

= Craig Conroy =

Craig Michael Conroy (born September 4 , 1971) is an American former professional ice hockey player and the current assistant general manager of the Calgary Flames of the National Hockey League (NHL) . A sixth @-@ round selection of the Montreal Canadiens at the 1990 NHL Entry Draft , Conroy played 1 @,@ 009 NHL games for the Canadiens , St. Louis Blues , Calgary Flames and Los Angeles Kings during a professional career that spanned from 1994 to 2011 . Internationally , he twice played with the United States National Team ? at the 2004 World Cup of Hockey and the 2006 Winter Olympics .

Developed as a defensive specialist through much of his career , Conroy was twice a finalist for the Frank J. Selke Trophy as the NHL 's top defensive forward , and was nominated for the Lady Byng Memorial Trophy as its most gentlemanly player . He played over 1 @,@ 000 games in the NHL and was the second @-@ oldest player in League history to reach that milestone . Conroy , who enjoyed his greatest offensive seasons with the Flames , is a former captain of the team and was twice honored by the organization for his leadership , dedication and humanitarian efforts .

= = Early life = =

An only child , Conroy was born and raised in Potsdam , New York . He attended high school at Northwood School . His father Mike played minor league hockey for the Syracuse Blazers and at the age of four years Conroy served as the team 's mascot prior to games .

Conroy followed in the footsteps of his father and two uncles in playing hockey at Clarkson University for the Golden Knights . He enrolled at Clarkson in 1990 and played four seasons for the school . During his junior season of 1992 ? 93 , Conroy scored two goals in a 5 ? 3 victory over Rensselaer Polytechnic Institute in the Eastern College Athletic Conference (ECAC) semi @-@ final to help lead his team to the conference championship game . Conroy reached 100 career points with the goals , joining his father Mike as the only such pair in Clarkson 's history to reach that milestone . Conroy and the Golden Knights then won the ECAC title with a 3 ? 1 victory over Brown University .

The Golden Knights made Conroy a co @-@ captain in his senior year of 1993 ? 94 . He led the ECAC in scoring with 66 points and was named to the conference 's First All @-@ Star Team , the National Collegiate Athletic Association (NCAA) First All @-@ Star Team and the NCAA Final Four All @-@ Tournament Team . He was also a finalist for the Hobey Baker Award as top player in the NCAA , finishing second to Chris Marinucci . His Clarkson jersey (number 7) was retired in a ceremony prior to a game against College of Holy Cross on October 20 , 2012 , in which he and his family attended .

= = Professional career = =

= = = Montreal and St. Louis = = =

Conroy was selected in the sixth round , 123rd overall , at the 1990 NHL Entry Draft by the Montreal Canadiens . He turned professional in 1994 upon completing his college career in Clarkson . At his first day of his first training camp with Montreal , he got into a fight with the team 's star goaltender , Patrick Roy , after striking the latter with a slap shot in practice . He spent the majority of the 1994 ? 95 season in the American Hockey League (AHL) with the Fredericton Canadiens , scoring 26 goals and 44 points in 55 games . He appeared in six games for Montreal that year . He played his first NHL game on February 15 , 1995 , against the Hartford Whalers , and scored his first goal one night later against the New York Rangers . Though he was an offensive star at Clarkson and Fredericton , the Canadiens sought to convert him to a defensive specialist in the NHL .

While he averaged over one point per game with Fredericton in 1995 ? 96 , Conroy again played only a handful of games with Montreal . He again began 1996 ? 97 in the AHL , but was traded

along with Pierre Turgeon and Rory Fitzpatrick to the St. Louis Blues in exchange for Murray Baron , Shayne Corson and a draft pick on October 29 , 1996 . Conroy appeared in five games with the Worcester IceCats in the AHL , but after earning a recall to St. Louis , established himself as a regular in the NHL and appeared in 61 games with the Blues that season . Head Coach Joel Quenneville worked to develop Conroy 's abilities as a defensive forward and top faceoff specialist . Conroy responded in 1997 ? 98 by improving to 43 points and a career @-@ high plus @-@ minus rating of + 20 . In recognition of his season , he was named a finalist for both the Frank J. Selke Trophy as the NHL 's top defensive forward and the Lady Byng Memorial Trophy as its most gentlemanly player .

Conroy remained one of the League 's top defensive forwards in 1998 ? 99 . While he missed several games with a high ankle sprain , he scored his first career hat @-@ trick on February 26 , 1999 , against the Calgary Flames and finished sixth in Selke Trophy voting that season . He faced a difficult season in 1999 ? 2000 , however , as Joel Quenneville adopted a new strategy that abandoned the concept of a checking line . Conroy struggled at both ends of the ice , and frequently found his ice time limited as a result . He finished the season with just 27 points .

Looking to improve their team for a playoff run in 2000 ? 01 , the Blues dealt Conroy , along with a draft pick , to the Calgary Flames for Cory Stillman . The trade was initially unpopular in Calgary , as the Flames had given up their leading scorer for Conroy , who noted that that was when he " learned not to read the papers or watch TV . "

= = = Calgary and Los Angeles = = =

Opinion of the deal shifted considerably the following season as Conroy established himself as the Flames ' first line center alongside Jarome Iginla . The pair developed good chemistry and became strong friends . Conroy scored career highs with 28 goals and 75 points , while Iginla reached the 50 @-@ goal plateau for the first time and led the NHL in scoring . Iginla credited Conroy for making his breakout season possible . Additionally , Conroy was named a finalist for the Selke Trophy for a second time . The Flames named him a co @-@ captain along with Bob Boughner late in the 2001 ? 02 season , and he held the role full @-@ time in 2002 ? 03 .

Conroy was the Flames second @-@ leading scorer in 2002 ? 03 with 59 points and again in 2003 ? 04 when he scored 47 points despite missing 19 games with a knee injury . Shortly before the 2003 @-@ 04 season began , Conroy gave up the captaincy after having decided it was time for Iginla to take over leadership of the team . He reached two milestones that season ; he scored his 300th career point against the Vancouver Canucks on November 29 , 2003 and played his 600th game against the Detroit Red Wings on March 16 , 2004 . The Flames qualified for the 2004 playoffs , their first trip to the post @-@ season in eight seasons . Conroy was a key player for the team as they upset the top three seeds in the Western Conference , the Canucks , Red Wings and San Jose Sharks en route to a seventh game loss to the Tampa Bay Lightning in the Stanley Cup Final . He finished second on the team in playoff scoring with 17 points . Following the season , Conroy was named to play with Team USA at the 2004 World Cup of Hockey , but appeared in only two games for the team .

Conroy left the Flames as a free agent following the playoff run , opting to sign a four @-@ year , US \$ 12 million contract with the Los Angeles Kings . He later admitted that he did not truly wish to leave the Flames , but facing financial uncertainty with the 2004 ? 05 NHL lockout looming , Conroy chose to accept the guaranteed contract . The lockout wiped out the first year of the deal , but he returned in 2005 ? 06 to reach the 20 @-@ goal mark for the third time and 60 points for the second time in his career . During that season , he joined the United States national team for a second time , playing in the 2006 Winter Olympics . He appeared in six games , scoring one goal and five points for the eighth place Americans .

Conroy struggled under new coach Marc Crawford early in the 2006 ? 07 season , falling to five goals and 16 points in 52 games for the Kings before he was traded back to the Flames on January 29 , 2007 , in exchange for Jamie Lundmark and two draft picks . An emotional Conroy , who said he was happy to return to Calgary , scored two goals the following night in his second debut with the

Flames to defeat his former Kings teammates , 4 ? 1 . Conroy finished the season by scoring 21 points in 28 games for Calgary , then scored 34 points in 2007 ? 08 .

The Flames re @-@ signed Conroy to a new contract prior to the 2008 ? 09 season and named him an alternate captain . He scored his 500th career point on January 3 , 2009 , when he assisted on Todd Bertuzzi 's game @-@ winning goal in a 3 ? 2 win against the Nashville Predators , and finished the year with 48 points . The 2009 ? 10 season proved a difficult one for Conroy , as he scored only three goals and 12 assists during a season shortened by wrist and knee injuries along with a broken foot . He returned for another season as the Flames re @-@ signed him to a one @-@ year , two @-@ way contract for the League minimum of \$ 500 @,@ 000 . At the age of 39 years , Conroy played his 1,000th NHL game , against the Colorado Avalanche , on October 28 , 2010 . Only Grant Ledyard was older (age 40) when he reached that milestone .

Conroy played only nine more games after passing the milestone , and last played on December 20 against the Minnesota Wild . A healthy scratch in 32 of 50 games , and 28 of his final 29 , Conroy was waived on January 25 , 2011 . After going unclaimed , he was left with the option of joining Calgary 's AHL affiliate in Abbotsford or retiring . One week later , on February 4 , 2011 , Conroy formally announced his retirement and accepted a management position with the Flames organization , becoming the special assistant to General Manager Jay Feaster . On June 6 , 2014 , Conroy was promoted to the position of assistant general manager , reporting to GM Brad Treliving .

= = Off the ice = =

Conroy has a wife , Jessie , and three daughters , Taylor , Sophia and Sydney . Conroy and his family chose to remain in Calgary following his retirement as a player , though they had considered other options including returning to his home town of Potsdam , New York .

Conroy is known for his outgoing and talkative nature , traits that have made him a popular figure with the fans . The Flames honored Conroy with the J. R. " Bud " McCaig Award , given by the organization to individuals that show respect , courtesy and compassion , in 2008 ? 09 . He was also named him the winner of the Ralph T. Scurfield Humanitarian Award in 2010 in recognition of his charitable efforts . Additionally , his teammates voted him the organization 's nominee for the King Clancy Memorial Trophy which is awarded to the player who best exemplifies leadership and humanitarian contributions to their community . Conroy is the spokesman for the team 's charitable organization , the Flames Foundation for Life and routinely participates in team events .

= = Career statistics = =

= = = International = = =

= = Awards and honors = =