

Metros beat Des Moines, will defend hockey title

ST. JOSEPH, Mo. — Sioux City's Iowa High School Hockey League tournament magic continued Saturday as the Metros upended the top-seeded Des Moines Capitals 7-6 in a semifinal contest.

The Metros, defending IHSHL champions, make their seventh appearance in the tournament championship game this decade at 3 o'clock today against either Kansas City or the Omaha Gladiators.

Sioux City reigned as state tournament champs in 1991, 1992, 1994 and 1998 and was second in 1990 and 1993. The Metros junior varsity team also won its league tournament last weekend.

The Metros survived a rough-and-tumble game against the Capitals Saturday to hike their record to 23-5. Goaltender Jake Hindermann missed a portion of the first period after hyperextending his knee when a

Des Moines player charged the net.

Ben Deck, who broke a bone in his hand during Friday's first-round win over Waterloo, scored Sioux City's opening goal at 1:07 in the first period Saturday. Deck returned to Sioux City Friday night to have his hand placed in a splint so he could continue playing in the tournament.

Matt Tonjum, who suffered cuts to his stomach and elbow in the second period, and Brent Sanders each registered two red-lighters for the Metros. Tonjum also had three assists.

Des Moines (23-5) was credited with a controversial goal at the end of the first period when Scott Long's shot appeared to go into the net after time had expired.

The Capitals took a 6-5 lead on

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White scores game-winner

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Charlie Urbanek's unassisted shot at 3:17 in the third period.

A goal by Sanders at 9:05 forged a 6-6 tie and Dustin White scored the game-winner at 11:04, mere seconds after Des Moines changed goaltenders.

The Metros enjoyed a 23-15 advantage in shots on goal, including 11-2 in the final period.

Summary

First period: 1, Sioux City — Ben Deck (Kyle Womer) 1:07; 2, Sioux City — Matt Tonjum (Brent Sanders, Greg Gill) 3:25; 3, Des Moines — Ryan Gladson (Brian Anderson, Jimmy Blanche) 5:08; 4, Des Moines — Drew Keller (Gladson) 11:27; 5, Des Moines — Scott Long (Gladson, Anderson) 0:00. **Penalties:** Long, DM, 6:48; Sanders, SC, 6:48; Murphy, DM, 7:13; Baker, DM, major, game misconduct, 9:33; White, SC, 9:33.

Second period: 6, Sioux City — Sanders (Gill, Tonjum) 7:03; 7, Sioux City — Tonjum (unassisted) 10:19; 8, Des Moines — Long (Gladson) 14:31. **Penalties:** Laka, SC, 3:36; Beals, DM, double minor, 3:36; Sanders, SC, 4:44; Pierson, DM, 8:03; Womer, SC, 8:35; Murphy, DM, 10:40; Browning, SC, 11:51; Urbanek, DM, 11:36; Blanche, DM, 13:20; Womer, SC, 14:21.

Third period: 9, Des Moines — Gladson (Keller) 1:00; 10, Sioux City — Womer (Tonjum) 2:33; 11, Des Moines — Charlie Urbanek (unassisted) 3:17; 12, Sioux City — Sanders (Tonjum) 9:05; 13, Sioux City — Dustin White (Deck) 11:04.

Score by periods:
Sioux City..... 2 2 3 — 7
Des Moines..... 3 1 2 — 6

Shots on goal:
Sioux City..... 6 6 11 — 23
Des Moines..... 7 6 2 — 15

Goaltenders: Jake Hindermann (42:00) and Ryan Dohrmann (3:00), Sioux City; Ben Bolden (40:00) and Sean Allison (5:00), Des Moines.

Referee: Grant Thorne. **Linesmen:** Mike Jones, Rich Ellsworth.