

## **2025 USA Hockey Central District High Performance 14 Camp on June 15-20 at Iowa State University in Ames Iowa – Page 1**

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

**For late arrivals outside of normal hours on Sunday, please contact Mike Connor at 715-977-1698**

**A detailed camp schedule, map, directions, addresses, etc. will be posted 7-10 days before the camp please go to [www.centraldistricthockey.org](http://www.centraldistricthockey.org)**

### **Sunday June 15 Camp Arrivals – Parent / Player Instructions**

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

**Check-in Procedure and schedule for Sunday June 15, 2025**

**From 2:00 - 4:00 pm - players will check in their gear at the Ames/ISU Ice Arena and get directions to their designated Residence Hall on campus.**

**From 3:00- 5:00 pm - players will then 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**

**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**

**For projected “Late Arrivals on Sunday” please Contact Mike Connor at 715-977-1698 or [syha1@somtel.net](mailto:syha1@somtel.net)**

### **Friday June 20 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 on Friday. Player departure will be from the rink immediately following their last game which is the only thing on the schedule for Friday. See the entire camp schedule when available and posted on [www.centraldistricthockey.org](http://www.centraldistricthockey.org) .**

## **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 – Twin Extra Long (36” x 80” x 8”)
- Pillow(s)
- Towel(s)
- Alarm Clock
- Snacks – No Sun Flower Seeds in the Dorm or Arena
- Soap
- Shampoo
- Toothpaste
- Toothbrush
- Sunblock
- Extra Underwear and socks
- Cooler

**There is skate sharpening available at the rink.**

**WI-FI is available on Campus**

**While there are no refrigerators or microwave ovens in the dorms, please note that our team leaders will be taking the boys to places on campus to get ice, water, snacks, & etc. in the evenings.**

**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 14 when checking out.**

**Sincerely,  
Mike Connor - USAH Central District Player Development  
C 715-977-1698**