The Coyotes have signed Mike York to a one-year deal worth $1 million. A nice signing that is virtually risk free. They take a chance that he can turn things around and if it doesn't work they aren't tied down long term. You won't see 60 from him, but a nice bounce back season of 50 points could happen.

In a weird move, Bill Guerin was named captain of the Islanders. It is not often that a UFA joins the team and becomes captain. It happened to Chara last year, but I can't remember another incident when it happened.

The Canucks also signed defenseman Aaron Miller. No fantasy value here, but a solid depth signing to a very strong core.

Detroit has signed Dallas Drake to a one-year contract.

Kevin Bieksa has signed a three-year contract extension with the Canucks after a superb and surprising breakout season. Bieksa has 50 point potential, and couple that with the fact he is good for nearly 150 PIM's a season, he is a very valuable fantasy commodity.

The Coyotes have signed forwards John DiSalvatore and Joey Tenute. DiSalvatore belonged to St. Louis last year and Tenute belonged to Washington. Tenute is on my prospect list at 308. He is smallish, so he may have trouble cracking the lineup...but has offensive upside.

Josh Gratton and Brendan Bell are taking the Coyotes to arbitrations.

If the Oilers never land a top-line forward, Robert Nilsson and Rob Schremp owners will celebrate. The team can't have a top line of Torres-Horcoff-Hemsky and a second line of Pisani-Stoll-Sanderson. Hell no. Ready or not, Schremp-Pouliot-Nilsson will get a long long look.

Juraj Simek, ranked 162 on my prospects list, signed an entry-level deal with the Canucks.

Boston prospect Matt Lashoff is back to 100 per cent after suffering a nerve injury in his neck that caused him to miss the AHL playoffs. The rearguard is ranked 198 on my prospects list and should make the Bs this year.

Chris Collins, ranked 138 on the prospects list, showed up to Boston's camp out of shape and was demoted all the way to the ECHL. The Bs expect him to be extremely motivated this year.

25-year-old Ville Koistinen, an offensive rearguard who signed as a UFA, is expected to make the Nashville team. It could put a Zidlicky offensive comeback in jeopardy. He had 41 points in 59 games in the AHL and would have to clear waivers to be sent down.

For those of you that have not yet read Friday's announcement, it is in the forum in the "announcements" thread. Also...some hilarious trash talk between Burnsy and Notch. At it again, those two...