

Sports camps at the AIS: three-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 three-day sample program is indicative of the variety of AIS experiences that await you.

Day 1

10.30am Arrive AIS

On arrival at the AIS, collect your security swipe cards, a map of the AIS and have your initial briefing. This briefing, given by an AIS staff member, will explain what it is like to stay at the AIS, as well as what is expected of you while you are on site.

11.00am 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.

12.00pm Sports performance lunch

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

1.00pm 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.

3.30pm 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.

6.00pm Sports performance dinner

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

7.00pm Athlete presentation

An AIS athlete will speak about their experiences as an elite athlete and training at the AIS. Take the opportunity to ask questions and learn what it is like to be one of Australia's best.

Accommodation in the AIS athletes' residence

Day 2

8.00am Sports performance breakfast

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

9.00am Improve your fitness: boxacise

Enjoy a self-defence workout that builds confidence, and improves aerobic capacity and coordination.

10.30am The sport science scene: psychology lecture

Learn how to gain that winning psychological edge through a science concerned with the enhancement of performance. An AIS psychologist will talk about how to apply the practical strategies that will provide the mental tools required to achieve that 'winning edge'. Sessions can include topics on communication/team building, confidence, concentration, time/stress management, goal setting and pre-competition preparation.

12.00pm Sports performance lunch

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

1.00pm 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

Recovery is an essential part of any training session. Learn basic recovery techniques to prevent some of those exercise aches and pains, and the various recovery techniques used by Australia's elite athletes to maintain optimum performance throughout training and in competition periods.

5.00pm 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.

6.30pm Sports performance dinner

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

7.30pm Social sport

A chance to stretch your legs and get active with a fun self-run sports experience on AIS fields or courts.

Accommodation in the AIS athletes' residence

Day 3

8.00am Sports performance breakfast

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

9.00am The sports science scene: strength and conditioning

Get bigger, faster and stronger! A lecture will be given by an AIS strength and conditioning coach. It will feature various new techniques used to improve flexibility, strength and overall performance.

10.00am Group 1: The sports science scene — strength and conditioning practical

An AIS strength and conditioning coach will take you for a practical session in the AIS gym and explain how to design programs to meet the specific needs of your sport.

Group 2: Improve your fitness: stretch and tone

A 45-minute class aimed at improving flexibility and mobility. This is a fantastic class that leaves you feeling relaxed and less stressed.

11.00am Group 1: Improve your fitness — stretch and tone

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Group 2: The sports science scene — strength and conditioning practical

An AIS strength and conditioning coach will take you for a practical session in the AIS gym and explain how to design programs to meet the specific needs of your sport.

12.00pm Sports performance lunch

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

1.00pm Depart AIS