

2021 USA Hockey Central District High Performance 14 Camp on June 13-18 at Iowa State University in Ames Iowa

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

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

For late arrivals outside of normal hours on Sunday please contact Chase Ernst chase@mkepower.com 314-643-3824 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 13 –Camp Arrivals – parent / player instructions note Ames /ISU Ice Arena - 1507 Gateway Hills Park Drive, Ames Iowa 50010

Detailed Check-in Procedure and evening schedule for Sunday June 13, 2021

From 2:00 - 4:00 pm - players will check in their gear at the Ames/ISU Ice Arena and find directions to 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 18h – 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 his last game of the camp.

Player departure will be from the rink immediately following their last game 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 separately for 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 Sun Flower Seeds in the Dorm or Arena
- Soap
- Shampoo
- Toothpaste
- Toothbrush
- Sunblock
- Extra Underswear and socks

Note WIFI is 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 18th. Sincerely,

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