

Metros advance to MHSHL Tournament finals over Capitals

JOURNAL STAFF

AMES, Iowa — James Page's power-play goal with 3:47 left in the third period snapped a tie and lifted the Sioux City Metros to a 6-5 win over the top-seeded Des Moines Capitals Saturday afternoon in the semifinals of the Midwest High School Hockey League Tournament at Ames/ISU Rink.



Page

Tanner Frerichs assisted on the game-winner for Coach Dave LeGree's fourth-seeded Metros (21-7-2), who will face third-seeded Waterloo (23-7) at 11 a.m. Sunday in the MHSHL Tournament championship game. Waterloo edged second-seeded Omaha 2-1.

While posting its first MHSHL semifinal win since 2003 (the year the Metros won the championship), Sioux City never trailed. Drake Beller, who scored two goals in Friday's 5-1 win over the Des Moines Oak Leafs, assisted on early first-period goals from Logan Visser and Frerichs.

The Capitals' Joe Kruger, the MHSHL's leading scorer with 96 points (45 goals, 51 assists), took part in two first-period goals, including a shorthanded shot at the 13:20 mark. Seven seconds later, the Metros' Chase Lewison snapped the tie on a power-play goal.

Sioux City led 4-2 on Beller's power-play goal with 4:04 left in the first period. The Capitals, who during the regular season went 25-1-2 with a league-high 167 goals, tied the game with two second-period

power play goals.

Page and Frerichs assisted on Connor Sand's power-play goal, 59 seconds into the third period for a 5-4 lead. However, Des Moines knotted the game on Noah Gyldenvand's power play goal with 6:54 left.

Three Metros each recorded one goal and two assists — Beller, Frerichs and Visser. Page had one goal and one assist for a team that won, despite being outshot 43-29.

Winning goaltender Blake Beller had 38 saves.

Sioux City, on the way to a 9-0 start to the season, opened with 4-1 and 8-4 wins over Waterloo.

The Metros also won MHSHL Tournament titles in 1999, 1998, 1994, 1992 and 1991. Waterloo has also won six MHSHL titles, most recently in 2012.