



Australian Institute of Sport

Performance Sports Camps
Australia's Winning Edge



Why the AIS?

The Australian Institute of Sport. The AIS. Australia's high performance sport agency – internationally recognised for producing world, Olympic and Paralympic champions. It is here that the sporting stars of the future are nurtured.

Set among native bushland on a 65-hectare campus just minutes from Canberra's city centre, the AIS is the training camp location-of-choice for many Australian and international high performance athletes, national teams, schools and professional clubs.

Immerse your team in this elite environment.

Camp services

At the AIS, all your sports camp needs are seamlessly rolled into one as your team trains, recovers, eats, sleeps, learns and assesses its performance.

Your dedicated sports camp consultant will tailor your program to support your specific needs and assist your athletes and coaches to improve and achieve their best.

Accommodation

A variety of accommodation options are available at the AIS in our two residential complexes. The AIS Residence of Champions and the AIS Athletes Village cater for groups of all sizes, with capacity for up to 650 guests.

AIS Dining Hall and Catering

Use of the AIS Dining Hall is included with all on-site stays. Your team will enjoy a variety of healthy meals designed by our world-class AIS nutritionists to support dietary requirements for optimal sporting performance. Other catering options are available including lunch or dinner packs, morning and afternoon teas, conference packages and snacks.

Why Canberra?

It is a place for all seasons. It is a place of national sporting and cultural facilities. It is also a dynamic, sophisticated community of urban precincts offering diverse food, great coffee and entertainment.

Canberra, Australia's modern capital city.

AIS Events and Sports Camps

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[ExperienceAIS.com](https://www.experienceais.com)



World-class Facilities, Activities and Education

Facilities

The AIS is Australia's premier elite sporting precinct with facilities to suit all of your requirements.

- > **AIS Recovery Centre** – includes a massage area, float tank, a nutrition recovery bar and a warm-down area. Hydrotherapy options include hot and cold showers, a spa with jets that can target major muscle groups, plunge pool and a whirlpool.
- > **AIS Strength and Conditioning Gym** – provides extensive equipment for the development of speed, power and strength as well as injury prevention, management and rehabilitation.
- > **AIS Track and Field Centre** – a 400m running track, an outdoor grass playing field and competition level facilities for all field and throwing disciplines.
- > **AIS Basketball and Netball Centre** – multi-purpose indoor sports centre has five courts which are suitable for basketball, netball, volleyball, badminton, handball, table tennis and futsal.
- > **AIS Combat Centre** – a multi-sport training and competition centre for Boxing, Judo, Taekwondo and Wrestling.

Additional superior-quality training and competition facilities available at the AIS include:

- > AIS Arena – suitable for most indoor sports
- > Aquatic and Fitness Centre – indoor 25m and 50m heated swimming pools
- > FIFA Two Star Synthetic Field and grass fields
- > multi-sport training and competition hall
- > volleyball courts
- > gymnastics centre
- > outdoor tennis courts
- > exceptional conference and event facilities – perfect for conferences or team strategy and planning meetings.

For more detailed information about the facilities, please visit experienceais.com/sport-facilities

Activities

To enhance your sports camp experience, AIS world-renowned experts can offer a range of engaging presentations and practical sessions.

Practical sessions

- > **Recovery** – including techniques such as an active recovery lesson in a pool, contrast immersion using the spa and plunge pool, and contrast showers.
- > **Self-massage** – be guided through the art of self-massage by an AIS Physical Therapist.
- > **Strength and Conditioning** – learn how to design programs to meet the specific needs of your sport.
- > **Self-run training session** – get active with a self-run training session on the sporting facilities used by Australian elite athletes.

- > **Trained by some of the best** – an interactive session including training drills, skills and match-play exercises, run by some of Australia's coaches or athletes.
- > **Take on the locals** – compete against a local Canberra sporting team while in town.
- > **Fitness classes** – keep your team fit with our fun and challenging fitness classes.

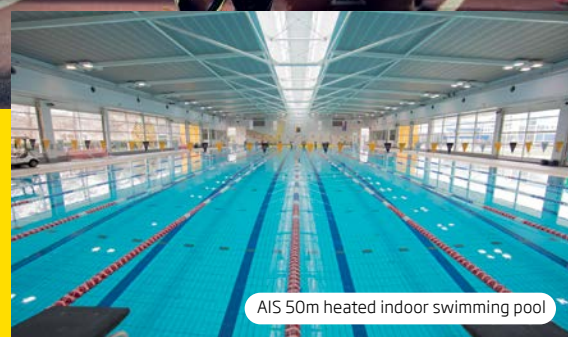
Engaging presentations

- > **Nutrition** – learn how to fuel your body for peak performance.
- > **Physiotherapy** – gain an insight into musculoskeletal injury prevention and management.
- > **Psychology** – topics include communication, team building, confidence, concentration, time/stress management, goal setting and pre-competition preparation.
- > **Athlete Presentation** – join one of our athletes as they speak about their experiences training at the AIS.
- > **Recovery** – learn basic recovery techniques to prevent exercise aches and pains.
- > **Movement Sciences** – learn how biomechanics, skill acquisition and performance analysis is used to improve athletic performance.
- > **Strength and Conditioning** – learn about new techniques used to improve flexibility, strength and overall performance.

For more detailed information about additional activities, please visit experienceais.com/activities



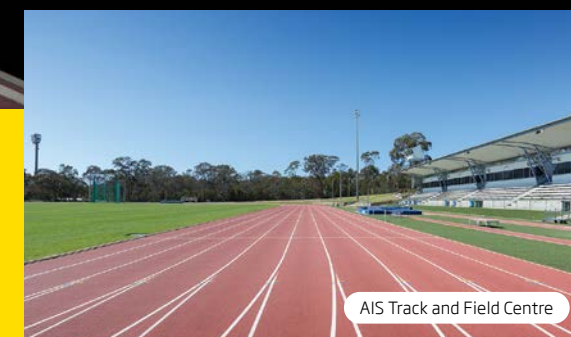
AIS Strength and Conditioning Gym



AIS 50m heated indoor swimming pool



AIS Gymnastics Centre



AIS Track and Field Centre