

Regehr's net gains

By [ERIC FRANCIS](#) -- Calgary Sun

Packing up for his summer vacation north of Prince Albert last spring, Robyn Regehr threw an extra piece of equipment into the back of his truck. A net.

And whenever he wasn't towing underprivileged kids around Lake Christopher behind his wake boarding boat, he spent countless hours firing pucks towards the four-by-six cage.

Until the pucks ran out, that is.

"My brother Richie and I brought (that) goal net up to the lake last summer and we stuck it in the bushes and we shot pucks at it all summer," recalled Regehr, winner of the team's hardest-shot contest Saturday.

"We started out with 50 pucks but we lost a few in the woods. It's tough finding black pucks in the woods so we spray painted 'em yellow and orange."

Obviously he found a way to ensure they hit the twine with increased regularity as he soon managed to parlay his summer ritual into an on-ice point shot that ended a 100-game scoreless drought early this season.

Since then, he's managed to find the net three more times, including the first goal in last night's 4-2 win over Phoenix.

Oddly enough, three of the Flames four goals at the 'Dome last night came as a direct result of point shots getting through to the net -- something the Flames blueline corps have focused on all season (and apparently summer) long.

"We work on it every day -- after every practice we spend ten minutes on it and (assistant coach) Jimmy (Playfair) puts an extra emphasis on it," said Denis Gauthier, who was then asked if he ever considered a lakeside summer regimen like Reggie's.

"It's not something I've thought of but something I'll start considering now. I get p---ed off sometimes when it seems like I couldn't get it into an ocean if I was on a beach." Darryl Sutter agrees.

"So many of Denis' (shots) get blocked it seems like he's shooting at a four-by-eight sheet of plywood. It must look like a wall there," laughed Sutter, who saw Jordan Leopold collect his eighth goal of the year with a blueline slapshot blasted through Jean-Marc Pelletier's legs.

"I think one of the reason's we're scoring more goals is because we have moved up in defencemen scoring. Last year, we were 27th in the league and it's way better now. A lot of it is just getting pucks to the net. That was part of Robyn Regehr's program this summer -- to put it between the posts."

Easier said than done, sometimes.

"Hey, I hit the net all the time, it's just a matter of whether it gets through or not," chuckled Regehr. "It's a little different shooting at a wide-open net in the summer time than it is in the winter when guys are bearing down on you and there's lots of shin pads and sticks to get through."

Even Calgary's fourth goal, late in the third, came as a direct result of a blueline offering from Leopold that Chuck Kobasew deflected into the net.

"It's something we have to continue to get better at," said Regehr.

Someone get the man some more spray paint.

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