



— BE A —
**GOOD
HOST**

How to Show Recruits
the Best of Iowa State

DO:



Show off Iowa State!

- Beautiful Campus
- Welcoming Community
- Easy to Get Around
- Plenty to do within 30 miles of campus

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

Connect With Future Teammates

- You and your teammates are key to the recruit's experience
- Take time to learn what is important to them

DON'T:

- **Don't** drive outside of 30 miles of campus
- **Don't** buy souvenirs or give money to recruit
- **Don't** provide alcohol or illegal substances to recruit

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.





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, \$\$

SOCIALS

  @CycloneATH

  @CycloneFUEL

  @ISUathletes

 @ISUcompliance

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.

