

Sports camps at the AIS: half-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 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 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.

11.30am 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.

OR

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.

12.30pm Sports performance lunch

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

1.30pm Depart AIS