Extend sample-controller to expose the following metrics so that prometheus server can collect metrics

workqueue related metrics reflector related metrics k8s client related metrics

package "workqueue" provide an extension point

```
// SetProvider sets the metrics provider for all subsequently created work
// queues. Only the first call has an effect.
func SetProvider(metricsProvider MetricsProvider) {
    globalMetricsFactory.setProvider(metricsProvider)
}
```

and provides the following metrics of the workqueue

```
// MetricsProvider generates various metrics used by the queue.
type MetricsProvider interface {
    // current depth of a workqueue
    NewDepthMetric(name string) GaugeMetric
    // total number of adds handled by a workqueue
    NewAddsMetric(name string) CounterMetric
    // how long an item stays in a workqueue
    NewLatencyMetric(name string) HistogramMetric
    NewWorkDurationMetric(name string) HistogramMetric
    NewUnfinishedWorkSecondsMetric(name string) SettableGaugeMetric
    NewLongestRunningProcessorSecondsMetric(name string) SettableGaugeMetric
    NewRetriesMetric(name string) CounterMetric
}
```

we can build a MetricsProvider based on prometheus -- CustomMetricsProvider.go

```
// set Custom Metrics provider
customMetricsProvider := &workqueueCustomMetricsProvider{}
customMetricsProvider.Register(prometheus.DefaultRegisterer)
```

the whole link is like: queue.add -> q.metrics.add -> defaultQueueMetrics -> CustomMetricsProvider