



**2026 Rocky Mountain District High Performance Girls Camp  
SLCO Sports Complex (Steiner) – Salt Lake City, Utah  
June 12-14, 2026**

**Important Information**

The Rocky Mountain District of USA Hockey is pleased to announce its 2026 High Performance Girls Camp for 2013 birth year players. While furthering your player's development, our expectation is all players will bring a strong desire to learn and become a better hockey player. Our Camp is focused on development as players at this Camp do not advance to any USA Hockey National Camp. Important information follows to answer any questions you may have. As a reminder, all participants must be US citizens and registered with USA Hockey for the 2025-26 season.

**Flight Information & Ground Transportation**

Players and goaltenders should arrive in the Salt Lake City, Utah, area so they can arrive timely for registration at the SLCO Sports Complex (Steiner) at 8am MDT on Friday, June 12, 2026. Players are **100%** responsible for all their ground transportation during the camp. The camp ends at 12:00 noon MDT on Sunday, June 14, so players can schedule their ground transportation and flights home from Salt Lake City International Airport (SLC) accordingly.

We prefer all players input their flight itineraries or ground transportation notification and time of arrival into their Rocky Mountain Register account prior to May 1, 2026. While players are 100% responsible for their own transportation, this provides a reference point on player arrivals in the Salt Lake City area. Players must allow sufficient time to travel to/from the SLCO Sports Complex (Steiner) throughout the weekend so they are timely for all events while keeping continuity with their warm-up and routines and being a cordial and present teammate.

**Hotel Accommodations**

We have a number of great hotel options for the Camp. A link is provided below with hotels available along with other information for the SLC area. Of course, if another hotel or housing option is preferred, you are not obligated to stay in any of the listed hotels. For available hotels in the area of the rink, please click: [Salt Lake City Hotels](#)

**Registration:**

Onsite player registration will take place at the SLCO Sports Complex (Steiner) at 8:00-9:00am MDT on Friday June 12, 2026. At that time, players will receive team information, jerseys, socks, and a goodies bag.

**Meals**

**Players will be on their own for food and drink Friday, Saturday, and Sunday.** Please must stay hydrated throughout the week as temperatures in the Salt Lake City area can exceed 90°F outside.

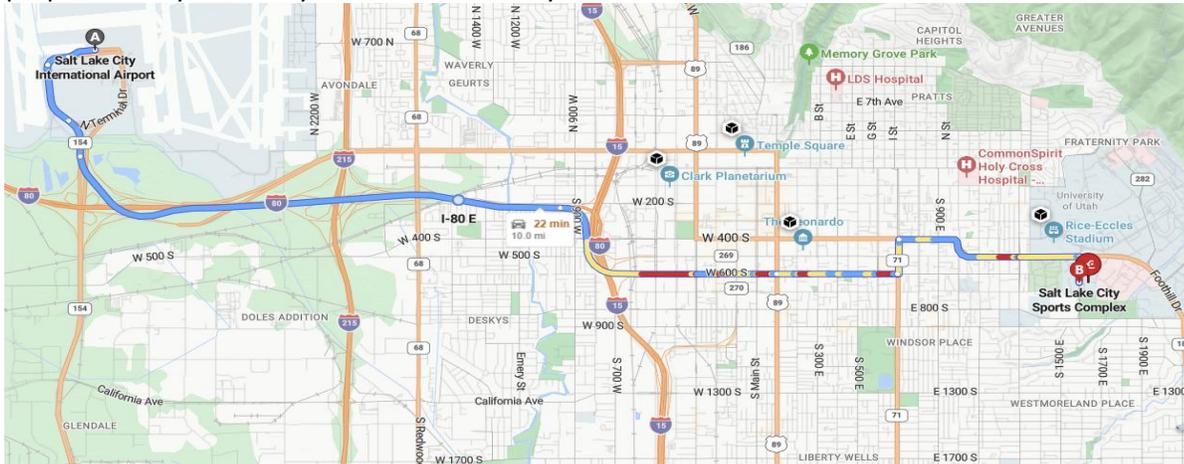
**Ice Facilities**

SLCO Sports Complex (Steiner)  
645 S Guardsman Way, Salt Lake City, Utah 84108

[SLCO Sports Complex \(Steiner\)](#)

Telephone: (385) 468-1925

[SLCO Sports Complex \(Steiner\)](#) is located 10 miles east of the Salt Lake City International Airport. It is a multi-purpose facility owned by the Salt Lake County and includes two ice sheets for recreational use.



### **Camp Fee**

In order to cover the cost of coaches, hospitality, ice, jerseys/socks, officials, speakers, travel, etc., USA Hockey provides a non-profit, development opportunity at a reasonable cost of \$200/player. **Player fees are required to be paid in full by May 1, 2026, in order to secure your spot.** *If you are not registered and paid in full, the District reserves the right to select qualified participants on our alternate list of candidates.*

### **Daily Routine**

Players can expect to be at the rink for many hours during the day. This Camp will include games, goalie session, SAGs, skills & drills, and information sessions (i.e. future opportunities, mental performance, nutrition, training, etc.) The staff recommends players plan accordingly with their families for meals, sleep, and logistics to/from the SLCO Sports Complex (Steiner). The camp staff also asks players to not bring valuable items into the rink during the camp. Players are responsible for their valuable items, so please keep them in a secure location.

The future opportunities session will allow players and parents to hear from current and former collegiate athletes and coaches about their paths and what athletes might see during their individual journeys.

### **What to Bring**

- \* Required USA Hockey Equipment (including mouthguard and neck laceration protector)
- \* Extra Hockey Sticks – skate sharpening at Pure Hockey (5993 S State St, Murray, UT)
- \* Dry Land Gear – including running shoes
- \* Toiletries – towel and water bottle
- \* Extra Cash – for snacks, energy drinks, or food delivery

### **Camp Conclusion**

Camp will conclude by 12:00 noon MDT on Sunday June 14. Please allow adequate time for travel to the airport when scheduling departure flights.

### **Summary**

We look forward to providing a great opportunity for the elite level female players in the Rocky Mountain District. Our expectations are high for both on and off-ice player development and positive camp experience. This is an opportunity for our players to develop and enhance their talent and hockey knowledge. We expect a professional and safe atmosphere for all players and staff as this opportunity is for young athletes who wish to take their game to a higher level. Best of luck, safe travels, and we look forward to seeing you in Salt Lake City.

#### **Kathleen Smith**

Girls Camp Director  
USAH Legal Council Representative  
RMD Representative

#### **Ted Skinner**

Girls Camp Director  
USAH Girls Council Representative  
RMD Representative

