

Metros get their title

Sioux City caps dominant season with 4-2 victory

JOURNAL STAFF

AMES, Iowa — The Sioux City Metros are champions.

The Metros captured the Midwest High School Hockey League Tournament Championship 4-2 over Mason City at Ames/ISU Arena Sunday.

It is the program's seventh title but first since 2003 and completed the steady progression the team has made in recent seasons. Sioux City finished third two years ago before ending as the runner-up to Waterloo last season.

"It is not like all of the sudden we had a good team this year it is a process," Metros Coach Dave LeGree said. "Some of these kids I have had since pee-wee.

"There were guys that were part of this process like Skyler Beller, who graduated two years ago, and Tanner Frerichs and other guys from last year and they were all at the game today. I told them 'you are all part of this, you helped get us on the right track forward.'"

Sunday's win over third-seeded Mason City was the first at the three-day tournament that the Metros didn't need overtime to accomplish. Sioux City opened the tournament Friday with a 2-1 win over Waterloo, the team it lost to for the title last year, in double overtime. That was followed up with a 1-0 win over Des Moines, also in double overtime, on Saturday.

"This tournament was a long state tournament," LeGree said. "They had four varsity games that went into overtime. Our first game we were supposed to play at 6 p.m. and we didn't play until 9 o'clock.

Metros

From B1

"The boys hung in there and they were confident because when you lose the year before and you have nine players that were on that team they knew what was at stake."

There was no need for extra drama on championship Sunday as Sioux City scored twice in the opening period. Taylor Frerichs lit the lamp fist 6:43 in the game off an assist from Cale Bricker.

"I challenged (Taylor) before the game and told him 'your goal was to get two goals during the state tournament and I need to get one of those goals out of you today,'" said LeGree, who is in his fourth season leading the team and officially retired after the title game. "He went down the right side and boom right in top corner off the post."

That was followed by Reese McDonald's score seven minutes later with helpers going to Connor Sand and Chase Lewison.

"That is what you need to win a

championship, we need we," LeGree said. "You can't depend on your top players all the time because you know when it gets down to that they will shadow them."

The lead would balloon to 3-0 just over a minute into the second period when Lewison beat Mason City goaltender Erik McHenry. It is a team that had put up points all season, finishing with 127 goals while allowing just 45.

Mason City would make it interesting as it got a power-play goal from Zach Jimenez in the second

period and Wil Cooney scored 17 seconds into the third period to cut the Metros advantage to 3-2.

However, Metros goaltender Blake Beller, who has been a wall in net all season and was named the league's goalie of the year, would not allow any more scoring as he made 24 saves on 26 shots.

McDonald would make sure the Metros would not have to settle for second place this time around as he scored the final goal of the game 3:28 into the final period off assists from Lewison and Sand.

Lewison and McDonald finished the game with a team-leading three points and Sand had two. Sioux City outshot Mason City 32-26.

The Metros closed out their dominant season with a 28-2-1 record.

"Even though we won the regular season championship if you don't win state that trophy means something but not as much," LeGree said. "They were focused didn't panic, kept their emotions down and I was really proud of them!"



Lewison



McDonald