



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



DES MOINES Capitals

NO	NAME	HT	WT	POS	GRADE	SCHOOL
1	Cooper Cook	5-9	140	G	Fr	Urbandale
2	Jordan Garrison-Nickerson	5-11	175	D	Sr	Des Moines Christian
3	Dillon Temple	5-11	160	F	So	Johnston
4	Ryan Ramsay	5-9	113	D	Fr	
5	Cody Johnson	5-11	175	D	Sr	Ankeny
6	Austin Nixon	5-4	140	D	Fr	Waukee
7	Joseph Anson	5-6	135	F	Sr	Norwalk
8	Austin Clements	5-7	170	F	Sr	Johnston
9	Guy Newberry	5-10	170	F	Sr	Johnston
10	Tommy Rice	5-11	170	F	Sr	Valley
12	Ryan Betters	5-10	165	F	Sr	Johnston
13	Ben Reece	5-9	170	D	Jr	Norwalk
14	A.J. Caskey	5-3	115	F	Fr	Ankeny
15	Phillip Edwards	5-10	155	D	So	Lincoln
16	Chase Janson	5-11	137	F	Jr	Urbandale
17	Jacob Chmelka	5-6	120	F	Jr	Valley
18	Jared Johnson	5-8	163	F	So	Valley
19	Willem Nong-Lambert	5-10	160	F	So	Dowling Catholic
20	Taylor Smith	5-9	165	F	Jr	Waukee
21	Jaymes Aldrich	6-1	160	D	Sr	Valley
22	Trevar Seibert	6-2	170	F	Jr	Valley
23	Graham Johnson	5-11	140	F	Sr	Valley
25	Brandon Ellingson	5-9	170	F	So	Valley
26	Corey Cox	5-11	175	D	Sr	Des Moines Christian
27	Jarron Atha	5-10	155	F	Sr	Waukee
29	Travis Merritt	6-1	205	D	Sr	Johnston
30	Cameron Brookes	5-8	130	G	Jr	North Polk
31	Robbie Cordes	5-6	120	G	So	North Polk
33	Drew Stewart	5-10	150	F	Sr	Ankeny
34	Matt Garcia	5-10	170	D	Sr	Dowling Catholic
35	Derek Temple	5-10	177	G	Sr	Johnston
36	Colby Piper	6-1	142	F	Sr	Lincoln
38	Charlie Hart	5-7	150	F	Fr	
39	Kyle Collins	6-0	160	F	Sr	Waukee
40	Kyle McGinn	5-6	120	F	So	Southeast Polk

HEAD COACH: Andy Wade

ASSISTANT COACHES: Brad Ramsey, Roch Naert

TEAM REPRESENTATIVE: Dave Merritt