My thoughts go out to those affected by the devastating events that occurred in Connecticut yesterday. I cannot even fathom what the families/friends of those killed/injured/affected by this horrific incident are feeling right now.

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My weekly European hockey recap is posted over at the PlayNow Sports Blog.

Matt Duchene has left Sweden, but he isn't coming back to Colorado. He transferred over to the NLA to suit up for Ambri-Piotta (the same club that Cory Schneider signed with a few weeks ago). Duchene immediately becomes the best forward/skater on the club. He had spent most of the season playing for Frolunda in the SEL.

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I have written on my WJC strategy a few times in the past – this tournament is a great time to get some trade talks generated in your keeper league (especially with the lockout). And it is a great time to sell high on unproven prospects who perform well.

Obviously you don't want to move future studs for cents on the dollar (players like Jonathan Huberdeau , for example), but it could be a good time to capitalize on the impact of national media attention, and turn some unproven talent into proven NHL stars.

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What is the difference between decertification and a disclaimer of interest ? I know they have one thing in common - sports fans shouldn't have to pretend to care what they are!

Decertification and a disclaimer of interest have the same result: dissolution of the NHLPA.

But unlike decertification, a disclaimer of interest does not require a vote. A disclaimer simply requires Donald Fehr to send a letter to the NHL saying he is revoking the NHLPA's authority to bargain on behalf of the players.

Both measures seem like tactics to expedite a deal. In response, the NHL has filed a claim that a disclaimer of interest filed by the PA represents bad faith negotiating. Business is about to pick up, for the few fans out there who still care about this circus act.

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Scott Glennie 's inconsistent play has carried into this season down in Texas.

The potential reasons for Glennie's struggles in 2012 are both one of the best kept and worst kept secrets of the team. Injuries are certainly a part, as he's been battling troubles with one of

his hands all season, but the severity and impact of the injury is not explicitly known.

Personal issues are another part, as Texas head coach Willie Desjardins has healthy scratched Glennie for a number of games, including the first seven consecutive ones of the season, and has hinted at potential work ethic and conditioning issues as likely factors why, though again, the extent and severity of this part has rightfully not been leaked to the hockey media.

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Meet Canada's WJC squad.

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Several former NHL players shared their thoughts on the lockout shortened season of

1994-95:

"Every game felt like a playoff game. It was very exciting as a player in that way," said former Avalanche winger Dave Reid, who was the Boston Bruins' player representative that season. "The puck was dropped and you had to win that game. The playoff race was on from Game 1. You knew you couldn't have a slump at all if you wanted to make the playoffs, so you were just so geared up to play all the time, as opposed to a normal season where you knew you could lose a few in a row and still be fine."

And Claude Lemieux shared his thoughts as well:

"I don't remember it being very taxing on the body, any more than if it had been a full season," said Claude Lemieux , the former Avalanche winger whose New Jersey Devils won the Stanley Cup that season, with Lemieux winning the Conn Smythe Trophy. "We condensed things by maybe a couple weeks shorter than they would have been, but it wasn't bad. And the games were all like playoff games. You knew you couldn't fall off the wagon much, so it was definitely more intense for the players and the fans."

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In my dream NHL, there are 26 teams (maybe fewer), and 60 games each regular season. That would never (ever) happen because the NHL relies so much on attendance for its revenues, but the hockey would be incredible. 82 games is too many.

*

I wasn't at all impressed with Matt Dumba at the recent WJC camp. Could chalk it up to nerves, but he seemed uncomfortable and tried to do too much without the puck. He strikes me as an Ed Jovanovski type of defenseman – great physical gifts, aggressive and physical, but lacking a bit in the hockey sense department. That being said, Dumba has a lot of upside and Jovanovski was a great player.

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Would there be any interest in setting up an unofficial WJC box pool? I am really busy over the

holidays, but would be able to help a bit and would love to participate. Hopefully we can drum up some interest in the forums for one.

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Love him or hate him, Chris Pronger was an amazing defenseman. And it appears that his NHL career is over. I hope that he is able to get his life on track with regards to the post-concussion problems he is still dealing with. Pronger was a dirty player throughout his career, and I imagine the opinions on him from fellow players vary significantly.

Chris Pronger 's a lot of things. To some people, he's a dirty player, capable of a skate-stomp. To others, he's the consummate smart-ass, stealing pucks and giving great post-game interviews. To Blues fans he's the gift of the Brendan Shanahan trade to the Hartford Whalers, and the painful reminder of what could have been had it not been for Bill Laurie and his fire-sale mentality.

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Here are my nutrition tips for December – if you ever want to read about something fitness/health related, hit me up. I am always looking for new topics to cover.

I am not a huge supplements guy – I tend to stick to protein powder for its ease of use, creatine for its many benefits, and the odd mass gainer when I am trying to pack on the pounds. I haven't experimented with BCAA's before, but I think I am going to give them a try. What do BCAAs do, and more importantly, what are they?

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Have a great weekend, folks. Let's hope the "drop dead date" that both the NHL and NHLPA are gearing up for is sooner rather than later.

{youtube}R0j8XCkQz60{/youtube}