

SIoux CITY METROS

Caps trip Metros at MHSHL Tournament

JOURNAL STAFF

AMES, Iowa | Zachary Ross and Jason Noga scored goals 30 seconds apart early in the third period, sparking the second-seeded Des Moines Capitals to a 4-3 win over the Sioux City Metros in the first round of the Midwest High School Hockey League Tournament Friday afternoon at Ames/ISU Ice Arena.

Back in the MHSHL Tournament after a two-year absence, Coach Dave LeGree's seventh-seeded Metros battled back to tie the game in the first and second periods.

Skyler Beller, the MHSHL's leading goal scorer (29) in the regular season, knotted the game 1-1 in the first period, scoring on an assist from Tanner Frerichs.

Frerichs, the league's leader with 29 regular-season assists, scored at the 13:28 mark of the second period to deadlock the game 2-2. Beller and Grant Newman provided assists on Frerichs' 16th goal of the season.

Beller won MHSHL All-Star honors this season. Frerichs, who in one point of the season scored in 22 straight games, was an

All-West Division pick.

Ross, an All-Central Division selection, broke the tie with his second goal of the game, 57 seconds into the third period for Des Moines (25-4-0-0), which outshot the Metros 34-22.

Beller's unassisted goal with 3:46 left in the game marked his 10th multiple-goal game of the season.

Losing goaltender Ben Morehead (9-11-0-0) had

30 saves in 34 chances.

Sioux City will take an 11-15-2-1 record into a today's 9 a.m. consolation semifinal game against sixth-seeded Mason City (14-14-1-0). Beller had a hat trick and Joshua Menzenberg added two goals in the Metros' 7-2 win over the Mohawks on Nov. 7 at Sioux City's IBP Ice Center.

The following day, in a

4-1 win over Mason City, Beller and Frerichs each recorded two goals and an assist.

Should the Metros win Saturday morning's game, they'd play in Sunday's 11 a.m. third-place game. A defeat, however, would pit LeGree's squad into the 9 a.m. seventh-place game.

Third-seeded Dubuque blanked Mason City 6-0 on Friday.