

2019 USA Hockey Central District High Performance 14 Camp on June 16-21 at Iowa State University in Ames Iowa

Note: parents/guardians must arrange or provide their player with transportation to and from this camp

Re: Parent / Player Arrival, Departure and What to bring

Note: for late arrivals outside of the designated times on Sunday please contact Chase Ernst (chase@mkepower.com) to coordinate arrival times and be placed on a special list for the Ames Camp Head Team Leader.

A detailed camp schedule, map, directions, addresses, etc. will be posted 7-10 days before the camp. Please visit www.centraldistricthockey.org.

Sunday June 16 –Camp Arrivals – parent / player instructions

Arena address: Ames /ISU Ice Arena - 1507 Gateway Hills Park Drive, Ames Iowa 50010

Detailed Check-in Procedure and evening schedule for Sunday June 16, 2019

From 2:00 - 4:00 pm - players will check in their gear at the Ames/ISU Ice Arena and find out their designated Residence Hall on campus

From 3:00- 5:00 pm - players will check in at designated Residence Hall on campus

From 5:30 -6:15 pm - dinner will follow the Residence Hall check-in at a designated Dinning Hall on campus

From 7:00-8:00 pm there will be an evening activity

8:30 pm: Camp Director/Player Meeting

10:30 pm Lights out at the dorm

Friday June 21 – Camp Departures – parent / player instructions

Players will move out of the dorm after breakfast and bring their luggage to the rink (on the bus). Parents can also arrive at the dorm and load their son's luggage into their vehicle before their player boards the bus to go to the rink to play their last game of the camp.

Player departure will be from the rink immediately following their last game of the week which is the only thing on the schedule for Friday June 21. See the camp schedule.

What to bring to Camp

Here is a list of items players will need while at camp. We have placed a space next to each item so you can check it off when you pack.

Arena and Dorm

Skates

2 Hockey Sticks

Shin Guards

Hockey Socks

Garter belt

Cup

Hockey Pants

Shoulder Pads

Elbow Pads

Helmet

Mask

Mouth guard

Gloves

Tape

Street Hockey Stick or extra stick

Athletic Shorts & Shirts

Athletic Shoes

Shower Sandals Dorm Supplies

Sheets

Pillow(s)

Towel(s)

Portable Fan – The dorms are not air-conditioned

___ Alarm Clock

___ Snacks – No sunflower seeds in arena or dorms

___ Soap

___ Shampoo

___ Toothpaste

___ Toothbrush

___ Sunblock

___ Extra Underwear and Socks

Wi-Fi will be available

Players may bring other items to make their stay in the dorms more comfortable but please remember that all items must be removed from the dorm on Friday morning June 21.

Sincerely,

Mike Connor - USAH Central District Player Development Director

C 715-977-1698