

= Gary Roberts ( ice hockey ) =

Gary R. Roberts ( born May 23 , 1966 ) is a Canadian former professional ice hockey player who played 21 seasons in the National Hockey League ( NHL ) for the Calgary Flames , Carolina Hurricanes , Toronto Maple Leafs , Florida Panthers , Pittsburgh Penguins and Tampa Bay Lightning . Renowned for his physical fitness during his career , Roberts has become a high performance trainer for players at all levels of the sport .

Roberts was member of Memorial Cup and Minto Cup winning teams as Canadian junior hockey and box lacrosse champions , respectively . He was a first round selection of the Calgary Flames , 12th overall , at the 1984 NHL Entry Draft and played ten seasons in Calgary . Roberts was a member of the Flames ' 1989 Stanley Cup championship team and made two of his three NHL All @-@ Star Game appearances as a representative of the team . A serious neck injury forced him to miss the majority of two seasons , and while his return earned him the 1996 Bill Masterton Memorial Trophy for perseverance and dedication to the game , he was forced into retirement following the 1995 ? 96 season .

After sitting out a full season , Roberts successfully returned to the NHL in 1997 as a member of the Carolina Hurricanes , with whom he played three seasons . Stints in Toronto , Florida and Pittsburgh followed , and Roberts ended his career in 2009 as a member of the Tampa Bay Lightning . He played 11 seasons following his comeback , finishing with 1 @,@ 224 games played , 438 goals and 910 points .

= = Early life = =

Roberts was born on May 23 , 1966 , in Toronto , Ontario , but grew up in Whitby . His best friend growing up was future NHL teammate Joe Nieuwendyk ; the pair played minor hockey together in the winter , and box lacrosse in the summer . Roberts played Junior A lacrosse with the Whitby Warriors in the mid @-@ 1980s , with whom he won a Minto Cup , the Canadian junior championship .

= = Playing career = =

= = = Junior = = =

In junior hockey , Roberts was drafted into the Ontario Hockey League ( OHL ) . He joined the Ottawa 67 's in 1982 ? 83 and scored 20 points in 53 games . Roberts improved to 57 points in his second season and added 17 points in 13 playoff games . The 67 's reached the OHL final and defeated the Kitchener Rangers to win the J. Ross Robertson Cup . The victory advanced the 67 's to the 1984 Memorial Cup tournament where Ottawa reached the final . They again faced Kitchener , who were the tournament hosts , and won the national championship with a 7 ? 2 victory . Following the season , the Calgary Flames selected Roberts with their first round selection , 12th overall , at the 1984 NHL Entry Draft .

Returned by the Flames to Ottawa for his third junior season in 1984 ? 85 , Roberts served as the team 's captain . He recorded 106 points , including 44 goals , and was named to the OHL 's second All @-@ Star Team . Entering a rebuilding phase , the 67 's were quickly eliminated from the playoffs , after which the Flames assigned Roberts to their American Hockey League ( AHL ) affiliate , the Moncton Golden Flames . In his first professional stint , Roberts scored four goals and added two assists in seven games . Roberts returned to Ottawa for a final junior season in 1985 ? 86 , a season in which he played with the Canadian junior team at the 1986 World Junior Ice Hockey Championships . Roberts finished second on the team with six goals for the silver medal @-@ winning Canadians . In the OHL , he split the season between the last place 67 's and , following a trade , the Guelph Platers . Roberts finished with 84 points combined between the two teams , and helped the Platers record a 15 ? 3 ? 2 record in the playoffs and lead Guelph past the Belleville

Bulls to win the OHL championship . He scored four goals in four games at the 1986 Memorial Cup , and the Platers defeated the Hull Olympiques , 6 ? 2 in the final . Roberts ended his junior career as a two @-@ time Memorial Cup champion .

= = = Calgary Flames = = =

In his first professional season , 1986 ? 87 , Roberts shuttled between Calgary and Moncton . He was recalled to the Flames three times during the season and scored his first NHL goal in his NHL debut on November 11 , 1986 , against the Vancouver Canucks . He recorded 15 points in 32 games with Calgary and added 38 points in 38 AHL games with Moncton . In his first full season in Calgary , 1987 ? 88 , Roberts improved to 28 points in 74 NHL games , while his 282 penalty minutes were ultimately the highest total of his career , and the first of five consecutive seasons which he recorded over 200 minutes in penalties . Roberts joined the Flames as a grinder ; He played a physical style and frequently engaged opponents in fights , but credited Nieuwendyk with helping him establish his place as a power forward and offensive threat with the team . Playing on a line with Nieuwendyk and Håkan Loob , Roberts scored 22 goals in 1988 ? 89 . He added 12 points in the 1989 Stanley Cup Playoffs , including two goals in the Flames ' 5 ? 3 victory in the fourth game of the Smythe Division final that eliminated the Los Angeles Kings . Roberts and the Flames went on to defeat the Montreal Canadiens in the final to earn the franchise 's first Stanley Cup championship .

Developing into an offensive leader , Roberts scored more goals ( 39 ) in 1989 ? 90 than he had points ( 38 ) the previous season . He scored his first career hat trick in a 6 ? 2 win over the Edmonton Oilers on March 30 , 1990 . After regressing to 22 goals and 53 points in 1990 ? 91 , Roberts set career highs in 1991 ? 92 with 53 goals and 90 points . Both totals led the Flames and 53 goals remains the second highest single @-@ season total in Flames history , behind Lanny McDonald 's 66 goals in 1982 ? 83 . He played in his first NHL All @-@ Star Game in 1992 , and became one of the first two players in NHL history to score 50 goals and record 200 penalty minutes in the same season ( along with Kevin Stevens of the Pittsburgh Penguins ) .

Roberts tied a Flames franchise record with goals in eight consecutive games in 1992 ? 93 , a streak that came to an end when he suffered a quadriceps injury that caused him to miss 25 games . He finished the season with 79 points in 58 games , and appeared in his second All @-@ Star Game . Healthy for most of the 1993 ? 94 season , Roberts led the Flames with 41 goals . He missed the final two weeks due to damage to nerves in his neck , an injury he had experienced previously in his career . The injury worsened in the lockout @-@ shortened 1994 ? 95 season as he appeared in only eight games . Degeneration of the nerves in his neck left Roberts unable to lift a 2 pounds ( 0 @. @ 91 kg ) dumbbell above his shoulder with his left arm .

The injury was considered career threatening and required two surgeries , in March and October 1995 , to repair . After missing the first half of the 1995 ? 96 season , Roberts made his return on January 10 , 1996 , against the Hartford Whalers . The fans greeted him with a standing ovation and he responded by scoring a goal and throwing several bodychecks in the game . Although he played only 35 games , Roberts scored 22 goals and had 42 points . His return and performance earned him the Bill Masterton Memorial Trophy for perseverance and dedication to the game . The problems with his neck failed to abate however , and on June 17 , 1996 , Roberts elected to retire from the NHL at the age of 30 .

= = = Carolina and Toronto = = =

Several months after retiring , Roberts was put in touch with Dr. Michael Leahy , a chiropractor from Colorado , whose " active release technique " of physiotherapy led to an immediate improvement in his mobility . Determined to try and resume his career , Roberts then spent most of the next year with a physical therapist learning a new training regimen . After sitting out the entire 1996 ? 97 season , Roberts announced his return to the NHL . He remained a member of the Flames , but the team agreed to trade him to an Eastern team to reduce strain due to travel . The Flames dealt

Roberts , along with goaltender Trevor Kidd , to the Carolina Hurricanes on August 25 , 1997 , in exchange for Andrew Cassels and Jean @-@ Sebastien Giguere .

In his return season of 1997 ? 98 , Roberts recorded 49 points in 61 games . He dropped to 42 points in 1998 ? 99 , but finished fifth in team scoring to help Carolina win a Southeast Division championship . He scored his first playoff goal in five years in Carolina 's first round series against the Boston Bruins , though the Hurricanes ultimately lost the series in six games . Roberts scored 53 points in 1999 ? 2000 before leaving Carolina as a free agent .

Returning to Canada , Roberts signed a three @-@ year contract with the Toronto Maple Leafs worth \$ 8 million . He chose his hometown Maple Leafs because he felt they had a better opportunity to win the Stanley Cup than Carolina did . He recorded 53 points in 2000 ? 01 and his 29 goals led the team . A 48 @-@ point season followed in 2001 ? 02 and he assumed leadership of the Maple Leafs during the 2002 Stanley Cup Playoffs after team captain Mats Sundin suffered a season @-@ ending injury . Roberts led Toronto past their first round opponent , the New York Islanders , in an occasionally violent seven game series . The Maple Leafs reached the Eastern Conference final , where they ultimately lost to Carolina . Roberts led Toronto in playoff scoring with 19 points in 19 games .

Playing a physical style again took its toll on Roberts ' upper body , and he required surgery on both shoulders following the season . As a result , he missed the first four and a half months of the 2002 ? 03 season ; he appeared in only 14 games for Toronto . The Maple Leafs signed him to a one @-@ year contract extension shortly after he returned from the injury . Roberts reached a career milestone midway through the 2003 ? 04 season , as he played his 1,000th NHL game on January 13 , 2004 , a 4 ? 1 victory over the Calgary Flames . He finished the season with 48 points in 72 games and played in his third All @-@ Star Game .

= = = Florida , Pittsburgh and Tampa Bay = = =

While the NHL was shut down due to a labour dispute in 2004 ? 05 , the National Lacrosse League ( NLL ) ' s Calgary Roughnecks selected Roberts in the sixth round of the 2004 NLL Draft , partially as a public relations stunt . He declined the chance to play professional lacrosse . When NHL play resumed in 2005 ? 06 , Roberts and Nieuwendyk each signed a two @-@ year deal with the Florida Panthers . The pair , who were teammates in Toronto as well as Calgary , hoped to end their careers together in Florida . It did not happen , as chronic back pain forced Nieuwendyk 's retirement in December 2006 .

Roberts did not last much longer in Florida as , following a 40 @-@ point season in 2005 ? 06 , the Panthers sought to trade him to the Pittsburgh Penguins late in the 2006 ? 07 season . Several members of the Penguins , including Mario Lemieux and general manager Ray Shero , sought to convince Roberts to agree to the deal as he was initially unsure about leaving Florida but ultimately agreed to the trade . The deal was completed at the February 27 , 2007 , trade deadline as Pittsburgh sent prospect Noah Welch to Florida in exchange for Roberts . He was brought in to add a leadership presence to a young Penguins team . He finished the regular season with 13 points in 19 games in Pittsburgh and helped the Penguins reach the playoffs for the first time in six years .

Injuries again hampered Roberts in 2007 ? 08 . He missed time early in the season due to a viral infection , then broke his left fibula in a game against the Buffalo Sabres . He was praised for skating off the ice without assistance despite the injury , but missed over two months of action while his leg healed . Appearing in only 38 games during the regular season , Roberts returned from the injury in time to score two goals and lead Pittsburgh to a victory in the first game of its opening round playoff series against the Ottawa Senators . At 41 years , 322 days old , he became the oldest player in NHL history to score more than one goal in a post @-@ season game . He added two assists in ten additional playoff games for the Penguins .

Pittsburgh opted not to re @-@ sign Roberts to a new contract following the season and traded both he and Ryan Malone ? who was also a pending free agent ? to the Tampa Bay Lightning in exchange for a third round draft pick on June 28 , 2008 . The deal gave Tampa Bay a brief window in which they had exclusive rights to negotiate a contract . He agreed to a one @-@ year contract

with the Lightning . Another injury , to his elbow , caused Roberts to miss 33 games of the 2008 ? 09 season . He played only 30 games and recorded seven points . The Lightning placed him on waivers as the 2009 trade deadline approached , but no team claimed him . Nine days after playing his final NHL game , an 8 ? 6 win in Calgary where he recorded an assist , Roberts announced his retirement on March 10 , 2009 .

= = Fitness and training = =

Roberts entered his first NHL training camp with the Flames in 1984 believing his summer lacrosse schedule was enough to keep him in proper hockey game shape . Coach Bob Johnson disagreed and hauled him in front of his peers as an example of someone who had not committed to being a hockey player . He was initially upset , but grew to realize that Johnson was correct , particularly in that he was not particularly focused on his fitness . The criticism inspired Roberts to dedicate himself to personal training , and carried a reputation for being obsessed with nutrition and physical fitness throughout his career . He credited his fitness and nutrition regimen with helping him extend his career another 13 years after his first retirement .

As a player , Roberts helped train his peers during off @-@ seasons . He was a member of the Dallas Stars ' staff as the team 's player development consultant during the 2010 ? 11 NHL season . One of Roberts ' early disciples , Tampa 's Steven Stamkos , developed into a 50 goal player in his first season after training with Roberts and led to numerous players seeking to train with him . His growing reputation as a personal trainer led to the creation of the Gary Roberts High Performance Centre and Fitness Institute in North York , Ontario where he trains junior and professional players , including several in the NHL .

= = Personal life = =

Roberts has been married twice and has three children . He and his first wife Tamra have a daughter , Jordan , though the couple were divorced while Roberts played in Toronto . With his second wife , Michelle , he has two sons and a daughter : Noah , Sam , and Sydney Michelle assists her husband at the training centre . Roberts hosts an annual charity golf tournament in Uxbridge , Ontario , in support of Canadian Tire 's Jumpstart program , which helps young people get involved in sports . He is an honoured member of the Whitby Sports Hall of Fame , inducted in 2010 .

= = Career statistics = =

= = Awards and honours = =