

An Interview With:

JAROME IGINLA

Q. I know it's been 15 years since Calgary has won a Cup, but the fact is, it is a team that has a history of being in the Stanley Cup. Do you notice that much or is it so long ago that it's kind of forgotten or do you still feel like you are in an organization that does have that history?

JAROME IGINLA: No, I definitely feel like we are an organization that has that history, around the city, there's been a lot of comparisons and brought up of '89 and reliving some of the good memories and going through on the team that they had, and some of the parties around the city. So, yeah, it's a very -- the organization is first class.

It was very tough on, you know, when they committed to rebuilding and taking longer than we would have thought, but at the same time there's been a lot of positives come out of that with growing and a great defensive group and some draft picks, things like that, but it's awesome to be back, first of all, in the Playoffs and having a run and the fans have been unbelievable.

Q. You and Cory Stillman were together the last time Calgary made the Playoffs. And then went through some pretty lean years. Can you talk about him during those times with you?

JAROME IGINLA: He's a very, very good player. Yeah, we played a lot of years together. He's a friend of mine and a good teammate. And I played on a line with him. I really enjoyed playing with him. He's a great passer, competitor, and it's great to see him doing so well again this year. I think he was Top-10 in scoring. And to see him doing well in the Playoffs. It's something that it is tough at the end of each season being out of the Playoffs and hoping it's next year, when next year is not the case and makes it even -- I am sure we probably both appreciate it more.

Q. How about Martin St. Louis, played a couple of years with him. Did you possibly see

this coming, the team let him go for nothing and now he's leading the League in scoring?

JAROME IGINLA: You know what, he was a guy when he came up to Calgary you know, I was there I think a couple of years, and the people who played with him in the minors, you know, in Saint John, they couldn't stop talking how good he was, about his skill and about his competitiveness and when he came with us you could see it in practice, he was -- he's obviously a great skater. Great puck-handling skills. He competes hard for us. He played well for us. But it's hard -- I don't know if you know that he's going to go on to win the scoring title and that, but you could see he was going to be a good player and he's developed to be a great player. He's a very nice guy too in playing with him. I played with him. It's good to see him do so well, but hopefully not in this series.

Q. You mentioned the party in Calgary and the atmosphere. In the States we are getting pictures and descriptions of what is going on up there. Is it good or is it hard to concentrate in such a carnival atmosphere as has taken that town?

JAROME IGINLA: I think it's great. I think it makes it more fun to -- it's always fun to play and fun to win but it makes it even more so and when we won our first series after the 7th game in Vancouver and they had some pictures, we didn't expect that. I mean, that's our 17th, called the Magnificent Red Mile or something, it's great -- that's why we play. I mean, that's part of the reason is they are what make it so much fun to win. You go around the city, they want to talk about it, they are cheering you on, it's not only this year, but it's been all the years it made it such a great place to play. If you are in a scoring slump, a lot of people are pretty upbeat. Keep shooting and things like that, it's nice to -- they want you to stay focused too, though, they are not happy yet -- they are happy, I guess, but they believe we can win as we do. They want one more series.

Q. You were talking about the lean years. Can you talk about how it felt or feels to be in the Playoffs after such a long layoff, all the time off now you are back, how does it feel?

JAROME IGINLA: It was, especially before the Stanley Cup Playoffs started, I didn't

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really know what to expect. I got called up and played two games and was just, I mean, it was a cloud. It was awesome, but I really didn't personally know what to expect in that first series. In Vancouver that first game I was very, very nervous. Game didn't go the way we wanted as a team or personally. Guys talk about how hard it is, how hard the whole road to 9 Stanley Cup is and it is hard. It is very physically demanding and grueling and it's a lot of fun to play in but it takes its toll. All year we work to try to be our best every game but in the Playoffs, guys find more. It's been an unbelievable ride. A lot of emotions, you know, you feel so good after you get one win and try to focus and then the next, if you lose it is tough to keep -- you know, just try and stay positive. But it's been worth it. Absolutely seven years out of the Playoffs, I won't change it. I hope from here on in we're in the Playoffs for a long time.

Q. You are one of the few guys to score 50 goals recently. Now we don't have it. What do we have to do to get 50, 60, even 70 goal scorers back in the game?

JAROME IGINLA: I think there's a lot of positives. The NHL was talking, you know, goalies are great, they really are. They steal the show on a lot of nights and they deserve that. But I think you know, if you compare -- you just look at pictures and you compare, I think those ideas that the NHL has on making the pads a little bit smaller, I know it's tough to say to goalies, but it will be fair all the way around. They are still going to be great and will probably see more. I am really excited about the one where they are going to put in no ties. I think that's going to be awesome. I think there's some very exciting young players in the League and imagine **Heatley** on his breakaways night in night out, and Rick **Nash** and **Kovalchuk**. I think it will be exciting to watch them battle with top goalies with **Kiprusoff** and **Nabakov**. I think it will add a whole new dimension. I don't like ties and wasn't exciting -- as exciting to go to a game when I was younger, a big battle of **Alberta**, watch it on TV and it was a tie. I think there should be a winner and a loser.

Q. Because of your contract there was so much talk the last couple of years that you would be traded to a big market team. Are you surprised to find yourself still here and is the sense of satisfaction that you could accomplish what you have accomplished so far, you have been able to do it in Calgary instead of going someplace else and maybe winning there?

JAROME IGINLA: Yeah, a -- a little surprised I was still here this year. Very, very thankful, mostly thankful, it was tough -- over the years, when you are not a winning team obviously you make trades and I was in my fair share of trade rumors and that's the business. I have always enjoyed playing in Calgary, and you know, it's been a rebuilding process and wanted to be here when we turn the corner. And that was -- it was a fair mind, was that I was going to get traded and not get to enjoy it with the guys and be able to look back with the guys on how far we have come and look at the road and share it with them. Very thankful to the organization, has kept me around.

Is it satisfying? It's a thrill. It's something that -- I've dreamt about this since 7 and you know, not satisfied, I don't think anybody in our room and there's talk about, you know, teams getting to the **Finals** and just being happy to get there and then not giving their all or getting sidetracked, and I can't imagine. I think our whole room is just -- it makes you so much hungrier. We want to be here every year and next year all that, but who knows. This is -- I think it just makes us all hungrier, and we're going to give it everything.

Q. A few years ago when the Cup was -- Finals were here in Florida they had to bring in big air conditioning units to keep the ice up to speed. Talk about I know it's a science; now they maintain the ice pretty consistently or try to. But the difficulties of playing on ice here versus ice in Calgary, is there a difference with players and what effect can it have in a game?

JAROME IGINLA: There's different ice conditions, you know, the League is working on it and they have done a better job at it to get more consistent ice, but you know, during the Playoffs, and San Jose is pretty warm and more humid and their ice, Calgary probably had better ice or does have better ice but once you get in the game and now it's -- I don't know if it's really -- you just make do. During the regular season there's probably more talk about it. Probably to be honest, probably think about it more, but now with where we're at, just it's just about getting it done. So there hasn't been a lot of talk in our room about it. I think our trainer will make some adjustments. Gus is very good at sharpening the skates less if it's a softer ice surface, no, it's just about getting it done.

Q. Does this series prove that small markets can't just contend, they can win and it's not the amount of money you have but how

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you spend it?

JAROME IGINLA: I think it's an exciting part of hockey. I think that you know, teams that -- anybody has a chance and you have looked over, over the years Anaheim, **Carolina**, what Minnesota did last year and you just never know. I think that's what is exciting about hockey. I think that that's the way it is. Teams that spend more money and you might have more consistent, better team and more of a chance, I don't know, but anybody has a chance. It's about -- still about building, building a team and play it on the ice.

Q. Six years ago there was a summit in Canada, in Toronto that hockey was dying and that there were no defensemen and no centermen and goaltenders and Canadian hockey was in trouble. Six years it's a domination again you are on the world team again. You won a Gold Medal. In this Final there will be depending on the how the coaches go between 29 and 32 Canadians in the lineup every night. What is it about Canadian hockey that suddenly is remarkable again?

JAROME IGINLA: I think Canadian hockey is going strong and that summit did a great job. They got together, but I think it's great for Canadian hockey that they care and they put the time and the effort in and hockey in Canada I think is in great shape and obviously with, like you say, the way we have won some World Championships, our World Juniors always do great, our Women's Hockey is doing outstanding. But it's a great program. I mean, they have under 16, under 17 tournaments. World Juniors, it is just -- it's waves. I mean, the World Juniors team in Canada, there's so much pride in it and they have such great coaches that you go right through it. You know with a year or two or whatever, there's another group that will be developing and developing and it's just a never ending, hopefully a never ending door and it's great to see and it's fun to be a part of, and it's nice that Canada does take that time, Canadian hockey takes the time to care about it and try to improve.

Q. Can you talk about the matchup between Tampa Bay and the Flames and your actual feeling now that you are in the Cup Finals, is it different?

JAROME IGINLA: First of all, the feeling, it's different. It's another series but at the same time it is, you know, to be honest I have to pinch myself, it is the Stanley Cup Finals, one of only two teams left. The only Canadian team left, I have

watched on TV I am a fan myself, and wondered which team was going to be back and hoped it would be us and to be the first time to ever win in 11 years. So it is very exciting. As a matchup I think it's going to be a very, very exciting series. I think **Tampa Bay** you look at the players that they have, the skill level, the speed, we like to think we're a fast team too. We like to play physical and they like to go at you and we like to go at them. I think it's going to make for a fun series to be a part of and hopefully to watch.

Q. You answered part of this but if I can focus a little more, in Calgary and across Canada it's a huge perception of excellence. In this market people have really kind of embraced what is going on. In the United States in general though you get a sense that people have a feeling that hockey is on its death bed and we're all sitting here with expectations that this is really going to be something, this Final round. I wondered if you could explain a little bit how it's come to that; how we have gotten away from that trapping, checking concept of it couldn't be more boring to two teams that come at each other really hard and have won -- how did it turn around so quickly at least in the United States; have people not caught up to that it might be different this year?

JAROME IGINLA: I think you have to give **Tampa Bay** credit. It seems, I mean, I am not -- it seems that teams copy other teams that have success. They have been for years now, could see they are getting better and better and more and more fun to watch. But they have been able to combine a high octane offense scoring, and with winning. You look at Detroit, they score a lot of goals, Ottawa, I think you have got to give those teams credit. They are fun to watch, been fun to watch, and they win too. I think it's a great combination for the League and with their speed, **Ottawa** speed, **Tampa's** I think over the years they have been kind of, last few years, especially, you know, you look at **Ottawa** and they have been a young team and **Tampa** last couple of years, that teams have been watching and knowing that they are really close to turning the corner and teams are following it. Right when Darryl came in on our team, he said right from the start he wanted us to be bigger and faster, and you look at Gelinis and **Donovan** and **Nilson** and **Nieminen** and bringing in speed, I think in order to keep with those teams especially **Tampa Bay** and Detroit and I know Vancouver is a very fast team. We have played

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them, San Jose is very fast. So I think the game --
I think it is -- there's a lot more teams that are
quicker and I think it's fun to watch.

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An Interview With:

**MARTIN GELINAS &
CRAIG CONROY**

Q. Marty, in terms of the Stanley Cup Finals, you are one of the guys that has been here recently. What kind of help or information are you passing along to your teammates as you get set for Game 1?

MARTIN GELINAS: Since the beginning I didn't have to say much. Everybody has been on the same page. But if I had one thing to say somebody young guy like **Chuck** would come to me and say, you know, what needs to be done? I say, well, you have got to give it all. Those opportunities don't come very often. It's once in a lifetime, maybe for a lot of guys, and it's pretty exciting time for -- not only for the players, but for the city of Calgary and so on. As a player you just want to put everything on the line to make it happen.

Q. Conny, three years ago you were traded for Cory Stillman. It's worked out pretty well for both guys, hasn't it?

CRAIG CONROY: It's funny how things kind have come full circle for both of us to be here in the Finals. You kind of thought well, when he got traded from St. Louis to Tampa, that it was kind of going to be over between me and him. I thought that was our last tie was going to be severed, and now we are right back at it again. Couldn't find a better place to do it.

Q. Craig, you had a rough start to the season with injuries and whatnot. What has happened in the last month, this Cup run and being named to the U.S. world Cup team, could you talk about your state right now?

CRAIG CONROY: I think like anything, it's an emotional game and mentally at the beginning I was pressing, you know. You have a lot of ups and downs in the course of a year and at the beginning, it just felt like there was a lot of expectations and we were trying so hard to prove those expectations right. We wanted to have **Iggy** and I wanted to have a great year wanted to come out and start off like gangbusters. It didn't work. **Darryl** moved me and said, hey, I am going to put

you back in a checking role and we are going to try to get you back to basics and move forward. I think that was a big turning point. Then once you get to this point, I felt comfortable going into the Playoffs. Then all of a sudden, you know, you get in there, you get a taste of it, you beat Vancouver, you start contributing, you are helping out and now you know, playing with Marty and **Iggy** are great. They work so hard and we're just trying to help this team win.

I think the last series, I think that **Marcus Nilson** line was probably our best line. We are just trying to keep up to those guys.

Q. World Cup ...

CRAIG CONROY: World Cup, I mean, U.S.A. hockey and I have had our-- I was a little bit bitter about some things and I think I took the wrong stance, but I said if we could ever get a chance to maybe clean the slate and for me to play on the World Cup team, you know, now that I have played on one, I'd love to play World Championships. I declined a couple World Championships because I was upset about the Olympics and that was , you know, maybe wrong on my part, but they were bigger than me and they stepped forward and gave me an opportunity, so now I will repay them any chance I can get.

Q. Your teams have only matched up once during the regular season. How much do you know about Tampa Bay? What are your impressions about them and what concerns you the most?

MARTIN GELINAS: Obviously they have a lot of skill. Lecavalier, and St. Louis and Richards, and the list goes on and on. They are very fast team. They are in-your-face type of hockey. As far as our team, our style is not going to change against them. We got to play well defensively. We have been doing that since we started the Playoff against Vancouver and our main focus is defense. Obviously we got our hands full. We know we are facing a very skilled and talented team, but if we keep sticking to our system, play well defensively, I think we could do a lot of good things.

Q. What about superstitions, personal superstitions and team superstitions going into the Stanley Cup Finals. And one has a beard, one doesn't have a beard. What is going on?

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MARTIN GELINAS: To be honest with you, I am not superstitious at all. But this year it's been a little more than the usual. Usually I trim my beard and I don't even want to touch it. My dad is a barber. He came in town, in Calgary last week. He said on the first day, he said, we should cut your hair. I said, let's not touch it for the next couple of weeks.

CRAIG CONROY: For me, when I was in St. Louis dying my hair blonde, you know, beard, goatee, fu manchu and I never won the Cup, so, I said I was just going to keep going as normal, just shave and go about my business and let these other guys -- it's itchy too. That's part of it.

Q. The fact that you haven't played Tampa at all really, this season only once, and you probably didn't get much chance to watch them. Did you watch at all during the Playoffs, because their series was a couple of hours earlier?

CRAIG CONROY: We were at the rink watching them. Marty has got a full work-out regimen, so he's for two hours or four he's working out non-stop. I actually watched the games. They are an explosive team. They send four guys. They come hard. Their D is jumping into plays. We have got have five guys back-checking as hard as we can. We back-check hard every series but we especially have to be true in this one because they love to jump up, their D is right in there. The "D" goes all the way in. Sometimes the "D" gets to the top of the circle, if there's no play they go back. These "D" seems to go right in the corner and behind the net it's going to be fun. We get to watch them a little bit.

Q. Could you talk about your decision to sign with Calgary two summers ago despite the fact that they have been a non-Playoff team at the time?

MARTIN GELINAS: If you recall, just before I signed the first half of the season they had in Calgary they were on a tear -- they were playing extremely well. In the second, half kind of cost them a Playoff spot. I thought, you know, maybe I could go there and help them out to be the difference to go in the Playoffs. That didn't happen last year. I was really disappointed. But you could feel it since Darryl got behind the bench, got everybody on the same page, playing the same system, and that's exactly the way we played in Carolina, hard-working game, and I know I could fit there. Probably the best decision I made, my family is really happy in Calgary and got a chance to play for Stanley Cup again.

Q. Could you both speak to this: Teams are sometimes microcosms of their head coach. As we know Darryl is a straight nose hard nose, you know, tough son of a gun sometimes. Would you say that because of that and the toughness of the Calgary Flames in the Western Conference has helped you succeed to get you where you are right now?

CRAIG CONROY: I definitely think you know, there's a lot of times when you know, Darryl is not afraid to criticize players in the media. He's not afraid to criticize you anywhere that's what he does if he's not playing well, he's going to come after you, both guns blazing. I think that's helps us mentally got us tougher and you see if you do what Darryl says you have a chance to win every night. You have to believe and I think it started when he first got here last year, you know, I mean, I think there was just so much turmoil, so many things going on he just settled it all down, he refocused the team, he said this is what we have to do to win. We're going to be a hard working team, hard to play against and we're going to, 5 on 5, we want to be one of the best teams in the NHL. That's the way we are going to have to do it. Let's be a realist here, we don't have the most skill in the NHL. We don't have the most superstars, the best defensemen, we don't have all the high pay-rolled guys, but what we have heart and we can work. Every team can work but he goes we're going to have to out work those other teams. That's going to be the difference. That's when it kind of started. This year we're right back to business, training camp was different than any one, we started out with practice, we didn't just scrimmage like every other one of them. We practiced and getting ready for the season and that was it.

MARTIN GELINAS: Exactly like **Conny** said, obviously Darryl is a very focused man and you can't take a day off. Doesn't matter if it's **Iggy**, **Conny**, anybody on the team if you are not playing well, he's going to let you know, and if you keep not playing well you got to be benched or moved from one line to another. That's the expectation that he has from everybody, for everybody. At the same time, you look at him and he's focused. He comes to the rink. He's focused every game, he has got a game face on and he's ready to go. As a player you see your leader being like that you want to pay the price; you want to make it happen for him.

Q. Is it kind of ironic both you guys' both head coaches are so similar and you are

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both in this position today?

CRAIG CONROY: I think it says a lot about the coach. The bottom line is any time you have -- I think the team is the coach. Everybody says and the way to win in the NHL, these guys feel very straight forward, you got to work, you got to do all the little things and you got to -- good goaltending is never going to hurt. I'd be lying to say that if Kipper wasn't here who knows what would happen. He has been there for us and **Khabibulin** has been great for them. We watched that's part of it. I think your coach is definitely, he's the guy that spearheads the whole thing and everybody else kind of falls in line. You are only as strong as your weakest player and that's what he believes. He said we have got to all do it together. It's not one game. It's not Jarome. It's not **Kiprusoff**. It's 20 guys pulling together. He believes that and we believe that in the room.

Q. Martin, fourth Stanley Cup, third with a Canadian team. Speak about playing in the Stanley Cup final in a Canadian city and the difference between your first Stanley Cup and this one.

MARTIN GELINAS: Well, the first one in **Edmonton** was my first year, and I said it before I took it for granted. I didn't truly appreciate it. I just thought this is going to happen all the time. I was surrounded by great players, Mess, Andersen, Kurri, Tikkanen. The list goes on and on. I was just playing the game without realizing what an opportunity I had at the time and lucky that I did get it. I came to Vancouver in 1994. There's another team Canadian team that nobody really was expecting us to go all the way and we did. And the city got crazy and it was exciting to be part of that also.

With the Carolina Hurricanes a few years ago, it was an exciting team. It was a different experience. People didn't know the game as well as Canadians did, but they really took it on. But in Calgary this year, it's something else. Everybody is watching the game in Calgary and they take a lot of pride and in our team, but also the fact that the team hasn't been in the Playoffs and nobody was expecting us to go that far, it is just -- from one game to another you see more and more people getting into it, the car with the flags and the people after games and so on. That's Calgary. But the entire Canada is just behind the Flames, which is exciting, too. People from Vancouver are phoning me, from Montreal and so on. This series is pretty special. Maybe I am getting older and I appreciate it more, but it feels pretty special.

Q. All those years in St. Louis, you guys were always talked about and it never happened. Did you ever think looking back on that, that this team when you went into the season it could happen for this team and how rewarding it is after all those misses in St. Louis to be here?

CRAIG CONROY: I think when I got traded, I always thought I had a chance to win a Cup in St. Louis. We came up against some great teams. Detroit won a couple of Cups. You know, every year seemed like whoever beat us won a Cup. So you are like, it's frustrating, but even the year we won the Presidents' Trophy, we got knocked off by San Jose. We said, well the next year we're going to get better. And I got traded to Calgary. I felt my chance at the Stanley Cup was probably gone. All of a sudden you are in Calgary, you are out of the Playoffs, you know, now your goal is not winning a Stanley Cup, it is to get a chance to get to the Playoffs. You want to bring a team back to the Playoffs and give them a chance to experience it again. To actually be here and with this team, I mean, we always said we believed in ourselves, that hey if we can get to the Playoffs, you know, anybody can win. That's what hockey is all about. Before the season started I just wanted to make the Playoffs and you know, then we would see what happens. But this is like a dream come true. I mean, I wanted to do it in St. Louis and wasn't able to do it there, and now to get an opportunity, you know, a shot at doing something you dream about since you are five years old, you know, it's almost unreal and it's been six days before we play that first game. So it's almost, you know, we are just ready to get this thing started.

Q. Do you get the sense compared to Edmonton in '90 and Vancouver in '94 that the whole country is cheering more for this team than those two teams?

MARTIN GELINAS: Absolutely. I think you know, early '90s and late '80s, I think Canadian teams were expected to win and so on. It been a long time in Canada since a Canadian team has been in the Finals. So you could just feel that the people are taking a lot of pride to see a lot -- a Canadian city going to the Finals and have a chance to make it happen. So it's a little different than the early '90s.

Q. Talk about facing this power play. Tampa Bay is pretty hot and your penalty kill has been getting better and better. What is the key to having success against in the special

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teams?

CRAIG CONROY: Don't take any penalties. We have already talked about it. We watched if their -- their power play has been great. They move the puck around well. They've got a lot of skill. They use **Richards** back in the point. We know if we get a chance to clear the puck, we have got to get the puck down. We have got to stay -- I think **Simon** said it best before that, hey, we got to stay out of the penalty box. He's still going to be physical and aggressive, but we got to be smart about it, too because they have been deadly on the power play. But we feel like if we -- we got to win draws, we got to clear pucks and when we get a chance, you know, I think any time you have a forward back on D, you know, you got to try to use him, if you get a chance to get a rush, you got -- you know it's one-on-one at that point. We got to use that to our advantage. Because I have been back in that point a few times and it's very difficult. I don't like seeing guys come in, and so we will try to get **Iggy** and **Richards** one-on-one sometimes and if we can do that, you know, maybe they have to change it up.

Q. You mentioned Simon's name. How nice is it to have players like Simon and Gelinas on this team going into this Finals?

CRAIG CONROY: It's nice. I think every guy that's won a Cup here except for **Ville** is very quiet. **Stephane Yelle**, all quiet leaders, when they do say something, Marty doesn't say a lot, but when he does, he's well respected and every guy listens especially myself because he's been there, he's done it and the same with the rest of them, when **Simon** said, hey, you know what, those last couple of games I took too many penalties. I am going to be better in Game 3 and 4 at home, and he was. I mean we got in the fight at the end of the game, but the game was over. He just felt like maybe a little frustration came out. But he sets the tone for us and all those guys, too. **Stephane Yelle** coming out and blocking shots, you know, every now and then Stephane says something, you look down and it makes you feel good inside because these guys know what it takes to win. We believe we can win and whether these guys are giving you just little tips here and there usually quiet like Marty is right now, it means a lot to us and those kind of experiences that they have been through are irreplaceable to a team, and a lot of us haven't been through it so we have to live through these guys. Now we get to live through it ourselves.

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