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<https://www.nhl.com/jets/news/blog-toews-fitting-right-in>

BLOG: Toews fitting right in

Toews: "It's been a lot of fun slowly getting to know guys."

By Mitchell Clinton

WINNIPEG – As a homegrown product with three Stanley Cups, two Olympic gold medals, and numerous other awards on his hockey resume, one might think it would be easy for Jonathan Toews to blend into a new room right away.

He doesn't look at it that way. After all, the Winnipeg Jets will be just the second National Hockey League team he's suited up for, with all the 1,067 regular season games and 137 Stanley Cup playoff games coming with the Chicago Blackhawks.

So he's taking things slowly, but the early returns are incredibly positive - on and off the ice.

"In a way you want to show your respect, especially to the veteran guys in the room that set the tone and the example for this team every day," said Toews following Thursday's one-hour skate at hockey for all centre. "I got here last week and there were four or five of us and basically everyone started rolling in this week and we're still almost a week away from camp. It's been a lot of fun slowly getting to know guys."

The 37-year-old has made an impression. Teammates like Luke Schenn and Morgan Barron – both of whom have skated with Toews numerous times ahead of training camp's official start next week – have given Toews credit for the work he's put in to be ready for his first National Hockey League training camp since September 2022.

It has been a long two years for Toews, but he feels some things are coming back quickly.

"It's been a long time and, in a way too, it feels like the last couple years have gone by in the blink of an eye. It's almost like sometimes you don't even remember what skate you put on first," he laughed. "It feels good to be on the ice, you do a lot of 3-on-3 and small area stuff where you don't have a lot of space. Those are the situations where you kind of get a little bit hasty, a little bit excited, and make a play that you wouldn't have made if you were slowing things down and being a little bit more patient."

And patience seems to be at the centre of Toews' approach to Jets training camp. He didn't want to put a number on it, but he'd like to get into as many of Winnipeg's six preseason games as possible in an effort to be prepared for the season opener against the Dallas Stars on October 9.

Of course, he's hopeful that the talents that won him a Selke trophy in 2013 come back quickly. He'll look to contribute to the Jets in any way he can, and one of those areas could be in the face-off dot. From 2007 until 2023, Toews took the fourth-most face-offs in the NHL (behind only Sidney Crosby, Anze Kopitar, and Patrice Bergeron) and won a staggering 57.3 percent of them.

Of players in that time frame who took at least 15,000 draws, that's second only to Bergeron's 58.9.

"I am just trying to remind myself to not overthink it, not to get too frustrated. You have to keep working on your game," said Toews. "I am a player that always prides myself on always playing a complete game and playing two ends of the rink. You are going to make mistakes but it is not the end of the world. I will be out there with some really good players that will help make me look better and to go out there and have fun and keep working."

It always seems that when the calendar turns to September, the excitement for the coming hockey season reaches a new level. The fans definitely feel it, the players and coaches do as well.

And when you've been out of the game for two years and are on the cusp of a return to play for your hometown team? That excitement is even higher.

"You want to belong, you want to be part of the team. It's a new experience for sure, especially after being away from hockey as long as I have been to integrate - so to speak - into a new locker room," said Toews. "It's easy to pick up on why this team has a lot of chemistry in the locker room and on the ice. A lot of guys with a lot of talent, but also a ton of character in this room too. You can feel that already. It's fun to be part of something like that."

Winnipeg Free Press

<https://www.winnipegfreepress.com/breakingnews/2025/09/11/toews-thrilled-to-be-back-on-the-ice-after-health-issue-hiatus>

Toews thrilled to be back on the ice after health issue hiatus Jets' centre enjoying getting back into a regular rhythm in his return to pro hockey

By: Ken Wiebe

Jonathan Toews is doing his best to blend into his new surroundings.

While that might seem like a formality for someone as decorated as Toews, getting acclimated with a new organization and all that comes with it is an important part of this remarkable comeback with the Winnipeg Jets.

Although the wheels have been in motion for some time, the Winnipegger admits he's dealt with some nerves during the introductory phase that comes before training camp officially gets underway next week.

"It's been a lot of fun slowly getting to know guys," said Toews, speaking to the media for the first time since July. "That's something that will take a little while to get settled and comfortable in the locker room. In a way you want to show your respect, especially to the veteran guys in the room that set the tone and the example for this team every day. As I've been saying, I'll just slowly find my way, contribute where I can, and find ways of doing that that respect the strengths of this group, too."

After two full seasons out of the NHL as he dealt with a number of health issues, Toews is feeling good and has enjoyed being on the ice here during the past several weeks — as the group expanded from just a handful of NHLers to the bulk of the Jets squad, with the exception of a small number of guys that will be arriving during the next several days.

“You want to belong, you want to be part of the team,” said Toews. “It’s a new experience for sure, especially after being away from hockey as long as I have been to integrate — so to speak — into a new locker room.

“It’s easy to pick up on why this team has a lot of chemistry in the locker room and on the ice. A lot of guys with a lot of talent, but also a ton of character in this room, too. You can feel that already.”

Because it’s been so long since he’s been in this setting, Toews is both enjoying getting back into a regular rhythm while also taking time to appreciate some of the tasks that may have occasionally felt tedious during his past several NHL seasons as he worked through those aforementioned health issues.

“It’s been a long time and, in a way too, it feels like the last couple years have gone by in the blink of an eye,” said Toews. “It’s almost like sometimes you don’t even remember what skate you put on first. Once you get going, you don’t even think about it and everything is muscle memory. It’s fun to just get back in that routine and in the structure of an NHL camp and NHL season.”

Just being one of the guys again is among the things Toews is enjoying.

“I’ll just slowly find my way, contribute where I can, and find ways of doing that that respect the strengths of this group.”

That’s also something that many of his former teammates who reached out to him providing well-wishes mentioned as something they’ve missed a great deal since retiring from the game.

“Just being around this group,” said Toews. “I guess that’s the one thing that’s super exciting to me about getting a chance to play again is that I get to be back in that locker room.

“Aside from that, I just love playing the game. I love improving and getting better and just feeling good, too. Even though you’re working hard, there’s always someone doing something, finding ways to get better that you can always learn from. So, you’re constantly kind of exposing your own weaknesses and making yourself uncomfortable in that sense and I think just pushing yourself always.”

When it was relayed to him that Jets prospect Brayden Yager mentioned how Pittsburgh Penguins captain Sidney Crosby and Toews were two players his dad told him to watch closely because of their refined 200-foot games, the former Chicago Blackhawks captain was asked if that was flattering or if it might make him feel a little bit older?

That’s when he showed a glimpse of his sense of humour.

“Definitely both. It is definitely flattering to be mentioned in a sentence like that,” said Toews. “I had gotten pretty used to every young kid growing up and wanting to be like Patrick Kane. You get a little tired of hearing that one.

“So, that feels good to hear, too.”

When you see Toews on the ice, it's clear how hard he's been training to put himself in the best position to succeed.

But, how is he feeling about where he's at physically?

"Pretty good. When you're away from the game for that long — no matter what — it takes some time to get things up to speed," said Toews. "It feels good to be on the ice, you do a lot of three-on-three and small area stuff where you don't have a lot of space. Those are the situations where you kind of get a little bit hasty, a little bit excited, and make a play that you wouldn't have made if you were slowing things down and being a little bit more patient. That sort of thing will start coming back. I'm sure my game will progress and improve throughout the entire season too."

Toews, 37, is moving well and is confident with where his skating and conditioning are at, noting that should also improve over the course of the season.

"I'm really happy. Throughout the summer there are going to be those days where you're training pretty hard off the ice and you go on the ice and nothing is working, you're just slugging away," said Toews. "You have to let those days go and remind yourself that it's not going to be perfect every day, you're not going to feel 100 per cent. At this point now, all the off-ice stuff boils down and you're on the ice much more and you're fine-tuning your game. I feel I have much more speed and much more energy on the ice, too."

Toews was asked if he's spent any time wondering what it might be like to return to the United Center on Jan. 19 to face the Blackhawks, the organization he helped win three Stanley Cups after they chose him third overall in the 2006 NHL draft.

"I'm sure I'll be pretty nervous. There will be a lot of excitement. A lot of great memories," said Toews. "Just to be there with the fans and the City of Chicago."

"It was a real family for a long time, so that will feel strange. But it will be a lot of fun. I saw (Kane) went back and had a big night and scored the overtime winner. That was just amazing to see. We'll see how it goes."

Jets captain Adam Lowry was thrilled to see Toews make the commitment to join the team during the off-season, noting that the possibility was brought to the team's attention early in 2025.

"Yeah, it's been great," said Lowry, who continues to work his way back from hip surgery.

"Unfortunately, I've kind of been in solitary confinement on the other side of the ice, so I haven't had the opportunity to get to see him out on the ice but talking to him throughout the summer and then getting to meet him for the first time here in the gym."

"He brings a wealth of knowledge and he's got tremendous experience. There's a reason why he's as decorated as he is and seeing how he prepared himself in the gym, how he interacts with the guys, he's fit right in. And I think you know there's an excitement for him to get back and competing. And, you know, the buzz in the city is something else, something you feed off. We're really excited to have a player of his calibre and stature in our organization."

Especially when a player of that stature views the Jets as bonafide Stanley Cup contender.

"We all jumped at the thought of having a player like Jonathan even considering Winnipeg. It's a huge deal," said Lowry. "It means a lot to the guys in the room. We feel like we're a good team and we're really pushing and to have him consider us as one of the contenders, one of those teams that he believes in... You know, a smaller market. Generally, a market people don't choose freely to come to. I think it's a testament to his belief in our group. It was nice to see when it was finalized. Now that we have him, we're super excited to welcome him into the fold."

As the conversation with Toews was about to wrap up, he was asked if another chance to suit up for Canada at the Olympics factored into his decision to return to hockey.

"It's in the back of my mind," said Toews, who helped Canada win gold at the Olympics in both 2010 and 2014. "I wouldn't say it's the reason for (returning), but the timing couldn't hurt."

<https://www.winnipegfreepress.com/breakingnews/2025/09/11/excited-to-get-back-out-there>

'Excited to get back out there'

Jets captain hits the ice in milestone after hip surgery

By: Mike McIntyre

Adam Lowry is no stranger to pain. The hard-nosed, high-character captain of the Winnipeg Jets is as tough as they come, leading by example on and off the ice.

But this past spring, the veteran centre reached a point where he could no longer simply grin and bear it. The difficult decision was made to undergo surgery to repair a hip that had been screaming at him for several years.

"It started becoming a chronic thing, where it was even becoming painful just going down stairs. I'd feel it watching TV," Lowry said Thursday as he met with media for the first time since his surgery in late May.

"I was willing to continue managing it and try to play through it. But then you worry that you might get into October, November and all of a sudden you have to operate now. Instead of missing 10 to 15 games, you're missing 60 to 70 and potentially the playoffs. That was the thing we were ultimately trying to avoid."

Lowry explained that regular injections he'd relied on to get him game-ready stopped bringing relief, and imaging showed his condition was worsening. A trip to New York to meet with a specialist after the Jets were eliminated in the second round of the playoffs sealed the deal.

The surgery means some additional short-term pain, as Lowry won't be ready for the start of the 2025-26 NHL season next month. But the hope is long-term gain in the form of an extended career — one the Calgary product hopes will eventually include a Stanley Cup celebration down Portage and Main.

"Super happy with how it's feeling and where it's at," Lowry said after his latest conditioning skate at Hockey For All Centre.

"Obviously a ways to go. My job is to push myself every day, try to do the right things to make sure that when I get back I'm ready to go and feeling good. It's nice to be back on the ice. It feels like another milestone, another step closer to my return."

When, exactly, might that be?

"I think end of October, start of November, something like that," said Lowry.

"With these things, it's tough. I feel really good, I feel like I could maybe go sooner, but at the end of the day it's all about avoiding setbacks and making sure that when I do come back, it's for good. It's not one of those things that you constantly have to manage. Making sure I'm strong, making sure I'm in good shape."

Lowry, 32, is coming off a year in which he scored a career-high 16 goals while serving as the shutdown centre on the NHL's top regular-season team. He added four more goals in 13 playoff games — including the Game 7 overtime winner against St. Louis — but admits he was far from his best by that point.

"It's the playoffs, everyone is playing through different things. You're giving it your all, you're trying to do your best to win the Stanley Cup. Everyone has bumps and bruises and things that cause them discomfort," he said.

"You know, two real heavy series. I look at that series against St. Louis and it was a war. It was real heavy and took a toll on a lot of guys. That's one of those things where, going into the summer and coming into the start of the year, we've got to be prepared for. It's going to be a battle to get into the playoffs, and once you're there, it ramps up to another level."

Lowry's absence to start the season will loom large, but the Jets believe they're deep enough to handle it. Mark Scheifele remains the top centre, while Vlad Namestnikov, Morgan Barron and free-agent addition Jonathan Toews round out the middle.

Despite wearing the "C," Lowry was all-in when team co-owner Mark Chipman first called a meeting last winter to discuss the possibility of signing "Captain Serious," the hometown hockey hero returning from a two-year health-related hiatus.

"It's a huge deal. It means a lot to the guys in the room," said Lowry.

"We feel like we're a good team and we're really pushing and to have him consider us as one of the contenders, one of those teams that he believes in. A smaller market. Generally a market people don't choose freely to come to. I think it's a testament to his belief in our group. I think when we saw that there were a few other options, you never know until it's fully guaranteed. So now that we have him, we're super excited to welcome him into the fold."

So far, their time together has been limited to off the ice, as Lowry — who can't take contact — works out on a separate sheet each day with former NHLer J.P. Vigier.

"Unfortunately, I've kind of been in solitary confinement, so I haven't had the opportunity to get to see him out on the ice," said Lowry.

"But talking to him throughout the summer and then getting to meet him for the first time here in the gym... it's been great. He brings a wealth of knowledge and he's got tremendous experience. There's a reason why he's as decorated as he is and seeing how he prepared himself in the gym, how he interacts with the guys, he's fit right in."

“And you know, the buzz in the city is something else, something you feed off. We’re really excited to have a player of his caliber and stature in our organization.”

Unfortunately, the business of hockey also meant saying goodbye to a handful of teammates, including Nikolaj Ehlers, Mason Appleton and Brandon Tanev, who all departed in free agency.

“It’s tough. You hate to see good friends go. And quality individuals, important pieces to our organization,” said Lowry.

“It’s a numbers game. You can only fit so many guys under your cap but, to see guys that have played here for so long that I’ve gotten the opportunity to play with for most of my career, it’s one of the worst parts of the job. They’re all going to good spots. We’re happy for them but you know, sad to see them go. But excited about the guys we welcomed in and excited about the opportunity our team has.”

On the subject of contracts, Lowry is about to enter the final year of his. He’s made no secret of his desire to retire as a Jet, having been drafted 67th overall in 2011, but admits patience may be required.

“I’d love to have an update. But, so far, I think there’s another guy that’s a little more important than me,” said Lowry — a direct reference to sniper Kyle Connor, who can also become a UFA July 1 and is likely at the top of general manager Kevin Cheveldayoff’s priority list.

“So, I don’t have any concerns about where we’re at. And I’m focused on my recovery. I’m focused on getting myself back to be a contributing player of the Winnipeg Jets. And as I said it before, I love playing in Winnipeg. I don’t see an issue with us getting something done eventually.

“Honestly, I’m just excited to get back out there working with everyone. We’re such a tight-knit team. We love coming to the rink. We love pushing each other. That’s what makes it fun, is competing. So I’m looking forward to getting back, hopefully not too much longer.”

Sportsnet.ca

<https://www.sportsnet.ca/nhl/article/jets-training-camp-preview-much-at-stake-in-pre-season/>

Jets training camp preview: Much at stake in pre-season

By Ryan Dixon

A last-second comeback can’t disguise the fact that the Winnipeg Jets enter the 2025-26 campaign with a pressing need to do more when it counts.

No team in the league has won as many games as the Jets’ 108 during the past two seasons, and Winnipeg took the Presidents’ Trophy with 116 points last year.

However, if not for a frantic Game 7 comeback that saw the squad score twice in the final two minutes of regulation time against the St. Louis Blues — before claiming a double-OT victory on a goal by Adam Lowry — the Jets would have endured a third straight first-round exit last spring. As it stands, the Jets were bounced by the Dallas Stars in Round 2.

A structured, disciplined team that's mastered regular-season hockey clearly needs to figure something out when it comes to the playoffs.

That said, optimism will justifiably be in the crisp, Manitoba air when Winnipeg hits the ice for camp. While a key figure was lost in the off-season in the form of departing UFA Nikolaj Ehlers, the presence of native son Jonathan Toews — making his return to the NHL after two full seasons away from the league — creates a unique buzz around the team and city as it prepares for a new year.

Add Toews' presence to the strong core stacked on top of the goaltending of back-to-back Vezina Trophy winner Connor Hellebuyck and the Jets are on target to once again scrap it out with Western Conference heavyweights Dallas and Colorado for top spot in the Central Division.

What happens after that, however, will determine whether this club has actually taken a step forward.

Salary Cap Space: \$3,963,810

GM: Kevin Cheveldayoff

Head Coach: Scott Arniel

Assistant Coaches: Marty Johnston, Davis Payne, Dean Chynoweth, Wade Flaherty

Unsigned Players: None

Key New Additions: Jonathan Toews, Gustav Nyquist.

What We'll Learn During Training Camp

Will Kyle Connor sign an extension before camp ends?

Any 2026 UFA talk tends to centre on Connor McDavid and Kirill Kaprizov, but Winnipeg has its own situation to monitor with potential UFA whale Kyle Connor. The Michigan forward and top-line fixture is coming off a career-best 97-point showing last season and turns 29 in December. Seven months after that, he's eligible to hit the open market.

Jets GM Kevin Cheveldayoff has already done some nice work in the past six months when it comes to contracts, inking top-four defenceman Neal Pionk to a six-year extension before he could test free agency and agreeing to terms on a six-year deal with RFA Gabe Vilardi — Connor's runningmate on the top line with Mark Scheifele — in the summer.

The closest parallel for Connor, of course, is the situation Winnipeg was in two years ago when both Scheifele and Hellebuyck came to camp just 10 months away from the chance to become UFAs. On the eve of the 2023-24 campaign, the Jets pillars inked identical seven-year, \$59.5-million deals to stay with the team. Today, those \$8.5-million cap hits are bargains for a goalie who gets MVP votes and a top-line centre.

Chances are — with the cap seriously spiking in coming years — a Connor contract will require a club with numerous team-friendly deals to bite down and offer up a big number.

Jets fans would surely feel better about the season starting if Connor becomes yet another locked-up member of the core before puck drops on Oct. 9 versus Dallas.

What will Jonathan Toews look like?

Even the most enthusiastic Jets fan is surely trying to temper optimism about Toews' potential, as the three-time Cup champion returns from chronic inflammatory response syndrome.

Of course, we — and Toews himself — won't know for some time how his body will hold up to the grind of an NHL season. Still, good sense figures to go out the window a bit as observers watch every drill and shift of pre-season action to see if the old Toews — or at least a big percentage of him — still lives inside that 37-year-old frame.

This will be one of the biggest storylines, not only of Jets camp, but in the entire NHL.

Can Elias Salomonsson do anything to crack the blueline?

His first year of North American pro hockey did nothing but reinforce the notion that Elias Salomonsson can, one day, be a major contributor to the Jets defence corps.

The question: Is there any chance that day comes as soon as October?

The tall, right-shot defenceman put up an impressive 27 points in 55 games last winter with the AHL's Manitoba Moose. There's every chance Salomonsson comes to camp and looks ready for an NHL look. Even if he does, though, it's hard to know whose spot he could take, and the last thing the Jets want is for Salomonsson to be rotating in and out of the lineup instead of munching minutes with the Moose.

That means, barring a Bobby Orr-like showing, the talented 21-year-old Swede will likely spend one more season — or at least a part of it, depending on injuries — in the minors before really pushing for a spot next September.

What, exactly, might we learn about Adam Lowry's timeline?

We know, after off-season hip surgery, Winnipeg's captain is going to miss a significant amount of time coming out of the gate. Perhaps, though, we'll get a specific timeline for Lowry's expected return once the team officially gets up and running. The Jets posted pictures of Lowry skating in late August, which must be viewed as a decent sign for the progress he's making. When he had the surgery in May, Lowry was given a recovery timeline of five to six months.

Two over-35 players aiming for comebacks of sorts will get a second-line shot together and make it work. We all know Toews is going to get a look at 2C, with the hope being he can eventually fill what's been — off and on — a hole for Winnipeg in the past handful of years.

And while Gustav Nyquist isn't trying to return from anything akin to Toews' health concerns and extended absence, the 36-year-old Swede is attempting to rediscover the form that saw him post 75 points with Nashville just two years ago during the 2023-24 campaign.

With Cole Perfetti poised to keep blossoming on the second line, we're betting a trio of Toews between Nyquist and Perfetti starts the year looking like a nice complement to the entrenched top unit of Scheifele between Connor and Vilardi.

Projected lineup

Forwards

Kyle Connor-Mark Scheifele-Gabe Vilardi

Gustav Nyquist-Jonathan Toews-Cole Perfetti

Nino Niederreiter-Vlad Namestnikov-Alex Iafallo

Tanner Pearson-Morgan Barron-Cole Koepke

Defence

Josh Morrissey-Dylan DeMelo

Dylan Samberg-Neal Pionk
Logan Stanley-Luke Schenn

Goalies
Connor Hellebuyck
Eric Comrie

Canadian Press

<https://www.sportsnet.ca/nhl/article/jonathan-toews-skates-with-hometown-jets-ahead-of-comeback-season/>

Jonathan Toews skates with hometown Jets ahead of comeback season

By Canadian Press

Jonathan Toews is embarking on the next phase of his goal to return to the NHL after a two-year absence due to illness.

One of the most decorated players in the history of the NHL, the Winnipegger has been skating with the Winnipeg Jets ahead of the official opening of training camp next week.

"It feels like we've been going for quite a while now," Toews said after a Thursday morning skate at the Hockey For All Centre. "I got here last week and there were four or five of us, and basically, everyone started rolling in this week and we're still almost a week away from camp."

Toews, 37, underwent an intense five-week Ayurvedic detox in India to address chronic inflammation and immune system issues likely related to long COVID. The former Blackhawks captain then signed a contract with the Jets in July.

"When you're away from the game for that long — no matter what — it takes some time to get things up to speed," said the six-foot-two, 201-pound centre. "It feels good to be on the ice."

"You do a lot of 3-on-3 and small-area stuff where you don't have a lot of space. Those are the situations where you kind of get a little bit hasty, a little bit excited, and make a play that you wouldn't have made if you were slowing things down and being a little bit more patient. That sort of thing will start coming back. I'm sure my game will progress and improve throughout the entire season, too."

Toews said it has been a slow but fun process getting to know his new teammates.

"That's something that will take a little while to get settled and comfortable in the locker room. In a way, you want to show your respect, especially to the veteran guys in the room that set the tone and the example for this team every day. As I've been saying, I'll just slowly find my way, contribute where I can, and find ways of doing that respects the strengths of this group, too."

Toews led the Blackhawks to Stanley Cup victories in 2010 (when he won the Conn Smythe Trophy as playoff MVP), 2013 and 2015. He won Olympic gold in 2010 and 2014. Toews won the Frank Selke Trophy as the NHL's top defensive forward in 2013 and the Mark Messier Leadership Award in 2015. He was a six-time NHL All-Star and named one of the NHL's 100 greatest players in 2017.

Now, Toews is a Jet.

"It's been great," said Jets captain Adam Lowry, who has been skating on his own as he recovers from hip surgery. "Unfortunately, I've kind of been in solitary confinement on the other side of the ice (different rink), so I haven't had the opportunity to get to see him out on the ice. But, talking to him throughout the summer and then getting to meet him for the first time here in the gym — and you know, just getting to know him, it's been great."

Lowry said Toews brings "a wealth of knowledge" to the team.

"There's a reason why he's as decorated as he is and seeing how he prepared himself in the gym, how he interacts with the guys, he's fit right in. And I think you know there's an excitement for him to get back and competing. And you know, the buzz in the city is something else, something you feed off. We're really excited to have a player of his calibre and stature in our organization."

Toews said that camaraderie was one of the things he missed the most about the game.

"I guess that's the one thing that's super exciting to me about getting a chance to play again is that I get to be back in that locker room," he said. "Aside from that, I just love playing the game. I love improving and getting better and just feeling good, too."

"I think that even though you're working hard, there's always someone doing something finding ways to get better that you can always learn from. So, you're constantly kind of exposing your own weaknesses and making yourself uncomfortable in that sense and I think just pushing yourself always."

Toews has been pushing hard to get back into the NHL and, considering the regimen he has gone through to get back, would like to try for a return to the Olympics this winter.

"It's in the back of my mind," he said. "I wouldn't say it's the reason for (returning) but the timing couldn't hurt."

NOTE: Lowry will not likely return to action until he has fully recovered by late October or early November, he said.

The Athletic

<https://www.nytimes.com/athletic/6620606/2025/09/12/jonathan-toews-winnipeg-jets/>

Why Jonathan Toews being rusty in first Winnipeg Jets skates is actually great news

By Murat Ates

Jonathan Toews looks like he's having fun. He does not look like an NHL superstar.

If those two statements stay true when Winnipeg's informal skates turn into training camp, preseason, and — if all goes well — meaningful NHL games, the Jets will be thrilled with the performance of their marquee UFA signing.

Skating on Thursday, Toews' footspeed was average, his hands were good, and — most striking at this stage of his career — he looked like he belonged. For a 37-year-old hockey player who hasn't played an NHL game since April 13, 2023 (and whose contract's litany of games-played bonuses highlights the uncertainty around his health) this should be seen as a tremendous victory.

"I feel great. I'm really happy," Toews said. "At this point now, I feel like I have much more speed and much more energy on the ice. It's only going to improve, too."

Remember that Toews' health troubles led to him missing the entire 2020-21, 2023-24, and 2024-25 seasons. There were days when he couldn't get out of bed. There was always going to be the chance that Toews' first media availability after skating with his new teammates was full of disappointment. Instead, Toews looks like one of the guys — talking shop with Gabriel Vilardi between drills, laughing with Logan Stanley after a three-on-three goal.

This means his comeback attempt is very much still on — even if Toews does admit to some nerves after so much time away.

"You want to belong," Toews said. "You want to be part of the team. It's a new experience, especially after being away from hockey as long as I have been ... But that's part of the fun."

That feeling of camaraderie — of being "one of the guys" — is one that NHL players often claim to miss the most when they retire. For Toews, who managed to avoid committing to his own retirement even during his lowest lows, the ability to look like just another NHL player this early in the year vindicates their offseason bet. Winnipeg doesn't need Toews to be a Conn Smythe Trophy winner or a point per game star. It does need him to be an important piece of a playoff-calibre team — someone who can play tough second or third line minutes and add to what Mark Scheifele and Adam Lowry already do at centre.

Toews has never been known for his footspeed, but he kept pace with the main group of Jets and Moose veterans throughout the skate. He showed NHL-quality stick skills, setting up one scoring chance by banking a backhand pass off the boards and then taking a return feed from Vilardi, looking off his defenceman, and firing a tape-to-tape pass to Cole Koepke for a shot. He remained on the ice well after the informal skate was over, ultimately losing the "last man off the ice" battle to Parker Ford.

He even allowed himself some frustration, slapping his stick on the ice when one of his passes didn't hit its intended target.

"You do a lot of three-on-three and small area stuff where you don't have a lot of space," Toews said. "Those are the situations you get a little bit hasty, a little bit excited, and make a play that you wouldn't have made if you were slowing things down and being a little bit more patient. But that sort of thing will start coming back and I'm sure my game will progress and improve throughout the entire season, too."

Toews' hockey IQ was never going to be the issue. The fact that his health and his footspeed are giving him the chance to criticize his own decision-making is a win in and of itself.

The range of possibilities for Toews as he begins his 16th NHL season is enormous. Given the length of his absence from hockey, one of those possibilities was that he'd look washed up the moment he was surrounded by NHL players. No one would have criticized his work ethic if all

his comeback attempt revealed was a washed-up player who looked two steps too slow, unable to keep up.

He has a long way to go to prove he can excel as a middle-six centre, but you can safely scrub “washed” off your list of expectations.

“It feels like the last couple of years have gone by in the blink of an eye,” Toews said. “It’s almost like sometimes you don’t even remember what skate you put on first but then once you get going, you don’t think about it and everything is just muscle memory. It’s fun to get back in that routine and get back into the structure of an NHL camp and an NHL season.”

Toews understands that not everything is going to be perfect at the beginning, that some days will be challenging and that there will be rust to shake off. He says that part of his challenge will be to remind himself to stay patient.

To that end, he’s focusing on his love of the game itself.

“I am just trying to remind myself to not overthink it, not to get too frustrated,” Toews said. “The great thing about hockey is that there are so many skills you have got to work on, so many different aspects of the game that you are constantly trying to keep it all together and get better in all those areas. I am a player that always prides myself on always playing a complete game and playing two ends of the rink. You are going to make mistakes but it is not the end of the world.”

Toews also took a moment to remind reporters that he’ll be playing with great players, that Winnipeg is a great team, and that the quality of the team will help him in his return. To that end, Toews’ assessment of Winnipeg was glowing.

“It’s already easy to pick up on why this team has a lot of chemistry in the locker room and on the ice. There’s a lot of guys with a lot of talent but also a ton of character in this room, too — I can feel that already,” Toews said. “It’s fun to be a part of something like that.”

TSN.ca

<https://www.tsn.ca/nhl/video/2025/09/11/toews-discusses-the-ayurveda-ritual-and-medicine-he-went-through-to-return-to-hockey/>

Toews discusses the Ayurveda ritual and medicine he went through to return to hockey (VIDEO)

Jonathan Toews sits down with Michael Farber to discuss the Ayurveda ritual and medicine he went through in India to heal himself and return to hockey.

<https://www.tsn.ca/nhl/video/2025/09/11/can-toews-help-jets-reach-next-level/>

Can Toews help Jets reach next level? (VIDEO)

With over 1,000 games played, three Stanley Cups, a Conn Smythe, and a Selke does Jonathan Toews bring a missing component the jets need to reach the next level? How will his long lay off will affect him on the ice? TSN's Marty Biron joins Domino's That's Hockey with more.

<https://www.tsn.ca/nhl/article/hellebuyck-staying-level-as-potential-big-season-dawns-i-think-expectations-kill/>

Hellebuyck staying level as potential big season dawns: 'I think expectations kill'

By TSN.ca

A potential massive year lies ahead for Connor Hellebuyck with the Winnipeg Jets shaping up as Stanley Cup contender once again and Team USA eyeing their first Olympic gold with NHL players in February.

Hellebuyck won his first Hart Trophy and his third Vezina Trophy last season while leading the Jets to their first Presidents' Trophy before a second-round exit. He also served as the United States starter at the 4 Nations Face-Off as the team lost to Canada in overtime of the tournament final.

While it's easy to get caught up in the excitement of what lies ahead, the 32-year-old netminder is keeping a level head as the new year dawns.

"For me I'm kind of going into it as just another season, just another season," Hellebuyck told NHL.com. "We're continuing to build, but I don't want to bring expectations into it. I think expectations kill. I've seen it enough. We're a good team but sometimes you don't win when you expect to win, and you win when you don't expect to win. Really just trying to keep all expectations off the table and go in with a fresh slate.

"We're going to build our game the way we ended last year, put our best foot forward and let everything fall into place."

Hellebuyck posted a 47-12-3 record last season with a .925 save percentage and a 2.00 goals-against average, setting new career highs in wins, save percentage and GAA.

It marked the fourth straight season he appeared in at least 60 games and the sixth time in his 10-year career he has done so. The Commerce, Mich. native is happy to buck the current trend of seeing NHL starters owning a closer split with their backups.

"Yeah, the trend is the split, but I think that is like a [political] movement in that someone got lucky and made it work and now everyone else thinks, 'Oh, that's the right way to do it.' I don't agree with that," Hellebuyck explained. "I think the best way to bring out the best part of yourself is to play and get into a rhythm. For me, I would like to go back to the days of 70-plus games. I think you can stay in a rhythm and once you're confident you can just ride it and you don't really have to think a whole lot, you're just playing because you're feeling it every single night.

"The caveat that goes with that is the management. The problem with [goalies playing more games] is because the demand on the goalie with practices and stress levels are so high because teams don't let the goalie and the goalie coach do their thing. That's what we do really well in Winnipeg, we realize that our needs are separate from the whole team's needs and they let us do what we need to do to make us best. I've got full control over the management side of things on that."

The Jets will open their preseason next week as they take on the Minnesota Wild on Sept. 21, with their first game of the season set for Oct. 9 against the Dallas Stars.

Winnipeg Sun

https://winnipeg.sun.com/sports/hockey/nhl/winnipeg-jets/jonathan-toews-blending-in-with-the-winnipeg-jets?utm_source=winnipeg-jets

Jonathan Toews blending in with the Winnipeg Jets

By Gordon Anderson

Jonathan Toews is trying to blend into the background as he prepares for his first season with the Winnipeg Jets, with zero appetite for the spotlight.

"You want to show your respect, especially to the veteran guys in the room that set the tone and the example for this team every day," Toews said. "As I've been saying, I'll just slowly find my way, contribute where I can, and find ways of doing that that respect the strengths of this group."

Mission accomplished, says Jets captain Adam Lowry.

"Just getting to know him, it's been great," Lowry said.

The team held a pre-camp workout session on Thursday morning at the hockey for all centre. With training camp scheduled to begin on Sept. 19, the boys of winter are days away from another season.

Toews is still highly regarded for his leadership ability, leading the Chicago Blackhawks to three Stanley Cup championships. Returning to the game after a lengthy absence, the product of St. Vital is trying to fit into a dressing room with different dynamics and personalities.

Currently, Toews is in 'getting to know your neighbour' mode.

"It's a new experience for sure, especially after being away from hockey as long as I have been to integrate — so to speak — into a new locker room," Toews said. "On Monday when the whole team was here, meeting a lot of new people — not just the players, but the staff as well — that's part of the fun. (There are) a lot of guys with a lot of talent, but also a ton of character. It's fun to be part of something like that."

The Jets signed Toews to a one-year incentive-laden contract worth \$2 million US on July 2. He could make as much as \$5 million if he reaches benchmarks such as 20, 30 or 40 games played. He will also receive bonus monies should the team make the playoffs, and another bonus should the Jets win the Stanley Cup.

"It feels good to be on the ice, you do a lot of 3-on-3 and small area stuff where you don't have a lot of space," Toews said. "Those are the situations where you kind of get a little bit hasty, a little bit excited, and make a play that you wouldn't have made if you were slowing things down and being a little bit more patient. That sort of thing will start coming back. I'm sure my game will progress and improve throughout the entire season."

The Jets begin their pre-season slate of games on Sept. 21 when the Minnesota Wild come to town for a 4 p.m. puck drop. In total, the club has six pre-season games. Toews doesn't have a set number he wants to play. It will be a wait and see process, in consultation with head coach Scott Arniel

The Jets will play home and away matchups with the Wild, Flames and Oilers, before the home opener against the Dallas Stars on Oct. 9.

"The more the better at this point. I think we have quite a bit of rest — almost a full week — between our last pre-season game and the first game of the season. I've done all the conditioning and training, and all the stuff you can do on and off the ice to prepare," Toews said. "At this point it's just about getting in the rhythm of the day. You show up, you have morning skate, you go home and get prepared, and then you find ways to get to bed and recover to do it again the next day."

The last time Toews played an NHL game was April 15, 2023, against the Flyers. In total, Toews played 55 games that season with Chicago, during which he scored 15 goals and added 16 helpers. Toews has 511 goals, and 883 assists in 1,067 regular-season games played.

"It's been a long time. It feels like the last couple years have gone by in the blink of an eye," Toews said. "It's almost like sometimes you don't even remember what skate you put on first. Once you get going, you don't even think about it, and everything is muscle memory. It's fun to just get back into that routine and in the structure of an NHL camp and NHL season."