

Rachel Metz	Point/Rapids Red Panthers	5	12
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Rachel tallied 34 points her sophomore year, 27 last season, and has earned 32 points so far this season. She is a gritty forward who has averaged over a point a game for the last three years.

Metz is strong on the ice but even stronger off the ice. She is great leader, solid student, and awesome young person. She is on the highest honor roll, has accumulated well over 50 hours of community service, is part of pep club, is on National Honor Society, and is captain of her soccer team and our hockey team.

Rachel attends a catholic high school (Wisconsin Rapids Assumption) and plans on attending Marquette next year. She is a great role model, an awesome teammate, and a good hockey player. Metz is a player that has been at the heart of our program for the last three years.

She's a dependable, reliable, hard-working player with miles and miles of heart. Her heart, skills, leadership, and knowledge of the game makes her an awesome candidate for Ms. Hockey.