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<https://www.winnipegfreepress.com/breakingnews/2025/11/03/lowry-gets-the-green-light>

Lowry gets the green light Jets' captain cleared to make season debut against Kings

By: Ken Wiebe

Adam Lowry finally has the green light he has been waiting so patiently for.

The best part for the Winnipeg Jets' captain is he didn't have to lobby with the coaching staff or the training staff to get final clearance prior to Tuesday's game against the Los Angeles Kings.

"Fortunately, I think we've already made that decision, so I don't really have to push too hard," Lowry said before the team departed for a six-game California road trip. "I'm looking forward to being back out there, competing with the guys. You never want to start the season not playing, but the group's done a great job and they've been playing great.

"Hopefully, go in and don't disrupt things too much."

Lowry's return was always going to be welcome and while the Jets are glad they were able to post a 9-3 record during his absence, getting your emotional leader back in the lineup is sure to provide a lift.

That lift became even more necessary when Jets head coach Scott Arniel declared on Tuesday that centre Morgan Barron was officially week-to-week with a mid-body injury and Gustav Nyquist remains day-to-day with an undisclosed ailment.

With that in mind, Lowry was skating with frequent linemate Nino Niederreiter and Tanner Pearson during Monday's workout.

"He's the captain and he's vocal. He's the leader and you're not able to do that for two months, so now I'm sure he's got a lot of stuff built up in him," said Arniel. "But that's just him. To be back in it, to be a part of it, practising and just skating with the guys isn't the same as actually being on the roster and ready to play. He leads by example, and that's both on and off the ice, and that's what I love about him."

Lowry, 32, impacts so many areas of the game for the Jets.

Most games, he's tasked with minimizing the impact of the opposition's most skilled players, he's a key cog on a penalty killing unit that is off to a fantastic start and he's consistently produced secondary scoring — including a career-high 16 goals last season — which gave Lowry five consecutive seasons of double digit goals (and eight in his career).

Now that the wait is over, Lowry will attack the next challenge, which is doing his best to get up to game speed sooner than later.

"It is the reads," said Lowry, when asked about what is on his check list for his returns.

"Generally, coming out of the summer, the first exhibition game or the first game, it is the speed

of the game, guys come up on you quicker. You can't admire any passes or there is a chance you are going to get hit right away and then, just playing off my linemates.

"It will be a little bit of a different look this year, so, just trying to get comfortable with them and talking to them on the bench and developing that chemistry. And then, it is just getting the cardio back. You can work as hard as you want, on the ice, off the ice, (but) there is nothing that quite replicates game shape. It might take me a couple of games to get back up and feeling good. I am going to do everything in my power to try and make that process as quick as possible."

Lowry understands his level of play won't immediately be where it was at the end of the Stanley Cup playoffs.

"It was one of those things where I almost felt better coming out of surgery than going in," said Lowry. "Obviously, there's going to be some aches and some pains just kind of getting back into the rhythm of playing games, and that style of contact and things like that, and the load with the busy schedule.

"But where it's at right now I'm really happy with it, really happy with the range of motion, the strength in it. It might take me a few games just to get back, get my feet under me, but I try to do everything I can to try and expedite that process."

The trust Lowry had in the recovery plan when choosing to go under the knife to repair a chronic hip issue proved to be right on schedule, no matter how many deep breaths he had to take.

"Patience is definitely something that becomes tough some days," said Lowry. "Some days, it was very tedious doing all the little things, making sure you stay on top of some of the exercises. But in the long run, building up that base, building up the foundation is so important. Going through training camp and just missing being a part of the group, missing going through that grind and being out there with the guys, that was tough.

"(When you) think about time; you can't speed it up. You want to push, you want to be back out there as fast as you can. But at the end of the day, you've got to listen to your body. You have to just wait, which sometimes is a little easier said than done."

The original timeline Lowry set out when speaking to reporters in September was late October to early November, which ended up being the case.

"Obviously, I would have loved to play the last game and make my return at home," said Lowry. "But I think an extra few days, to be on the ice a few more times, to get another good practice in, can only help. The team's been playing great. It makes it a little easier to sit out and watch and see them having success on the ice. I'm just looking forward to coming in and contributing anyway I can."

Niederreiter is confident it won't take Lowry long.

"He's a big piece on our team," said Niederreiter. "He's a great player. He's very competitive and he's great to have in the locker room and on the ice, and you've got to make sure he comes in and he wants to make sure he takes charge. Everybody's looking forward to having him back."

ICE CHIPS: The Jets are the last undefeated team on the road this season, sporting a 4-0 record so far. On the flip side, the Kings — who were one of the best home teams in the NHL last season — are 0-3-2 at crypto.com Arena.

The Kings have been led offensively by winger Adrian Kempe, who has five goals and 15 points in 13 games. Kempe is a pending unrestricted free agent and he's determined to remain with the organization that chose him 29th overall in the 2014 NHL Draft, though the two sides haven't found a term or dollar value that aligns.

Veteran winger Corey Perry has five goals and seven points in seven games with the Kings since returning from a knee injury.

Defenceman Dylan Samberg and forward Cole Perfetti will travel with the Jets for this road trip and Arniel didn't rule out the possibility of them potentially being ready to return before the six-game swing was over. Samberg and Perfetti continue to practise in non-contact jerseys, so the earliest they might be an option would be near the end of the road trip.

Winnipeg Sun

<https://winnipeg.sun.com/sports/jets-heading-west-for-the-longest-road-trip-of-the-season>

Jets heading west for the longest road trip of the season

By Gordon Anderson

The Jets are embarking on their longest road trip of the season.

The club's six-game road trip through two time zones begins Tuesday night in Los Angeles against the Kings.

"This is the Olympic year, and this is the type of stuff you're going to see," head coach Scott Arniel said. "We've got more of these coming. But 13 days, it's a long time out there, and it's six different teams, all in the West. This is a good challenge."

The team takes three additional road trips, each consisting of four games.

The Jets lost both road games to the Kings last season, with both games ending in 4-1 scorelines. Their last road win against Los Angeles was a 5-2 score in December of the 2023-24 season.

"We haven't had great success in the last few years," Arniel said. "There's no better challenge than going in that building, we'll talk about that (on Tuesday). But at the end of the day, some tough buildings, so we're going to have to make sure that we take care of business like we have been so far, to continue to play well."

The Buffalo Sabres, Toronto Maple Leafs and Jets are all tied for the fewest road games played with four. The Calgary Flames have played nine road games. The Jets are a perfect four for four on the road. They are the only team without a road loss.

"They play a consistent brand (of hockey)," Arniel said. "It might not always be 60 minutes yet, but on the road, we do things like we do at home, (where) we make it hard on the opposition, we

don't put ourselves in a position where we're chasing the game. We try to stay up above, whether that's keeping it a one-goal game or an even game, that sort of helps a lot, maybe you catch the opposition at home trying to do things and push things for offence and push for goals and you capitalize on it by being patient."

Nino Niederreiter agreed.

"We prepare ourselves the same way and make sure we have good starts," he said. "Usually, that's what we've been doing most of the time on the road. And so far, we've been doing a pretty good job with it."

The native of Chur, Switz., has two goals and three assists on the road. Overall, he has three goals and five assists in a dozen games played.

The club is heading into this 13-day excursion in a good mood.

The Jets have won three in a row and are tied with the Montreal Canadiens for the best winning percentage in the league at .750, heading into league action on Monday night. The Colorado Avalanche lead in points with 19. Montreal and Winnipeg both have 18 points.

Jets captain Adam Lowry is expected to get his first taste of game action against the Kings.

"(The guys) have been playing really well," Lowry said. "My goal is to come back in and not disrupt anything and contribute in any way I can to keep this thing rolling, keep marching forward. It is early in the season, and we are still trying to build this team. I still think we could get to another level and that is what we are all pushing for and it is going to be exciting to go battle and go to work with them."

<https://winnipeg.sun.com/sports/hockey/nhl/winnipeg-jets/jets-centre-morgan-barron-week-to-week-with-unspecified-injury>

Jets centre Morgan Barron 'week-to-week' with unspecified injury

By Gordon Anderson

Just as the Jets are welcoming captain Adam Lowry to the lineup, another centreman is taking an unscheduled break from competition.

Morgan Barron is out with an unspecified injury, the injury occurring during Saturday's 5-2 win over the Pittsburgh Penguins.

"Morgan got banged up in the third period, so he's week-to-week," head coach Scott Arniel said. "We'll get a little bit more of an evaluation when we get home from this road trip. He will be coming with us, but I don't think he'll be on the ice."

Barron's last action of the game was a 50-second shift, ending at 12:50.

The coach was asked if the injury was upper or lower body in nature.

"In between," Arniel said. "It's in between."

The 26-year-old Halifax native has three goals and three assists in 12 games played this season.

Barron will not go on the injured reserve list immediately.

"We're not doing anything right now," Arniel said. "We're just in a holding pattern with that stuff. We'll let you know about that."

The Jets open their six-city road trip, starting Tuesday night in Los Angeles against the Kings.

The returning Lowry will take Barron's spot in the lineup. On Monday, Lowry was centering a line of Tanner Pearson and Nino Niederreiter.

Cole Perfetti and Dylan Samberg were the last players off the ice after practice on Monday morning. Both players are still wearing yellow caution jerseys. They will accompany the team on the 13-day trip.

Perfetti suffered a high ankle sprain in a pre-season game on Oct. 3, and Samberg suffered a broken wrist during a pre-season game on Sept. 27.

"They haven't really gotten (involved with) contact yet," Arniel said. "A little closer to that, but I think that we've still got to get to that phase before we really start talking about them. There is a chance on this road trip (for both of them), near the end of it."

The final game of the trip is scheduled for Nov. 15 in Calgary.

Arniel said Gustav Nyquist is still day-to-day because of a lower body injury. Nyquist left the Jets' game against the Chicago Blackhawks on Oct. 30 early in the first period.

Global Winnipeg

<https://globalnews.ca/news/11508105/analysis-moore-winnipeg-jets-adam-lowry-return/>

ANALYSIS: Captain Adam Lowry to return from injury as Winnipeg Jets continue to soar

By Kelly Moore CJOB

The Winnipeg Jets will very likely welcome their captain back into the fold this week, and Adam Lowry is coming into a pretty good situation.

When the curtain went up for the Jets' regular-season schedule on home opening night Oct. 9, the loudest cheer was for hometown hero Jonathan Toews.

A very close second on the crowd meter was for captain Lowry, even though he was on the bench in a suit and not a uniform.

Suffice it to say, the response from the dressing room — perhaps Tuesday night in Los Angeles or almost certainly by Friday in San Jose — will be similar in nature.

If the quartet of Mark Scheifele, Kyle Connor, Josh Morrissey and Connor Hellebuyck are the straws that stir the Jets' drink, there is no debating that Lowry is the heart and soul of this very good hockey team.

But the beauty of it is, he's not returning in a time of great peril — quite the opposite.

Toews is getting back to form on an every-game basis. The former Captain Serious has been dominant on faceoffs, allowing Winnipeg to start with the puck more than 60 per cent of the time when he's out there.

The Jets are among the top five teams on the penalty kill and in goals against per game. These are the areas where Lowry contributes the most in his on-ice job description.

So a Superman cape will not be required when he does play his first game later this week. And that's important to remember. It will be Lowry's first game, not his 13th. It may take a few laps to regain the timing and adjust to the pace.

But the key elements that won't need any startup time will be providing leadership, intensity, physicality and that Lowry "snarl" where he imposes his will on the opposition.

Welcome back, El Capitano.

The Athletic

<https://www.nytimes.com/athletic/6774388/2025/11/04/winnipeg-jets-november-load-management-playoffs/>

How the Jets' November can dictate the stretch run, Olympics crush and playoffs

By Murat Ates

LOS ANGELES — There were early-season games the Winnipeg Jets won in ugly fashion. There were games they won thanks primarily to goaltenders Connor Hellebuyck and Eric Comrie. There were several nights when Winnipeg won against the flow of play, riding elite finishing and great puck luck — plus big performances from both special teams.

But the Jets kept winning, finishing their soft season-opening schedule with a 9-3-0 record without captain Adam Lowry, defensive stalwart Dylan Samberg or breakout candidate Cole Perfetti. Now they're fighting for top spot in the NHL all over again, and head coach Scott Arniel says that the Jets have finally started to play to their identity.

"That was more like us," he said on Saturday, after the Jets' best transition game of the season.

Now comes the defining moment of the season. The Jets start November with the opportunity to put so much of the Western Conference in the rear-view mirror that they spend the rest of the year in playoff preparation mode.

This might not seem like a massive consideration off-hand, but Winnipeg is a uniquely constructed veteran team. Lowry is set to play his first game of the season in Los Angeles following hip surgery. Jonathan Toews looked ineffective at the end of playing five games in eight days last week. That's not to mention injuries to Perfetti, Samberg, and Gustav Nyquist —

each of whom could return before the end of Winnipeg's road trip — and Morgan Barron, who is traveling with the team but listed as "week to week." There may be no team in the NHL with more to gain from mid-season load management than the Jets this season. Winnipeg plays 21 games in 40 days between December 27 and the start of the Olympic break, including 16 games in January.

"We might be the oldest team in the NHL," is how Kyle Connor put it over the weekend. "I don't know the stat on that but it's pretty close. There's a lot of games, a lot of wisdom in there."

The Olympic break condenses the NHL schedule, leading to more games in fewer days than in a typical season. While it's true every team is going through schedule challenges, the Jets are likely to send Connor, Mark Scheifele, Josh Morrissey, Nino Niederreiter and Connor Hellebuyck to Italy, with each player theoretically playing as many as seven games.

And Connor is right: Winnipeg is the oldest team in the NHL, according to this story by James Mirtle.

The Jets need both Jonathan Toews and Connor Hellebuyck to peak at the right time next spring. Terrence Lee / Imagn Images

Winnipeg is also the only team in the league that's played its three-time Vezina Trophy-winning goaltender like a workhorse only to watch his playoff numbers crater in multiple consecutive postseasons. Hellebuyck led the league in games played and starts from 2022-23 through 2024-25, winning two Vezina trophies and one Hart trophy in that time period.

It's unlikely that the answer to his playoff woes is as simple as more rest, given the Jets' day-to-day commitment to managing Hellebuyck's workload. Winnipeg has done a poor job of protecting the front of its net in all three of the playoff years in which Hellebuyck's numbers have fallen off. But Winnipeg's No. 1 goaltender has also been open about the emotional toll he's carried in the wake of poor performances.

Hellebuyck is the reigning Hart Trophy winner, playing the game's most important position. It could be argued there is no player whose mental and physical resilience is more important to his team — and therefore no player for whom load management is more important.

Maybe it's fitting that the road trip begins in Los Angeles, where there are championship-winning ideas to steal.

The Jets can't outspend their opponents by hundreds of millions of dollars like the L.A. Dodgers did. They can't buy three other Hellebuycks to complement him in goal. They can keep their focus on winning playoff games, however, even at the expense of regular season wins — as Los Angeles did by slow-playing the return of ace pitchers Shohei Ohtani, Blake Snell and Tyler Glasnow from various injuries throughout the 2025 baseball season.

Load management wouldn't be quite the same thing as previous Stanley Cup winners getting Matthew Tkachuk, Mark Stone or Nikita Kucherov back from long-term injured reserve just in time for the playoffs, nor are the Jets unique in having high schedule density or a long list of injured key players. But consider how many issues the Jets have working in combination.

Winnipeg's blend of age, injuries, Lowry's comeback from hip surgery, Toews' unique comeback after two years outside the league, multiple projected Olympians and a goaltender whose

playoff performance demands the microscope treatment — even if team factors apply, too — is unique.

The degree to which Winnipeg can bury teams on its upcoming road trip, heading towards American Thanksgiving with firm grip on a playoff spot, is the degree to which Arniel and his staff can control their team's rest and recovery through the hardest parts of December and January. How well they succeed at that will determine Winnipeg's ability to survive playing 26 games in 51 days once the Olympics are done, including 16 games in March.

So what can the Jets do to build their identity — and take control of their playoff preparations — in November?

The first step is building off their most complete transition game of the season, played on Saturday against the Pittsburgh Penguins. The Jets have struggled at five-on-five for much of the season, but a series of improvements have helped vindicate Arniel's confidence in three of their most recent four games.

The Jets aren't a fast team but can look fast when they play smart. They're starting to do a better job creating offence because they're doing a better job of breaking out of the defensive zone. This means good backpressure from Winnipeg's forwards, which enable tight gaps by defencemen. It means quicker recoveries and less overthinking the first pass because there are outlet passes available close at hand (and far away, because Winnipeg likes to stretch.)

Arniel credited his defencemen for better puck retrievals and faster decisions for the team's recent improvement.

"But then it's the sequence that happens. It's the puck support," he explained. "It's — if we head north, we call it 'blow out.' When we blow out the zone, when we push people back, it takes the opposition's forecheck away ... From the top of the circles to the top of the circles, if you can do that quickly, if you can get from one to the other, that really puts teams on their heels. I thought recently we've been doing that way better than we had early in the year."

This brings us back to the importance of Winnipeg's injured players.

Lowry has historically been the Jets' most committed centre when it comes to puck support all the way up the ice. At his best, he's a beast — a true play-driver at even strength who will win pucks and offer outlets at his goal line and get them to the net in the offensive zone.

He told reporters in Winnipeg on Monday that he feels better than he did before surgery. He'd had chronic pain in his hips prior to his operation, managing symptoms as needed while keeping an eye on overall condition. There have been times in recent playoffs when he looked slow, despite his work ethic (or the fact he scored the goal that eliminated the St. Louis Blues in Game 7). Everybody looked slow against Colorado in 2024, but Lowry put the blame on himself and his own line when the Avalanche torched Winnipeg off the rush in Game 5.

"There's going to be some aches and some pains," Lowry said. "But where it's at right now I'm really happy with it, really happy with the range of motion, the strength in it. It might take me a few games just to get back and get my feet under me, but I try to do everything I can to try and expedite that process in practice."

If he's moving slowly out there to start, falling short of his play-driving standard, it will only reaffirm the point: Lowry needs to be at his best in May and June, not overworked in November. The same will apply to Toews, who might look like a better player once Lowry is back at his best. Winnipeg's 37-year-old centre should see the volume and difficulty of his minutes adjusted as the captain's game improves.

Hockey is an interconnected game. One more line that can match up against tough minutes has a ripple effect elsewhere on the lineup. Samberg will help Neal Pionk, but he'll help Winnipeg's third pairing, too, with Logan Stanley bumped down the lineup and ideally still playing with his current level of confidence. Perfetti will give Winnipeg more options in the top six, including patience in the offensive zone and smart decisions in transition.

The lengthy road trip could make it hard to replicate a 9-3-0 record in the 12 games Winnipeg has left in November. If the Jets come close, they will bury teams in the playoff race, putting Winnipeg in position to control its fate when the season gets truly chaotic down the stretch.

It might be fashionable to say nothing matters until the playoffs, but this is the part of the season where the Jets need to build their foundation.