

## METRO ATHLETES OF THE YEAR

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"He was plenty fast for high school football speed," said Goodvin. "Speed is the most important element to an athlete. From his sophomore to junior and senior year, you could see his progress in the weight room, how he got stronger, bigger and faster.

"We'd do testing in the weight room and he wouldn't quit until he was the best at it. He led by example. Most important, he is a good kid who comes from a very good family. They emphasize sports, all elements, including discipline and team. James listened and learned from it."

Page played for soccer teams that improved from five wins in 2016 to a 13-3 mark as a senior. The outside attacker/striker had six goals and five assists as a senior.

"He had the go-ahead goal in the (4-2) win over Abraham Lincoln when we won the conference championship," said East Coach Mike Borrall. "It's been at least 10 years since East won the MRAC in soccer. He was a leader who did what it takes to win.

"What we'd use James for was

## Metro Male Athlete of the Year

1981	Bill Jacobson (North)	2001	Mike Winklepleck (Heelan)
1982	John Cochrane (North)	2002	Dustin Jones (Heelan)
1983	Bob Soule (Heelan)	2003	Jeff Butcher (East)
1984	Chad Welding (North)	2004	Deric Manrique (North)
1985	Allen Burns (East)	2005	Joe Curran (Heelan)
1986	Greg Adams (East)	2006	Adam Vondrak (Heelan)
1987	Brian Biggerstaff (West)	2007	Josh Collins (West)
1988	Jason Anderson (East)	2008	Brian Wanner (North)
1989	Travis Cox (North)	2009	Brennan Coughill (Heelan)
1990	Nate Hartle (East)	2010	Zach McCabe (Heelan)
1991	Tony Plantenberg (Heelan)	2011	Justin Baker (Heelan)
1992	Matt Allner (North)	2012	Paul Jacobson (Heelan)
1993	Jon LaFleur (Heelan)	2013	Dom Thompson-Williams (East)
1994	Jon Elder (West)	2014	Philip Jacobson (Heelan)
1995	Zeron Flemister (West)	2015	Daniel Tillo (North)
1996	Mitch Allner (North)	2016	Matthew George (SB-L)
1997	Jason Cheever (Heelan)	2017	Chris Kroll (SB-L)
1998	Casey Rooney (West)	2018	James Page (East)
1999	Tim Gesell (SSC)		
2000	Jake Bowers (North)		

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basically to outwork the other team. He'd pressure the other team and get them tired. He was always running sideline to sideline, feeding the ball in the middle. Over runs, he would cross the ball, shoot and score. When

he played striker, he'd take passes from the outside and take them to the goal."

Page plans to study biology at South Dakota State University. There, he will play club hockey for the SDSU Blades.

## METRO MALE

## JAMES PAGE

Winger shines as a leader, scorer

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SIOUX CITY — James Page was a mere freshman when he received the 'A' on his Sioux City Metros jersey halfway through the 2014-15 season.

Sure, the East High student was young. Coach Dave Le Gree vouched for Page's move to alternate captain, believing he had not only the hockey knowledge and skills, but the respect of all his teammates.

"I watched him," said Le Gree. "I told our GM I wanted the 'A' on his shirt. I knew he'd take responsibility."

The Metros took sixth place that season in the Midwest High School Hockey League Year-End Tournament. Every year at the tournament, they improved, beginning his sophomore year when Page became captain and tallied 12 goals and 20 assists for a squad that finished third.

Page recorded 27 goals and 27 assists as a junior for the tournament runner-up. Then the senior, a master communicator with younger teammates, provided 31 goals and 26 assists for a team that not only won the MHSHL regular-season and tournament titles for the first time in program history, they were champions in their USA Hockey High School National Tournament debut.

Today, the Sioux City Journal honors Page as its Metro Male Athlete of the Year. The 18-year-old son of Dave and Staci Page of Sioux City led by example and scored in all sorts of ways as well for East's football team and for the Missouri River Activities Conference championship soccer squad.

"I can't ask for a better leader, the way he handles himself," said LeGree. "As a leader on the ice, it's about how you work in practice when you practice. You're one of the better players, so you work hard every drill. There's no letup in drills. Then everybody follows you. That's what a leader does."

Page was a productive right wing on the Metros' high-scoring No. 1 line which also featured left wing Drake Boller (26 goals, 43 assists) and center Connor Sand (13, 20). Page paced the MHSHL's top-scoring team (120 goals) with six short-handed goals and six power play goals.

## Accomplishments

**FOOTBALL:** Page's 276 yards rushing for East included a 48-yard touchdown run in a 30-27 win over Des Moines Roosevelt. Defensively, he recorded 36 tackles and two interceptions as a safety. He also returned a fumble 33 yards for a touchdown in a 28-7 loss to Sergeant Bluff-Luton.

**HOCKEY:** As a right wing, Page contributed 31 goals and 26 assists while helping the Sioux City Metros win the Midwest High School Hockey League regular-season and tournament championships. Page also provided five goals and three assists as the Metros won the USA Hockey High School Championships, which included a goal and an assist in a 3-2 title game win over Monarch (Colo.).

**SOCCER:** Page turned in six goals and five assists as East's boys soccer team went 13-3, doubling its win output from the previous season. He scored a key goal in a 4-2 win over Council Bluffs Abraham Lincoln that gave East the Missouri River Activities Conference championship.

"James was a strong person for his size," said LeGree. "He could go down right wing and when he went around someone, he would brutally go around them and they'd take the hit. They couldn't knock him down because he was so solid."

The 5-foot-10, 180-pound Page utilized both strength and speed in three years as a starter for Coach Bob Goodvin's East's football program.

As a safety, Page ranked sixth as a senior with 36 tackles. He averaged 16.5 yards with his two interceptions. He returned a fumble recovery 33 yards for a touchdown.

Page celebrated his birthday (Oct. 6) with a 48-yard touchdown to highlight a 116-yard performance in a 30-27 win over Des Moines Roosevelt. The only Black Raider to score an offensive and defensive touchdown, Page also converted 12 of 13 extra-point attempts and missed just once in seven field goal tries.