With only 22 trades at the 2009 trade deadline, a mere seven prospects with fantasy value changed teams. Except for Matt Lashoff, none of the seven will have any fantasy significance in the immediate future. Of the other six, four should be on your fantasy radar.

The biggest prospect deal of the day took place between Anaheim and San Jose. With Anaheim frantically re-tooling, they sent forward Travis Moen and defenceman Kent Huskins to San Jose for Nick Bonino, goalie Timo Pielmeier and a conditional draft pick.

Bonino, San Jose's sixth-round pick in 2007, is lighting it up this year for Boston University alongside future fantasy stud Colin Wilson. Boston University won the Beanpot tournament in February and Bonino, a sophomore, was named tournament MVP. The Terriers are currently the No. 1 team in the country, thanks in part to the unexpected breakout of Bonino. Largely a puck distributor, Bonino has 24 assists and 37 points in 33 games, good enough for second on the club in both assists and points. The Hartford native will play at least one more year of college before he'll get a sniff at the pro ranks.

Bonino is currently ranked number 184 on Dobber's prospect list but will get a boost in the next ratings update.

Pielmeier was San Jose's 3rd round pick (83rd overall) in 2007. The 6'0, 165-pound native of Deggenforf Germany plays for Shawinigan of the QMJHL. He is 30-7-2 with a .915 save

percentage and a 2.65 GAA in 41 games. Pielmeier, 19, has the third best GAA among goalies with 40 or more games played in the Q. Hidden in now defunct St.John's last season, Pielmeier has strung together a couple of solid seasons between the pipes in North America and is definitely a goalie to watch.

While Anaheim gave up a couple of playoff-proven NHL veterans, they acquired two solid prospects from San Jose to make this deal more than worthwhile. Both Anaheim prospects should now be on your fantasy radar.

Another quieter trading deadline deal involved Mark Recchi, a small, former fourth-round pick who continues to hold back father time. Recchi's 45 points in 63 games is remarkable considering he turned 41 on Feb. 1st. His performance this season paid huge dividends for Tampa, as they were able to parlay Recchi and their second-round selection in 2010 to Boston in return for defenseman Matt Lashoff and two-way forward Martins Karsums. Both Lashoff and Karsums are solid, if not blue-chip prospects, and will greatly enhance Tampa Bay's rebuilding efforts.

Lashoff has the potential to be a major point producer at the NHL level. Only 22, Lashoff has maintained a 50-point pace in 93 AHL games over the last two seasons. There is no reason to believe he can't be a solid 40-point NHL defenseman when he hits his prime in three years. Don't discount a 30 point performance if he makes the Lightning next season.

Karsums, 23, has paid his AHL dues and is ready for prime time, albeit not on your fantasy team. Currently a two-way, 70-point AHL player over the last two seasons, the Latvian has 70-point NHL potential but is a few years away from his peak. Pencil him in for 30 points next season but watch his progress because his defensive game will keep him in the NHL.

Atlanta traded Erik Christensen to Anaheim for Dobber's 180th ranked prospect - Erik O'Dell. O'Dell was Anaheim's second round pick in 2008 but has disappointed this season failing to build on his point-per game OHL scoring pace that he managed in his draft year. The Ottawa-born, 6'0, 174-pound centre has 30 goals in 59 games for Sudbury this season. Although O'Dell has a pro-caliber shot, his skating is weak and has not improved in the season since he was drafted. Still very young, he's a work in progress in an organization that desperately needs offensive prospects.

In a minor deal, a borderline fantasy goalie, Kevin Lalande was traded from Calgary to Columbus for a fourth-round pick.

Lalande, 22, was Calgary's fifth round pick (128th overall) in the 2005 NHL Entry Draft. After a solid OHL career with Belleville, Lalande has bounced between the ECHL's Las Vegas Wranglers and the AHL's Quad City Flames. This season has been a breakthrough of sorts for Lalande who posted a .925 save percentage in Las Vegas and a .929 save percentage in Quad City. Lalande probably has an outside chance at a No. 1 NHL job in his prime, but is more likely to be a quality backup. Either way, he's three years away from any fantasy significance.

Defensive prospect Ryan Wilson was traded from Calgary to Colorado with Lawrence Nycholat and a second-round draft pick for Jordan Leopold.

Wilson, 22, was a point-per game defenseman for most of his OHL career. He's a physical type with a booming shot. The rest of his game is very raw, however, and he'll have to improve his hockey sense to thrive in the pros. If he can somehow improve his hockey sense, his shot will allow him to get points at every level. He racked up 16 points in 60 AHL games this season, his first as a pro.

Defensive prospects Danny Richmond, Logan Stephenson and Andy Rogers were all traded at the deadline; however, none are likely to ever have any fantasy impact outside their post-career beer leagues.