



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

ST. LOUIS

Blues

ST. LOUIS

Blues

ST. LOUIS

Blues

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



ST. LOUIS Flyers

| NO | NAME | HT | WT | POS | GRADE | SCHOOL |
|----|-------------------|------|-----|-----|-------|------------------------|
| 1 | Alex Wiese | 6-0 | 150 | G | So | Sioux Falls Roosevelt |
| 2 | Ryan Erickson | 5-10 | 180 | D | Fr | Sioux Falls O'Gorman |
| 4 | Matt Drake | 5-8 | 170 | F | So | Tea |
| 6 | Josh Angulo | 6-0 | 165 | D | So | Sioux Falls Roosevelt |
| 7 | Steven Miller | 6-0 | 190 | F | Jr | Harrisburg |
| 9 | Hunter Bourne | 5-8 | 170 | F | So | Sioux Falls Lincoln |
| 10 | Brandon Miller | 5-9 | 160 | F | So | Harrisburg |
| 12 | Josh Bingham | 5-8 | 170 | F | Sr | Brandon Valley |
| 14 | John Wessel | 6-2 | 190 | D | Fr | Sioux Falls Roosevelt |
| 18 | Talon Flachman | 5-11 | 190 | F | Jr | Harrisburg |
| 19 | Sean Sendelbach | 5-7 | 145 | F | Sr | Sioux Falls Lincoln |
| 21 | Matt Reiff | 5-10 | 170 | D | Sr | Harrisburg |
| 22 | Jason Helland | 6-0 | 165 | F | Sr | Sioux Falls Lincoln |
| 23 | Zac Duncan | 5-11 | 175 | D | Jr | Sioux Falls Roosevelt |
| 26 | Michael Helland | 5-11 | 145 | F/D | So | Sioux Falls Lincoln |
| 28 | Zach Flachman | 6-2 | 205 | F | So | Harrisburg |
| 33 | Landon Rasmussen | 5-11 | 150 | F/D | So | Sioux Falls Lincoln |
| 34 | Keeghan Nelson | 5-11 | 140 | G | Sr | Sioux Falls Lincoln |
| 35 | Saige Toft | 5-10 | 150 | F | Sr | Sioux Falls Washington |
| 37 | Nick Bierschbach | 5-6 | 145 | F | So | Sioux Falls Lincoln |
| 45 | Brandon Appeldorn | 6-0 | 150 | F/D | Fr | Harrisburg |
| 48 | Caleb Jamison | 5-8 | 160 | D | So | Sioux Falls O'Gorman |
| 51 | Cody Wirkus | 5-8 | 130 | F | Sr | Sioux Falls Roosevelt |
| 52 | Eduardo Dalmazo | 5-8 | 170 | F | Sr | West Central |
| 56 | Zach Mehlbrech | 5-8 | 150 | D | Jr | West Central |
| 58 | Shaun Skow | 6-2 | 165 | F | Jr | Brandon Valley |
| 64 | Chase Engdahl | 5-10 | 170 | D | Jr | Sioux Falls Roosevelt |
| 66 | Sam Mayasich | 5-10 | 160 | F | Jr | Sioux Falls Washington |

VARSITY HEAD COACH: T.J. Reinsch

VARSITY ASSISTANT COACHES: Dave Smith, Adam Suing, Brian Miller

JR. VARSITY HEAD COACH: Kyle Peska

TEAM MANAGER: Brian Miller

TEAM REPRESENTATIVE: Chris Nelson