Michael	Grabne	er			LW/RW									NYI
Season	Team	Age	GP	G	Α	Pts	+/-	TOI	PPTOI	SHTOI	OGVT	DGVT	SGVT	GVT
2009-10	VAN	22	20	5	6	11	2	13:54	1:43	0:02	1.8	0.6	0.0	2.3
2010-11	NYI	23	76	34	19	53	13	15:04	0:53	1:25	13.0	3.8	0.0	16.8
2011-12	NYI	24	73.1	30.0	25.7	55.7					9.4	2.9	-0.1	12.2

It wasn't just the Canucks or Panthers—no one knew what Michael Grabner was. In 2009-10, Vancouver gave a 22-year-old Michael Grabner 20 games to work with, yet 0.55 points per game did not earn the 2006 first-rounder a spot on what would be the President's Trophy winning squad (Just take a moment to think of what the powerhouse Canucks could have been with Grabner's additional firepower). Nor did his preseason impress Dale Tallon and the sad sack Panthers enough, allowing the Islanders to pick up the Austrian winger off of waivers on the eve of the season. Already scoring at a moderate clip on the merits of a single tool—blazing speed—during the first months of the season, Grabner blossomed into a complete offensive player in the second half of 2010-11, a deadly offensive threat on every shift and every rush. On special teams, Grabner and Nielsen became the Islanders top penalty killing tandem, effective defensively, and deadly on the counterattack, a breakaway threat each time they got possession of the puck.

Zenon K	Conopka	1						3	01					
Season	Team	Age	GP	G	Α	Pts	+/-	TOI	PPTOI	SHTOI	OGVT	DGVT	SGVT	GVT
2008-09	TBL	27	7	0	1	1	-1	7:00	0:00	0:04	-0.2	0.0	0.0	-0.1
2009-10	TBL	28	74	2	3	5	-11	8:08	0:16	0:04	-3.2	1.1	0.0	-2.0
2010-11	NYI	29	82	2	7	9	-14	10:11	0:10	1:38	-3.3	2.8	0.0	-0.5
2011-12	OTT	30	62.6	1.6	2.8	4.4					-2.6	1.6	0.0	-1.0

Zenon Konopka is more than just the guy that led the National Hockey League in penalty minutes for the past two seasons—his 307 PIM bested second-place Chris Neil by an astounding 97 PIM in 2010-11—he's an excellent faceoff man (62.3% for Tampa in 2009-10 and 57.7% for New York in 2010-11) and he was one of the Islanders on-ice and off-ice leaders. Offensively, though, he can basically only score by accident. One area where Konopka took a step backwards was in net penalties: in 2009-10, he was +0.3 Net Penalties/60, while in 2010-11, he plummeted to -0.9 Net Penalties/60.

Matthey	v Martir	1					L				NYI			
Season	Team	Age	GP	G	Α	Pts	+/-	TOI	PPTOI	SHTOI	OGVT	DGVT	SGVT	GVT
2009-10	NYI	20	5	0	2	2	-1	13:12	3:56	0:00	0.1	0.0	0.0	0.1
2010-11	NYI	21	68	5	9	14	-13	10:57	0:11	0:44	-0.6	0.4	-0.3	-0.5
2011-12	NYI	22	58.1	6.4	9.4	15.8					-0.1	0.9	0.0	0.7

An early season call-up, Matt Martin became a checking line fixture for the Islanders. Ideally more of a fourth-liner, Martin's job is to finish his checks—he was fourth in the NHL with 299 hits—and occasionally to drop the gloves. Unfortunately, the Islanders generally dressed too many players fitting that general description at the same time, though of those players, the Windsor, Ontario product might be the only one with any offensive skill to speak of.

Matt Mo	ulson						L	W						NYI
Season	Team	Age	GP	G	Α	Pts	+/-	TOI	PPTOI	SHTOI	OGVT	DGVT	SGVT	GVT
2008-09	LAK	25	7	1	0	1	-4	14:25	1:13	1:37	-0.1	-0.1	0.0	-0.2
2009-10	NYI	26	82	30	18	48	-1	16:38	2:57	0:01	7.3	2.4	1.5	11.2
2010-11	NYI	27	82	31	22	53	-10	18:51	3:15	0:32	7.1	1.2	-0.5	7.8
2011-12	NYI	28	73.0	27.0	24.5	51.5					6.8	1.8	0.0	8.6

If you thought the prior season's 30 goals was a fluke rather than a breakout, Matt Moulson bettered his total by one, maintaining a relatively high 13.1% shooting percentage (in fact, the lowest in his career) while increasing his shots on goal from 208 to 237 on the strength of a career-high 18:52 time on ice. Though GM Garth Snow could have definitely gotten value for Moulson as a rent-a-player—Moulson would have given the Pens or Kings a better shot of advancing than what they got with James Neal or Dustin Penner—his popularity with the Islanders fanbase and his close relationship with John Tavares dictated signing the 27-year-old winger to a modest extension instead.

Milan J	urcina						R			NYI				
Season	Team	Age	GP	G	Α	Pts	+/-	TOI	PPTOI	SHTOI	OGVT	DGVT	SGVT	GVT
2008-09	WSH	25	79	3	11	14	1	16:09	0:08	0:55	-0.8	3.4	0.0	2.7
2009-10	WSH, CBJ	26	44	1	6	7	2	17:40	0:05	2:14	-0.6	1.3	0.0	0.7
2010-11	NYI	27	46	4	13	17	-4	18:03	1:10	2:14	2.7	2.0	0.0	4.6
2011-12	NYI	28	47.7	3.8	12.1	15.9					1.6	2.1	0.0	3.7

6'4" and 240-pound Milan Jurcina might be Zdeno Chara's bizarro-world doppelganger. Both are mountains of men. One's Czech, one's Slovak. One's a talented offensive player, one's scratched out a meager 70 points over an six-year NHL career. But Jurcina was Chara for one October night against Colorado in 2010-11, though, scoring a highly unlikely two goals (including one short-handed and another unassisted).

Andrew	MacDo	nald					L				NYI			
Season	Team	Age	GP	G	Α	Pts	+/-	TOI	PPTOI	SHTOI	OGVT	DGVT	SGVT	GVT
2008-09	NYI	22	3	0	0	0	2	10:20	0:00	0:19	-0.1	0.4	0.0	0.3
2009-10	NYI	23	46	1	6	7	4	20:05	1:34	1:18	-0.8	2.2	0.0	1.4
2010-11	NYI	24	60	4	23	27	9	23:25	2:52	2:14	3.0	4.6	0.0	7.5
2011-12	NYI	25	60.0	4.4	18.1	22.5					1.9	3.7	0.0	5.6

Check out New York's record with and without Andrew MacDonald over the past three seasons: 90-123-33 (.433) without and 50-48-11 (.509) with. Sure, there's an element of luck involved, but it does help illustrate the value of the Nova Scotia native to the Islanders' success. A-Mac also gets much of the credit for helping rookie Travis Hamonic transition to the NHL so well, both on and off the ice. Coach Capuano would be wise to keep their partnership secure, finding a suitable match for Mark Streit on the other top defense pairing.

Al Mont	toya							G						NYI
Season	Team	Age	GP	W	L	OT	GAA	Save %	ESSV%	QS%	GGVT	DGVT	SGVT	GVT
2008-09	PHX	23	5	3	1	0	2.08	.925	.930	75.0%	2.0	0.1	0.0	2.1
2010-11	NYI	25	20	9	5	5	2.39	.921	.929	72.2%	6.8	-0.1	-0.2	6.5
2011-12	NYI	26	25.5					.911			3.9	-0.1	0.0	3.8

For being drafted sixth overall, it's amazing that Al Montoya had played in all of five career NHL games prior to the 2010-11 season, and none with the New York Rangers who had selected him in 2004. Since his career save percentage now stands at an impressive .922, you might wonder if the fates—or Henrik Lundqvist—simply conspired against him. Not so much. Montoya's save percentage in 176 career AHL games is a thoroughly unimpressive .904.

Kevin P	oulin							G						NYI
Season	Team	Age	GP	W	L	ОТ	GAA	Save %	ESSV%	QS%	GGVT	DGVT	SGVT	GVT
2010-11	NYI	20	10	4	2	1	2.44	.924	.921	57.1%	3.5	-0.2	-1.0	2.4
2011-12	NYI	21	20.0					.910			2.7	-0.1	1.0	3.6

After Rick DiPietro's unfortunate facial injury suffered in a one-punch fight with Penguins backup goaltender Brent Johnson, Kevin Poulin was the Islanders' primary hope for a quality fill-in between the pipes. Having posted an impressive 10-5-0 record with a .927 save percentage at AHL-Bridgeport, the Montreal native did not disappoint, following it up on the major league level with an equally impressive 4-2-1 record (in 10 appearances) with a .924 save percentage; it's not surprising that the Islanders think very highly of Kevin Poulin. In fact, the former Victoriaville Tigre is the wild card in New York's goaltending equation, with the potential to turn into a true number one netminder.