

# SPORTS TRAINING CAMPS



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With great facilities, serene alpine surroundings and fabulous food, your next training camp at Jindabyne Sport and Recreation Centre will be a success for your athletes.

It's a cost-effective venue for high-altitude training, with flexible options that cater to your team's needs. And you'll be enjoying facilities and services as used by Australia's Olympic rowers, Korea's triathlon team, the Olympic Winter Institute (freestyle, alpine and snowboard), and national freestyle teams from Sweden, Japan and Canada.

## Facilities

Included in the camp fee is the following range of on-site facilities:

- Indoor stadium for basketball, volleyball, soccer and netball
- Four outdoor synthetic courts for netball and tennis
- Strength and conditioning room with free-weight and pin-loaded equipment, lifting platform and a core-strength work out area
- Cardio equipment including boxing facilities, treadmills, elliptical walker, steppers, spin, ergometers and air-braked bikes and concept rowing ergometers.
- Synthetic athletics track, five lane main track and seven lane 100m track
- 465m flat cycling track

There are also meeting rooms with audiovisual equipment you can use for team briefings, seminars or review sessions.



Gym and synthetic courts

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## Food and accommodation

There's a range of accommodation styles to suit groups of all sizes and budgets. From newly-renovated lodges sleeping eight people per room, to self-contained units sleeping up to twenty three, you can choose the option that suits you best.

New for winter 2007 will be our "purpose built" athlete accommodation located beside our gym and sports facility.

All meals are prepared in commercial kitchens by qualified staff, and are plentiful, nutritious and delicious. The centre usually provides all meals for sports training camps, and our catering staff work with visiting coaches to make sure your special training needs are catered for.

If you prefer to bring and prepare your own food, our self-contained accommodation options include kitchens and dining areas.

Special sports services

We can organise a range of services and activities to enhance your training camp program for an additional cost.

A seminar on nutrition or physiology can be organised and presented by specialists in these fields and our range of sports testing services can also be a valuable addition to your training camp.

Optional extras include:

- Nutrition
- Physiology
- Aerobic and anaerobic testing (non gaseous exchange)
- Blood lactate profiling
- Speed, flexibility and agility
- Body composition assessment
- Active recovery recreation, such as canoeing, golf, tennis, basketball, indoor rock climbing, high ropes course and many more. These activities can be a great way of further developing your team's cohesion, interdependence or communication.

Please ask our staff at the time of booking for more information and pricing for these extras.

For more information or to make a booking, contact Jindabyne Sport and Recreation Centre on (02) 6450 0200 or email [Jindabyne@dsr.nsw.gov.au](mailto:Jindabyne@dsr.nsw.gov.au).

[www.dsr.nsw.gov.au/jindabyne](http://www.dsr.nsw.gov.au/jindabyne)

## Testimonials

*"Our team held an 11 day training camp at the Jindabyne Sport and Recreation Centre leading up to the 2007 Youth Olympic Festival. I am still amazed at how exceptional the service, facilities and the food were. The personnel at the centre are very responsive and went the "extra mile" to ensure that all of our requests were met. Having such a perfect training environment enabled the athletes to make excellent physiological adaptations during the camp and we achieved fantastic results at the Youth Olympic Festival."*

Stani Slavova  
NSW Elite Development Coordinator – Rowing

*"We used [Jindabyne] for our annual rowing camp and found the service, both organisational and operational, to be exceptional. The outdoor facilities were excellent and really enhanced our experience. Thanks to the staff, everything ran smoothly and the girls had a great time."*

Jenny Luff  
two-time Olympic Rower and Head Coach,  
Ascham Girls School

*"Jindabyne is my favourite place in Australia to train. The excellent sporting facilities at the Jindabyne Sport and Recreation Centre complement the ideal surrounding training environment. I used the facilities in training for the 2000 Sydney Olympics since 1998 together with triathlon legends such as Greg Bennett, Greg Welch, Ben Bright, Andrew Johns, Jackie Gallagher and Loretta Harrop.*

*Now as the coach of the Korean Triathlon National Team, we use the facilities to our advantage during training camps at Jindabyne."*

Jan Rehula  
2000 Olympic Triathlon Bronze Medallist

