



### 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



### SIoux CITY Metros

NO	NAME	HT	WT	POS	GRADE	SCHOOL
1	Lee Noel	5-10	140	G	Sr	Bishop Heelan
2	Matt Johnson	5-8	165	F	So	Sioux City East
6	Alex Hinrichsen	5-8	180	D	Sr	Sioux City North
7	Mike Flynn	6-3	170	D	Sr	Dakota Valley
8	Dylan Dwyer	5-5	150	F	Fr	Sioux City East
9	Kevin Logsdon	5-11	185	F/D	Jr	Lawton-Bronson
10	Desmond Harsma	5-10	165	F	Jr	Sioux City West
12	Eric Flynn	6-0	165	F	Sr	Dakota Valley
13	Nate Bauer	5-11	185	F	Sr	Sioux City West
14	Taylor White	5-8	170	F	Jr	Dakota Valley
16	Mitchell Vos	6-0	185	D	Jr	Sioux City East
17	Jeff Adam	5-10	150	F	Jr	Bishop Heelan
20	Joshua Quesenberry	5-8	165	D	So	Bishop Heelan
22	Colton Kramer	5-8	140	F	So	Sioux City East
23	Andy Moeller	5-6	130	F	So	Sioux City East
25	A.J. Boose	5-5	120	F	Fr	Dakota Valley
26	Ben Holzrichter	5-7	165	F	Sr	Sioux City North
31	Tyler Brinkerhoff	5-10	160	G	Sr	Sioux City West
32	Taylor La Scala	6-1	16-	D	Fr	Sioux City East
34	Mitchell Nelson	5-8	145	F	So	Vermillion
36	Alex Wankum	5-11	170	G	Jr	Le Mars Gehlen
38	Adam Bornholtz	5-9	165	F	Sr	Bishop Heelan
39	Brandon Glissman	5-6	135	F/D	Fr	Dakota Valley
43	Garrett VanBuskirk	5-11	160	G	Jr	Sioux City North

**HEAD COACH:** Brant Mozak

**ASSISTANT COACHES:** Corey Mozak, Steve Kramer

**TEAM REPRESENTATIVE:** Mark Vos