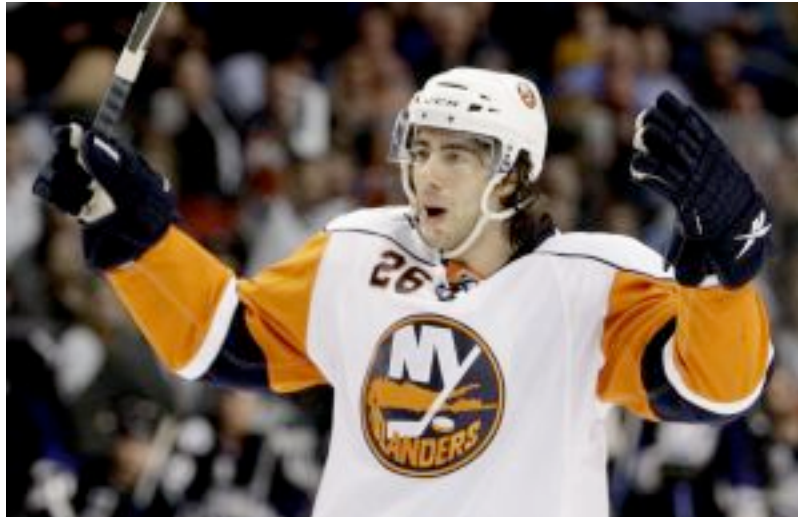


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## Despite 30-goal season, Matt Moulson shoots higher this season

by Katie Strang



Just because winger Matt Moulson had a breakout season last year--when he went from training camp sleeper to the team's leading goal-scorer--don't expect him to become complacent.

The 26-year-old has the same chip on his shoulder he has carried since his teenage years when he was cut from various junior teams in the Toronto area.

"You think that the pressure eases off once you are in the NHL, but once you have one good season, it seems like it's almost more," Moulson said after the team's informal skate in Syosset Thursday.

Moulson's CT-based trainer Ben Prentiss was ready with the motivational materials when Moulson arrived this summer. Prentiss, who also trains Martin St. Louis and other NHL players, showed Moulson all the articles questioning his ability to sustain last success.

Moulson is committed to show he wasn't just a "one-hit wonder."

"It still pisses me off and I use that as motivation like I have in previous years. I'm excited to prove everyone wrong again, but I know I'm not going to take anyone by surprise this year."

That said, Moulson isn't going to adjust his game just because teams will be aware he's a threat down low.

"I don't have a real flashy game so I'm just going to continue to be working around the net and I'm not going to get away from that."

Despite a stressful summer (Moulson got married in July and also had a pending arbitration case that was settled at the 11th hour), Moulson said he's the strongest he's ever been physically and well-prepared with the rigorous on-ice regimen he completed this summer.

So, that 30 goal season? Nice. Something to build on, maybe. But for Moulson, it's never enough. 40 goals, he said, would be a nice goal.

"That's what I tweeted on Twitter, so we'll see. If it's up to me I'd try for 60. Really my goal is just to put in as many as I can and help this team get into the playoffs."

\*\*\*\*As a sidenote, Moulson is sporting a shorter 'do, but don't expect that to last. He executed a pre-season trim so he wouldn't have to cut his hair during the season, something he views as bad luck. "That slump i went through last year? Cut my hair."

<http://www.newsday.com/sports/hockey/islanders/isles-files-1.812028/despite-30-goal-season-matt-moulson-shoots-higher-this-season-1.2276246?print=true>