

AIS CLASSROOM



AUSTRALIAN
INSTITUTE OF SPORT



Tour the Australian Institute of Sport

Imagine a classroom that offers students a hands-on experience with sport in a fun learning environment, giving them the opportunity to discover the champion within!

From all over Australia, potential champions come to the Australian Institute of Sport (AIS) to realise their dream and you too can share that experience. With an elite athlete as your guide, your class can take a behind-the-scenes tour of the world-class training facilities.

During the 90-minute tour, your students will explore these facilities, see athletes in training, and have the opportunity to ask their athlete guide questions. The tour also includes *Sportex*, an interactive showcase of Australian sport. Here, students can test their skills at football, wheelchair basketball, rowing, skateboarding and the newly installed **Skeleton** and **How do you measure up?** exhibits.

In addition to touring the AIS, you can 'Get the AIS into your classroom!' The AIS, in partnership with Nestlé, offers a great range of free web-based resources to help teach the benefits of a balanced lifestyle. Modules include:

- > Good life
- > Mind power
- > Good health
- > Food and you
- > Fuelling your body
- > Fit body
- > Get active
- > Champions: Olympic, Paralympic and Commonwealth Games
- > Games and sports
- > Indigenous games
- > Indigenous athletics
- > You are part of a great sporting nation.

For more information on these free resources, visit the AIS website (ausport.gov.au/aisclassroom).

Tours are available at the following times and bookings are essential

8.30am, 10.00am, 11.30am, 1.00pm,
2.30pm, 4.00pm (evening tours on request)

School group cost

\$7.00 per student (minimum 10 pax) with one adult/teacher free of charge for every ten children

Adults over the 1:10 ratio: \$7.00

Evening tours: \$10.00

All prices valid until 31 December 2008

Australian Institute of Sport — Super Sports Experience

The AIS offers you the opportunity to play sport on the very fields where Australia's sporting champions train and compete!

The Super Sports Experience program at the AIS offers your students a truly unique opportunity to run, kick, jump and play just like the AIS athletes.

As well as a 90-minute tour of the AIS, the Super Sports Experience includes a 90-minute sports rotation program of three different sports. This is a unique opportunity for your students to become more physically active and provides them with a chance to 'have a go'! Using the high-quality facilities of the AIS, students will learn the rules, skills and drills of each sport under the supervision of trained instructors. A certificate will be presented to each group to recognise their involvement in the program.

The Super Sports Experience program offers a wide range of sports. Your session will include three of the following sports:

- > Ultimate frisbee
- > European handball
- > Wrestling (modified)
- > Sofcrosse
- > Netball
- > Oztag
- > Futsal
- > Volleyball
- > Cricket
- > Hockey
- > Basketball

Cost per person

- > Three-hour Super Sports Experience (90-minute tour plus 90-minute sports rotation program): \$16.00
- > 90-minute sports rotation program only: \$9.00

Note:

Sports rotation component — adults free of charge
Tour component — adults over the 1:10 ratio: \$7.00

Important information

- > We are able to modify our program to suit all age groups and skill levels
- > This program is a perfect addition to an AIS tour
- > Please ensure all participants are wearing appropriate sporting attire and non-marking soled sports shoes.

All prices valid until 31 December 2008

Australian Institute of Sport — Sports camps

A sports camp at the AIS gives students the chance to live, train and learn at Australia's centre of sporting excellence.

With world-class sports facilities, leading sports scientists and experienced coaches, school groups will have the educational athletic experience of a lifetime.

The whole experience takes place at the AIS with students staying in the AIS athletes' residence and dining in the AIS Dining Hall. They will experience the life of a real AIS elite athlete and learn what it takes to achieve excellence through interactive lectures and practicals from our world-renowned sports scientists, or receive expert advice and tuition from an AIS coach or athlete.

Sports camps can include:

- > hands-on sports science sessions and educational lectures with sports science professionals
- > accommodation alongside some of Australia's elite athletes in the AIS athletes' residence
- > nutritious meals in the AIS Dining Hall
- > training sessions and fitness classes with athletes
- > a tour of the AIS and *Sportex*, the interactive sports experience, with an elite athlete
- > use of the National Sport Information Centre to research educational topics or assignments
- > use of the world-class sporting facilities, including the gym and pool
- > a tailored program to suit different group sizes, desired outcomes and budgets
- > day visits, short or long-stay camps
- > visits to other Canberra attractions and national institutions.

Sports camps are suitable for students over 12 years of age.

FOR MORE INFORMATION CONTACT:

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Australian Institute of Sport — Sports Camps

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Discover the champion within!

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The Australian Institute of Sport is a division of the Australian Sports Commission.