The APPLE Training Institute focuses on health and wellness across seven areas of the student-athlete experience, one of which is recruiting efforts. Our goal as the 2020 Iowa State APPLE Team is to enhance the recruiting process by informing and educating student-athletes on how to host recruits safely while showing them the best version of Iowa State.
DO:

Show off Iowa State!
- Beautiful Campus
- Welcoming Community
- Easy to Get Around
- Plenty to do within 30 miles of campus

Connect With Future Teammates
- You and your teammates are key to the recruit’s experience
- Take time to learn what is important to them

Per Diem & Activities
- As a host you benefit from going places with the recruit
- Take time to share some of your favorite things to do in Ames

DON’T:
- Drive outside of 30 miles of campus
- Buy souvenirs or give money to recruit
- Provide alcohol or illegal substances to recruit
- Take part in any activities or events at any location that may cause even a perception of impropriety

*see compliance document for full list of restrictions*

You are responsible for representing Iowa State University in a professional manner and you are accountable for your actions in the presence of a prospect. Do not take part in any activities or events at any location that may cause even a perception of impropriety.
DON'T:

- Don’t drive outside of 30 miles of campus
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ACTIVITY IDEAS

Ada Hayden (Ames) - fishing, outdoor grills, canoe/kayak, bike/walking paths

Movie Theaters (Ames) - Cinemark Movies 12, Cyclone Cinema, North Grand Mall

Golf (Ames) - Coldwater Golf Links, Veenker Memorial Golf Course

Perfect Games (Ames) - mini golf, bowling, laser tag, arcade

Seven Oaks (Boone) - tubing, canoe/kayak, paintball, skiing

Escape Room on Main Street (Ames) - No Escape Iowa

High Trestle Trail (Madrid) - walking/biking path

City of Ames & Iowa State Student Event Calendar

Waterpark (Ames) - Furman Aquatic Center

Ames Ice Arena - Hockey & Ice Skating

Ledges State Park (Madrid) - hiking

Reiman Gardens (Ames)
FOOD OPTIONS

Big Acai (Campus Town) - Healthy, $

Brick City Grill (North Ames) - American, $$

Boulder Tap House (Duff Ave) - American, $$

Burgies (South Ames) - Coffee & American, $

The Cafe (North Ames) - Variety, $$ - $$$

Cafe B (Campus Town) - South American, $

Cornbread (Downtown Ames) - BBQ, $$ - $$$

El Azteca (North & South Ames) - Mexican, $ - $$

Fong’s Pizza (Ankeny) - Chinese/ Pizza, $$

Fuji (South Ames) - Japanese & Sushi, $$ - $$$

The Grove (Downtown Ames) - American, $ - $$

Hickory Park (Duff Ave) - BBQ, $ - $$

Jeff’s Pizza (Campus Town) - Pizza, $ - $$

Open Flame (Gilbert) - Steakhouse, $$ - $$$$

Provisions (South Ames) - Variety, $$ - $$$$

Stomping Grounds (Campus Town) - Coffee, $ - $$

Tasty Tacos (Ankeny) - Mexican, $ - $$

Wallaby’s (North Ames) - American, $

Wasabi (South Ames) - Japanese & Sushi, $$

Watcha Smokin’ (Luther) - BBQ, $$ - $$$$

Zombie Burger (Ankeny) - American, $$
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