



GENERAL INFO

Media and NHL Information



MEDIA INFO

The Carolina Hurricanes extend a cordial welcome to all media covering our home games. We appreciate the coverage you provide us, and we will do everything possible to assist you in your game duties.

The following is some information relating to our game night operation and press box which you should read carefully. Your cooperation in following these guidelines is much appreciated.

MEDIA RELATIONS DEPARTMENT

Mike Sundheim Director of Media Relations
Office: (919) 861-5477 *Home:* (919) 490-6629
Mobile: (919) 522-4583 *Email:* mikes@carolinahurricanes.com

Kyle Hanlin Manager of Media Relations / Broadcast Coordinator
Office: (919) 861-5429 *Home:* (919) 327-4942
Mobile: (919) 523-7635 *Email:* kyleh@carolinahurricanes.com

MEDIA CREDENTIALS POLICY

Media credentials are issued to working media only. All credentials are non-transferable, and any unauthorized use will subject bearer to ejection from the RBC Center and confiscation of the credential. Credentials are good for admittance to the arena, press box, press dining room and both locker rooms.

Media credentials are divided into two categories: full-season and single-game. Season media passes will be issued to recognized newspapers, magazines, television and established radio stations completing our formal request form. Send a request for the form to Mike Sundheim via email at mikes@carolinahurricanes.com or via fax at (919) 462-0123. A media credential cannot be used to sit in spectator seating areas.

Single-game credentials should be requested via email to either Mike Sundheim or Kyle Hanlin at least 24 hours prior to game time.

Photo credentials will be issued on a priority basis to daily publications, wire services, team photographers or national publications on specific assignments only.

PRE-GAME ACCESS

The Hurricanes open their locker room to the media two hours prior to all home games for a 20-minute window of availability.

MEDIA PARKING

Full-season media will be issued general media parking passes. The East (black) lot is closest to the media entrance, which is the VIP entrance on the South end of the building. Television crews will be allowed to park just outside the security entrance. However, there will only be space for one truck per station.

MEDIA ROOM

Media possessing credentials are invited to enjoy a meal before each game in the press room. The room opens two and a half hours before game time. Dining room usage is limited to those presenting valid Hurricanes or NHL Team Management passes. It is prohibited to allow family members, friends or guests into the press room without a valid credential. Our fine press meal costs \$7.

PRESS NOTES

A complete set of press notes and additional materials are available for all working media at the morning skate and in the media dining room. Notes and other materials will also be available in the press box before and during the game.

PRESS BOX

The press box is located at the top floor (5) of the RBC Center and is accessible via the press elevator.

GAME-NIGHT STAFF

The Hurricanes game-night staff members are available to meet your needs, so please feel free to ask any of the following people for help on event nights. Staff members are posted at the press gate (VIP Entrance) and the meal room prior to game time and in the press box after face-off.

Jonathan Albert
Kelly Lynch

Shannon Cavender
Katie Perry

Ken Hamlin
Drew Sanchez

Ryan Jones

OUT-OF-TOWN SCORES

Out-of-town score sheets are delivered to all radio and television broadcasters, as well as all media located in the press box, throughout the game.

POST-GAME ACCESS

Both locker rooms will be opened five minutes after the teams leave the ice. Hurricanes Head Coach Paul Maurice will hold a post-game news conference following each game in the Media Room. Written quotes from both Paul Maurice and the visiting coach, in addition to game statistics, will be provided to the media. The officials' locker room is off-limits to the media. Should a comment or interpretation from the game's referee or NHL supervisor be needed, a pool reporter may be assigned.

AREAS OFF-LIMITS

Media are prohibited from entering the medical room and shower area within the Hurricanes' and visiting locker rooms.

PRACTICES

Hurricanes' practices are open to the public and all media. You should, however, verify times and location. Hurricanes' practices that are not at the RBC Center will be held at the RecZone in Raleigh, N.C.

Directions to the RBC Center**FROM THE AIRPORT (RDU):**

I-40 East to Wade Avenue exit... Take Edwards Mill Rd./Arena Exit and bear right...RBC Center is on the left.

Directions to Practice Facility**FROM THE AIRPORT:**

I-40 East take Wade Avenue exit... Get onto I-440 Inner Beltline... Take Wake Forest Road exit (#10)... Take right onto Wake Forest Road... Make third left onto Hodges Street... RecZone is directly on the right.

PRINT AND WEB**ASHEBORO COURIER-TRIBUNE**

500 Sunset Avenue
Asheboro, NC 27203
336/626-6133; *Fax:* 336/626-7074
Writers: Dennis Garcia, Joel Edwards
sports@courier-tribune.com

BURLINGTON TIMES-NEWS

707 South Main St.
Burlington, NC 27215
336/229-2454; *Fax:* 336/229-2463
Sports Editor: Bob Sutton
Bob_Sutton@link.freedom.com

DUNN DAILY RECORD

99 West Broad Street
Dunn, NC 28335
910/891-1234

FAYETTEVILLE OBSERVER

458 Whitfield St.
Fayetteville, NC 28302
910/486-3513; *Fax:* 910/486-3545
Writer: Paul Shugar
shugarp@fayobserver.com

FRANKLIN TIMES

P.O. Box 119
109 South Bickett Blvd.
Louisburg, NC 27549
919/496-6503; *Fax:* 919/496-1689
Sports Editor: Geoff Neville
sports@thefranklintimes.com

HERALD SUN OF DURHAM

P.O. Box 2092
Durham, NC 27702
919/419-6673; *Fax:* 919/419-6889
Sports Editor: Jimmy Dupree
sports@heraldsun.com

NEWS & OBSERVER

P.O. Box 191
Raleigh, NC 27602
919/829-4560; *Fax:* 919/829-4888
Sports Editor: Gary Schwab
gschwab@newsobserver.com
Writers: Chip Alexander, Luke DeCock
J.P. Giglio, Javier Serna
Photo Editor: Kevin Keister
sports@newsobserver.com

ROCKY MOUNT TELEGRAM

800 Tiffany Blvd.
Rocky Mount, NC 27802
252/407-9950
Sports Editor: Ben Jones
bjones@coxnc.com

WILSON DAILY TIMES

P.O. Box 2447
Wilson, NC 27894
252/265-7807

WINSTON-SALEM JOURNAL

P.O. Box 3159
Winston-Salem, NC 27102
336/727-7310; *Fax:* 336/727-4083
Sports Editor: Terry Oberle
sports@wsjournal.com
Writer: Lenox Rawlings

WRALSPORTSFAN.COM

711 Hillsborough St.
Raleigh, NC 27603
919/821-8600
Editor: Dane Huffman
dhuffman@wral.com

ALL SPORTS RADIO

(*Rightsholder)

***99.9 THE FAN**

WCMC (99.9 FM)
Program Director: David Shore
Hosts: Mike Maniscalco,
David Glenn, Mark Thomas
711 Hillsborough St.
Raleigh, NC 27603
919/890-6101
mmaniscalco@999thefan.com

620 THE BUZZ

WDNC (620 AM)
4601 Six Forks Road
Suite 520
Raleigh, NC 27609
Hosts: Adam Gold, Joe Ovies,
Taylor Zarzour
919/875-9100

***PIRATE RADIO**

WGHB, (1250 AM)
P.O. Box 229
Greenville, NC, 27828
919/753-4122

790 THE BALL

WBLO (790 AM)
1607 Country Club Drive
P.O. Box 5663
High Point, NC 27262
336/454-0790

OTHER LOCAL RADIO**CAPITOL BROADCASTING CO.**

WRAL (101.5 FM)
711 Hillsborough St.
Raleigh, NC 27603
919/890-6101

CURTIS MEDIA GROUP

WWMY (102.9 FM)
WBBB (96.1 FM)
WDTF, (570 AM)
WKXU, (101.1 FM)
WKIX, (102.3 FM)
WPTF (680 AM)
3012 Highwoods Blvd.
Suite 200
Raleigh, NC 27604
919/790-9392
Reporter: Brian LeBlanc
wptfnews@curtismedia.com

CLEARCHANNEL

WDCG (105.1 FM)
WRDU (106.1 FM)
WRSN (93.9 FM)
WRVA (100.7 FM)
3100 Smoketree Court, #505,
Raleigh, NC 27604
919/876-1061
919/876-8578

LOCAL MEDIA

TELEVISION

WLFL (Channel 22 – CN)
3012 Highwoods Blvd.
Suite 101
Raleigh, NC 27604
919/790-9535; *Fax:* 919/878-3877

WNCN (Channel 17 – NBC)
1205 Front St.
Raleigh, NC 27609
919/835-6397; *Fax:* 919/836-1687
Sports Director: Penn Holderness
Sportscasters: TBD

WRAL (Channel 5 – CBS)
2619 Western Blvd.
Box 12000
Raleigh, NC 27605
919/821-8600; *Fax:* 919/821-8541
Sportscasters: Jason Jennings, Ken Medlin,
Jeff Gravley

WRAZ (Channel 50 – FOX)
2619 Western Blvd.
Box 12000
Raleigh, NC 27605,
919/821-8678; *Fax:* 919/821-8541

WTVD (Channel 11 – ABC)
411 Liberty St.
Durham, NC 27701
919/687-2326; *Fax:* 919/687-4373
Sportscasters: Mark Armstrong, Joe Mazur,
Kerith Burke
Photographer: Charlie Mickens

News 14 Carolina
2505 Atlantic Ave., Suite 102
Raleigh, NC 277604
919/882-4000
Sports Director: Jim Connors
Sportscasters: Ryan Welch

WIRE SERVICES

Associated Press
4020 Westchase Boulevard, Suite 300
Raleigh, NC 27607
919/510-8937; *Fax:* 919/834-1078
Sports Editor: Joedy McCreary
Reporter: Aaron Beard
Cell: 919/341-4024

PHOTOGRAPHER

Gregg Forwerck
Home: 704/882-3113
Cell: 704/668-0675

RALEIGH AREA INFORMATION (Area Code 919)

TAXI SERVICES

Cardinal Cab, Inc. 828-3228
Checkers Taxi 779-2645
Omni Taxi and Transfer 821-0066
Universal Cab. 832-3633
USA Taxi 877-0515

AREA HOTELS

Comfort Suites, Arena 854-0502
Embassy Suites, Airport 677-1840
Embassy Suites, Crabtree Valley 881-0833
Hilton Garden Inn 840-8088
Marriott, Raleigh City Center 833-1120
Marriott, RTP 941-6200
Raleigh Marriott, Crabtree Valley 781-7000
Renaissance, North Hills 571-8773
The Umstead 888-678-1711
Washington Duke Inn & Golf Club 419-0627

PUBLIC GOLF COURSES

Crooked Creek 557-7529
Eagle Ridge 661-6300
Lochmere 851-0611
Lonnie Poole (N.C. State) 833-3338
Neuse Golf Club 550-0550
Pine Hollow 553-4554
River Ridge 661-8374
UNC Finley Golf Course 962-2349

RESTAURANTS

42nd St. Oyster Bar 831-2811
518 West Italian Cafe 829-2518
An 677-9229
Angus Barn 781-2444
Bella Monica 881-9778
Blinco's Sports Grille 785-5060
Bogart's American Grille 832-1122
Bonfish Grill 677-1347
Caffé Luna 832-6990
Charlie Goodnight's Restaurant & Comedy Club 828-5233
Cheesecake Factory 781-0050
Duck & Dumpling 838-0085
Edwards Mill Bar & Grill 783-5447
Fox and Hound 781-4495
Heron's at The Umstead 447-4200
Hibernian Pub 833-2258
Irregardless Café 833-8898
Five Star Restaurant 833-3311
Margaux's 846-9846
PF Chang's 787-7754
Ruth's Chris Steak House (Cary) 677-0033
Ruth's Chris Steak House (Raleigh) 791-1103
Solas 755-0755
Sullivan's Steak House 833-2888
Sushi Blues 664-8061
Vivace 787-7747
Woody's Sports Tavern & Grille 833-3000

**NATIONAL HOCKEY LEAGUE****EXECUTIVE OFFICES**

New York
 1185 Avenue of the Americas
 New York, NY 10036
 212/789-2000; *Fax:* 212/789-2020
PR Fax: 212/789-2080

NHL – Toronto (NHL & NHLEC)
 50 Bay Street, 11th Floor
 Toronto, Ontario, M5J 2X8
 416/359-7900; *Fax:* 416/981-2779
PR Fax: 416/981-2769

NHL – Montreal
 1800 McGill College Avenue, Ste 2600
 Montreal, Quebec, H3A 3J6
 514/841-9220; *Fax:* 514/841-1070

DIRECTORY

Commissioner Gary B. Bettman
 Deputy Commissioner William Daly
 Chief Operating Officer John Collins
 Senior Executive Vice President of Hockey Operations Colin Campbell

COMMUNICATIONS

Senior Vice President, Public Relations & Media (Toronto) Gary Meagher
 Senior Vice President, Corporate Communications Bernadette Mansur
 Group Vice President, Public Relations Frank Brown
 Vice President, Public Relations & Player Development Jamey Horan
 Statistician and Information Officer (Toronto) Benny Ercolani
 Senior Director, News Services Greg Inglis
 Director, Media Relations John Dellapina
 Director, Public Relations (Toronto) Julie Young
 Senior Publicist, Corporate Communications Kerry McGovern
 Senior Manager, Public Relations (Toronto) David Keon
 Manager, Public Relations Schuyler Baehman
 Manager, Public Relations (Toronto) Jennifer Raimondi
 Assistant, Public Relations Celeste Velasco

ORDER OF SELECTION FOR 2010 ENTRY DRAFT

The NHL's annual Draft Drawing is a weighted lottery system to determine the order of selection for the first 14 picks of the 2010 Entry Draft. The 14 teams that did not qualify for the Stanley Cup Playoffs, or clubs that acquired those clubs' 2010 first-round draft picks, participate in the Drawing.

The Club selected in the drawing may not move up more than four positions in the draft order, thus only the five Clubs with the fewest regular-season points have the opportunity to receive the first overall selection. No Club can move down more than one position as a result of the Draft Drawing.

In the first round of the 2010 Entry Draft, the order of selection is as follows:

- a) The first 14 selections, as determined by the Draft Drawing (see above);
- b) Clubs eliminated in the first two rounds of the 2010 Stanley Cup Playoffs, regular-season division winners excluded, in inverse order of points;
- c) Regular-season division winning clubs eliminated in the first two rounds of the 2010 Stanley Cup Playoffs, in inverse order of points;
- d) Clubs eliminated in the 2010 Conference Finals, in inverse order of points;
- e) Stanley Cup finalist
- f) Stanley Cup champion

In the second and subsequent rounds the order of selection is as follows:

- a) Non-playoff clubs in inverse order of points;
- b) Clubs eliminated in the first two rounds of the 2010 Stanley Cup Playoffs, regular-season division winners excluded, in inverse order of points;
- c) Regular-season division winning clubs eliminated in the first two rounds of the 2010 Stanley Cup Playoffs, in inverse order of points;
- d) Clubs eliminated in the 2010 Conference Finals, in inverse order of points;
- e) Stanley Cup finalist
- f) Stanley Cup champion

ENTRY DRAFT PLAYER ELIGIBILITY

- a) All Players age 18 or older are eligible for claim in the Entry Draft, except:
 - i. a Player on the Reserve List of a Club, other than as a try-out;
 - ii. a Player who has been claimed in two prior Entry Drafts;
 - iii. a Player who previously played in the League and became a Free Agent pursuant to this Agreement;
 - iv. a Player age 21 or older who: (A) has not been selected in a previous Entry Draft and (B) played hockey for at least one season in North America when he was age 18, 19, or 20 and shall be eligible to enter the League as an Unrestricted Free Agent pursuant to Article 10.1(d); and 18
 - v. a Player age 22 or older who has not been selected in a previous Entry Draft and shall be eligible to enter the League as an Unrestricted Free Agent pursuant to Article 10.1(d).

UNSIGNED DRAFT CHOICES

- a) A player aged 18 or 19 who was selected in the first three rounds of the Entry Draft and who was not signed by his NHL Club may not be retained by the Club and must be returned to his junior Club no later than the day prior to the opening of the NHL regular season.
- b) A player aged 18 or 19 who was selected in the fourth or subsequent rounds who has not been signed by his NHL Club may not be retained by his Club and must be returned to his junior Club no later than the fourth day prior to the opening of the NHL regular season.

ENTRY LEVEL PLAYERS

1. Players 18 through 21 years of age when signing their first contract must remain in the entry-level system for a period of three years; players age 22 and 23 when signing their first contract are in the entry level system for two years; while those age 24 when signing their first contract are in the entry level system for one year. Age is defined as the player's age on September 15 of the calendar year in which he signs the contract, regardless of his actual age on the date he signs such contract.

2. In the event that a signed 18 or 19-year-old player does not play a minimum of 10 NHL games (regular season and/or playoffs) in his first season under contract, the term of his player contract and his number of years in the entry level system will be extended for a period of one year. The exception to this is a 19-year-old player who turns 20 years of age between September 16 and December 31 in his first contract year.

3. In the event that a player signs his first contract at age 18 and has had his Player Contract extended for one season already, and such player does not play at least 10 NHL games (regular season and/or playoffs) in the second season under that player's Player Contract, then the term of his Player Contract and his number of years in the Entry Level System shall be extended for one additional year.

23-MAN ROSTER

There may be a maximum of 23 players on each Club's playing roster at any one time from the commencement of the NHL regular season through the trade deadline. Prior to the start of the season, each Club must submit to the NHL its "Opening Day Playing Roster" which shall be comprised of not more than 23 players. Each Club must have a roster of at least 20 players, composed of 18 skaters and two goaltenders. Players on Injured Reserve do not count in the 23-Man Roster limit.

INJURED RESERVE LIST

In the event that a player is injured and a Club wishes to place him on the Injured Reserve List, the Club must follow these procedures.

1. A Club may place a player on the injured reserve list if such player is injured, disabled or ill and unable to perform his duties as a hockey player after having passed the Club's initial physical examination in that season.
2. A player who has an injury that renders him physically unable to play for a minimum of seven days after that date of the injury can be placed on the Club's Injured Reserve List. Once a player is placed on the injured reserve, the Club may replace said player on its NHL roster with another player. All determinations that a player has suffered an injury warranting injured reserve status must be made by the Club's medical staff and in accordance with the Club's medical standards.
3. A player placed on Injured Reserve is ineligible to compete in NHL games for a period of not less than seven days from the date of injury.
4. Players on Injured Reserve may attend Club meetings and meals, travel with the Club and participate in practice sessions.
5. Players on Injured Reserve are prohibited from appearing in games, participating in pre-game warm-ups with their Clubs, or dressing in game uniforms on game days.

REGULAR SEASON WAIVERS

For purposes of Regular Waivers and Re-Entry Waivers, the five (5) year exemption for an 18 year old skater and the four (4) year exemption for a 19 year old skater shall both be reduced to three (3) years commencing the first season that the 18 or 19 year old skater plays in eleven (11) NHL Games or more. The next two (2) seasons, regardless of whether the skater plays any NHL Games in either season, shall count as the second and third years toward satisfying the exemption. For purposes of Regular Waivers and Re-Entry Waivers, the six (6) year exemption for an 18 year old goalie and the five (5) year exemption for a 19 year old goalie shall both be reduced to four (4) years commencing the first season that the 18 or 19 year old goalie plays in eleven (11) NHL Games or more. The next three (3) seasons, regardless of whether the goalie plays any NHL Games in any of those three (3) seasons, shall count as the next three (3) years toward satisfying the exemption.

The first season in which a Player who is age 20 or older plays in one (1) or more Professional Games shall constitute the first year for calculating the number of years he is exempt from Regular Waivers and Re-Entry Waivers.

A Player 25 years old or older who plays in one (1) or more Professional Games in any season shall be exempt from Regular Waivers and Re-Entry Waivers for the remainder of that season.

TIE-BREAKING PROCEDURES

At the conclusion of the regular season, the standing of the teams in each Conference shall be determined in accordance with the following priorities in the order listed:

- a) First place in each of the three (3) divisions seeded 1, 2, and 3.
- b) The higher number of points earned by the Club.
- c) The greater number of games won by the Club.
- d) The higher number of points earned in games against each other among two (2) or more Clubs having equal standing under priority (b) and (c) **
- e) The greater differential between goals scored for and against by Clubs having equal standing under priority (d).

** NOTE: For the purpose of determining standing under priority (d) for two or more tied Clubs that have not played an even number of games with one or more of the other tied Clubs, the first game played in the city that has the extra game (the "odd game") shall not be included. When more than two Clubs are tied, the percentage of available points earned in games among each other (and not including any "odd games") shall be used to determine standing.

CRITICAL DATES

SEPTEMBER

- 5 Opening Day of Rookie Camp
- 12 Opening Day of NHL Training Camps
- 14 Pre-season schedule begins
- 14 Kraft Hockeyville Game – NY Islanders vs. Vancouver (Terrace, B.C.)
- 28 Victoria Cup – Chicago vs. HC Davos (Zurich, Switzerland)
- 28 NHL Premiere Challenge (pre-season) Florida vs. Tappara Tampere (Tampere, Finland)
- 29 Victoria Cup – Chicago vs. Zurich Lions (Zurich, Switzerland)
- 29 NHL Premiere Challenge (pre-season) St. Louis vs. Linköping (Linköping, Sweden)
- 30 NHL Premiere Challenge (pre-season) Detroit vs. Farjestad (Karlstad, Sweden)
- 30 NHL Premiere Challenge (pre-season) Florida vs. Jokerit (Helsinki, Finland)
- 30 Opening Day Playing Rosters set (3:00 p.m. ET)

OCTOBER

- 1 Hockey Fights Cancer Awareness Month
- 1 Opening Night – 92nd NHL Regular Season begins
- 1 San Jose @ Colorado – Joe Sakic's number #19 retired
- 2 NY Rangers at Pittsburgh (Stanley Cup Banner raised)
- 2 NHL Premiere – Chicago vs. Florida (Helsinki, Finland)
- 2 NHL Premiere – Detroit vs. St. Louis (Stockholm, Sweden)
- 3 NHL Premiere – Chicago vs. Florida (Helsinki, Finland)
- 3 NHL Premiere – Detroit vs. St. Louis Blues (Stockholm, Sweden)
- 3 All 30 teams in action
- 24 All 30 teams in action

NOVEMBER

- 4-7 U20 4 Nations Cup
- 7 Hockey Hall of Fame Game (Detroit at Toronto)
- 8 Hockey Hall of Fame Legends Game (Canada vs. World)
- 9 Hockey Hall of Fame Induction Ceremony (Toronto, ON)
Inductees: Brett Hull, Brian Leetch, Luc Robitaille, Steve Yzerman (Player category); Lou Lamoriello (Builder category)

DECEMBER

- 1 Signing deadline for Group 2 free agents (5:00 p.m. ET)
- 19-27 Holiday Roster Freeze in effect. For all players on an NHL active roster, injured reserve, or players with non-roster and injured non-roster status as of midnight, local time, December 19, a roster freeze shall apply through midnight local time December 27, with respect to waivers, trades and loans, subject to the exceptions provided for in CBA Article 16.10.
- 24-25 No scheduled practices – dressing rooms closed
- 26 – 1/5 IIHF World U20 Championship (Saskatoon & Regina, Canada)

JANUARY

- 1 2010 Bridgestone NHL Winter Classic – Philadelphia at Boston (Fenway Park, Boston)
- 17 NHL on NBC (game of the week coverage begins)
- 29-31 Hockey Weekend Across America (USA Hockey)
- 30 CBC's Hockey Day in Canada (Host: Stratford, ON)
Montreal at Ottawa, Vancouver at Toronto, Edmonton at Calgary

FEBRUARY

- 1 Hockey is for Everyone Month
- 14 Last NHL games before Olympic break
- 15-23 2010 Winter Olympic Break: No scheduled practices – dressing rooms closed
- 16 Olympic Hockey tournament begins (Vancouver, Canada)
- 22 30th Anniversary of 'Miracle on Ice' game (1980)
- 26 Olympic Bronze medal game
- 28 Olympic Gold medal game

MARCH

- 1 NHL Regular season resumes after Olympic break
- 3 Trade deadline (3 p.m. ET)

APRIL

- 8-10 NCAA Frozen Four (Ford Field, Detroit)
- 11 Last day of 2009-2010 regular season
- 13-23 IIHF U18 World Championship (Mogilev & Bobruisk, Belarus)
- 14 Stanley Cup Playoffs begin

MAY

- 1-9 2010 Royal Bank Cup (Dauphin, MB)
- 7-23 IIHF World Championship (Mannheim & Gelsenkirchen, Germany)
- 14-23 2010 Mastercard Memorial Cup (Brandon, MB)
- 24-29 NHL Combine (Toronto, ON)

JUNE

- 1 Deadline for making Bona Fide Offers to prior year's NHL Entry Draft picks (5:00 p.m. ET)
- 18 Last possible day for 2009 Stanley Cup Final
- TBA Deadline for first club-elected salary arbitration (later of June 15 or 48 hours after the conclusion of the Stanley Cup Final, 5:00 p.m. ET)
- TBA 2010 NHL Awards (Las Vegas, Nevada)
- TBA NHL Entry Draft (Location: TBA)

JULY

- 1 Free Agency period begins
- 5 Deadline for player-elected salary arbitration (5:00 p.m. ET)
- 6 Deadline for club-elected salary arbitration (5:00 p.m. ET)
- 15 Qualifying offers expire automatically (5:00 p.m. ET)
- 20 – 8/4 Salary arbitration hearings held

AUGUST

- 6 Deadline for salary arbitration decisions to be rendered

Abduction: Movement of a joint away from the center of the body.

AC Joint (Acromioclavicular joint): Joint of the shoulder where acromion process of the shoulder blade and the distal end of the collarbone meet; most shoulder separations occur at this point.

Adduction: Movement of a joint toward the center of the body.

Adhesion: Abnormal adherence of collagen fibers to surrounding structures during immobilization following trauma or as a complication of surgery which restricts normal elasticity of the structures involved; or scar tissue which forms after trauma or surgery which can restrict normal motion.

Aerobic: Exercise in which energy needed is supplied by oxygen inspired and is required for sustained periods of vigorous exercise with a continually high pulse rate.

Anabolic Steroids: Steroids that promote tissue growth by creating protein in an attempt to enhance muscle growth. The main anabolic steroid is testosterone (male sex hormone).

Anaerobic: Exercise without the use of oxygen as an energy source; short bursts of vigorous exercise.

Anterior Cruciate Ligament (ACL): A primary stabilizing ligament within the center of the knee joint that prevents hyperextension and excessive rotation of the joint. A complete tear of the ACL necessitating reconstruction could require up to 12 months of rehabilitation.

Anti Inflammatory: Any agent which prevents inflammation, such as aspirin or ibuprofen.

Arteriogram: A film demonstrating arteries after injection of a dye.

Arthrogram: X ray technique for joints using air and/or dye injected into the affected area; useful in diagnosing meniscus tears of the knee and rotator cuff tears of the shoulder.

Arthroscope: An instrument used to visualize the interior of a joint cavity.

Arthroscopy: A surgical examination of the internal structures of a joint by means of observation through an arthroscope. An arthroscopic procedure can be used to remove or repair damaged tissue or as a diagnostic procedure in order to inspect the extent of any damage or confirm a diagnosis.

Atrophy: To shrivel or shrink from disuse; as in muscular atrophy.

Baker's Cyst: Localized swelling of a bursa sac in the back of the knee as a result of fluid that has escaped from the knee capsule. A Baker's cyst indicates that there is a trauma inside the knee joint that leads to excessive fluid production.

Bone Scan: An imaging procedure in which a radioactive labeled substance is injected into the body to determine the status of a bone injury. If the radioactive substance is taken up by the bone at the injury site, the injury will show as a 'hot spot' on the scan image. The bone scan is particularly useful in the diagnosis of stress fractures.

Bursa: A fluid filled sac located in areas where friction is likely to occur. The bursa sac minimizes the friction, for example, between a tendon and bone.

Cartilage: Smooth, slippery substance preventing two ends of bones from rubbing together and grating. Most joints use this to cover bones next to each other. A meniscus is made of cartilage.

CAT Scan (Computerized Tomography): Use of a computer to produce a cross-sectional view of the anatomical part being investigated from x ray data.

Chondromalacia: Roughening of the articular cartilage. Best known for the roughening of the underside of the kneecap, which can occur in any kneecap injury.

Clavicle: Collarbone; the bone connecting the breastbone with the shoulder blade.

Closed Reduction: Re-alignment of a fracture or dislocation without surgery.

Coccyx: The 'tailbone,' a group of four vertebrae that are fused together to form a small triangular bone, located at the terminal end of the spine.

Concussion: Jarring injury of the brain resulting in dysfunction. It can be graded as mild, moderate or severe, depending on loss of consciousness, amnesia and loss of equilibrium.

Contusion: An injury to a muscle and tissues caused by a blow from a blunt object.

Corticosteroids: Used to suppress joint inflammation and inflammation in a bursa or near tendons.

Cryotherapy: A treatment with the use of cold.

Cyst: Abnormal sac containing liquid or semi solid matter.

Degenerative Joint Disease: Changes in the joint surfaces as a result of repetitive trauma and 'wear and tear'.

Deltoid Ligament: Ligament that connects the tibia to bones of the medial aspect of the foot and is primarily responsible for stability of the ankle on the medial side. Is sprained less frequently than other ankle ligaments.

Deltoid Muscle: Muscles at the top of the arm, just below the shoulder, responsible for shoulder motions in the front, side and back.

Disc, Intervertebral: A flat, rounded plate between each vertebrae of the spine. The disc consists of a thick fiber ring which surrounds a soft gel like interior. It functions as a cushion and shock absorber for the spinal column.

Dislocation: Complete displacement of joint surfaces.

Electromyogram (EMG): Test to determine nerve function.

Epicondylitis: Inflammation of tendons at the elbow due to overuse. Common in tennis players (outer part of elbow) and golfers (inner part of elbow)

Etiology: Study of the cause of injury and disease.

Extension: Action of straightening of a joint as achieved by an extensor muscle.

Fascia: A connective tissue sheath consisting of fibrous tissue and fat which unites the skin to the underlying tissue.

Fat Percentage: The amount of body weight that is adipose, fat tissue. Fat percentage can be calculated by underwater weighing, measuring select skinfold thickness or by analyzing electrical impedance.

Femur: Thighbone; longest bone in the body.

Fibula: Smaller of the two bones in the lower leg; runs from the knee to the ankle along the outside of the lower leg.

Flexibility: The ability of muscle to relax and yield to stretch forces.

Fracture: Breach in continuity of a bone. Types of fractures include simple, compound, comminuted, greenstick, incomplete, impacted, longitudinal, oblique, open, stress or transverse.

Glenohumeral: The shoulder girdle; consists of the glenoid capsule, head of the humerus and labrum.

Glenoid: Cavity of the scapula into which the head of the humerus fits to form the shoulder girdle.

Glenoid Labrum: A rim of fibrocartilaginous tissue attached around the margin of the glenoid fossa.

Grade One Injury: A mild injury in which ligament, tendon or other musculoskeletal tissue may have been stretched, but not torn or otherwise disrupted.

Grade Two Injury: A moderate injury in which musculoskeletal tissue has been partially, but not totally torn, causing appreciable limitation in function of the injured tissue.

Grade Three Injury: A severe injury in which tissue loss has been significant, and in many cases, totally torn or otherwise disrupted, causing a virtual loss of function.

Groin: Junction of the thigh and abdomen, location of muscles that rotate, flex and adduct the hip.

Hammer Toe: Condition when the first digit of a toe is at a different angle than the remaining digits of the same toe.

Hamstring: Category of muscle that runs from the buttocks to the knee along the back of the thigh. It functions to flex the knee and is often times injured as a result of improper conditioning or lack of muscle flexibility.

Hemarthrosis: Accumulation of blood within a joint as a result of an acute injury.

Hematoma: Mass produced by an accumulation of coagulated blood in a cavity or in soft tissues.

High Ankle Sprain: Disruption of thick connective tissue between the tibia and fibula above the ankle joint.

Hip Pointer: Contusion to the iliac crest.

Hydrotherapy: Treatment using water.

Hyperextension: Extreme extension of a limb or body part.

Ice and Stimulation: Use of ice to reduce inflammation and muscle stimulation by surface electrodes to maintain muscle strength used in rehabilitation of injury.

Iliotibial Band: A thick, wide fascial layer that runs from the iliac crest to the knee joint on the outside of the thigh.

Inflammation: The body's natural response to injury in which the injury site might display various degrees of pain, swelling, heat, redness and/or loss of function.

Isometric Contraction: Muscular contraction in which tension is developed but no mechanical work is done.

Labrum (Labrum Glenoidule): The cartilage of the glenoid cavity in the shoulder. A lip edged or lip like structure.

Lateral Collateral Ligament (LCL): Ligament of the knee along the outer aspect that connects the femur to the fibula. It provides lateral stability to the joint.

Ligament: Band of fibrous tissue that connects bone to bone or bone to cartilage and supports and strengthens joints.

Magnetic Resonance Imaging (MRI): Imaging procedure in which a radio frequency pulse causes certain electrical elements of the injured tissue to react to this pulse and through this process a computer display and permanent film establish a visual image. MRI does not require radiation and is very useful in the diagnosis of soft tissue, disc and meniscus injuries.

Mandible: Jaw bone

Medial Collateral Ligament (MCL): Ligament of knee along the inner aspect that connects the femur to the tibia.

Meniscus: Crescent-shaped cartilage, usually pertaining to the knee joint; also known as cartilage. There are two menisci in the knee: medial and lateral. These work to absorb weight within the knee and provide stability.

Metacarpals: Five long bones of the hand, joining the fingers to the wrist.

Metatarsals: Five long bones of the foot, running from the ankle to the toes.

Myositis: Inflammation of a muscle.

Open Reduction: Re-alignment of a fracture or dislocation with surgery.

Orthotic: Any device applied to or around the body of physical impairment of disability. Commonly used to control foot mechanics.

Osteochondritis Dessicans: A piece of bone and/or cartilage loosened from its attachment after trauma and a cause of a lesion.

Osteomyelitis: An inflammatory disease of bone caused usually by infection with streptococcus or staphylococcus bacteria.

Patella: The kneecap. The patella functions to protect the distal end of the femur as well as increase the mechanical advantage and force generating capacities of the quadriceps muscle group.

Plantar Fasciitis: Inflammation of the plantar (a thick tissue on the bottom of the foot which helps create the arch) fascia; associated with overuse or acute foot injury.

Posterior Cruciate Ligament (PCL): A primary stabilizing ligament of the knee that provides significant stability and prevents displacement of the tibia backward within the knee joint. A complete tear of this ligament necessitating reconstruction could require up to 12 months of rehabilitation.

Quadricep Muscles: A group of four muscles of the front thigh that run from the hip and form a common tendon at the patella; they are responsible for knee extension.

Radius: Bone in the forearm from elbow to the thumb side of the wrist.

Reconstruction: Surgical rebuilding of a joint using natural, artificial or transplanted materials.

Rotator Cuff: Comprised of four muscles in the shoulder area that can be irritated by overuse. The muscles are the supraspinatus (most commonly injured), infraspinatus, teres minor and subscapularis.

Sacroiliac: Junction of the sacrum, the lower back bone, with the pelvis.

Sacrum: Group of five fused vertebrae located just below the lumbar vertebrae of the lower back, which form part of the pelvis.

Scapula: Shoulder blade.

Sciatica: Irritation of the sciatic nerve resulting in pain or tingling running down the inside of the leg.

Sciatic Nerve: Major nerve that carries impulses for muscular action and sensations between the low back and thigh and lower leg; it is the longest nerve in the body.

Shin Splint: A catch all syndrome describing pain in the shin that is not a fracture or tumor and cannot be defined otherwise.

Spleen: Large, solid organ responsible for the normal production and destruction of blood cells located under the left rib cage.

Spondylosis: Abnormal vertebral fixation or immobility, or a general term for arthritis of the spine.

Sprain: Injury resulting from the stretching or twisting of the joint and causes various degrees of stretching or tearing of a ligament or other soft tissue at the joint.

Strain: Injury resulting from a pulling or torsion to the muscle or tendon that causes various degrees of stretching or tearing to the muscle or tendon tissue.

Stress Fracture: A hair line type of break in a bone. Caused by overuse.

Subluxation: Partial dislocation of a joint. The term usually implies that the joint can return to a normal position without formal reduction.

Synovial Fluid: Lubricating fluid for joints and tendons, produced in synovium, or the inner lining of a joint.

Synovitis: Inflammation of the synovial lining of a joint.

Talus: The ankle bone that articulates with the tibia and fibula to form the ankle joint.

Tarsals: Group of seven bones of the foot consisting of the calcaneal, talus, cuboid and three cuneiform bones.

Tendinitis: Inflammation of the tendon and/or tendon sheath, caused by chronic overuse or sudden injury.

Tendon: Tissue that connects muscle to bone.

Tenosynovitis: Swelling or inflammation of a tendon sheath caused by calcium deposits, repeated strain or trauma.

Tibia: Shin bone; larger of the two bones of the lower leg and is the weight bearing bone of the shin.

Transcutaneous Electrical Nerve Stimulator (TENS): An electrical modality that sends a mild current through pads at the injury site which stimulates the brain to release the natural analgesic endorphin.

Transverse Process: Small lateral projection off the right and left side of each vertebrae that functions as an attachment site for muscles and ligaments of the spine.

Triceps: Muscle of the back of the upper arm, primarily responsible for extending the elbow.

Ulna: Inner bone of the forearm that runs from the tip of the elbow to the little finger side of the wrist.

Ulnar Nerve: Nerve in the elbow commonly irritated from excessive throwing.

Ultrasound: An electrical modality that transmits a sound wave through an applicator into the skin to the soft tissue in order to heat the local area for relaxing the injured tissue and/or disperse edema. . . Also a type of imaging study for certain body areas.

"Wind Knocked Out": Syndrome describing a contraction of the abdominal nerve trunk, the solar plexus, as a result of an abdominal contusion.

HOW TO FIGURE

**** NOTE:** No individual skater/goaltender statistics apply for the shootout

ASSIST:	An assist is awarded to the player or players (maximum of two) who touched the puck prior to the goal, provided no defender plays or possesses the puck in between.
GAME PLAYED:	A player receives credit for playing in a game if: i) he steps on the ice during time played or; ii) serves any penalty.
GAME-WINNING GOAL:	After the final score has been determined, the goal which leaves the winning Club one goal ahead of its opponent is the game-winning goal (example: if Team A beats Team B 8-3, the player scoring the fourth goal for Team A receives credit for the game-winning goal).
GOAL:	A goal is awarded to the last player on the scoring Club to touch the puck prior to the puck entering the net.
GOALS-AGAINST AVERAGE:	Multiply goals allowed (GA) by 60 and divide by minutes played (MINS).
GOALTENDER:	A goaltender receives a "W" for a win in regulation, overtime or shootout; an "L" for a loss in regulation; or an "OT" for a loss in overtime or shootout.
PENALTY-KILLING PCT.:	Subtract total number of power-play goals allowed from total number of shorthanded situations to get total number of power-plays killed. Divide the total number of power-plays killed by the total number of shorthanded situations.
PLUS-MINUS:	A player receives a "plus" if he is on the ice when his Club scores an even-strength or shorthand goal. He receives a "minus" if he is on the ice for an even-strength or shorthand goal scored by the opposing Club. The difference in these numbers is considered the player's plus-minus statistic.
POWER-PLAY GOAL:	A goal scored by a Club while it has a manpower advantage due to an opponent's penalty. Following are some examples of what is and is not considered a power-play goal: <ul style="list-style-type: none">• if a Club has an advantage on a minor penalty starting at 2:02 of the period and it scores at 4:02, the goal is not a power-play goal.• if a Club scores on a delayed penalty, the goal is not a power-play goal.• if a Club has an advantage due to a five-minute major or match penalty, that Club is always credited with having one more advantage than the number of power-play goals it scores during that advantage, because the penalty does not expire. A new advantage begins after each power-play goal. For example, if Team A scores three goals during a major penalty, it is credited with four advantages.• if a Club is on a power-play for any length of time, it is considered to have had an advantage.• if a minor penalty is incurred by a Club on a power-play due to a major penalty, a new advantage is given to that Club when its minor penalty expires, provided the opponent's major penalty is still in effect.
POWER-PLAY PERCENTAGE:	Total number of power-play goals divided by total number of power-play opportunities.
SAVE PERCENTAGE:	Subtract goals allowed (GA) from shots against (SA) to determine saves. Then divide saves by shots-against.
SHOOTING PERCENTAGE:	Divide the number of goals scored by the number of shots taken.
SHORTHANDED GOAL:	A goal scored by a Club while it is at a manpower disadvantage. The same cases apply for shorthand as for power-play goals, but in the opposite manner.
SHOT ON GOAL:	If a player shoots the puck with the intention of scoring and if that shot would have gone in the net had the goaltender not stopped it, the shot is recorded as a "shot on goal".
SHUTOUT:	If two goaltenders combine for a shutout, neither receives credit for the shutout. Instead it is recorded as a Club shutout.
TENTHS OF A SECOND:	If a penalty or goal occurs in the last minute, the time is rounded off to the previous second (ex: if a penalty is called with 12.4 seconds left in a period, the time is indicated as 19:47 and not 19:48.)
COACHES RECORD:	A coach receives a "W" for a win in regulation, overtime or shootout; an "L" for a loss in regulation; or an "OT" for a loss in overtime or shootout.

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