

## **Winnipeg Free Press**

<https://www.winnipegfreepress.com/breakingnews/2025/11/19/heart-and-soul-lowry-signs-five-year-extension-with-jets>

### ***Heart-and-soul Lowry signs five-year extension with Jets Gritty captain embodies club's values, says GM***

By: Mike McIntyre

Adam Lowry is the heart and soul of the Winnipeg Jets, leading by example on and off the ice.

On Wednesday night, the 32-year-old got what he'd been hoping for: a contract extension that all but guarantees he'll finish his NHL career where it began.

Lowry signed a new five-year deal that starts next season and runs through 2030–31. The contract carries an average annual value of US\$5 million, which is a significant raise from the US\$3.25 million he currently earns. With the salary cap expected to rise sharply in the coming years, his share of the team's payroll is unlikely to increase much, if at all.

True North clearly feels he's worth every penny. Co-owner and chairman Mark Chipman broke the news at the team's annual fundraising gala at Canada Life Centre, with Jets defenceman Neal Pionk adding an assist as he rolled a video with the official announcement which included general manager Kevin Cheveldayoff singing Lowry's praises.

"Adam embodies the characteristics and the class the Winnipeg Jets value," said Cheveldayoff.

Lowry also recorded a quick thank-you video for fans, which was shared at the event and posted on the club's social media channels.

"I just wanted to say how excited I am to sign for five more years. I love playing in front of you all. It's a terrific place to play. I can't wait to get started and hopefully bring Stanley home," he said.

Drafted in the third round (67th overall) in 2011, Lowry was the second pick in Jets 2.0 history. He has grown into one of the league's premier shutdown centres, regularly tasked with facing opponents' top lines. His presence has been a major factor in Winnipeg becoming the NHL's stingiest defensive team for two consecutive seasons.

Offensively, Lowry has continued to evolve. He set a career high with 16 goals last season, then added four more in the playoffs — including the unforgettable Game 7 overtime winner against the St. Louis Blues that capped the "Manitoba Miracle."

Across 782 regular-season games and 62 playoff contests, Lowry has recorded 300 points (137 goals, 163 assists) along with 457 penalty minutes.

The St. Louis-born, Calgary-raised centre was named captain prior to the 2023-24 season and carries significant weight in the locker room, helping establish a positive, winning culture which has become synonymous with the Jets in recent years, especially when they captured their first ever division title, conference title and Presidents' Trophy last season.

“Adam embodies the characteristics and the class the Winnipeg Jets value.”

Lowry's impact extends beyond the rink. He is an ambassador for Toba Centre for Children and Youth, supporting children and families affected by abuse.

“I feel like on the ice I'm more of a protector,” Lowry previously told the Free Press about his charitable work.

“I'm not a super aggressive person off the ice, but it comes along with the territory (in hockey). So it was a natural fit. To try and be a leading voice of change for these kids, to try and be a voice for the Toba Centre.”

Lowry was slated to become an unrestricted free agent July 1, but he made it clear he had no interest in leaving.

“I picture myself as a Winnipeg Jet for life,” he said last spring when the subject of his contract status was first raised.

“I love the city, love playing in front of these fans. As long as they want to bring me back, I'm more than happy to come back.”

He reiterated that commitment this fall while recovering from off-season hip surgery, which delayed his season debut until earlier this month. He has one goal and two assists in seven games for the 12-7-0 Jets.

“I just wanted to say how excited I am to sign for five more years. I love playing in front of you all. It's a terrific place to play. I can't wait to get started and hopefully bring Stanley home.”

Following the team's practice Wednesday afternoon at the Hockey For All Centre, Lowry and Cheveldayoff were spotted having a lengthy discussion which ended with the GM patting the captain on the back.

Lowry now joins Mark Scheifele (signed through 2031), Connor Hellebuyck (2031) and Kyle Connor (2034) as “drafted and developed” players positioned to finish their careers in Winnipeg. Defenceman Josh Morrissey, signed through 2028, could eventually become the fifth foundational piece to stay put.

It's a remarkable trend for a franchise often perceived as a challenging destination for free agents and players with trade protection.

<https://www.winnipegfreepress.com/breakingnews/2025/11/19/pionk-joins-motoring-morrissey-sniper-stanley>

***Pionk joins motoring Morrissey, sniper Stanley  
Jets' blue-liners heating up at the right time, adding danger to the defence***

By: Mike McIntyre

A backdoor redirect from Josh Morrissey. A perfectly executed one-timer by Neal Pionk. A laser beam from Logan Stanley to the top corner.

Don't overlook the fact that three of the goals scored by the Winnipeg Jets in Tuesday's dominant 5-2 victory over the Columbus Blue Jackets came from defencemen — an important development that will serve the team well if they can maintain it.

"It makes you multi-dimensional," Jets assistant coach Davis Payne said Wednesday of getting offence from the defence.

"I think when you look around the league it's a really important part of rush play, it's a really important part of O-zone play, to create numbers with a five-man attack. And that's exactly where those guys come from and add to and it's something we want to build on."

The Jets had just six goals from their blue-liners through the first 18 games, putting them on pace for their lowest single-season output since the 2021–22 campaign when they finished with 24.

You may recall then-head coach Rick Bowness making it a top priority to raise that number, stressing that the modern game requires a five-man attack. The Jets responded in a big way the following year, producing 46 goals from defencemen — one of the best totals in the league.

That number dropped to 30 in Scott Arniel's first year at the helm (2023-24), then climbed to 38 last season. Now, with nine goals in 19 games following Tuesday's performance, the Jets are back on pace for 38.

"Teams in this league, they track so darn hard and they play with numbers in their own zone so tight that if you're not equalizing your opportunity with that five-man attack and using your D and having them become part of the options, it's really tough to create offence," said Payne.

It's no surprise to see Morrissey leading the way, now with four goals on the year. He might just challenge the career high of 16 set in that 2022-23 campaign. But how about the fact Stanley, whose previous career high was one goal — hilariously set five times over the past five seasons — is already up to three?

"Things are going well right now and I am playing with confidence and trying to build every day," said Stanley, whose nine overall points have him second among all Winnipeg defencemen (Morrissey has 21) and sixth-overall in team scoring.

"If you are not improving, you are probably not going to last too long. I'm just trying to get better every day and stay consistent with it."

Stanley, the 18th-overall pick in the 2016 draft who stands a towering six-foot-seven, set a career-high 14 points last season. At this pace, he might surpass that by Christmas. His latest tally came off a slick drop pass from Mark Scheifele, who jumped into his arms during the celebration.

"He probably felt like I was a little baby," joked Scheifele. "I was obviously very pumped for him. He can rip it when he wants to. That was a snipe. I thought he's been absolutely fantastic for us all season. He's looking to just get better and better."

Pionk, meanwhile, was glad to get the proverbial monkey off his back, scoring his first goal of the season after matching his career-high 10 goals last year. His power-play shot through traffic, following a nice give-and-go with winger Gustav Nyquist, proved to be the game-winner.

"That happens as a defenceman when you get good looks, whether it's from deep or whether you're walking in the slot, and sometimes they don't go in. It's the way it works," said Pionk.

"That's always been kind of part of my game is helping out the offence. So we say it all the time, the forwards can't do it themselves. They can't be a three-man unit. It's got to be five man. So not only is that defensively, but that's also offensively, too. We got to help them out. We got to create motion and create some space for them."

Dylan DeMelo has the other Jets goal from a blue-liner this year, while Dylan Samberg (who missed the first 16 games with injury), Luke Schenn, Colin Miller and Haydn Fleury (currently in concussion protocol) are still looking to light the lamp for the first time.

Pionk, who had just three assists through his first 18 games before adding a goal and assist against Columbus, is thrilled to have Samberg back as his blue-line partner. The two Minnesota products train together every summer and clearly bring out the best in one another.

"We create that chemistry, and we build on that chemistry in the summer and, unfortunately, we live on the same lake, too, so it's almost too close," Pionk said with a laugh.

"We just work on little things Like the little game situations, whether it's a fake shot, whether it's making cleaner passes, reads that we can make together, D to D, back to D, stuff like that. And we challenge each other. Like he's also challenging me, and it's a good relationship we have in the summer."

"We challenge each other. Like he's also challenging me."

Of course, assists can be just as big as goals, and the Jets are getting plenty of help from the back-end with a total of 36 helpers so far. Morrissey's 17 apples are tied for eighth overall in the NHL and rank third amongst defencemen behind only Cale Makar and Quinn Hughes, who both have 19.

Winnipeg's 45 points from the blue-line this year has them just inside the top 10 of the NHL right now, with Makar's Colorado Avalanche leading the way with 57. That has the Jets on track to eclipse last year's total of 179 points over 82 games.

"When your D can add offence from that back end, it makes you that much more dangerous," Arniel said following Tuesday's triumph, which improved his team's record to 12-7-0.

The Jets return to action on Friday night when they host old friend Nikolaj Ehlers and the high-flying Carolina Hurricanes. There could be plenty of five-man attacks going back-and-forth in that one.

"They're always one of the fastest teams, one of the hardest working teams, well coached, detailed, throw a lot of pucks to the net so they're always a challenge to play, and should be a fun one," said Pionk.

<https://www.winnipegfreepress.com/breakingnews/2025/11/17/weak-link-or-menace-lowry-finding-his-game-after-lengthy-absence-to-start-season>

## ***Weak link or menace? Lowry finding his game after lengthy absence to start season***

By: Ken Wiebe

CALGARY — When Adam Lowry was searching for solutions, he was quick to point the finger directly at himself — even if the critical self-assessment was probably harsher than it needed to be.

While the Winnipeg Jets captain would have been well within his right to grant himself a bit of grace as he makes his way back from a lengthy absence and long road to recovery after enduring off-season hip surgery in late May, there was Lowry standing in the middle of the room on Saturday referring to himself as the weak link on his line during his first few games of the season.

During the past three games, the Lowry trio with Nino Niederreiter and Alex Lafallo has been a driving force at both ends of the ice.

“A big part of that is the reads that I’m making are so much better. In the first three games, I was slow,” Lowry said before the Jets earned a 4-3 shootout victory over the Calgary Flames to close out a six-game road trip. “I was maybe a little tentative, maybe getting used to contact, the chaos. You can only do so much of that in practice or when you’re skating by yourself. Nino and Al, they’re such consistent performers. They’re so steady, you know what you’re going to get from them every night.

“If you have a weak link on the line, sometimes you don’t look how you envision it. The last (few) games we’ve certainly done a better job of getting the puck below the goal line. A lot of our offence comes off the forecheck, creating turnovers, cycle plays, hemming them in and that’s something we’re going to try and keep building, trying to get better at. We still have a lot of room for improvement from our line and that’s what the exciting part is.”

The Jets have returned a number of players over the course of the season-long six-game road trip that ended with a 2-4 record leading into a three-game homestand that opens on Tuesday against the Columbus Blue Jackets.

Having Lowry back anchoring the checking line and looking more like himself is an important development as the Jets look to forge their identity and clamp down defensively.

On Saturday, Lowry was a major factor, recording two shots on goal, six shot attempts, five hits and going seven-for-12 (58 per cent) in the faceoff circle.

His 26 shifts for 17:21 represented a season-high in ice time, including 1:11 in overtime.

“He is a force out there,” said Jets defenceman Josh Morrissey, who extended his point streak to five games by chipping in two assists on Saturday and is up to 19 points in 18 games this season. “I have never played an NHL game against him and I hope I never do. He is a menace. He is all over the ice, 200-feet and he makes the job of the defenceman a lot easier and the guys around him.

“He is smart and plays under the puck. I think he has been playing really well and he is only going to continue to get better.”

When Lowry is at his best, he’s the kind of guy that gets a lot accomplished, both in terms of being responsible defensively, delivering important minutes on the penalty kill and doing his part to provide secondary scoring.

“I just wanted him to get up to speed,” said Jets head coach Scott Arniel, who smirked when Lowry’s self-criticism was relayed to him. “It’s five months that he’s been out, it isn’t easy to jump right back in. He’s the one that said he feels like he’s the bicycle in a NASCAR race. That’s what it’s going to be. He’s starting to feel better each and every game.”

With the ability to often force offensive players on the opposition to play in the defensive zone, the Lowry line is the one that sets the table.

“They’re a luxury to have as a coach because you can throw them out to help change the tide in a game,” said Arniel. “If you need a good forecheck, you need some heavy hitting, also to start in our end of the rink, start with faceoffs and get out of there — don’t spend the time in there.

“It’s the hard work they put in that helps. The other guys recognize that. (Lowry) always likes to lead by example. That’s playing his game, a big, heavy, hard game. When he does it as the captain, not only can other players follow, but when he speaks in the room the other players recognize he’s doing his job.”

Having Lowry’s leadership and rugged style of play will be welcome as the Jets close out a busy month of November with six more games.

“Well, every line is going to look different. As long as they’re trying to accomplish a similar end goal, but within the structure,” said Lowry. “Ours is a little more straight lines off the forecheck, trying to be as responsible defensively as we can. But if you can bring the consistency from your line every night, you can expect that out of the other three lines.

“We want to be a strong defensive team. A team that plays fast, competes hard and that’s probably what our identity looks like. But the way we accomplish it is going to be different. As long as the results are the same, that’s the most important thing.”

## **Global Winnipeg**

<https://globalnews.ca/news/11534447/winnipeg-jets-re-sign-adam-lowry-5-year-contract-extension/>

### ***Winnipeg Jets re-sign captain Adam Lowry to 5-year contract extension***

By Russ Hobson Global News

Fans attending the Winnipeg Jets annual gala got a little extra bang for their buck on Wednesday.

The Jets announced they had signed team captain Adam Lowry to a five-year contract extension. The new deal, which will kick in next season, will pay Lowry an average of \$5 million

per year. The 32-year-old was in the final season of his old five-year contract that was paying him \$3.25 million per season

Lowry has played all 12 of his NHL seasons with the Jets after being drafted in the third round of the 2011 NHL Draft.

He just returned to the lineup after off-season hip surgery and has one goal and two assists in his first seven games.

Lowry was named team captain in September of 2023 and set a new career high for goals last season. As one of their team leaders and a key part of their penalty kill, his value is measured by more than goals and assists but in 73 regular season games last season, Lowry had 16 markers and 18 helpers for 34 points.

Lowry's new deal combined with Kyle Connor's signing at the start of season ensures the corps of their team is locked up long term.

The Jets still have eight players who will become unrestricted free agents next summer with Jonathan Toews, Logan Stanley, Eric Comrie, Gustav Nyquist, Tanner Pearson, Cole Koepke, Luke Schenn, and Colin Miller all on expiring contracts.

### **Winnipeg Sun**

<https://winnipeg.sun.com/sports/hockey/nhl/winnipeg-jets/jets-adam-lowry-agrees-to-5-year-contract-extension-worth-25-million>

### ***Jets' Adam Lowry agrees to 5-year contract extension worth \$25 million***

By Gordon Anderson

The Jets continue to lock up pieces of their core group.

The club has signed captain Adam Lowry to a five-year contract extension worth US \$25 million.

The contract extension will begin in the 2026-27 season. The deal will keep Lowry in Winnipeg until 2030-31. The Jets announced the deal on Wednesday evening. The AAV of the deal is \$5 million per season.

Lowry is one of several core pieces that have been signed in recent times.

The Jets signed Kyle Connor to an eight-year contract extension worth \$96 million last month; Dylan Samberg signed a three-year deal worth \$17.25 in July; Morgan Barron agreed to a two-year deal worth \$3.7 million in July, and Gabriel Vilardi signed a six-year deal worth \$45 million back in July.

During training camp in September, Lowry was asked about his contract status and his desire to remain in Winnipeg. Lowry is currently in the final year of a five-year, \$16.25 million contract he signed in April of 2021.

"I don't have any concerns about, kind of where we're at," Lowry said at the time. "I'm focused on my recovery. I'm focused on getting myself back to being a contributing player for the

Winnipeg Jets. And as I said before, I love playing in Winnipeg. I don't see an issue with us getting (a contract) done, eventually."

The 32-year-old has played seven games this season after undergoing off-season hip surgery just days after the Jets lost to the Dallas Stars in the Western Conference semi-final back in May.

Lowry scored his first goal of the season on Tuesday as the Jets beat the Columbus Blue Jackets 5-2 at Canada Life Centre. Lowry also has two assists in seven games.

The Jets selected Lowry in the third round of the 2011 NHL entry draft. In 782 career NHL games, Lowry has 122 goals and 276 points.

Lowry has served as team captain since the beginning of the 2023 season and has spent all 12 of his NHL seasons playing in Winnipeg.

<https://winnipeg.sun.com/sports/hockey/nhl/winnipeg-jets/jets-power-play-goes-back-to-fundamentals-for-recent-success>

### ***Jets power play goes back to fundamentals for recent success***

By Gordon Anderson

Chances are, if you keep shooting the puck, eventually it will find the back of the net.

"I've had a couple good looks throughout the last few games, and that happens as a defenceman when you get good looks. Whether it's from deep or whether you're walking on the slot, sometimes they don't go in," Jets defenceman Neal Pionk said. "It's the way it works. I was happy to get one (goal) last night."

Pionk scored the winning goal on the power play as the Jets beat the Blue Jackets 5-2 on Tuesday night. The goal was Pionk's first of the season and eighth game-winning goal in his tenure as a Jet, dating back to the 2019-20 season.

Gustav Nyquist worked the puck to the middle of the ice and slipped a pass across to Pionk, who was stationed at the top of the face-off circle to the right of Columbus netminder Elvis Merzlikins. Pionk's slapper managed to evade the traffic stationed in front of the net, the puck squeezing between the body and glove hand of the netminder.

The man-advantage marker also extended the productivity that has occurred in the last run of games. Dating back to the Remembrance Day road game against the Vancouver Canucks, the power play has scored in four consecutive games, converting five of 10 chances.

Prior to this recent spell of productivity, the club was mired in a 0-for-14 skid that started against the Penguins on Nov. 1 and continued through to the Nov. 9 game against the Anaheim Ducks.

"There were some details that were missing early on," power play coach Davis Payne said when asked about the 0-for-14 slide. "There were some fundamentals that we always revert back to that needed to be tightened up. We had a couple of good meetings that tightened it up, and now it seems to be back in a good spot to grow from. That doesn't mean there are (not) tougher challenges ahead."



On Tuesday, the special team units dished the puck around with accuracy and confidence, creating numerous opportunities. Payne doesn't see that self-assuredness and confidence as a sign that things are humming. He is more interested in how aggressive his guys are in trying to regain possession of the puck when it's lost or up for grabs.

"It's always our retrieval mindset," he said. "They can all pass and we've got guys who can do lots of good things but when we're looking to retrieve pucks off of three different areas — it's faceoffs, entries, and attacks — when we're on with that part of our game, good things usually come from that."

## **The Athletic**

<https://www.nytimes.com/athletic/6821506/2025/11/20/jets-adam-lowry-extension/>

### ***With Adam Lowry extension Jets go all-in on a player, a core, and an era***

By Murat Ates

The Winnipeg Jets are all in on Adam Lowry. They need to be all in on their window, too.

Lowry's five year, \$25 million contract extension is an exclamation mark — a loud, unavoidable reminder of a Winnipeg Jets fact. There will come a day when Winnipeg's aging roster and lack of surefire top line, top pairing prospects catches up to the Jets.

They're going to fall off the pace when Lowry, Connor Hellebuyck, Mark Scheifele, and their other key veterans on the wrong side of 30 age out of effectiveness. On that day, the Jets won't be Stanley Cup contenders anymore. They may no longer be threats to make the playoffs. Kevin Cheveldayoff has been known to stun observers before, winning major trades, but there is an inevitability to the bottom dropping off.

The Jets' prospect pool is ranked 25th, according to Corey Pronman. It was ranked 15th, according to Scott Wheeler — but that was before Chaz Lucius retired. There's no next Hellebuyck, Scheifele, or Josh Morrissey in the team's pipeline — no one quite ready to replace Winnipeg's best players when the time comes. Meanwhile, the existing Jets are too good to draft inside the top 10, where most of the biggest difference makers get chosen. Dylan Samberg, Gabriel Vilardi, and Cole Perfetti will help mitigate Winnipeg's losses, but there are more players aging out of effectiveness than there are entering their prime.

That doesn't mean Lowry's extension was the wrong move to make. It underscores the urgency with which the oldest team in the NHL must accomplish its goals during the limited window it has. Cheveldayoff and Scott Arniel may bristle at that term — "window" — but that's exactly what they've built in Winnipeg: a three-to-five-year opportunity that depends on veteran players maintaining excellent form.

The moment Hellebuyck or Scheifele falter is the moment the Jets tumble down the standings.

Josh Morrissey	30	2028
Connor Hellebuyck	32	2031
Mark Scheifele	32	2031
Adam Lowry	32	2031
Gabriel Vilardi	26	2031

Morrissey, the team's top skater, is two years away from UFA status. He's not a likely departure threat but he is well-positioned to (more than) double his salary. It seems likely that his current, \$6.25 million contract combines with Hellebuyck and Scheifele's peak form — plus Lowry's ability to win his shutdown minutes — to give the Jets a three-year window to win it all.

So Lowry's contract marks a moment in franchise history worth recognizing.

The Jets have been working on it since Kyle Connor's \$12 million AAV extension, itself made possible because Hellebuyck and Scheifele signed matching seven-year deals on Oct. 9, 2023. Winnipeg has won the most games (120) and earned the most points (250) in the NHL since those contracts were signed — coinciding perfectly with Lowry's run as Jets captain. They signed UFA players like Jonathan Toews and Gustav Nyquist to try to mitigate the loss of Nikolaj Ehlers and will likely be buyers at the trade deadline because they're in an era where there is immediacy to their opportunity to win.

That Winnipeg has a chance to win at all assumes Lowry is as good as I think he is — as opposed to what outside opinions might have to say.

Critics are right to point at Lowry's unforgiving style of play (and his hip surgery) and wonder about his ability to defy aging curves. There's a reasonable concern that his physical, committed style of play leads to a more severe drop-off due to age than for other players. He's averaged 183 hits and 43 blocks per season while playing against other teams' top scorers throughout his career. He's at his best when his hockey sense combines with brawn, with the latter being a fundamental part of Lowry's success. When he stops winning battles, he won't be effective anymore.

Let that ratchet up the urgency, though.

If Winnipeg's window is about a group of veterans aging out of their prime while still delivering quality results, then we need to consider who those veterans are to the organization. Scheifele was the Jets' first pick after moving north from Atlanta. He holds multiple franchise and city records, along with a unique role in Jets history: It was at the 2011 draft, just prior to Scheifele's selection, wherein Mark Chipman called the new Winnipeg franchise the Jets for the first time in public. Lowry was the new Jets organization's second draft pick and grew up to become its captain.

The Jets franchise will always be built upon that foundation. It could endure a hundred years, go through all of the ups and downs that come with that, and win multiple Stanley Cups. Scheifele will always be its first pick. Lowry will always be its first homegrown captain. Hellebuyck, who the Jets drafted in 2012, will always be a legendary scouting story.

Chipman, Cheveldayoff, and the rest of the decision makers in Winnipeg are people, first and foremost. Don't you think their franchise origin story matters to them? Isn't it obvious that they're all-in on this core, whatever heights they reach or try and fail to reach with their current group? There may be long term pain associated with Winnipeg inevitable aging out of quality. In a worst-case scenario, where the Jets don't go deep during their expiring window and must still rebuild, fans' future pain may even be disproportionate to the heights they hit.

Aging curves might not matter to Jets leadership — at least, not nearly as much as honouring franchise history. Jets brass sold Hellebuyck and Scheifele on a plan to do everything in their power to win if they signed. It worked and then the majority of Winnipeg's veterans re-signed, too. Lowry is the capstone on that group, even granting the Jets need to continue to add pieces if they're meant to be a Cup contender this season. There's no turning back now — Winnipeg's key players are all-in on Winnipeg — and half-measures would be a disservice to the Jets' bet on the next few seasons.

Finally, it's a credit to Jets leadership that Winnipeg is in this position at all.

Great leadership has been a driving force behind the Jets' recent success, from Chipman's decision to put a charity opportunity in Lowry's path through Rick Bowness' tough, loving approach, to Lowry's Game 7 heroics in the spring.

But Winnipeg is not a premier UFA destination. It makes frequent appearances on no-trade clauses in a league that gives out a ton of no trade clauses. It's a testament to the way the Jets have looked after their players, whether it was flying Neal Pionk, Alex Iafallo, Dylan Samberg, and Dominic Toninato privately to Adam Johnson's funeral, or the way True North helped Connor make a difference when his dad died of Parkinson's. Management is fond of saying that players may not all want to come to Winnipeg but the ones who get to the city usually want to stay. This type of treatment has been a driving force behind player retention.

Lowry is part of the payoff. The fact that he turns 33 before his contract begins — on the oldest team in the NHL — drives home the urgency to that payoff. And he's a part of the Jets' first-ever homegrown, core group of players on an organization that values its history.

Of course, the Jets are all in on him.

<https://www.nytimes.com/athletic/6821505/2025/11/19/adam-lowry-jets-agree-on-5-year-25-million-extension/>

### ***Adam Lowry, Jets agree on 5-year, \$25 million extension***

By Murat Ates

Adam Lowry and the Winnipeg Jets agreed to terms on a five-year contract extension Wednesday that carries an average annual value of \$5 million. The team announced the contract terms at its annual gala at Canada Life Centre on Wednesday night.

The contract keeps the Jets' captain in Winnipeg through 2030-31, with Lowry joining Connor Hellebuyck, Mark Scheifele and Kyle Connor as core players signed for at least five seasons after this one. Winnipeg has improved in each season since Lowry was named captain, playing a strong defensive style of hockey that is well-suited to his biggest strengths.

The 32-year-old centre anchors Winnipeg's shutdown line, delivering quality defensive results while playing against star players. Lowry has excelled in this role while adding between 34 and 36 points in each of the past three seasons. He has one goal and two assists for three points in seven games since returning from offseason hip surgery. He is in his third season as Winnipeg's captain after serving as an alternate for one year.

Lowry's contract is a raise from the \$3.25 million AAV he's earning in the final season of his previous five-year deal.

#### *What this means for the Jets*

The Jets' team culture has soared since Rick Bowness took over, with Lowry's captaincy playing a large part of the transformation. Now the Jets get to lock in their leadership group, with Lowry and Scheifele each signed long term and Josh Morrissey's contract running through 2027-28.

This is not a small item: Winnipeg's locker room culture has been cited as one of the team's biggest strengths in recent years. Player retention is particularly important in a city that is not a top destination for unrestricted free agents, and it's an area where Winnipeg has had success in recent seasons. The Jets' ability to retain Lowry — who was their second draft pick after moving to Winnipeg from Atlanta — gives the team multiple veteran players who could play their whole career for the franchise.

On the ice, Lowry's shutdown line is an important piece of recent Jets success; coach Scott Arniel often matches Lowry so heavily against top players that he finishes games as the team's second-line centre. Those minutes may lessen with Jonathan Toews' arrival as a free agent, but Lowry's line — this time with Alex Iafallo and Nino Niederreiter — continues to drive results. Lowry scored the goal that won Game 7 against the Blues and was the first player to reach Scheifele in the penalty box when the Jets lost to Dallas in Round 2.

The big risk in extending a 32-year-old centre fresh off hip surgery is uncertainty with respect to his longevity. There are no questions about Lowry's level when he's healthy and at his best — he's been Winnipeg's shutdown ace for multiple seasons — and he graded out as a \$6 million player in our recent cap efficiency study. But Lowry turns 33 in March and plays an unforgiving style of hockey. The Jets are a veteran team — the oldest in the NHL, according to this study — and are trying to compete for a Stanley Cup while their core players continue to contribute at a high level. Lowry's ability to maintain his current level of play over the duration of his contract is a legitimate concern.

But Winnipeg needed to sign its captain. Winnipeg chose five years, mitigating some of the worst fears about aging curves. There is also the potential that Lowry's hip surgery helps as opposed to hinders his level of play over the next couple of seasons, as it was meant to address a nagging issue that had reached the point of requiring repair.

#### *What this means for Lowry*

This contract assures Lowry his legacy. He joins Scheifele, Hellebuyck, Connor and Morrissey as longtime Jets with the opportunity to begin and end their career with the franchise that drafted them. That's an important part of the team's lore.

Recall that Winnipeg announced its team name — the Jets — at the 2011 draft, then drafted its franchise centre, Scheifele. It used its second pick to draft Lowry, its future captain. Since that time, Lowry has made himself an integral part of Winnipeg's shutdown line. He's emerged as a leader in the community, volunteering his energy to the Toba Centre — an opportunity that came to him, handpicked, via Mark Chipman. This summer, while recovering from hip surgery, Lowry announced his engagement to his longtime Manitoban girlfriend, Laura Quinton.

Now Lowry is a Winnipeg Jet, presumably for life. For a humble, considerate, western Canadian kid, there could be no worthier NHL legacy. His style of play embodies the city he plays in, and his leadership has been associated with great team results.

## **The Hockey News**

<https://thehockeynews.com/nhl/winnipeg-jets/latest-news/lowry-locks-in-for-life>

### ***Lowry Locks in for Life***

By Carter Brooks

The Winnipeg Jets have made their intentions known: Adam Lowry will be a Jet for life.

On Wednesday evening, general manager Kevin Cheveldayoff and his crew officially finalized the contractual agreement with Captain Lowry on a brand new, five-year extension running through the 2030-31 season, to which he will be 38 years of age.

The deal features an annual average value of \$5 million, totalling \$25 million over the course of his five-year agreement.

Set to become a free agent this offseason, Lowry's camp opted to continue working on the contract through the season after not coming to an agreement over the summer.

One would have to think his ability to get back into the action and continue producing in his typical form following offseason hip surgery played a role in the timing.

Having missed the team's first 12 games as he continued rehabbing his hip, the 32-year-old centre made his debut on Winnipeg's third line for its season-long, six-game road trip beginning November 4 in Los Angeles.

He will be 38 years old at the time of expiry.

He scored his first goal of the season on Tuesday night at home against the Columbus Blue Jackets and is up to three points and four penalty minutes in his seven games so far.

Selected 67th overall in the third round of the 2011 NHL Draft, Lowry was named team captain in advance of the 2023-24 season, and has gone on to help Winnipeg to a league-best 120 wins and 250 points, while owning a league-low 2.4 goals against average per game.

Lowry produced at a career-best rate last season, scoring 16 goals and putting up 34 points in just 73 games. He has averaged 35 points over the past three seasons. He also matched a career-best four playoff goals last spring.

In 782 games for Winnipeg, Lowry has 122 goals, 276 points and 420 penalty minutes, plus an additional 15 goals, 24 points and 37 penalty minutes in the postseason.

## **TSN.ca**

<https://www.tsn.ca/nhl/video/2025/11/20/jets-sign-lowry-to-five-year-contract-extension/>

### ***Jets sign Lowry to five-year contract extension (VIDEO)***

Jets captain Adam Lowry has signed a five-year contract extension worth \$25 million, the team announced on Wednesday. The contract carries an average annual value of \$5 million. Lowry

has served as team captain since the beginning of the 2023 season, and has spent all 12 of his NHL seasons playing in Winnipeg.

<https://www.tsn.ca/video/2025/11/19/core-4-u-24-jets-striking-balance-between-win-now-mode-and-development/>

#### ***Core 4 U-24: Jets striking balance between win-now mode and development (VIDEO)***

TSN's annual Core 4 U-24 project ranks all 32 NHL teams based on their talent under the age of 24 as of the start of the NHL season. Gino Reda and Craig Button analyze how the 24th ranked Winnipeg Jets continue to find ways to extend their winning window. For the entire Core 4 U-24 project, visit TSN.ca today and for the rest of the week.

#### **Sportsnet.ca**

<https://www.sportsnet.ca/nhl/article/32-thoughts-bedard-celebrini-making-strong-cases-for-team-canada/>

#### ***32 Thoughts: Bedard, Celebrini making strong cases for Team Canada***

By Elliotte Friedman

7. There was never a question Adam Lowry wanted to stay, the latest Jet in a close-knit group to make a Manitoba commitment. Lowry showed why he's the captain, not complaining that he wasn't the first priority, knowing Kyle Connor's puzzle piece needed to be inserted first. He's a unique case at his age (33 when the deal kicks in) and has intangible value to the organization. I have zero doubt the Jets wanted to make a splash at their Wednesday-night gala, and bent a bit to get it done in time. His teammates will be thrilled to see him taken care of.