 93 per cent have some sort of hip damage.

"Some damage is understandable but Midget? It's way too much. It's too early. They aren't even making money yet, they're just costing people money. And then they get to age 50 or 60 and they have to have hip replacement surgery. How much hockey are they playing to get to that and how much exposure to other sports are they not going to get to that?" Fitzgerald said.

"We get people who come into the gym and they're like, 'I want my 10-year-old to build some power.' Well, that's impossible because you kind of need a thing called testosterone to be really flowing. Put him in another sport. Get a basketball net from Canadian Tire. 'Oh, well that's too easy.' Yeah, I know."

A few years earlier, while speaking at a different coaches conference, Fitzgerald had a conversation with a coach that he remembers as going something like this:

Coach: "I want to have my team workout at your gym."

Fitzgerald: "Perfect, making some money."

Coach: "Great, they're a Triple-A team."

Fitzgerald: "How old are they?"

Coach: "They're eight."

Fitzgerald: "Sorry but no."

Coach: "But what do you mean? Don't you want the money? We've got a big budget."

Fitzgerald: "Man, no. Yes but no. You know what you should do? Pay \$50, go rent a school gym and play basketball."

Coach: "Well they're not basketball players."

Fitzgerald: "Think about the the qualities of a basketball player. Lateral agility, plyometrics, coordination, teamwork, conditioning. And then you could rent a gym for the next three months with the budget you have. Go out and do other things. Play floor hockey. Play volleyball."

That specialization and the problems that come with it extend to NHL players, too. Fitzgerald sits down with every Ducks player at the end of each season with a personal interview questionnaire he prepares for them and a detailed offseason plan for their training (physically and nutritionally). Oftentimes, he has to remind them to train in simpler, less hockey-specific ways.

"I look at it more as athletic development. I'm developing athletes. It's all physical development. I'm a big planner. As soon as we feel like it might be over if we're in the playoffs or we're fighting, it's like OK this is going to be stage one of our offseason, we're going to look at all of our players and go through individually who needs what and who's dealing with X, Y, and Z, who's going to have surgeries and who's not? And we have an online app-based system where I start to input their programs and they really start to view that," he said.

"It's the best way to attack it is when it's fresh in their brain and it's the best way to get them to be honest with themselves. If you wait too long they've had too many opportunities to get away from the game and think not that they're better than they are but that's just human nature. If something is fresh, you have a lot more realistic opinion of how things happened. That's always been my thing and the players like it because they know that their gameplan is set by the time that they go into some down time and they don't have to worry about, 'What am I going to do next?' We have the plan and now it's just a matter of rolling it out and here's your start date."

One of those start dates is around the corner.

And these days, players have no choice but to be ready for it.

Training camp isn't what it used to be.

Fitzgerald recalls the time CHL commissioner David Branch gave him a training camp letter for the 1968 Maple Leafs.

"It said, 'Here's training camp, here are the dates, bring your golf clubs, here's what we're going to do for fitness testing, 20 knee bends, 15 push ups ... bring your golf clubs.' And then the next paragraph, 'Oh, and bring your golf clubs because this is when we're going to be golfing,'" he remembered.

Back on that phone call, Fitzgerald is in the midst of his prep for the 2018 iteration. It includes a full day and a battery of tests at Cal State Fullerton's Center for Sport Performance for every player in training camp. Fitzgerald's tests aren't about hockey and there's no weight lifting. His tests are about athleticism. The average Anaheim Duck weighed 220



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

pounds last season. They're a heavy team and it's Fitzgerald's job to make sure they can move.

"I want to see the best athletes on the team because I'm not going to teach them anything about hockey but what I can do is I can try to make interventions to improve their abilities to play hockey. It's all movement, jumping, sprinting, and our best athletes always rise to the top. People who are well-balanced. They may not win every test but they're in the top-five," Fitzgerald explained.

"And really the discrepancy from first-to-worst isn't very big. Maybe there's a couple of kids that come in and it's their first training camp from junior and they've had low exposure to this high level of hockey but for the most part there's not much of a difference. Nobody's out of shape, it's just varying degrees. If you aren't in shape in training camp, you're in big trouble. You're going to lose your job – immediately. Hockey has evolved so much now from when you got yourself in shape in camp. We try to hold our guys off the ice as much as we can. Athletes have changed. It's thrown around too often that they're bigger and stronger but they actually are, according to research. It's night and day from 10, 20 years ago."

Today, everything Fitzgerald does is designed around movement, strength, endurance, and his players' ability to reproduce that power over and over again. Gone should be the days where strength coaches encourage hockey players to take long runs or bike rides, if Fitzgerald has his way.

"Hockey is burst, recover, burst, recover, get off. Your training should look similar. You have to take into account your athlete's needs," he added.

The Ducks monitor practice intensity now too. Fitzgerald has tried to teach the coaching staff not to push the players in every practice. He's also a strong believer in bag skates at the beginning of practice, rather than the end – which runs counter to tradition. Over the years, coaches like Sharks assistant and former Marlies bench boss Steve Spott have been open to his suggestions.

"In training terms, when should you do the most complicated movements of the workout? You do it first when you're awake and your nervous system is ready for it. If you do it at the end, you're fatigued, your nervous system is already fried, your brain is overstimulated, and now you're just going to practice skating slow and you're going to break technique and optimal skating stride. Mentally, guys don't want to do it. Doing it first flips the practice and makes it that much more energetic and engaged because the guys are awake," Fitzgerald said.

This year, the Ducks have hired nutritionist Kim Storm as the newest member of their staff to take some of the workload off of Fitzgerald.

He's excited about what's to come, and changes they might make in approach and execution. Many things will remain. The Ducks, for example, always give the partners of each of the players a booklet with recipes for 15 different breakfasts, lunches, and dinners. Then, twice a year, the Ducks will host a wives cooking class where they take them through what the meals should look like and teach them about the 'athlete's plate,' which details how meals differ on a moderate training day versus a heavy training day.

"If you give them all this nutrition information, there's too much and it gets lost so we just give them some guidelines for practical application. The wives love it because they get to be involved, they get to learn, and it's very applicable for their lives, plus it's great food for anyone in their family not just athletes. The portions might be a little different but good food is good food," Fitzgerald said.

Their daily testing routines will also remain the same. In order to track an athlete's recovery, Fitzgerald and his team will hook players up to heart-rate monitors for two minutes every morning to see where their nervous system is at. When a player is stressed or fatigued, they can pick up on long breaks between each heartbeat which are indicative of slow recovery. With the team's most competitive players, these baselines can serve as motivation to get more rest or better hydration after a game.

But he's excited because Storm is excited. They're going to try new things, too.

"This is her first kind of pro experience in terms of working with a team and in my opinion that's a very good thing because she wants to tackle everything. In the past, I've done the majority of it myself just because I have pretty good experience in that field. But realistically it's just too much on my plate so having her on board now has been awesome, just new ideas and different ways to look at things," Fitzgerald said.

"The nutrition part of it is huge because that's one of the factors that we can control. The majority of the time we're seeing the players, eighty per cent of it is food whether it's at the rink, or the plane, or post-game so we have a responsibility to make sure the food is what they need and make sure it's flavourful and that it has some variety to it. If we just give them rice, chicken and vegetables all the time that's not going to help them. Having a nutritionist on board, it has brought to light more ideas on what we can feed them and recipes. That's applicable stuff they can actually learn and use."

Fitzgerald insists that his players should be more focused on the time they spend away from him than their daily workout.

"I tell our athletes all the time, 'I only see you for an hour a day.' The other 23, that's where the magic happens and that's where the results are. Your eight-to-10 hours of sleep a night, that's where it all comes to fruition in muscle gain," he said.

"When I first got to Anaheim, I brought with me a big technology package because it was a one-man show and if I'm going to be dealing with 25 athletes at a time, I needed technology to back me up. What I'm collecting, why, and how I'm going to implement it without losing the coaching staff. Because at the end of the day I'm there to coach, be in the gym, and support them nutritionally. That's my job. But technology has to help me do that."

Communicating that technology, and his plan, can be the biggest challenge.

When Fitzgerald played football as a young athlete, he remembers his coaches being very physical as a way to communicate and get their players' attention. He can't take that same approach today.

"At the NHL level, if they don't know what's going on 95 per cent of them lose interest immediately. They thrive on structure. But you also have to look for opportunities to get to know them, to understand them so that you can get the most out of them," he finished, shortly before hanging up to get back to work.

"Twenty-three different personalities walk into the room and I have to manage them. There's ones that you can put into buckets but there's a lot of different rabbit holes to go down."

The Athletic LOADED: 08.24.2018

1103177 Websites

The Athletic / Strang: When will we see a woman behind an NHL bench?

By Katie Strang

Back in May, Becky Hammon made history once again. After four years spent serving as an assistant coach under Gregg Popovich with the San Antonio Spurs, the former WNBA player became the first woman to interview for a head coaching job when she met with the Milwaukee Bucks.

Hammon played 16 years in the WNBA and was a six-time All-Star before becoming the first full-time assistant coach in any of the major four



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

professional sports — NBA, NFL, MLB, NHL — in 2014. One year into her trailblazing gig, she led San Antonio's Las Vegas summer league team to a title. This past June, she was promoted to the top assistant job alongside Popovich following James Borrego's departure for a head coaching post in Charlotte.

Popovich described Hammon as a "natural," and said she garnered the respect of the entire organization "top to bottom." Spurs forward Pau Gasol penned a letter about female coaches in the Player's Tribune and wrote that arguing on her behalf would be patronizing ("To me, it would be strange if NBA teams were not interested in her as a head coach"). In a New Yorker profile in April, LeBron James welcomed the idea of playing for a woman.

"If she knows what she's doing, we'll love it," James said. "I mean, listen, at the end of the day, it's basketball, it's not about male or female. If you know the game, you know the game."

In the NFL, there are multiple women serving as full-time assistants on NFL coaching staffs. In Major League Baseball, there are women occupying places in scouting departments, analytics and front office roles. And in the NHL, there are women who work with teams in coaching roles — Dawn Braid became the first female full-time NHL assistant when she was hired as a skating coach with the Arizona Coyotes in August 2016; Barb Underhill works with both the Toronto Maple Leafs and Tampa Bay Lightning as a skating coach and Tracy Tutton has done the same in Colorado. On Thursday, the Maple Leafs announced the hiring of Hayley Wickenheiser as the team's assistant director of player development and Noelle Needham as an amateur scout.

And long before those women made their inroads, Laura Stamm made her name working with the Islanders, after GM Bill Torrey called her up one day in 1973 and asked her to help guide a young rookie named Bob Nystrom.

But never has the NHL had a woman behind the bench, drawing up a power play, handing the club's defensemen or helping to make on-the-fly adjustments a mere few feet away from the action.

How close is the NHL to having that? When will the league have its own Becky Hammon? And who will it be?

How far away is it?

It is not entirely surprising that the NBA was the first of the four major professional sports leagues to employ a woman as an assistant coach, as the NBA is generally regarded as the most progressive league of the bunch, with some of its top athletes and coaches espousing the sort of social activism that players in other leagues might eschew. But there is reason to believe that attitudes are changing in the NHL.

"I think we're closer to [having a woman as an assistant coach] than we've ever been," said Cassie Campbell, a former captain of the Olympic gold medal-winning Canadian women's hockey team and a recipient of the Order of Hockey in Canada. "I'd say two to five years."

There are a few reasons Campbell, who now works as a television analyst and color commentator for Hockey Night in Canada, believes the NHL would be accepting of a woman in this capacity, and it goes beyond the respect she receives in her role as a member of the media. Increasingly, teams and players are employing women as power skating instructors or as guest coaches during development camp (Hayley Wickenheiser, for example, served in the latter capacity for both the Edmonton Oilers and Toronto Maple Leafs this summer).

Campbell feels it is also because the level of respect for women's hockey, and its participants, has surged as the sport has become more and more popular. Now, Campbell, pointed out, the players reaching the NHL are the ones who grew up watching women's hockey and saw them compete on some of the biggest stages of the sport.

"I think it's pretty accepting," Campbell said of the hockey community's attitudes toward women and how that might shape attitudes toward a

woman coach. "I really do. I think it would be more [of a problem] with the people outside of hockey than with the people inside of it."

Stacy Barber, a former figure skater turned skating instructor, works with players at all levels from her home base in Michigan, including Red Wings prospects like David Pope, 2018 third-round pick Alec Regula and some of the team's NHLers.

She feels that players are so eager to gain a competitive edge they'll seek that out from whoever can offer it, man or woman. And because the game has evolved to emphasize speed in a much bigger way, players look to instructors like her to help them bolster their skills.

"It's such a fast-paced game and skating is so key and so detailed. Even [improving] just that first step — these guys are all elite, so anything you can do to make them a hair quicker, they're looking for that because it's such a skating game," Barber said.

"I would guess things are kind of turning the corner. Twenty years ago, they wouldn't have been so open-minded to me, so I'd say things are changing."

But there are still plenty of vestiges of traditionalism in hockey. Front office dynamics are changing with analytics taking on a bigger role, younger executives entering the fold and the pre-requisite of having played the game becoming less and less important, but the power structure remains very homogenous and coaching trends seem to follow unambiguous patterns.

It is not just women that have had trouble breaking into the NHL ranks. Only recently has there been a rash of coaches jumping from the NCAA level to the NHL, but there has yet to be any European coaches.

Multiple people interviewed for this piece predicted that will be the next barrier toppled and that it could serve as a gateway, breaking down the door in a symbolic sense and opening the league's eyes to the type of talent that exists beyond the traditional retreads and overlapping coaching trees in NHL circles.

One NHL GM said he felt that we'll see a woman become a GM before a coach, at least partly because of the robust resumes of people like Wickenheiser, CWHL interim commissioner Jayna Hefford and Toronto Furies GM Sami Jo Small, all of whom boast illustrious playing careers as well as a diverse set of skills and experience within the hockey world.

Brant "Senator" Feldman, a hockey agent who represents a number of women's hockey players, suggested that one way we may see a woman prove her hockey chops is through the scouting ranks — Melody Davidson would be outstanding at this, he thinks. That could, in turn, open the doors for women in coaching and in player development roles, but it would take the right combination of organization and forward-thinking front office.

"The NHL is really traditional," Feldman said. "You have some NHL teams that are more progressive than others. It's gonna happen in a non-traditional city with a progressive guy."

What will it take

If there was one common denominator on which people agreed on what it would take for a woman to be hired in a behind-the-bench role, it would be this:

A presence.

"You almost need someone with a Hilary Knight sort of reputation or outgoing-ness to try different things," Feldman said.

Any coach, man or woman, will be exposed if he or she doesn't know his stuff. To even garner consideration at the NHL level, a keen hockey mind is pretty much a prerequisite. But it is the way in which you deliver that knowledge — and instruction — that matters most.

"You have to have conviction. That's part of it," said former NHLer Ray Ferraro, who now works as a television analyst with TSN. "No good coach I've ever had has been meek or mild."



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

Barber, who is married to former NHLer Don Barber and is mom to Riley Barber, who plays for the Washington Capitals organization, said raising her three sons helped hone her coaching technique. She imparts that technique with her skaters, regardless of gender, age or skill level.

And in turn, she finds that engenders respect.

"I think as a woman working with NHL athletes, you really have to have a strong personality and confidence. You have to come across as very secure," Barber said. "I'm very black and white. I treat them the same as anyone else. If they're not doing something I'm asking them to do, I'm in their face. And that's the only way to do it."

Barber tries to go the extra mile for her clients, too, and said she approaches her tutelage as the type she'd want for her own kids. Recently, she reached out with a small suggestion: knowing that Regula pronates, she felt he could benefit from a different blade and wanted to pass that along in case it would help.

Campbell had a simple answer for what she thinks it would take for a woman to coach at the NHL level — "trust" — but said she thinks that once the first team takes a chance on hiring a woman in that capacity, several other clubs will follow suit. One thing that Campbell has found in women coaches she has dealt with is that they prioritize communication.

Campbell believes that is vital, especially when tasked with coaching young players coming through the league who have grown up with a much more hands-on approach to coaching. Those players need to be talked to, commenced with and, sometimes, coddled.

Ferraro also believes clear delivery of expectations and purpose will cut out any of the extraneous considerations. If a woman makes her point effectively, her gender will be inconsequential.

"Most players don't give a damn as long they know what's going on," Ferraro said.

But Ferraro also noted one key component of Hammon's hiring: the support of Popovich.

Popovich is largely credited as one of the most respected coaches of the NBA, as well as a progressive thinker. He has garnered the reputation as someone with astute judgment and is regarded as a bit of a philosopher, both in basketball and life. When he talks, people listen.

As the story goes, he was first intrigued by Hammon because of her leadership and swagger on the court, but also by her conviction off of it. She made it clear to him in one of their first conversations she'd have zero issues challenging his opinions or offering a voice of dissent. And she had the basketball bona fides to back it up.

That's the sort of attitude that would make it work in the hockey world.

"It is a story about gender," Ferraro said, "But in the end, it's really about competency."

Who will it be?

Asked to assess which women he could see holding down an NHL coaching gig, Feldman rattled off a bunch of capable candidates: Julie Chu, Meghan Duggan, Courtney Kennedy, Caroline Ouellette, Hefford, Wickenheiser and Alana Blahoski, among others.

Wickenheiser, hired by the Maple Leafs in player development, was a name that came up frequently. She is one of the most recognizable women in hockey and is also involved in a number of initiatives to grow the game, both in North America and internationally. She is a member of the IOC Athletes' Commission and was an integral part of the Humboldt Strong movement following the Broncos' horrific bus accident in her home province of Saskatchewan back in April.

Multiple NHL insiders interviewed for this piece nominated Katie King-Crowley as the top and most NHL-ready candidate. King-Crowley, a former Olympian in her own right (as well as a two-sport athlete at Brown University, where she earned Ivy League softball player of the year

honors in 1996), is heading into her 12th season as the head coach for the women's hockey program at Boston College.

Ferraro, who thinks King-Crowley will be considered one of the top candidates for the U.S. Olympic staff in 2022, said that the way she played is reflected in the way she coaches and that's a major selling point.

"She played as a power forward," Ferraro said. "She had conviction to her game, a confidence, and that would be relayed [through her coaching] to the players."

Campbell, who has done her High Performance 1 as part of Canada's National Coaching Certification Program (NCCP) and will coach her daughter's team this season, said one former teammate immediately comes to mind: Hockey Hall of Famer Danielle Goyette.

Campbell said she learned a ton from Goyette. When the two played together on the Canadian national team and was impressed by Goyette's ability to communicate certain concepts effectively.

"She has a great way of explaining a skill. Even when I played with her, she taught me so much on the ice," Campbell said. "She can just break down specific skills and plays on ice. French is her first language, but the fact she can do it in English as well [is impressive]. She sees the game so well."

Known as an elite skater, the former defenseman combines both the ability to refine skating technique while also honing skills. In that way, Campbell said she's a skating coach and a skills instructor in one, and a bilingual one at that (Goyette swears that her ability to see the game is in part due to the fact that she struggled with English in her first few years with the national team; she said it forced her to rely heavily on her eyes and her ability to think the game).

Goyette, along with Wickenheiser, works with NHL players out in Calgary in the summer and has built such a cache within her crew that she'll often hear from her charges during the season as they try to tinker with their game.

Tampa Bay Lightning defenseman Braydon Coburn might send her a text, telling her something feels off, like if his stride is feeling choppy or he feels he could adjust his stick placement on the ice.

"She played. And she played at a high level. I think sometimes in the women's game, they don't play as many games as us but they practice so much more than we do and they're able to work on technical things," Coburn told The Athletic's Joe Smith. "When I watch her skate, she's a beautiful skater. That's something you can tell it's maybe a little bit natural but she's worked on it a ton."

"And just playing defense, she's a lifelong defenseman and it's neat to pick her brain. And same with Hayley. I pick her brain — what they do for training, during practices, what they look for when they watch film. It's neat to see what they see on the different side of the game."

Goyette, whose primary gig is the women's coach at the University of Calgary, said she could sense some skepticism when she began working with NHL players about four or five years ago but that dissipated quickly as she advised about edge work or getting a big-bodied defenseman to turn quicker. As soon as a player saw tangible results and her breadth of knowledge, there was buy-in.

She's found that as long as she has something to offer a player in terms of learning or getting better, they won't care who is providing the instruction. Players know they have a short window in the NHL and can use all the extra knowledge they can get.

Would she be interested if an NHL team came calling?

"You know what? If someone came to me, I'd take the challenge, I'm sure. I love the game so much and I want to learn. I'm proud of [my love for the game]. It's a passion I have. I think I could bring a different aspect to the game."



# CAROLINA HURRICANES

## NEWS CLIPPINGS • August 24, 2018

"It doesn't matter if you're a woman or a guy. If you're good at what you do, you'll bring something to a team. We all know the NHL is a male-dominated situation but we need one woman to go in and do a good job and the door's gonna open."

The Athletic LOADED: 08.24.2018

1103178 Websites

The Athletic / State of the Franchise: Sharks still solid on paper, but quiet offseason a disappointment

By Kevin Kurz Aug 23, 2018

Doug Wilson played all of his cards right to set the Sharks up for the ultimate jackpot.

But instead of winning the John Tavares sweepstakes, Wilson saw the top-line center go to Toronto. Tavares informed Wilson of his decision with a thanks-but-no-thanks text message to the general manager on the morning of July 1.

Since then, the Sharks have been quiet. They re-signed their own, including Evander Kane, Joe Thornton and Tomas Hertl, and extended likely future captain Logan Couture for another eight seasons. But in terms of improving a team that was dispatched in the second round of the Stanley Cup playoffs, the Sharks don't look any better on paper than the club that arguably overachieved after Thornton's season-ending knee injury in late January.

An offseason that brought so much possibility ended up being a bit of a dud, at least to this point.

But that doesn't mean the Sharks aren't still a good team entering the 27th season in franchise history. They should be. Wilson is the kind of general manager who won't make a move just for the sake of making a move, so perhaps he's biding his time before pulling the trigger on something significant. He was, and may still be, in several conversations for players other than Tavares, but for one reason or another nothing has happened.

What can be expected of that group with training camp just around the corner?

Biggest on-ice question: Can Thornton and Pavelski still be top players despite their advancing ages and injury issues?

Thornton and Pavelski have played on the same line on just about a full-time basis under coach Pete DeBoer, and it's a good bet that they will be next to each other once again on the first day of camp (the guess here is that Kane will be on the left wing of that line, while Pavelski is the right wing).

All eyes will be on the 39-year-old Thornton first and foremost after he spent another summer rehabbing. The future Hall of Fame center, who is currently ranked 12th all-time in league history in assists and 16th overall in scoring, will be attempting to come back from another major knee surgery. According to Thornton at his season-ending media availability in May, he suffered the exact same injury in his right knee on Jan. 23 against Winnipeg that he did late in the 2016-17 season when he hurt his left knee, including full tears of his ACL and MCL ligaments.

At the start of last season, Thornton struggled, arguably coming back from that left knee surgery in April 2017 too early. Before a game against the Kings in mid-November, DeBoer admitted that Thornton wasn't at 100 percent, but "he's good enough to help us out there." (It was learned later that Thornton was dealing with back issues at that time, likely stemming from his wonky knee). While it was admirable that Thornton

simply refused to sit out, a case could be made that he probably should have spent a little bit more time getting healthy at the start of the season than trying to play in all 82 games.

Still, Thornton was playing some very good hockey when he got hurt last season just before the All-Star break. In the last seven games, he posted five goals and four assists for nine points. Considering the Sharks struck out on Tavares, they'll need Thornton to closely resemble that version of himself (while remaining healthy) if they're going to stay competitive in the Pacific Division.

Pavelski, too, will still be counted on to put the puck in the net. Like Thornton, the captain was not at 100 percent early last season — including a wrist injury, broken finger and some lower body issues — hindering his production. Pavelski filled in admirably at center after Thornton went down, getting a boost from the Kane acquisition, but wasn't very good in the second round against the Golden Knights when his line was thoroughly outplayed by Vegas' top line. Can Pavelski, who has taken a beating over the years, remain healthy enough to still be one of the league's best goal-scorers, or was 2017-18 the beginning of his decline?

There's little question that Thornton and Pavelski have seen their best years. The days of Thornton leading the league in assists, or Pavelski scoring 40 goals, have passed. Still, they both showed last season they can be effective players — very effective, in fact. That's something that will need to continue because, for as much as the Sharks saw progression from some of their younger forwards last year, Thornton and Pavelski remain two key players that will surely be getting big minutes in important situations.

Biggest on-ice question, No. 2: What will the Sharks get from Kane?

When the Sharks acquired Kane, they were getting a highly motivated player who wanted to finally make his NHL playoff debut while setting himself up for a significant payday in the offseason as an unrestricted free agent. He achieved both, giving a shot of adrenaline to a Sharks group that was wobbling after the Thornton injury, and then quickly agreeing to a seven-year, \$49 million contract extension with the team on May 24.

In 17 games with the Sharks in the regular season, Kane posted nine goals and 14 points. He made the most of his first playoff series, scoring the first two goals of Game 1 against the Ducks and finishing with three goals and one assist in the series sweep, before an MCL injury and dislocated shoulder seemed to catch up with him in the second round.

Clearly, the Sharks are hoping that Kane, who turned 27 on Aug. 2, will continue to be the player they saw during those final few weeks of the regular season and the first round. Perhaps now that he's finally surrounded by a group that is likely better and deeper than any of the teams he was on in his first eight-and-a-half seasons in the league will result in more robust numbers from Kane.

Or, it could go the other way. Maybe Kane, whose on- and off-ice character has been questioned in the past after a handful of incidents, will be content that he's now set for life with his latest contract and won't be worth the massive investment the Sharks made in him.

The Sharks better hope its the former, because anything short of 30 goals from Kane this season will be considered a disappointment.

Depth chart analysis

Center: The Sharks' top three centers are set, with Thornton, Couture and Chris Tierney. That's a pretty good trio, especially if Thornton is still able to carry a heavy workload. Couture remains one of the best two-way centers in the game, and it's likely he'll continue to get the bulk of his minutes against the opposition's top line. Tierney made some nice strides in his game last season, posting a career-high 17 goals and 40 points in 82 games, although he was fairly invisible in the playoffs with just two assists in 10 games.



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

The fourth line center job will be open when training camp begins. It's thought that rookies Dylan Gambrell and Antti Suomela will be the top contenders for a position that was filled admirably by Eric Fehr in the second half of last season and in the playoffs. Fehr signed a one-year contract with the Minnesota Wild in the offseason.

**Wingers:** Now that Thornton is presumably healthy again, it's a sure bet that Pavelski will shift back to wing. Pavelski, 34, got off to a slow start last season while playing through injury, but improved down the stretch. Still, his 22 goals in 82 games in 2017-18 was his lowest output in a full season since 2010-11.

Conversely, Kane, as previously mentioned, will be counted on to hit the 30-goal mark, at least. If he plays the way he did in his brief audition with the Sharks, he could become their most important forward.

The Sharks will also hope that some of their other wingers continue to improve. Timo Meier, 22 on Oct. 8, is at the top of that list after the 2015 first-round pick managed 21 goals last season. Hertl could also be a dark horse candidate to reach 30 goals after he posted 22 goals and 46 points last season. The jury is still out on Joonas Donskoi and Kevin Labanc — Donskoi just hasn't been very consistent the past two seasons while frequently getting hurt; and Labanc, who clearly possesses high-end offensive skill, still has to prove to DeBoer that he can be responsible defensively and with his decision-making.

One player who could climb up the depth chart is Marcus Sorensen — the 26-year-old was among the team's most effective forwards in the playoffs after he was a late-season recall from the AHL Barracuda. He possesses blazing speed and a solid ability to finish, but he still has to show he can do it on a nightly basis at the NHL level.

Sorensen, Melker Karlsson and Barclay Goodrow will likely be competing for spots on the fourth line when camp begins.

**Defense:** The only notable change to the Sharks' blueline from last season is the departure of Paul Martin, as the club opted to buy out the last year of his original four-year contract. The starting six appears set, as Joakim Ryan will likely slot in on the left of Brent Burns, where Martin spent most of his three seasons in teal and where Ryan skated effectively for a long stretch last season as a rookie.

Burns remains one of the most dangerous players in the league in terms of creating scoring chances. That's not likely to change after he finished tied for second in scoring among defensemen last season with 67 points. What does have to change is Burns has to be better in his own zone. There were far too many games last season in which his poor decision-making hurt the Sharks more than his offensive ability helped them. Perhaps it was because Burns seemed to miss his mentor, Bob Boughner, who took over as the head coach of the Florida Panthers after overseeing the Sharks' defense for two seasons. Burns was particularly poor in the second round against Vegas.

The Marc-Edouard Vlasic and Justin Braun pair had another effective season, playing against the other team's top players. Each saw their offensive numbers improve from the previous season, too, including 11 goals and 32 points from Vlasic and a career-high 33 points (5 goals, 28 assists) from Braun. Brenden Dillon and Dylan DeMelo comprise probably one of the better third pairings in the league and round out the top six.

Tim Heed could push DeMelo in training camp, as Heed brings a bit more offensive ability than DeMelo, but that's probably a long shot after DeMelo's steady improvement throughout the 2017-18 campaign.

**Goalie:** There's no question that Martin Jones is the undisputed No. 1 goalie for now and the future, as his six-year, \$34.5 million contract kicks in. Except for a month-long hiccup during the regular season when he was battling a back injury — and probably should have been given some time off from the coaching staff — Jones had another solid regular season and outplayed the Ducks' John Gibson in a first-round sweep.

There's also no doubt that Aaron Dell is the No. 2 after Dell signed a two-year contract extension in February. It's a role that suits the low maintenance, ultra-chill goalie very well.

The Sharks can also take comfort in having Antoine Bibeau around as the third stringer and starter for the Barracuda, after the 24-year-old was named as an AHL All-Star last season.

**Power play:** Last season, the Sharks' power play fell off a cliff immediately after the Thornton injury. It's probably fair to assume that he will return to the top unit, with Burns and Couture sure bets to join him.

From there, DeBoer will have options. Is Pavelski still worthy of being on the top unit, or should Meier get a chance there as a big body who can camp out in front of the net? Kane could also get a chance as one of the best pure goal-scorers on the roster, while Hertl, who had six power play goals last season, is also worthy of consideration. Labanc also made some of the nicest passes of the season on the power play after getting a chance on the top unit.

The biggest question could be who will be the quarterback of the second unit. Vlasic has never been overly effective on the power play, while DeMelo, another option, has yet to score a single power play goal in his career.

**Penalty kill:** One of the strengths of last year's Sharks was the penalty kill, which finished second overall in the NHL. Vlasic and Braun were important cogs, of course, as were forwards Couture, Tierney and Karlsson. There's no need to change the personnel or philosophy headed into this season.

**In the pipeline**

While the Sharks' system probably lacks any true blue-chip, high-end prospects — other than maybe 2018 first-round pick Ryan Merkley, who is probably at least two years away — there are a handful of players who could make an appearance or even become regulars in the lineup this season.

Gambrell is probably the most NHL-ready. He appeared in three regular season games late last season after signing out of the University of Denver and could be the kind of young, two-way player who can step right in. If the organization decides he's better off getting more minutes in the AHL first, a distinct possibility, then Suomela might be the guy who makes the opening night roster after he led his team in Finland in scoring in each of the past three seasons (56 goals and 131 points in 169 games).

Forward Rudolf Balcers, 21, was recalled on occasion last season but never appeared in a game. He was arguably the Barracuda's best player last season with 23 goals and 48 points in 67 games, and could be ready to push for a roster spot in camp.

Two lesser-known players that the organization seems committed to are defenseman Radim Simek, who earned a two-year contract extension in the offseason, and center Alex True, who signed for three more years. Neither player is a future star, but might be able to fill a role.

Josh Norris, the Sharks' first-round pick in 2017, is back at Michigan for his sophomore season. He'll look to improve his offensive production there, and if he does, perhaps he could join the team late in the season like Gambrell did in late March.

Another player to monitor will be Jeremy Roy, the 31st overall pick of the 2015 draft. He is coming off of his second straight season-ending knee surgery, but the puck-moving defenseman was playing well for the Barracuda last season before going down again. Roy wasn't able to take part in the July rookie camp but is expected to be ready for training camp.

**Salary cap watch**

After not signing any notable free agents in the offseason, the Sharks left themselves some wiggle room to add during the season. Barring any



# CAROLINA HURRICANES

## NEWS CLIPPINGS • August 24, 2018

more moves, they'll have approximately \$4.3 — \$4.5 million in salary cap space on opening night, according to CapFriendly.com.

Some deft maneuvering in late June by Wilson opened up that space, when he shipped generally ineffective winger Mikkel Boedker and his \$4 million annual salary cap hit to Ottawa for Mike Hoffman, before flipping Hoffman to Florida for draft picks. The Martin buyout also freed up some space.

It would appear that the team's strategy for this season is similar to last season when it also had cap space throughout the first half and ended up using it to acquire Kane just before the trade deadline.

Still, Wilson's inactivity in the summer months, other than re-signing his own players, has caused some rightful feelings of frustration from the fan base. This felt like a summer that Wilson and the Sharks were going to do something big — even Wilson himself had been hinting at that — but instead, it's been crickets.

### Final assessment

The Sharks find themselves in familiar territory — a good team on paper, probably good enough to make the playoffs, but not quite in the conversation of the league's top tier teams.

Still, they're fortunate that they play in the Pacific Division, which would appear to be wide open. Vegas will likely be the preseason favorite, but can it replicate that incredible run? The Kings look more dangerous with a healthy Jeff Carter and new winger Ilya Kovalchuk, but do they have enough depth? The Ducks were exposed by the Sharks in the playoffs last season for having a real lack of leadership in their dressing room — is now the time that they finally regress in the regular season? And what about the Alberta teams — is Calgary ready to take the next step after making significant offseason changes? Was the Oilers' awful 2017-18 season just a blip on the radar, or do they have major structural issues that will prevent them from being competitive again?

In other words, while the Sharks have some real questions, so do the rest of the Pacific clubs. Perhaps the Sharks will be able to establish themselves as one of the better teams in the division in the early months and make some sort of in-season move that pushes them over the top.

Regardless, this season feels like it just might be the end of an era for hockey in San Jose. There are no indications yet that a contract extension is in the works for Pavelski, a pending unrestricted free agent next summer, while Thornton is also returning on just a one-year deal. There is a real possibility this is the last season in teal for both, especially considering how many expensive, lengthy contracts are now on the books.

Perhaps that results in a bit for motivation across the board for everyone to make sure it's a season to remember.

The Athletic LOADED: 08.24.2018

1103179 Websites

The Athletic / NHL farm system rankings: No. 7 Detroit Red Wings

By Corey Pronman Aug 23, 2018

Corey Pronman's deep dive into the farm system of every NHL organization includes a ranking of all of the team's prospects, broken into tiers based on their projection; the impact on the upcoming season and an overall ranking of all players under 23. Further explanation of Pronman's system and the complete ranking of all 31 teams can be found here.

The Wings have begun a rebuild after a long period of contention. After a bit of a limbo period, they have added some legitimate top talent to their pipeline. A massive 2018 draft haul added some significant pieces including top prospect Filip Zadina. The system's depth is about average, but the top is very good and big seasons from Michael Rasmussen and Filip Hronek on top of the recent draft gives reason for optimism.

Team's 2017 ranking\*: No. 24

### Prospect Rankings

#### ELITE NHL PROSPECT

##### 1. Filip Zadina, RW, Halifax-QMJHL

Zadina skates well, with a powerful stride that eats up ice efficiently. He has near elite-grade hands, which allow him to be quite elusive. He can create as a playmaker and tends to make good decisions moving the puck, but he's known as a trigger man with one of the better wrist shots in the draft class. What I love about Zadina is how multi-dimensional he is. He can attack defenses by dangling through guys, he can protect pucks and drive around guys, and he can power his way past defenders or utilize an inch of space to score from long distance. He is a highly competitive player who gets high marks for his character and competes his butt off to win puck battles on the ice.

#### VERY GOOD NHL PROSPECT

##### 2. Joseph Veleno, C, Drummondville-QMJHL

Veleno is an excellent skater and he gets up to top speed quite easily with a powerful stride. Veleno works hard and plays a powerful style on the puck without taking many bad penalties. I don't think he's a dynamic playmaker, but he's certainly above-average with the puck and can flash a tier higher. I like his puck skills. He's a very smart player and he can consistently make above-average plays. While his shot/finishing ability is a bit worrying, Veleno has the speed, skills, smarts and physicality to be a very good playmaker and zone entry artist as an NHLer, combined with being a reliable two-way center.

##### 3. Michael Rasmussen, C, Tri-City-WHL

Rasmussen, when healthy, had a solid third season in Tri-City and was very good in the WHL postseason. He's a great playmaker, especially for a big man, who makes quick reads and shows good vision. He's tough on the puck along the walls using his massive 6-foot-6 frame, is good in front on the power play getting his stick on pucks and taking up space, and has a quality shot to finish chances. Rasmussen is also solid defensively and wins puck battles using his size. He skates fine for a giant with a decent top gear but he's not incredibly quick on his first few steps. With strength it's possible the latter won't be as much of an issue. He gets a bad rap, but he can play. Will he be a star? No, but he could be a top-six center.

#### LEGIT NHL PROSPECT

##### 4. Filip Hronek, D, Grand Rapids-AHL

Hronek had a successful first pro season, being one of the top rookie scoring defensemen in the league and one of the better 20-year-old players overall. He moves the puck with skill and confidence and shows great overall offensive instincts. For most of the season he quarterbacked the top power play unit in Grand Rapids. His skill/IQ drive his value but he moves well and showed he could skate at the pro level. The main issue for Hronek as a pro was dealing with the defensive side of the puck in terms of his reads and turnovers. He works hard enough that I think he can improve his battles with added strength but he'll need to work on the risk in his game.

##### 5. Jonatan Berggren, LW, Skelleftea-J20 SuperElit

Berggren's skating is good, as he often shows the ability to beat defenders wide with speed and can change speeds very well. His hands are also impressive. You'd like to see a little more creativity, but he can make defenders miss. I like his vision a lot. He's always looking to make



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

a play and seems to have eyes in the back of his head. What I also like about his game is the pace he plays with. He's always attacking, hitting the zone with speed and doesn't make plays from a standstill. Berggren also has the hustle you like to see in a smaller player and can play on both special teams.

## HAVE A CHANCE

### 6. Dennis Cholowski, D, Portland-WHL

Cholowski took some big steps this season, being one of the better defensemen in the WHL. He's an excellent skater who can transport pucks up the ice due to his skating and stay with the quickest forwards on defense. He has fine stick skills but I wouldn't characterize him as a high-end offensive guy. Rather he gets a clean zone exit but he won't be the primary guy to carry it up on the rush. He's intelligent with the puck though and can make good distributions. Defensively I saw improvements in his game. I'd like to see him lean on guys a little more, but he makes fine defensive reads.

### 7. Evgeny Svechnikov, LW, Grand Rapids-AHL

I'll preface by saying I used to be a huge fan of Svechnikov's game when he was an amateur, but it's hard to put a positive spin on his second AHL season where he was quite mediocre at the level. He has skill and he can make plays, but the impact level was never high. I saw a good play of his a few times a game, but never really rising to a dynamic type of level. He's never been a quick player. His skating is decent now I think but he doesn't play with incredible pace in his game. He has a nice toolkit between his size and skills, but he has a lot to work on before he's a full-time NHL player.

### 8. Jared McIsaac, D, Halifax-QMJHL

McIsaac is smooth. He skates really well with an easy stride, and while he's not dynamic, he's comfortable bringing the puck up the ice. He makes a lot of stops being in the right place and making a correct read with his stick/body. McIsaac also moves the puck well, has good vision and could potentially be a second power play guy in the pros. He also makes quite a few glaring mistakes and doesn't have the pure offensive instincts to carry the puck and make creative plays. McIsaac isn't afraid to lean into his checks and can lay out the occasional huge hit.

### 9. Vili Saarijarvi, D, Grand Rapids-AHL

Saarijarvi started the season in the ECHL and after dominating that league was brought up to the AHL for a regular shift. He's shown flashes of brilliance. When he's on, his combination of his great skating and offensive mind allow him to impact a shift and can carry a team offensively. As a first-year pro the consistency wasn't always there in that regard, and defensively as a smaller defender he struggled at times to win battles and be as clean in that area as you would hope. He shows you enough flashes that I still believe in him but with caution. Hronek will likely graduate to the Wings next season, giving Saarijarvi the opportunity to make plays on the power play in the AHL that he didn't have last season.

### 10. Joe Hicketts, D, Grand Rapids-AHL

Hicketts had a decent second pro season, although his offensive numbers dipped as Hronek became the go-to puck mover on the team. He's a mobile defenseman who plays as hard as any 5-foot-8 defender could. He's very smart at both ends and has some skill. I've come off him having real significant offensive upside but do think there's more offense to his game than what he showed last season in the AHL.

## DEPTH NOTES

11. Filip Larsson, G, Tri-City-USHL: Larsson had a great season, being the top netminder in the USHL. There's a lot to like about him. He's big, he's athletic, and has good awareness in the net. I wouldn't give his athleticism or IQ high-end grades, but he does a lot well. At the USHL level he was dominant, but at the international level he got exposed a bit versus better shooters. He has potential though and I've moved him up over the past season.

12. Libor Sulak, D, Pelicans-Liiga: Sulak played this past season overseas after signing with Detroit a year ago. He impressed me when I watched him at the World Championships. He's not a dynamic player by any means, but he skates well, has decent size, and while his offense isn't high-end, he can move the puck OK while being a decent defender.

13. Gustav Lindstrom, D, Altuma-Allsvenskan : Lindstrom is a smart two-way defenseman. He passes the puck very well, and can stretch the ice. He's a solid defender who is hard on checks. With Lindstrom the offensive toolkit is a bit of a question mark though. He's not an incredibly creative puckhandler nor does he possess great foot-speed.

14. Alec Regula, D, London-OHL: Regula is quite mobile for a 6-foot-3 defender and stands out to you on the ice. He can be a solid defender and show you flashes of offense, but I don't love his decision making at times. He can be a little tougher and show more urgency in his game, as well.

15. Axel Holmstrom, C, Grand Rapids-AHL: I still want to believe in Holmstrom. I watched him this season and I see flashes of his skill and high-end vision that made him so appealing years ago, but it's been two straight years of poor production plus his skating remains underwhelming.

16. Joren Van Pottelberghe, G, Davos-NLA: JVP was just OK this season, but when I watched him as an amateur versus his peer group I did see talent and ability to make the tough saves. He's a ways away but he's worth remembering.

17. Kasper Kotkansalo, D, Boston University-Hockey East: Kotkansalo doesn't have much upside, but he's a smart defenseman with decent feet and works hard.

18. Keith Petruzzelli, G, Quinnipiac-ECAC: He was up and down as a freshman this past season. He has some high-caliber moments where you marvel at the way he moves and the saves he makes for a big man, but other moments he was all over the place and showed he needs a lot of refinement.

## 2018-19 Impact

Zadina could be a middle-six guy right away. Hronek should also make the team out of camp. Both will help the Wings' power play. Rasmussen could get a long look but I think he will likely be best served with another year of junior. Hicketts and Sulak could provide depth if needed. This is a big year for Svechnikov. He didn't look ready, but it will be interesting to see how his summer goes.

## Organizational Top 10 (Under 23)

Dylan Larkin, C

Filip Zadina, RW

Anthony Mantha, RW

Joseph Veleno, C

Michael Rasmussen, C

Filip Hronek, D

Jonatan Berggren, LW

Tyler Bertuzzi, LW

Dennis Cholowski, D

Evgeni Svechnikov, LW

Larkin rebounded this season to become one of the Wings' best players. His skating is incredibly good for a guy his size, and he showed more confidence this season making plays. Is he ever going to be an elite offensive player? Probably not. But he can be an elite two-way center. Anthony Mantha's development has been interesting to follow over the last few years. After a rough rookie pro season in the AHL, he's gotten better and better. He's never going to be a defensive stalwart, but he's



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

improved enough in his play off the puck and consistency to make the most of his offensive skills and shot. He's not an impact player, but he's a very nice player to have. Bertuzzi established himself as a starting NHL player this season. He's not a top-six forward caliber player on a good team, but he can create some offense and with the work level and edge he has to his game, he can be a decent NHLer.

The Athletic LOADED: 08.24.2018

1103180 Websites

Sportsnet.ca / Joining Maple Leafs the latest feat for remarkable Wickenheiser

Kristina Rutherford

Hayley Wickenheiser makes it all sound like a piece of cake.

Shortly after the Toronto Maple Leafs announced that the 40-year-old legend would be joining their staff as assistant director of player development, the question was put to the recently-retired future Hall of Famer: How in the world is she going to pull off this new job while also attending medical school?

"I think on the outside looking in, people think that's a daunting thing," Wickenheiser said, casually, on a conference call. "But in my day-to-day life, I'm pretty used to managing a lot."

In other words, her answer is: I'm Hayley Wickenheiser.

The Saskatchewan product was a teenager when she was first labelled the Best in the World. She's a four-time Olympic gold medallist, a seven-time world champion. When a rumour came out at the 2002 Olympics that the Americans were stepping on the Canadian flag, Wickenheiser passionately told Don Cherry, after winning gold: "The Americans had our flag on the floor in the dressing room. And now I know if they want us to sign it!"

She won her fourth Olympic gold in Sochi while playing on a broken foot. She was the first female position player to play pro in men's hockey. She played softball for Canada at the summer Olympics. Lately, she's been growing the game all over, and as far away as India. And soon, she'll be Dr. Wickenheiser, after wrapping up her studies at the University of Calgary.

This latest role with the Maple Leafs, then, is yet another line on an already incomparable resume.

It came about after Leafs GM Kyle Dubas invited Wickenheiser to attend a player development camp earlier this summer as a guest coach. Wickenheiser has worked for years with Darryl Belfry, a player development consultant for the Leafs, and she figures it was Belfry who piqued Dubas' interest in her.

After development camp, Wickenheiser and Dubas sat down and hammered out a plan where she could, as she puts it, "help the Leafs and continue to finish my studies in medicine here in Calgary."

The role with the Leafs will see Wickenheiser based out of Calgary, and making a couple visits to Toronto each month as her studies permit. She'll work under Scott Pellerin, who's now senior director of player development, and Stephane Robidas, the team's director of player development. She'll work with young players on their technical development as they enter the Leafs program, just as Pellerin and Robidas do.

She brings something a little extra to the table, too.

"Also, I think in Hayley's case," Dubas said, on that same conference call, "she has a greater ability in that she was one of the great players to ever play the game, so she can connect with some of our players on that level as well because that's a unique experience set that she can bring."

Indeed. Wickenheiser, who retired back in 2017 as Canada's leading scorer — and while she was still among the best in the world — knows a thing or two about performing while the spotlight's on, which is something anyone playing in Toronto will have to contend with.

"I understand well what pressure is, and playing for Canada on the world stage, and so hopefully some of those experiences that I've had can help some of these players as the team tries to win," she said.

Wickenheiser has been around the NHL for two decades thanks to her training and playing, and knows a lot of people who work in player development within the league. "I've also trained with the best players in the game," she said. "I know how those guys think, how they approach the game day in and day out, and I'm pretty confident that I can help players get better, or understand what it takes to get better."

And know this: Wickenheiser was not hired because she's a woman. She was hired because she's Wickenheiser.

Ryan Dixon and Rory Boylen go deep on pucks with a mix of facts and fun, leaning on a varied group of hockey voices to give their take on the country's most beloved game.

"When we go through any process of hiring people to add to our program, we're looking for the best people, period," Dubas said. "I thought that Hayley was certainly the best person to fill that role because of her expertise in hockey, her experience in being an elite, elite player at every level of hockey."

"Hayley was here at our development camp and, getting to know her and in talking to her, I just thought that the way that Hayley thinks about hockey and life could be a massive benefit to our player development program, but also to our program in general and to all of the players that are a member of it. I just thought that it was a great, fortunate opportunity for us to be able to hire someone who could be excellent, and we proceeded with that."

That's in large part why Wickenheiser took the role on, in addition to the fact it gives her the opportunity to work with the best players in the world.

"I think the biggest reason why I was intrigued about this role is that Kyle was interested in me not to hire a woman, but to hire someone that could do the job," she said. "And so I feel pretty confident in my abilities to be in this role and that I belong and can handle myself with anyone."

"For me, it's just I have a job to do, I have a role to take on to help the Leafs try to win, and that's really how I'm approaching it — no different than I did when I was a player."

Really, not all that different in the least. Just like when she was playing for Canada while she was also doing her master's degree and raising her son, Noah.

Now, Wickenheiser's task is to become a doctor and help some young Leafs grow up on the ice.

Piece of cake, right?

"I think I'll be able to blend the two nicely," she said.

Sportsnet.ca LOADED: 08.24.2018

1103181 Websites

Sportsnet.ca / Auston Matthews, Patrik Laine receive identical ratings for NHL 19



# CAROLINA HURRICANES

NEWS CLIPPINGS • August 24, 2018

Daniel Goffenberg | August 23, 2018, 9:32 PM

Auston Matthews, or Patrik Laine?

The Toronto Maple Leafs had the choice and chose Matthews, the prototypical franchise centre, with the Winnipeg Jets turning their lottery luck into the sniper back at the 2016 NHL Draft.

As much fun as it has been to watch the young talents thrive since joining the league, it's also been fun to compare the two! (It's also fun to re-visit their first meeting as NHLers, which ended with a Laine hat trick being scored in overtime as the Jets overcame a 4-0 deficit. Game-winner attached in the video player above.)

NHL 19, the latest in EA Sports's popular hockey video game series has been releasing its player ratings over the last little while, and its top 50 players have been revealed in 10-player instalments.

The latest saw players 30-21 revealed, and look who just can't stay away from each other?

Both players got identical 89-overall ratings, with some small differences in how they got there.

Laine gets the obvious edge in shooting, with mid-90s scores in both wrist shot and slapshot categories. Matthews gets low 90s for both as well, which seems a bit odd (has he ever actually taken a slapshot?).

Their skating ratings are somewhat surprisingly identical save for a small gap in endurance, given skating being one of few areas in which Laine has room for improvement.

Fans of both teams are mighty happy with what they came away with in 2016. The Jets already have a bona fide No. 1 centre in Mark Scheifele – also an 89 overall, by the way – and have found a player in Laine whose calm demeanour and Finnish upbringing fit perfectly in the hockey-mad and winter-welcoming city that is Winnipeg. The Leafs meanwhile, needed someone to be the face of their turnaround and in Matthews landed a player worth tanking for.

Jack Eichel, taken second overall in 2015 and often compared to Matthews himself, hasn't had his rating released yet, which would suggest either a top-20 ranking or a spot outside the top 50 altogether.

Sportsnet.ca LOADED: 08.24.2018

1103182 Websites

Sportsnet.ca / Blackhawks prospect Adam Boqvist opens up about his dyslexia

Mike Johnston | August 24, 2018, 1:20 AM

Adam Boqvist's journey to the NHL is going to be arduous, as it would be for any aspiring pro, but the Chicago Blackhawks prospect has already shown a strong mental fortitude that could help him along the way thanks to some adversity he's dealt with early in life.

Boqvist was diagnosed with dyslexia at age 10 and the Swedish defenceman spoke about it in an interview with ESPN's Emily Kaplan.

"A lot of people are dyslexic. Some guys might not open up about it because they are embarrassed, but I think it is good to talk about," Boqvist said. "You need to know that it's normal and it [does] not get [in the way] of achieving dreams."

Dyslexia is a learning disability that makes it difficult for an individual to read or interpret words, letters and symbols.

Retired NHLer Brent Sopel struggled with dyslexia growing up. The former Blackhawks defenceman even created charitable organization in 2017 called The Brent Sopel Foundation that aims "to help students with dyslexia fulfill their potential through early detection and intervention," according to a statement on the foundation's website.

Sopel, who was not diagnosed until after his hockey career ended, thinks young people like Boqvist speaking openly about it will go a long way.

"Finding out at an early age is huge, that's the whole key, that's why I have my foundation," Sopel told Kaplan. "So for a kid like Boqvist who ...

one, was diagnosed but, two, is comfortable talking about it – that's everything. He's already on a great track."

Kaplan explained that since Boqvist was diagnosed early in life he was afforded some assistance in school in the form of extra time to complete assignments and CDs he could listen to help him learn. Boqvist, who turned 18 earlier this month, is on track to graduate high school next year.

"We are proud of him for hockey, and also how he [handles] the dyslexia," Boqvist's father, Patric, said. "We are very happy he wants to talk about it. We think [it] makes it easier for him."

Clearly, being dyslexic didn't impact his ability to thrive playing sports.

Boqvist was selected eighth overall in the 2018 NHL Draft after registering 14 goals and 24 points with Brynäs IF's junior club in the Swedish SuperElit League this past season. He was the third blueliner off the board behind compatriot Rasmus Dahlin and American Quinn Hughes.

"I like to have the puck on a rush and make a move," Boqvist said of his style of play. "I like to watch Erik Karlsson, but I try to play like Adam Boqvist."

The Blackhawks inked Boqvist to a three-year, entry-level contract on July 1 and four days later the player signed with the London Knights where he'll spend next season developing in the Ontario Hockey League.

His decision to sign with London should not only help him adjust to a North American style of hockey but also help improve his English. Learning a second language would be a daunting challenge for anyone, let alone for a person with dyslexia, but it's something he has made significant progress on.

"When he went to the combine before the draft, he was so nervous about his English," Boqvist's dad added. "When he came home, he was so proud. Then the draft came and we listened to his [interviews in] English and he really has come a long way."

Sportsnet.ca LOADED: 08.24.2018