

SABRES RECALL D ZACH METSA



ZACH METSA
DEFENSEMAN

Ht: 5'9" **Wt:** 198 lbs.

Born: Oct. 19, 1998 (Age: 27)

Delafield, Wisconsin

Undrafted

Regular-Season Stats

	Team	GP	G	A	PTS	PIM
2025-26	Buffalo (NHL)	4	0	0	0	2
	Rochester (AHL)	11	2	9	11	0
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Career	AHL Totals	134	16	65	81	32

Highlights

- Tied for third in assists (9) and points (11) among all AHL defensemen this season. Recorded at least one point in each of his last six games for Rochester, registering 10 points (2+8) in that span.
- Ranked fourth among all AHL defensemen in assists (39) and tied for eighth in points (46) during the 2024-25 season. Finished the season ranked third in points among all Rochester skaters and led the team in assists while also serving as an alternate captain.
- Played college hockey at Quinnipiac University from 2018-19 to 2022-23 and finished his collegiate career with 121 points (31+90) in 177 games. Captained Quinnipiac to a national championship in 2023 and was named to the NCAA Championship All-Tournament Team.