

## **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 [mike.connor@wahahockey.com](mailto:mike.connor@wahahockey.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](http://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