Fantasy Impact: The Lightning have signed winger Sean Bergenheim to a one-year deal.

The Lightning get: If I were to guess, I would say that this is a two-way agreement. Had it been one-way, the team wouldn't be hiding the information. Still only 26, Bergenheim has the upside to make this team and is a threat to Teddy Purcell for a job on a scoring line. However, he is prone to injury and that could derail any progress - it has in the past. But if healthy and on the line, he can absolutely score 25 goals and 55 points. He also has underrated PIM upside. A dream fantasy season would be 25-30-55 and 90 PIM. But because of his fragility, I would pencil him in for 60 to 65 games and perhaps 30 points - 40 if sees enough time on a scoring line.

Fantasy Players Impacted: Competition for Purcell will hurt his chances, as competition tends to do. He could also push Niklas Persson right out of a job before he even gets started. Marc Pouliot is in a similar situation - two-way contract, injury prone, but with some upside. Is there room for both?

Players this helps, in order:

1. Bergenheim

Players this hurts, in order:

1. Purcell

2. Persson

3. Pouliot

4. Dana Tyrell