

= Andy Hedlund =

Andy Hedlund (born May 16 , 1978 , in Osseo , Minnesota) is an American former professional ice hockey defenseman . He played for the Trenton Titans , Binghamton Senators , Hershey Bears , Krefeld Penguins , Adler Mannheim , DEG Metro Stars and EHC Black Wings Linz in his career .

Hedlund began his career playing for the Fargo @-@ Moorhead Ice Sharks of the United States Hockey League before moving onto Minnesota State University , Mankato , for college . Playing in three years for Minnesota State ? Mankato , he totaled 15 goals and 18 assists in 111 games . Following college he was signed by the Ottawa Senators and was assigned to the Trenton Titans . He played in 15 games for the Titans for parts of two seasons , recording one goal and an assist before being called up to the Binghamton Senators . Hedlund played three seasons in Binghamton , recording seven goals and 39 assists in 214 games . After going unsigned by an NHL team , Hedlund signed with the Krefeld Penguins of Deutsche Eishockey Liga (DEL) in Germany . He spent one season with the Penguins , playing in 52 games and scoring a career @-@ high 12 goals and 22 assists . In June 2006 , Hedlund re @-@ signed with Ottawa and played 56 games with Binghamton scoring six goals , adding 21 assists . Ottawa traded Hedlund to the Washington Capitals midway through the season where he joined the Capitals affiliate . He left the Capitals organization following the season and went back to Germany , playing two seasons for the DEG Metro Stars .

= = Playing career = =

= = = College = = =

Hedlund played collegiately at Minnesota State ? Mankato . His first career goal came on February 28 , 1999 , during his sophomore season . He ended that season with four goals , two assists and 58 penalty minutes in 36 games . At the start of his junior season , Hedlund was elevated to first line . Head coach Troy Jutting said of him , " He had a good freshman and sophomore season for us , where maybe he wasn 't counted on to be one of the top two , three guys . This year , he will be and I think he 's ready for that . " In his junior season , Hedlund played in 38 games , scoring six goals with six assists and 64 penalty minutes . As a senior in the 2001 ? 02 season , he scored five goals with 10 assists and 48 penalty minutes while playing in 37 games .

= = = Professional = = =

2001 ? 2004

After graduating , Hedlund signed with the Trenton Titans of the East Coast Hockey League for the final games of the 2001 ? 02 season . He played in two games as a rookie and did not record a stat during the regular season , but in six playoff games he spent six minutes in the penalty box . In the 2002 ? 03 season , he played in 13 games for Trenton recording a goal and two assists before he was called up to the American Hockey League 's Binghamton Senators . In Binghamton , he played in 59 games scoring one goal and adding seven assists . On January 16 , 2004 , against the Albany River Rats , Hedlund broke a 17 @-@ game streak in which he had gone scoreless after he recorded his first career overtime goal and his second career game @-@ winner . His previous goal was a game @-@ winning shot against Syracuse . He ended the 2003 ? 04 season with four goals and 19 assists in 80 games . Before the 2004 ? 05 season , Hedlund spent time in training camp with the Ottawa Senators before he was reassigned to Binghamton . The NHL season would eventually be locked out which saw players such as goaltender Dominik Hasek join the AHL . When Hasek began working out with Binghamton , Hedlund commented , " He 's just one of the guys when he 's here , he just wants to put in his time and get some good work in , and make sure he 's ready to go , so you just got to appreciate a guy like that being here and doing that kind of work , so its pretty fun . " A season preview produced by the website Hockey 's Future commented about

Hedlund saying that , " A fan @-@ favorite , Hedlund gives it everything he has despite limited talent . " Against the Manitoba Moose on October 31 , Hedlund scored a goal from the blue line that tied the game , however the Senators ended up losing 5 ? 3 . Following the season , he and Philadelphia Phantoms player Ben Stafford were named the AHL 's Men of the Year . During the season he played in 75 games , scoring two goals with 13 assists . In the playoffs , he played in six games recording two assists .

2005 ? 2007

To begin the 2005 season , Hedlund joined the U. S. Men 's National Select Team . After his stint with Team USA , Hedlund left the Senators organization and joined the Krefeld Penguins in Germany . In only one season with Krefeld , Hedlund played in 52 games scoring 12 goals and 22 assists , both career @-@ highs . He also played in five playoff games , recording two assists .

Hedlund re @-@ signed with Ottawa on June 20 , 2006 . However , he was waived on October 2 . He cleared waivers a day later and was assigned to Binghamton . Against Syracuse on January 15 , Hedlund helped Binghamton rally to a 3 ? 2 lead with a goal in the third period . However , the Senators ended up losing the game in a shootout . In one of his final games for the Senators on February 23 , Hedlund scored a goal against the Wilkes @-@ Barre / Scranton Penguins . Before being traded , Hedlund recorded six goals and 21 assists in 56 games .

The Washington Capitals traded for Hedlund and a sixth @-@ round draft pick in the 2007 NHL Entry Draft on February 26 , 2007 , sending Lawrence Nycholat to Ottawa . Hedlund recorded eight assists in 21 games for the Bears . He left the team after the season , opting to return to Germany .

2007 ? 2014

Hedlund joined the DEG Metro Stars of the DEL but before joining the team , he rejoined Team USA . Hedlund scored a goal for the team on November 8 that helped the USA defeat Germany , 3 ? 2 . He ended the 2007 ? 08 season with 12 goals and 23 assists in 55 games for the Metro Stars . In the 2008 ? 09 season , Hedlund scored nine goals with 19 assists in 52 games with DEG . Following the season , he left DEG and joined Adler Mannheim . During his two seasons with the Metro Stars , he was a DEL All @-@ Star .

Hedlund spent the 2009 @-@ 10 season with Adler Mannheim , scoring six goals with nine assists in 54 games . He returned to DEG after the season . In his final season with the Metro Stars in 2011 ? 12 , Hedlund led the DEL with 14 goals amongst defencemen .

On May 10 , 2012 , Hedlund left the DEL to sign a one @-@ year contract with EHC Black Wings Linz of the Austrian Hockey League . At the conclusion of his second season with Linz in 2013 ? 14 season , Hedlund announced his retirement from professional hockey after 13 seasons .

= = Personal = =

In July 2008 , Hedlund returned to Minnesota State ? Mankato to help out at a hockey camp in which he taught players one @-@ time shooting and passing . Hedlund 's mother works as a special needs teacher , and his sister is a social worker .

= = Career statistics = =

= = = Regular season and playoffs = = =

= = Awards = =