

IOWA STATE UNIVERSITY STARK PERFORMANCE CENTER
AMES, IOWA



Iowa State University is investing in the future of its athletes with a new 110,000 square foot addition to Bergstrom Football Training Facility at historic Jack Trice Stadium. The facility includes an advanced sports nutrition center tailored specifically for Cyclones football, soccer, softball, and tennis teams, complete with a receiving area plus multilevel storage option. This standalone facility includes receiving, multi-level storage, full production kitchen, as well as a made-to-order Grill, a Carvery station with smoker, an athlete-curated Sauté' station, as well as a full buffet station to serve both the salad and daily entrée functions, as well as a breakfast bar - all created through collaboration between ISU dieticians, third party stadium foodservice operators & Rippe Associates.

ISU Athletics has created a revolutionary 1,600 square foot Fueling Station to help shape the diets of student-athletes. This state-of-the-art facility features grab-and-go options like protein shakes, smoothies, and recovery beverages 24/7, coupled with food displays tailored for each athlete's specific dietary needs.

Details

Opening Date: September 2021
Equipment Cost: \$1,400,000

Project Size: 110,000 SF

Scope

Training Table
Fueling Station
Stadium Event Spaces

Special attention was paid during the design process in order for it to become a resource so that nutritional needs of each individual athlete can be met: from digital monitors providing reminders about specific training diets, portion sizes and other valuable nutrition information - all these are tools at the students' fingertips.

"The Stark Performance Center has taken our nutrition department to new levels and has been able to offer our student-athletes something they've never been offered here at Iowa State before. —Erin Hinderaker, Director of Sports Nutrition

