

West Des Moines Valley has done it again.

In a back-and-forth contest full of momentum swings, the game turned Valley's way at the end and the Tigers emerged with a 65-60 victory over Southeast Polk to win their second Class 5A championship in three years.

And Zoe Young, the Maryland recruit who has led Valley all season, was right in the thick of things at the decisive moment.

Young put together an impressive stat line with 23 points, 10 rebounds, seven assists and four blocks. She got most of her eight baskets on strong drives into the lane and was right there when Valley needed her to take the lead.

Southeast Polk was leading 60-58 when Young took the ball from the top of the key toward the basket. She missed the shot but outfought everyone for the rebound and scored on a putback as she was fouled. She swished the free throw and Valley led 61-60 with 47.6 seconds left. It was a lead the Tigers would not surrender.

Valley's Shea Fuller rebounded a Southeast Polk miss, drew a foul and sank two more free throws to make it 63-60. When Southeast Polk missed a 3-point shot, Young snared the last of her 10 rebounds and sank two more free throws to finish it off.

Fuller finished with 22 points, including 6-for-8 shooting from 3-point range. She often was left open at the top of the key when Young drove into the lane and drew the defense and Young found her. Grace Plummer and Alex Honnold each scored nine for the Tigers, who avenged two regular-season losses to Southeast Polk and finish 20-5.

Sophomore Grace Larkins led Southeast Polk with 17 points. Iowa State recruit Maggie McGraw and Liza Suttan each scored 13 for the Rams, who finish 21-4.

From the beginning, neither team could get very far from the other. There were eight ties and 13 lead changes before Young's late three-point play flipped the score a final time.

Young was named captain of the all-tournament team and was joined by Fuller, Larkins, McGraw, Dowling Catholic's Caitlin Clark and Johnston's Regan Nesheim.