



EAST DIVISION:

AMES

Little Cyclones

CEDAR RAPIDS

Mustangs

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

TRI-CITY

Jr. Storm

**MHSHL VARSITY
CHAMPIONSHIP TOURNAMENT**

February 27-March 1
Ames/ISU Ice Arena

MHSHL ALL-STAR GAME

Saturday, March 7
Ames/ISU Ice Arena

**MHSHL JR. VARSITY
YEAR-END TOURNAMENT**

March 6-8
Ames/ISU Ice Arena

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

**Midwest High School Hockey League
2008-09 GAME-DAY ROSTERS**



DES MOINES Capitals

NO	NAME	HT	WT	POS	GRADE	SCHOOL
1	Cooper Cook	5-6	125	G	Fr	Urbandale
2	Tyler Efnor	5-11	150	D	So	Johnston
3	Dillon Temple	5-8	128	F	Fr	Johnston
4	Jim Munro	6-0	200	D	Sr	Dowling Catholic
5	Cody Johnson	5-9	155	D	Jr	Ankeny
6	Mathew Bunting	5-11	160	F	Sr	Johnston
7	Joseph Anson	5-6	130	F	Jr	Norwalk
8	Austin Clements	5-5	166	F	Jr	Johnston
9	Guy Newberry	5-10	170	F	Jr	Johnston
10	Tommy Rice	5-7	135	F	Jr	Valley
11	Tyler Scott	5-7	140	F	Sr	Hoover
12	Ryan Betters	5-8	135	F	Jr	Johnston
13	Ben Reece	5-10	175	D	So	Norwalk
14	Cooper Coffman	6-2	190	F	Jr	Iowa Christian
15	Phillip Edwards	5-5	135	F	So	Lincoln
16	Chase Janson	5-7	125	F	So	Urbandale
17	Jacob Chmelka	5-2	105	F	So	Valley
18	Matthew VanPatten	5-9	165	F	Sr	Lincoln
19	Willem Nong-Lambert	5-8	148	F	Fr	Dowling Catholic
20	Taylor Smith	5-6	157	F	So	Waukee
21	Jaymes Aldrich	5-11	147	D	Jr	Valley
22	Trevar Seibert	6-2	170	F	So	Valley
23	Graham Johnson	5-6	110	F	Jr	Valley
24	Matthew VanPatten	5-9	165	F	Jr	Lincoln
25	Brandon Ellingson	5-9	160	F	Fr	Valley
26	Paul McGarvey	5-9	160	D	Sr	Dowling Catholic
27	Jarron Atha	5-9	140	F	Jr	Waukee
28	John Watson	6-0	155	D	So	Roosevelt
29	Travis Merritt	6-0	185	D	Jr	Johnston
30	Cameron Brookes	5-6	125	G	So	North Polk
31	Etienne Nong-Lambert	6-0	210	G	Sr	Dowling Catholic
33	Drew Stewart	5-10	140	F	Jr	Ankeny
34	Matt Garcia	5-10	170	D	Jr	Dowling Catholic
35	Derek Temple	5-9	155	G	Jr	Johnston
36	Colby Piper	5-10	130	F	Jr	Lincoln
37	Timothy Heilman	5-10	145	D	Sr	Roosevelt
38	Jake Garcia	5-8	180	D	Sr	Dowling Catholic
39	Kyle Collins	6-0	160	F	Jr	Waukee
40	Taylor Olson	5-9	165	D	Sr	Ankeny

HEAD COACH: Andy Wade

ASSISTANT COACHES: Brad Ramsey, Roch Naert

TEAM REPRESENTATIVE: Dave Merritt