

2018 USA Hockey Central District High Performance 14 Camp

Arrival, Departure and what to bring regarding the USAH Central District High Performance 14
Camp June 17-22, 2018

For late arrivals outside of the designated times on Sunday please
contact Mike.Connor@wahahockey.com to coordinate arrival times and be placed on a special
list for the Ames Camp Head Team Leader.

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

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

Sunday June 17 - **Arrival**

2-4 pm Player equipment check-in at Arena

3-5 pm Player check-in at the residence hall at Iowa State University

5:30 - 6:15 pm Dinner

6:45 -8:00 pm Special Activity

8:30 pm Camp Meeting - Main Lounge

10:30 pm Lights out

Detailed Check-in Procedure and evening schedule for Sunday June 17, 2018

From 2:00 - 4:00 pm - players will check in their gear at the Ames/ISU Ice Arena

From 3:00- 5:00 pm - players will check in at designated Helser Residence Hall.

From 5:30 -6:15 pm - dinner will follow residence check in at the Union Drive Market Place
dining center from.

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 22 – **Departure**

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's camp departure will be from the rink after their last game of the week which is the only
thing on the schedule for Friday.

A player's list of what to bring to the Ames Camp below.

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.

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| Arena and Dorm | ___ Athletic Shorts & Shirts |
| ___ Skates | ___ Athletic Shoes |
| ___ 2 Hockey Sticks | ___ Shower Sandals Dorm Supplies |
| ___ Shin Guards | ___ Sheets |
| ___ Hockey Socks | ___ Pillow(s) |
| ___ Garter belt | ___ Towel(s) |
| ___ Cup | ___ Portable Fan – The dorms are not air-conditioned |
| ___ Hockey Pants | ___ Alarm Clock |
| ___ Shoulder Pads | ___ Snacks – No sunflower seeds in arena or dorms |
| ___ Elbow Pads | ___ Soap |
| ___ Helmet | ___ Shampoo |
| ___ Mask | ___ Toothpaste |
| ___ Mouth guard | ___ Toothbrush |
| ___ Gloves | ___ Sunblock |
| ___ Tape | ___ Extra Underwear and Socks |
| ___ Street Hockey Stick or extra stick | |

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 departure.

Sincerely,

Mike Connor - USAH Central District Player Development Director
(C) 715-977-1698