



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



OMAHA Energy

NO	NAME	HT	WT	POS	GRADE	SCHOOL
1	Anthony Anderson	5-9	120	G	Jr	Bellevue East
2	Devin Chmura	5-8	172	F	Jr	Papillion
3	Jake Sempeck	5-8	150	F	Fr	Millard West
4	Colt Gitchel	5-10	180	F	So	Bryan
5	Nate Dowling	5-10	165	D	Sr	Millard North
6	Wyatt Story	5-9	172	D	Jr	Ralston
7	Lucas Halbur	5-6	115	F	So	Millard West
8	Josh Dobson	5-10	195	D	Sr	Burke
9	Erik Sarantakos	5-10	160	D	Sr	Elkhorn
10	Shawn Sanders	5-9	145	F	Jr	Mount Michael
11	K.C. Stinson	5-11	145	F/D	Jr	Millard North
12	Jake Woodward	6-0	180	F	Jr	Millard South
13	Spencer Pereira	5-7	135	F	So	Millard West
14	Matt Hansen	5-9	150	F	Jr	Millard West
15	Alex Poland	5-10	180	F	Sr	Burke
16	Austin Swanson	5-9	145	F	So	Burke
17	Cody Renz	5-10	160	D	So	Burke
18	Peter Sitorious	6-2	170	F	Sr	Westside
19	Ricky Green	5-8	145	F	Jr	Papillion-LaVista
20	Zachary Ford	6-0	230	D	Jr	Bellevue West
21	Nick Harrahill	5-8	130	F	Sr	Millard North
22	Parker Grass	5-10	140	F	Fr	Papillion-LaVista South
23	Chase Ross	5-10	165	F	Sr	Westside
24	Mike Vlassakis	5-10	160	F/D	Sr	Millard West
25	Chris Morrison	5-11	140	D	So	Creighton Prep
26	Joe Hamilton	5-9	165	D	Fr	Creighton Prep
27	Luke Marta	5-9	155	F	Sr	Millard North
27	Brent Brockman	5-9	140	F	So	Papillion-LaVista South
28	Dillon Reaves	5-11	170	F	So	Millard West
29	Alex Duling	6-2	195	D	So	Millard West
30	Connor Randleman	5-9	145	G	So	Westside
33	Joey Schriever	5-10	165	D	So	Bryan
35	Alejandro Anderson	5-4	110	G	Fr	Brownell Talbot
36	Jack Weiss	5-5	110	F	Fr	Millard North

VARSITY HEAD COACH: Michael Vlassakis

JV HEAD COACH: John Thomas

ASSISTANT COACHES: Russ Herting, Ray Gitchel, Steve Venditte

TEAM REPRESENTATIVE: Pete Sarantakos

TEAM MANAGER: John Sempeck