

SIoux CITY METROS

Metros begin MHSHL hockey slate Saturday

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SIoux CITY | The way Dave Legree looks at it, hockey practices are meant to be hard and the games are supposed to be fun.

A long-time coaching veteran in the Sioux City youth hockey ranks, the 59-year-old Toronto (Canada) native is all about discipline and correcting habits. His goal, as the new coach of the Sioux City Metros, is to take both varsity and junior varsity teams back to the Midwest High School Hockey League state tournament.

"The kids are up for it," said Legree, who will kick off the 28-game MHSHL season with Saturday

afternoon's 3 o'clock game at the IBP Ice Center against the defending West Division champion Kansas City Jets.

"We've discussed what it takes to be successful. In my opinion, it takes hard work. You have to be disciplined. Off the ice, you have to prepare yourself for the game. My motto for the kids playing for me is the team comes first. There's no I in a team. I've never seen one person win a championship."

Team captain and left wing Skyler Beller returns to lead the Metros' top line. Last season, Beller paced the 9-18-1 squad coached by Brant Mozak with 39 points, a total that included 24 goals and 15 assists.

Hockey is Beller's top

sport, but he's also in the midst of his second high school football season at Hinton. Heading into Monday night's second-round Class 1A state playoff game at IKM-Manning, Beller has 11 catches for 143 yards and four touchdown catches as a wide receiver, while adding 26 tackles as a linebacker.

Beller and center Tanner Frerichs (9, 6) each led the Metros with two game-winning goals last season. They'll work on the same line as right wing Chance Jensen, who split time with the varsity and 14-11-3 state



Beller



Frerichs

tournament junior varsity team.

"Tanner has a great shot with good puck handling skills," said

Legree. "He needs work on his playmaking, but he's talented and at 6-foot-2, he's a good draw man."

"Chance Jensen has speed. He's quick. He can take off on a dime. Skyler is a quiet young man and the kids respect him. He's very talented. He has a heavy shot."

Sioux City, which will also host Kansas City starting at 10 a.m. Sunday, has two other strong lines. Trent Harsma, James Page and Josh

Menzenberg worked together on a line during the preseason when the Metros posted a 4-2-1 record. Sam Holzrichter, Caleb Sneller and Cameron Kramer combined for 18 goals on the JV team.

Jordan Reynolds and Cory Goss lead the Metros' defensemen. Reynolds scored 10 points (1, 9) last season, one more than Goss (3, 6).

"I want them to be leaders and finish their high school career leading this team to state," said Legree. "Both can skate and both like to carry the puck. They understand what to do. Both of them have great shots. I can see stuff I can add to their game to help them out."

Jarett Heyl contributed six assists as a defenseman last

season. Logan Visser, Grant Newman and Christian Peterson add to the unit.

Ben Morehead is likely the Metros' starting goaltender for the season-opener. Morehead went 4-9 last season with a 5.67 goals-against-average, yet recorded the team's lone shutout.

Logan Tejral split time on the varsity (2-5, 4.74 GAA) and the junior varsity (8-2-1, 1.54). Carter Manthorne completes a unit that Legree calls "even."

"Morehead's the veteran," said Legree. "Ben's been there before. I've got him playing the puck more and firing it to the wingers. He's a good kid. He's a leader too, the way he talks to the kids."