

Top-ranked Crestwood got a big assist from Ellie Friesen in reaching the Class 3A state championship game.

Friesen set a state tournament record by handing out 18 assists and Sharon Goodman scored 33 points on near perfect shooting to lead Crestwood past eighth-ranked North Polk 72-48 in a semifinal game that showcased the unbeaten Cadets at their best.

A 5-foot-6 senior, Friesen now has 28 assists in two state tournament games, which also is a record. She added to her stat line by grabbing 11 rebounds and scoring seven points.

Goodman, a 6-foot-2 sophomore, was automatic when she got the ball on the low block. She knocked in 16 of 17 shots and pulled down eight rebounds as the Cadets shot 58 percent for the game. Shannon Pisney scored 22 for Crestwood, which takes a 25-0 record into the championship game at 3 p.m. Saturday.

The old single-game tournament record for assists was 13 by Gabbi Binion of Davenport Assumption in 2008 and Tara Hupfeld of Cedar Rapids Jefferson in 1993. The old record for a tournament was 27 by Western Christian's Alissa Pollema in 2014.

Friesen, who's headed to South Dakota State to run cross country, had assists on nine of Crestwood's first 10 baskets. The Cadets shot 75 percent in the first quarter in blazing to a 28-7 lead and were ahead by double digits the rest of the way.

Between Goodman's dominance and Friesen's sharp passing, Crestwood amassed a 50-16 edge in points in the paint.

North Polk stayed with it and got the lead down to 47-36 on Katie Brown's 3-pointer midway through the third quarter. But Crestwood took off again and quickly re-established control.

Jaedon Murphy led North Polk with 16 points and Brown scored 15 on five 3-point baskets. The Comets, in their first state tournament trip since 2008, finish with a 22-4 record.