

The Vancouver Canucks have traded Ryan Shannon to the Ottawa Senators for defenseman Lawrence Nycholat.

The Sens get: that skilled sixth forward that they lack - possibly. If Shannon can overcome size and defensive deficiencies, and get into coach Craig Hartsburg's good books and make this team, he could flourish on that second line. A classic boom or bust pick, Shannon will get 55 points or zero.

Shannon Dealt to Senators

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The Canucks get: an excellent backup plan in case their rearguards get hit by the injury bug again. Nycholat is perfect for coming in as a depth defenseman when needed, and as a backup PP quarterback.

Fantasy Players Impacted: If Shannon does make the team, which is a 50-50 proposition, then Chris Neil will lose his spot on the second line. Shannon's value goes up with the move.