

## A day at the AIS: half-day sample program

There is plenty to see and do at the AIS, so why not make a day of it?

We can put together a half-day or full-day package of fun-filled and educational activities to suit your interests and budget. Your students could take a tour of the AIS campus, try several sports, eat alongside elite athletes in the dining hall and speak to an AIS nutritionist about which foods to eat to improve wellbeing and performance.

This half-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 Sports Experience**

This is a chance for everyone to stretch their legs and get active with an AIS sports experience. AIS Swim and Fitness instructors will take your group through a range of fun games and activities on fields or courts used by AIS squads. Our instructors will conduct a short training session for your group, incorporating the same drills and skills practiced by our elite athletes, and making use of our state-of-the-art facilities.

**11.30am 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 more. All lectures are delivered by an AIS sports nutritionist, with all participants receiving a nutritional booklet.

**12.30pm Sports performance lunch**

Join AIS athletes in the dining hall to refuel with a full buffet lunch.

**1.30pm Depart AIS**