Through one period in Switzerland, Rick Nash has a hat trick and Joe Thornton has three goals.

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My five nutritional tips for September - Gary Roberts on nutrition, some healthy breakfast ideas, body fat percentage (what does it really mean?), and more.

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Mikhail Grigorenko had a goal and three assists in his season debut. Grigorenko would have challenged for a roster spot in Buffalo if not for the lockout.

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It sounds like the relationship between Andrei Loktionov and the Kings is getting strained. Loktionov has chosen to go play in Russia instead of the AHL.

He has the talent to be a very good 2nd line center at the NHL level, but it won't be in Los Angeles. Do the Kings try and move him once the season gets going again? I think that would be the smart move for all sides.

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My thoughts on Gary Roberts and what he has meant for summer training in hockey.

Gary isn't revolutionary in the science of his training, but his methods and approach to a holistic view on health are. Some great insights from Stamkos in there, and some workout recommendations from Roberts at the end, too.

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A great read on 25 players to watch in the WHL for 2012-13.

2. Curtis Lazar - The Edmonton Oil Kings have a future star on their hands in Curtis Lazar. He came on strong in the second half last year and was fantastic in the WHL playoffs. He's in the running as a top 10 pick in the 2013 NHL draft and could end up as the WHL's highest drafted forward when next June roles around. He definitely sits near the top of this list of 25 in regards to my overall interest level.

*

We have made a few tweaks to the DobberHockey Experts League this year. PIM are gone, and hits are in. That will change how the draft is conducted significantly (more value on the defensemen, for one).

With the 13th pick out of 16, I am going to need to grab a tier 2 goaltender in either round one or round two. I can't wait all the way until the end of round three to pick up the goaltending scraps.

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A Swedish judge has ruled that NHLers are able to go and play in the SEL using contracts with lockout "out clauses," or provisions to return to their NHL teams. This means that a lot of Swedes (and non Swedes) will be heading over.

The Sedin twins are going to stay in Vancouver until December, and then make a decision if the dispute isn't resolved by then. I imagine a lot of the veterans with kids won't be rushing over to Europe, as it would be a pain to go there for a few months and then come back after.

Here is the link to the ruling.

*

CHL opening night was on Thursday, and here are the three stars from OHL action.

No. 1 star: Anthony Camara, Barrie Colts (OHL)

Just what the Boston Bruins need in the pipeline, a power winger, he typed sarcastically. Camara's hat-trick goal with 45 seconds left off a Mark Scheifele tip pass gave the Colts a 6-4 win over the Ottawa 67's in a game that had a bang-bang finish similar to Game 7 of the teams' playoff series five months ago.

*

A video of Jets defenseman Zach Bogosian training this summer:

{youtube}qbC04RUz4J4{/youtube}

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Sticking with the OHL, here are two season previews.

Eastern Conference

BARRIE COLTS

Key Returnee: When Mark Scheifele made a late return to the Colts lineup from the Winnipeg Jets last October, he went on an offensive tear that was a huge boost for the rebuilding squad. This year, he should be a dominant force in the Eastern Conference unless he gets another chance with the Jets.

Forwards: Zach Hall made some big strides offensively last year and has the skill set to fill the net on a regular basis. Anthony Camara is another offensive threat and will see lots of time on the top line with Scheifele. The Colts were thrilled to pick up promising youngster Andreas Athanasiou from the London Knights before the season started.

Western Conference

KITCHENER RANGERS

Key Returnee: Ottawa Senators' prospect Matt Puempel struggled with injury last season in Peterborough and is looking for a fresh start with the perennial contender Kitchener Rangers. He has as much offensive skill as anyone in the OHL and should challenge for the scoring title.

Defence: Captain Ryan Murphy is the kind of defenceman that championship teams build around and the Rangers are hoping to do just that. He produces offence from the back end as well as anyone in the league and anchors a solid group that also includes veterans Max Iafrate, Ben Fanelli and overager Ryan Hanes.

*

Keith Primeau still suffers from headaches and other concussion-related problems. He's been out of the game for a while, and in that time has worked hard to bring the concussion issue to the forefront of the discussion. As I have said before, the next decade will be the concussion era in sports.

It will be interesting to see what medical advances come out of the increased focus on learning more about what causes concussions, how to minimize/prevent them, and why people react differently when suffering one (or more).

Primeau:

I'd like to see them move faster on the recognition and acceptance that there's an issue. I applaud Brendan Shanahan for the efforts he's made to try to change the tone and the mindset that currently exists. It's difficult in that position, when you're dealing with a lot of old-school mentalities. I grew up in that culture. It's important that you stay strong and fight for the players' safety and well-being. Ultimately, I think (a ban on headshots) has got to be where it's headed. Every situation can be dealt with in an individual basis, but ultimately, headshots will need to go.

*

Malkin had an assist in his KHL debut, but was also clipped at the knees with a borderline hit. Not exactly what Pittsburgh fans want to see, though. He was OK after the hit.

Ovechkin had quite the debut as well, tossing several big open ice hits. (When was the last time he did that in the NHL?).

*

The Rochester Americans have moved an October 21 home game to Buffalo for October 23. I wonder if other NHL cities will follow suit? I'd love to see the Abbotsford Heat move their games with the Chicago Wolves from Abbotsford to Rogers Arena in Vancouver, but it may be late notice for that (the two teams play in mid October).

*

Some NHL jersey fouls courtesy of Puck Daddy.

*

I imagine we have a number of hockey parents that read the site. I am not one (yet) – but this is a really good tongue-in-cheek read.

Minor hockey season is again upon us. In arenas across the country, children are settling into their competitive teams or getting back on the ice in house leagues. Last season's mouth guards are being shoved right into this season's mouths because, yeah, kids are gross.

But this is also a critical time of preparation for certain fathers and mothers. Take it from someone who's been around the rinks a long time: If you aspire to be the stereotypical Canadian hockey parent, you need to start putting in the work even before the season officially begins. You can't just show up for the first game on the schedule and expect to instantly achieve your potential as an unpleasant jackass.

*

I have made some new hockey wallpapers – check them out at Angus Certified.

Neal may win, but Skinner's pushups are a lot better:

{youtube}-O2wK_CaHoY{/youtube}