

SABRES RECALL D ZACH METSA



ZACH METSA
DEFENSEMAN

Ht: 5'9" Wt: 196 lbs.

Born: Oct. 19, 1998 (Age: 26)

Delafield, Wisconsin

Undrafted

Regular-Season Stats

	Team	GP	G	A	PTS	PIM
2025-26	Rochester (AHL)	2	0	0	0	0
Career	AHL Totals	125	14	56	70	32

Highlights

- 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.
- Set new career highs in assists, points, game-winning goals (5) and games played (69) in his second full season in the AHL while tying his previous career highs in goals and plus/minus (plus-15) in 2024-25.
- 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.