

Sports camps at the AIS: full-day sample program

Every AIS experience is unique, and our dedicated staff will work with you to tailor a program particular to the needs and budget of your group — whether you are a club, school, representative side, professional sporting team or a corporate group.

This full-day sample program is indicative of the variety of AIS experiences that await you.

8.25am Arrive AIS

8.30am Get active with an athlete-guided AIS tour and *Sportex*

On your tour of the AIS, take in the sights and watch athletes in action. Then visit *Sportex*, our interactive sporting exhibition, and see how you measure up against Australia's elite athletes.

10.00am The sports science scene: nutrition

Learn how to fuel your body for maximum performance. Tailor a nutrition lecture to suit your needs, with topics including training diet, food for competition, weight management, hydration and specific nutrition topics. An AIS sports nutritionist will present a one-hour lecture. All participants will receive booklets on nutrition.

11.00am Improve your fitness: stretch and tone

A session aimed at improving flexibility and mobility. This is a fantastic class that leaves you feeling relaxed and less stressed.

12.30pm Sports performance lunch

Join AIS athletes in the dining hall for a full buffet lunch.

1.30pm The sports science scene: skill acquisition

AIS Skill Acquisition, part of the AIS Performance Psychology department, investigates the factors that affect the acquisition, performance and retention of sports skills in both developing and elite athletes. Listen as a member of the Skill Acquisition unit explains how an elite athlete integrates sensory information (from sources such as vision) with the motor system to successfully execute a sports skill.

2.30pm Trained by some of the best

Take part in an interactive session run by AIS coaches or athletes on top-quality fields and courts. Go through training drills, skills and match-play exercises.

4.00pm The sports science scene: recovery practical

Participate in a practical recovery session tailored to suit your needs. This can include an active recovery lesson in a pool, contrast immersion using the spa and plunge pool and contrast showers.

5.00pm Depart AIS