



EAST DIVISION

AMES

Little Cyclones

CEDAR RAPIDS

RoughRiders

DES MOINES

Capitals

DUBUQUE

Devils

MASON CITY

Mohawks

QUAD CITY

Blues

WATERLOO

Warriors

WEST DIVISION

DES MOINES

Oak Leafs

KANSAS CITY

Jr. Outlaws

KANSAS CITY

Stars

LINCOLN

Jr. Stars

OMAHA

Energy

SIOUX CITY

Metros

SIOUX FALLS

Flyers

MHSHL VARSITY CHAMPIONSHIP TOURNAMENT

February 26-28
Ames/ISU Ice Arena

MHSHL JR. VARSITY YEAR-END TOURNAMENT

March 5-7
Ames/ISU Ice Arena

MHSHL ALL-STAR GAME

Saturday, March 6
Ames/ISU Ice Arena

Competitive
High School Hockey
Scoring Big on
Family and Academic
Values!

Midwest High School Hockey League 2009-10 GAME-DAY ROSTERS



CEDAR RAPIDS RoughRiders

NO	NAME	HT	WT	POS	GRADE	SCHOOL
2	Briar VanDraska	5-2	125	F	Fr	Cedar Rapids Prairie
4	Zach Russell	5-9	120	F	Fr	Cedar Rapids Kennedy
5	Jacob Sevening	5-10	160	F	So	Alburnett
6	Zac Turner	5-9	155	D	So	Home School
7	Sam Kacena	5-10	180	D	Jr	Cedar Rapids Washington
8	Chase Gross	5-4	120	F	Fr	Solon
9	Logan Brown	6-1	190	F	Sr	Cedar Rapids Xavier
10	Andrew Kammerer	5-7	150	F	Jr	Iowa City Regina
11	Joe Eken	5-8	150	D	Jr	Cedar Rapids Washington
12	Lee Goodlove	6-0	160	F	Sr	Cedar Rapids Washington
13	Derek Willard	5-7	110	F	Jr	Cedar Rapids Prairie
14	Tim Kigin	5-7	135	F	Sr	Cedar Rapids Washington
15	Matt Larson	5-10	160	F	Sr	Home School
16	Dalton Heggebo	5-6	135	F	8th	Taft Middle
17	Brandon Ohmstein	5-8	140	F	So	Cedar Rapids Jefferson
18	Cody Herb	6-0	177	D	Sr	Cedar Rapids Kennedy
19	Brandon Trent	6-0	185	D	Jr	Linn-Mar
20	Kyle Bailey	5-4	130	F	Fr	Iowa City High
21	Alec Bjornsen	6-1	175	D	Sr	Cedar Rapids Washington
22	Mitch Harger	5-9	152	D	So	Alburnett
23	Quin Kavanaugh	5-8	165	F	So	Iowa City West
24	Joe Jackson	5-4	145	F	Fr	Cedar Rapids Kennedy
26	Cody Palmer	5-10	160	F	Sr	Cedar Rapids Kennedy
27	Morgan Burden	5-1	110	F	So	Iowa City High
29	Tanner Hildebrand	5-10	150	F	Sr	Cedar Rapids Kennedy
30	Brad Fitzpatrick	5-10	140	F	Fr	Linn-Mar
31	Alex Wisnousky	5-11	160	G	Jr	Cedar Rapids Prairie
32	Kevin Simon	5-10	152	F	Sr	Linn-Mar
33	Jacob Stack	5-8	156	G	Fr	Cedar Rapids Jefferson
36	Kajsa Jackson	5-3	115	F	Sr	Cedar Rapids Kennedy
38	Tyler Trier	6-4	250	F	Jr	Linn-Mar

HEAD COACH: Chad Horner

ASSISTANT COACHES: Mike Veit, Ben Wiemerslage

TEAM MANAGER: Nick Trent

TEAM REPRESENTATIVE: Scott Kacena