

# SPORTS ALTITUDE TRAINING PACKAGE



Australia's Best Ski Resort





# TAKE YOUR TEAM TO THE TOP

WITH THREDBO ALPINE HOTEL





## DISCOVER AUSTRALIA'S HIGHEST TRAINING FACILITY

Located in the heart of the Kosciuszko National Park, home of Australia's highest mountain, Thredbo Village immerses your team in abundance of alpine beauty while offering a range of training facilities, cosy village accommodations and diverse dry land activities.

Thredbo training camps allow a balanced approach to athlete development, removing your team away from the hustle and bustle of city life and into nature where they can clear their mind, focus on productive training whilst building and strengthening team bonds.

The mountains are a truly unique place to take your team to the top with an all-inclusive training camp at the Thredbo Alpine Hotel.

**THE THREDBO ALPINE HOTEL TEAM ARE HERE TO ASSIST YOU EVERY STEP OF THE WAY**

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Thredbo.com.au





## SEE YOU AT 1,930M

Take training to new heights at Australia's premier year-round adventure destination. With summer chairlift access up to 1,930M, Thredbo offers quick access to alpine trails around Australia's highest mountain, Mt Kosciuszko.

In the village, hold a training session at Australia's highest indoor training facility or explore all that Thredbo has to offer with a round of golf on Australia's highest 9 hole golf course or an evening round-robin tennis competition on Thredbo's floodlit tennis courts

*"I would always recommend camps to use Thredbo as a premium camp location. Through you guys, it provides everything that a sporting group could ever want."*

*– Brumbies Rugby Union Club*

## + A HISTORY OF SUCCESS

With a record of providing successful camps for national and state swim and training teams to senior school sports teams and community groups, Thredbo can deliver to a diverse range of groups.

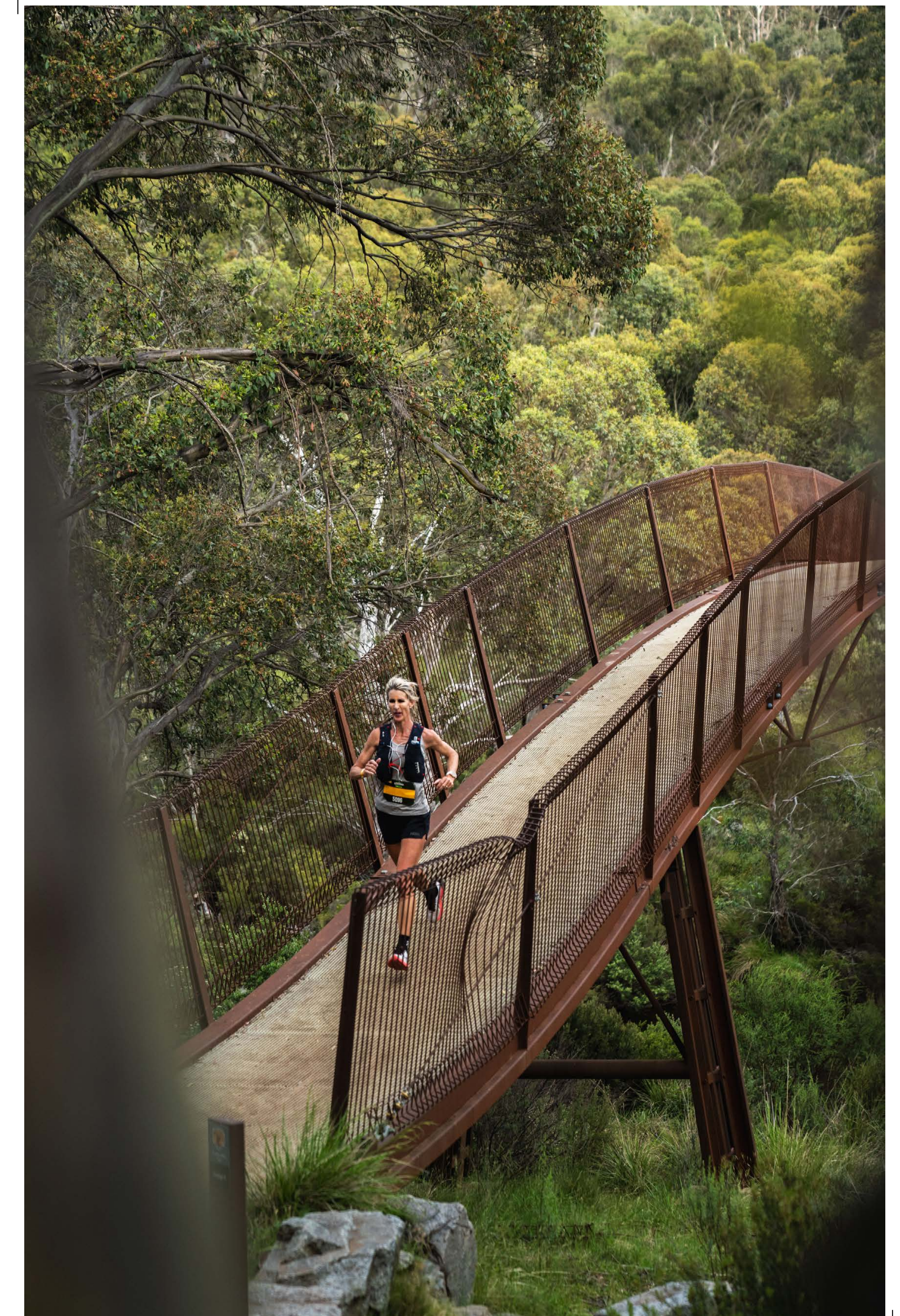
### NATIONAL & STATE TEAMS:

- Swimming Australia & Paralympic Teams – Simon Cusack, Vince Raleigh, Yuri, etc
- NSWIS, AIS, VIS & QIS Swim Teams
- International Teams/Athletes from Japan, New Zealand, PNG
- ACT Brumbies Rugby Union
- Cycling Australia (Track and Road)
- Triathlon Australia
- Athletics Australia – Road Walk Team

Our all-inclusive packages offer apartment or hotel accommodation options, all meals, access to the Thredbo Leisure Centre and access to a series of dynamic and exciting activities across the resort.

### PERFORMANCE & DEVELOPMENT TEAMS:

- Nunawading Swim Club
- Masters Swim Camps (Ryde and NSW)
- Rackley Swim Club
- St Aloysius College Rugby Union
- Carlisle Swim Club
- Sydney University Swim Team



## WHAT ARE THE BENEFITS OF ALTITUDE TRAINING?

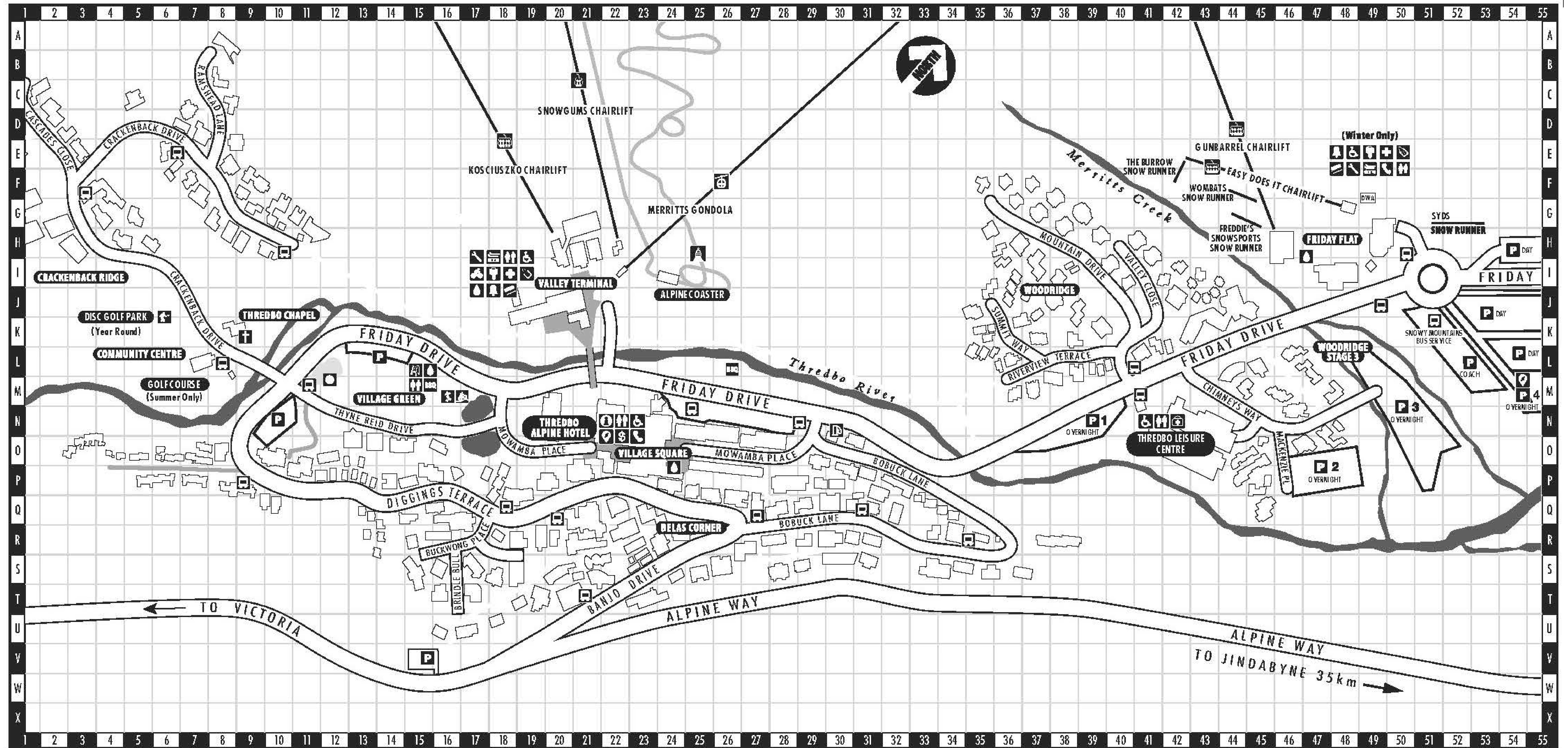
Altitude training is gaining traction with benefits thought to increase endurance, performance, lean muscle tissue growth and strength.

Training at altitude between 1500m and 1850m above sea level is regarded among athletes and sports scientists to deliver tangible physical benefits by increasing the delivery of oxygen through the blood.

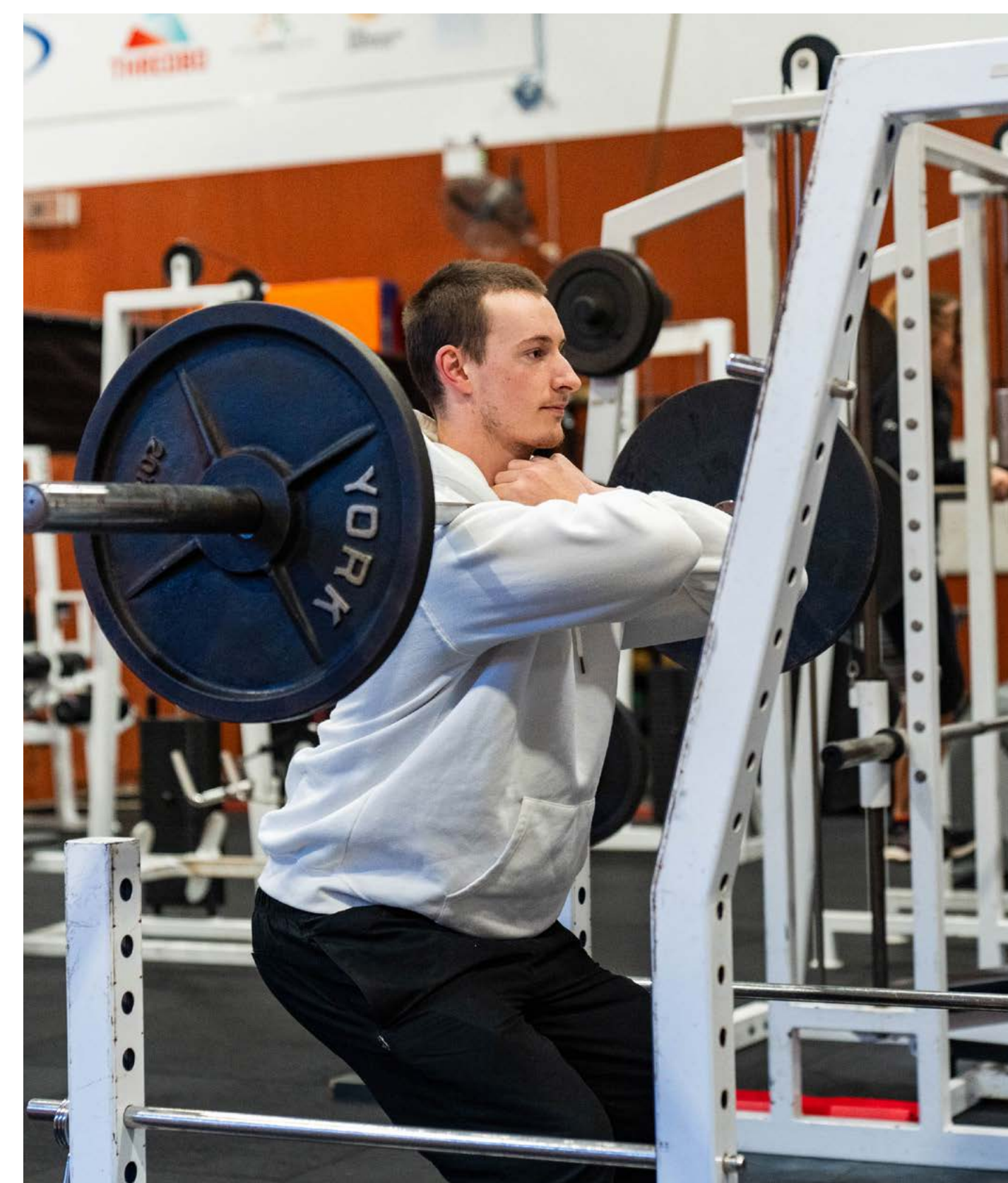


# VILLAGE GUIDE

Year Round Reservations 1300 020 589



- Alpine Coaster
- Gondola
- Quad Chairlift
- Double Chairlift
- Information
- Service Station
- Accessible Toilets
- Toilets
- ATM
- Snowsports/MTB School
- Courtesy Tools
- Ski Patrol
- Medical Centre
- MTB Rental
- Ski & Board Rental
- Parking
- Lockers
- Bus Stop
- Guest Services
- Public Phone
- Free BBQ
- Play Ground
- Tennis Courts
- Pump Track
- Skate Park
- Disc Golf
- EV Charging Station
- MyThredbo Card Kiosk
- Water Station



## THREDBO LEISURE CENTRE

Originally opened as an AIS affiliated training centre, Thredbo Leisure Centre is a multipurpose training facility open all year round.

Athletes or teams can access our 50m or 25m swimming pool, work out in our fully equipped weights gym, or complete team building challenges within the Sport Hall or play a friendly game of squash, basketball or indoor football and climb the bouldering traverse wall.

- Pin & Plate Loaded CALGYM machines
- Free Weights
- Wall Mounted Functional Training Station
- 2 x Lifting Platforms
- Cardio; Treadmills, Elliptical, Spin Bikes & Rowing machines
- Boxing equipment
- TRX Suspension



## + ELITE SPORTS PACKAGE

Your team will take training to new heights with the Elite Sports Package. Designed for teams and individual athletes looking to maximise their training.

### PACKAGE INCLUDES:

- Accommodation in the Thredbo Alpine Hotel
- Breakfast, lunch and 3-course dinner from the Sports Group menu in the Hotel complex
- Daily access to Thredbo Leisure Centre
- 2 x 2 hr access to the indoor pool, unlimited access to the gymnasium, indoor sports hall including the climbing wall and use of the Village Green playing fields.

Starting from \$193.50 per person twin share and \$216.00 per person single share



+ **THERE IS NO PLACE IN AUSTRALIA LIKE THREDBO WHEN IT COMES TO CREATING UNFORGETTABLE ALPINE TRAINING SESSIONS**





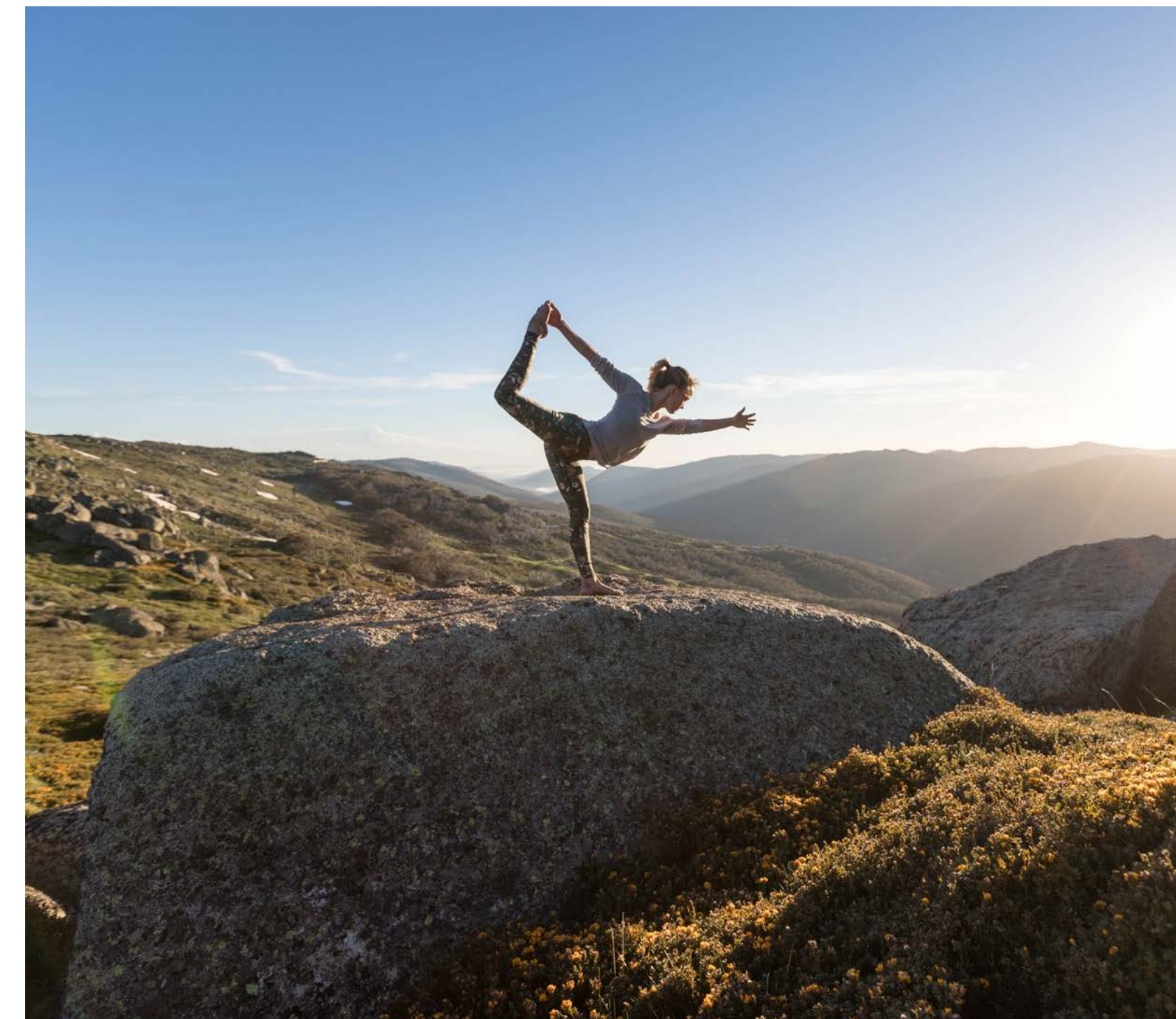
## HIKING

Hike unique alpine trails. Take to the top of Mt. Kosciuszko or gather the team for an advanced day hike across the Australian Main Range.



## TRAIL RUNNING

Whether it's an early morning run or a daily challenge, there are plenty of alpine trails to get the blood pumping through mid to high altitude zones.



## YOGA

Invigorate with a Hatha routine or have a deep restorative Yin session with local yoga instructors who can tailor your session to suit the needs of your athletes.



## ALPINE COASTER

At 1.5km in length, passengers will be able to control their speed of up to 40km/h as they travel a tunnel, bridges and circles that traverse the alpine environment.

On Australia's Highest Mountain and Australia's premier year-round destination, discover a world of alpine adventure.

From sun-soaked alpine summers to winter wonderlands full of snow activities, every season brings a wealth of unique experiences to get your team out and about in Mother Nature.

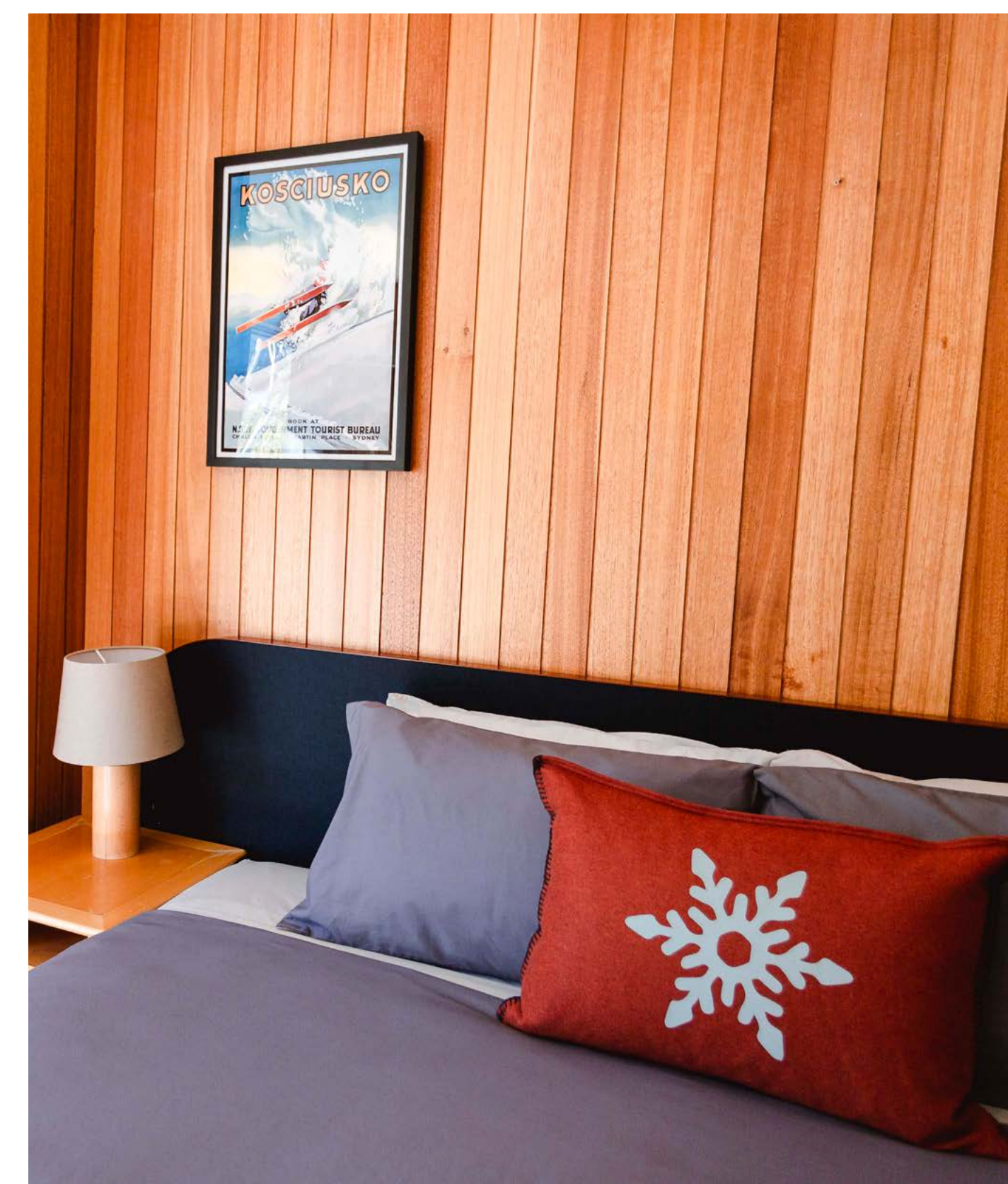
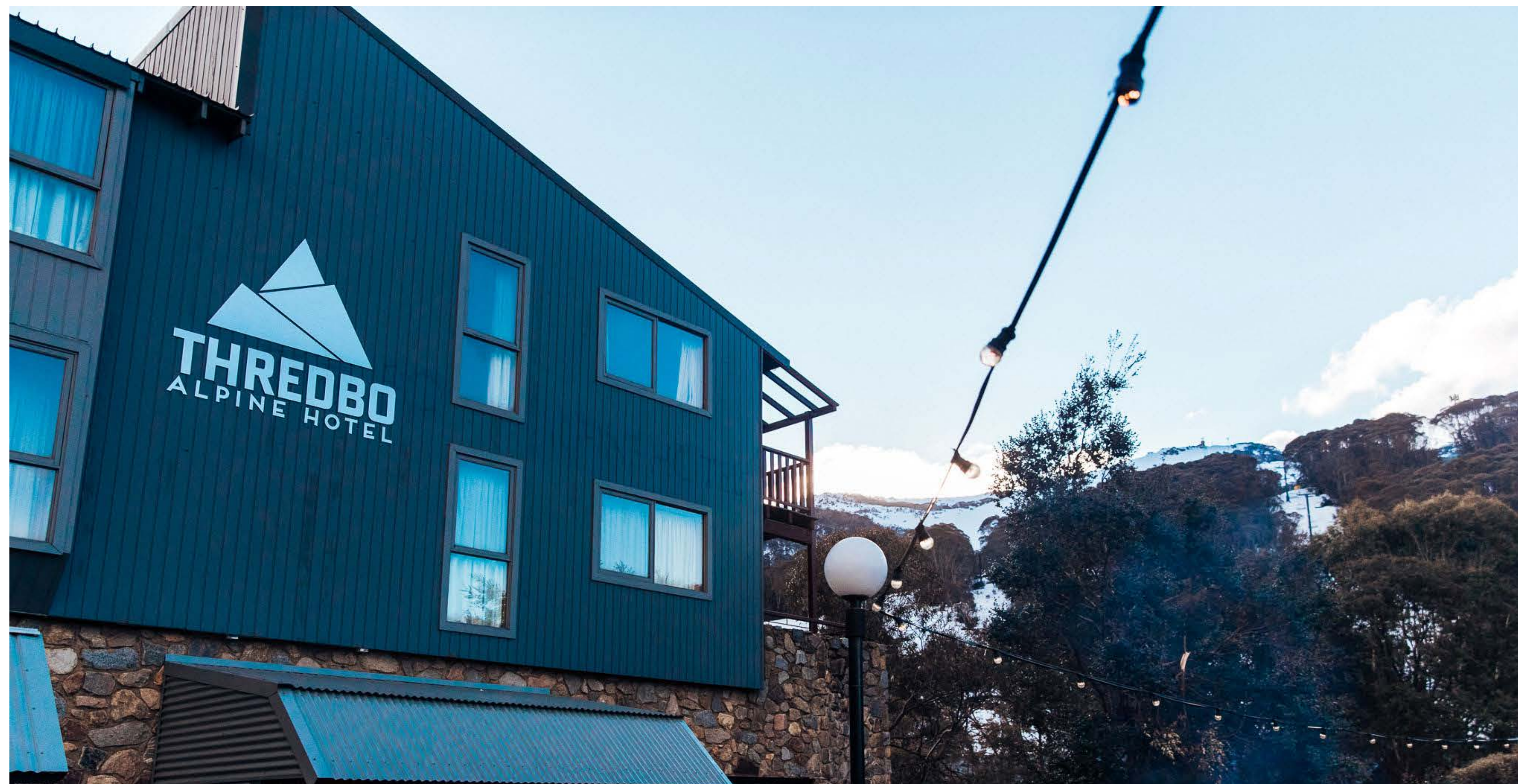
Speak to our team about how we can tailor activities to your suit your needs when preparing your Thredbo Sports package.

## THREDBO ALPINE HOTEL

The Thredbo Alpine Hotel is located in the heart of Thredbo Village, just metres from the base of the Kosciuszko Express Chairlift. This is a historic property with an alluring sense of alpine culture – it has great character, charm and warmth. Offering Single, Twin and Triple share options, the rooms are comfortable and cosy.

### ACCOMMODATION FEATURES

- Sauna
- WiFi
- Guest Laundry
- Complimentary Movies
- On-site Parking
- 24 Hour Reception
- Room Service
- In-House Massage
- Fireplaces

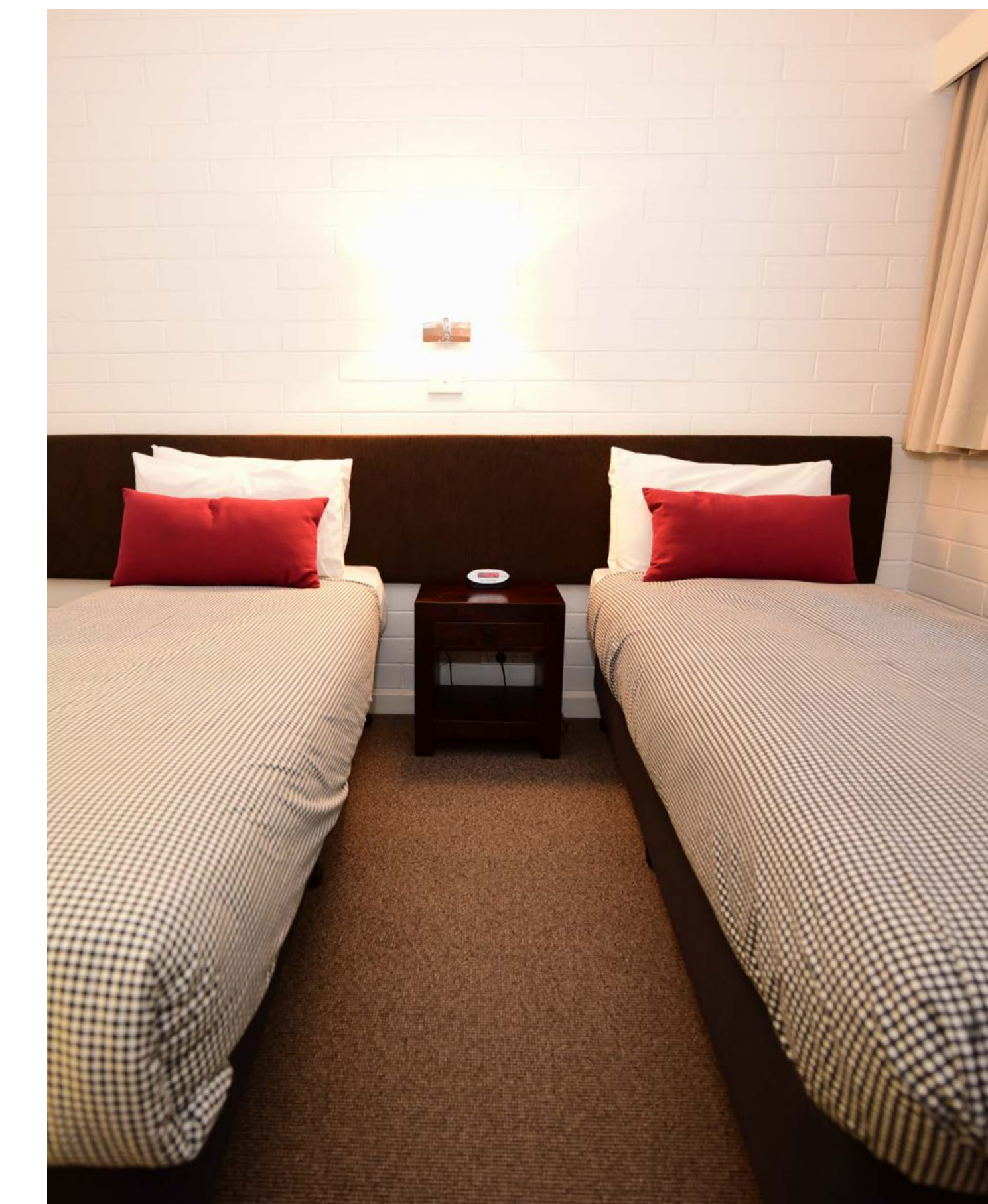
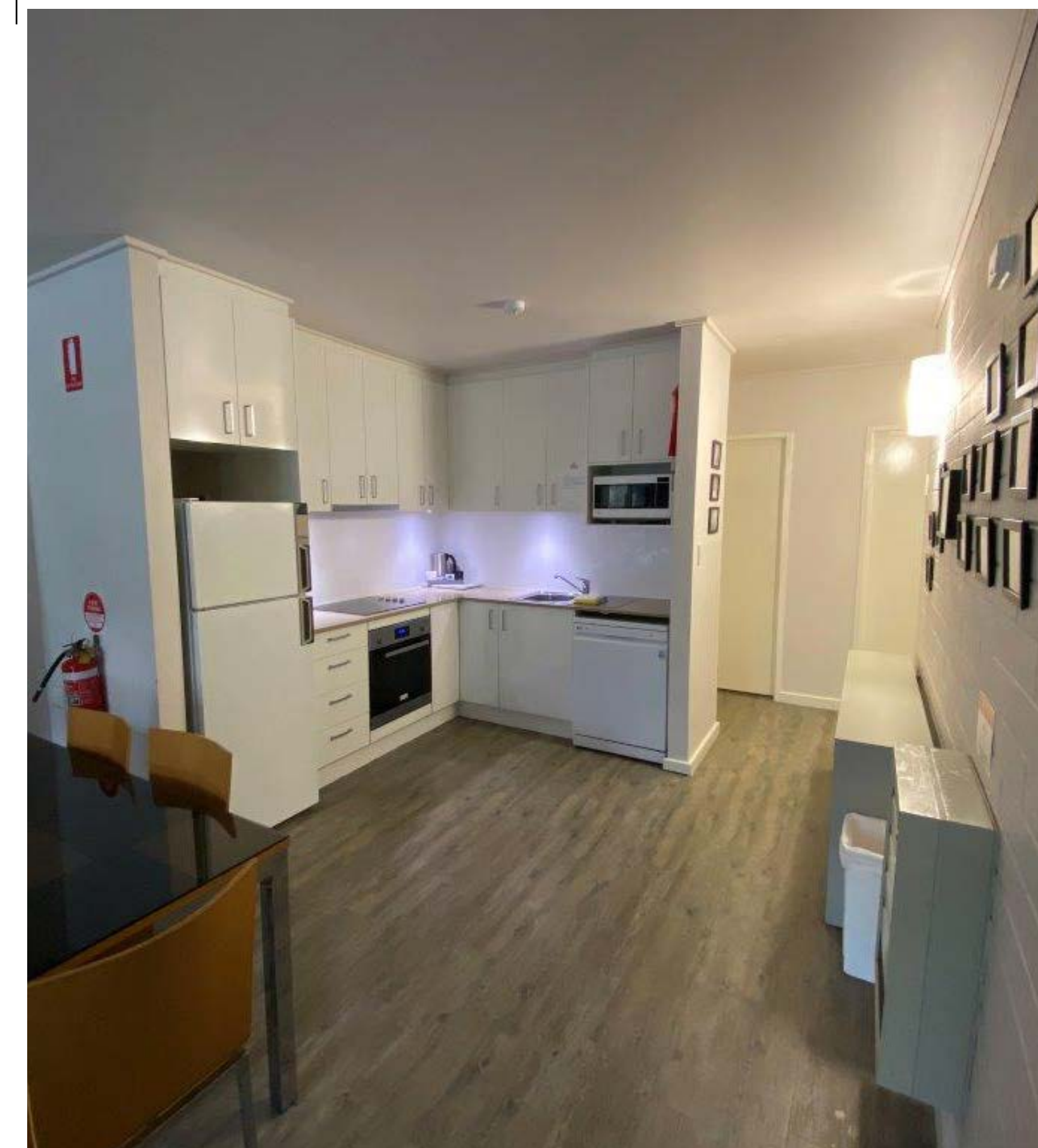


# THREDBO ALPINE APARTMENTS

Thredbo Alpine Apartments offering fully self-contained one, two and three bedroom apartments. Each apartment has everything you need for a self-catered stay, including full kitchen, living room with TV. Most Thredbo Alpine Apartments have balconies with superb mountain views with each apartment providing on-site parking.

## ACCOMMODATION FEATURES

- WiFi
- Guest Laundry
- On-site Parking
- Smart TV
- In house Massage
- 24hr Reception in the Thredbo Alpine Hotel





# SAMPLE ITINERARIES

## 4-DAY SCHOOL SWIM

<b>Day 1</b>			<b>Day 3</b>		
2:00 PM	Arrive & check in	Thredbo Alpine Hotel	6:00 - 8:00 AM	Pool session	Thredbo Leisure Centre
4:30 - 6:30 PM	Pool session	Thredbo Leisure Centre	8:30 AM	Breakfast	Cascades
7:00 PM	Dinner	Pub/Bistro	11:00 - 12:00 PM	Stretch	
			12:30 PM	Lunch	Pub/Bistro
<b>Day 2</b>			1:00 - 4:00 PM	Golf, Tennis or Alpine Coaster	Thredbo
6:00 - 8:00 AM	Pool session	Thredbo Leisure Centre	4:30 - 6:30 PM	Pool session	Thredbo Leisure Centre
8:30 AM	Breakfast	Cascades	7:00 PM	Dinner	Pub/Bistro
9:30 AM	Kosciuszko summit walk	Mt Kosciuszko	<b>Day 4</b>		
12:00 PM	Packed Lunch	Mt Kosciuszko	6:00 - 8:00 AM	Pool session	Thredbo Leisure Centre
4:30 - 6:30 PM	Pool Session	Thredbo Leisure Centre	8:30 AM	Breakfast	Cascades
7:00 PM	Dinner	Pub/Bistro	11:00 - 2:00 PM	Lake activities - Packed lunch	Lake Jindabyne
8:00 PM	Team meeting	Townsend Room	9:00 PM	Arrive home	



## + 5-DAY CYCLE TEAM

### Day 1

12:00 NOON	Arrive & check in	Thredbo Alpine Hotel
12:30 PM	Lunch	Pub/Bistro
1:30 - 4:30 PM	Gym session	Thredbo Leisure Centre
6:00 PM	Dinner	Cascades Restaurant

### Day 2

7:30 AM	Breakfast	Cascades
10:00 AM	Road ride to resort	
2:00 PM	Lunch	Pub/Bistro
6:00 PM	Dinner	Cascades

### Day 3

7:30 AM	Breakfast	Cascades
8:30 AM	Road ride to Dalgety	Alpine Way
12:30 PM	Bistro	
1:30 - 2:30 PM	Pool recovery	Thredbo Leisure Centre
6:00 PM	Dinner	Cascades

### Day 4

7:30 AM	Breakfast	Cascades
8:30 - 10:30 AM	Rollers, monitoring & mobilisation	
12:30 PM	Bistro	Pub/Bistro
1:30 - 4:30 PM	Gym session	Thredbo Leisure Centre
6:00 PM	Dinner	Pub/Bistro

### Day 5

7:30 AM	Breakfast	Cascades
8:00 AM	Check out	Thredbo Alpine Hotel
	Road ride to Corryong	

## + 5-DAY PERFORMANCE TRIATHLON TRAINING SQUAD

### Day 1

12:00 NOON	Arrive & check in	Thredbo Alpine Hotel
2:00 PM	Run*	See options
5:00 PM	Swim	Thredbo Leisure Centre
7:00 PM	Dinner	Cascades Restaurant

### Day 2

1:00 PM	Road ride	Thredbo - Jindabyne return
5:00 PM	Swim	Thredbo Leisure Centre
7:00 PM	Dinner	Pub/Bistro

### Day 3

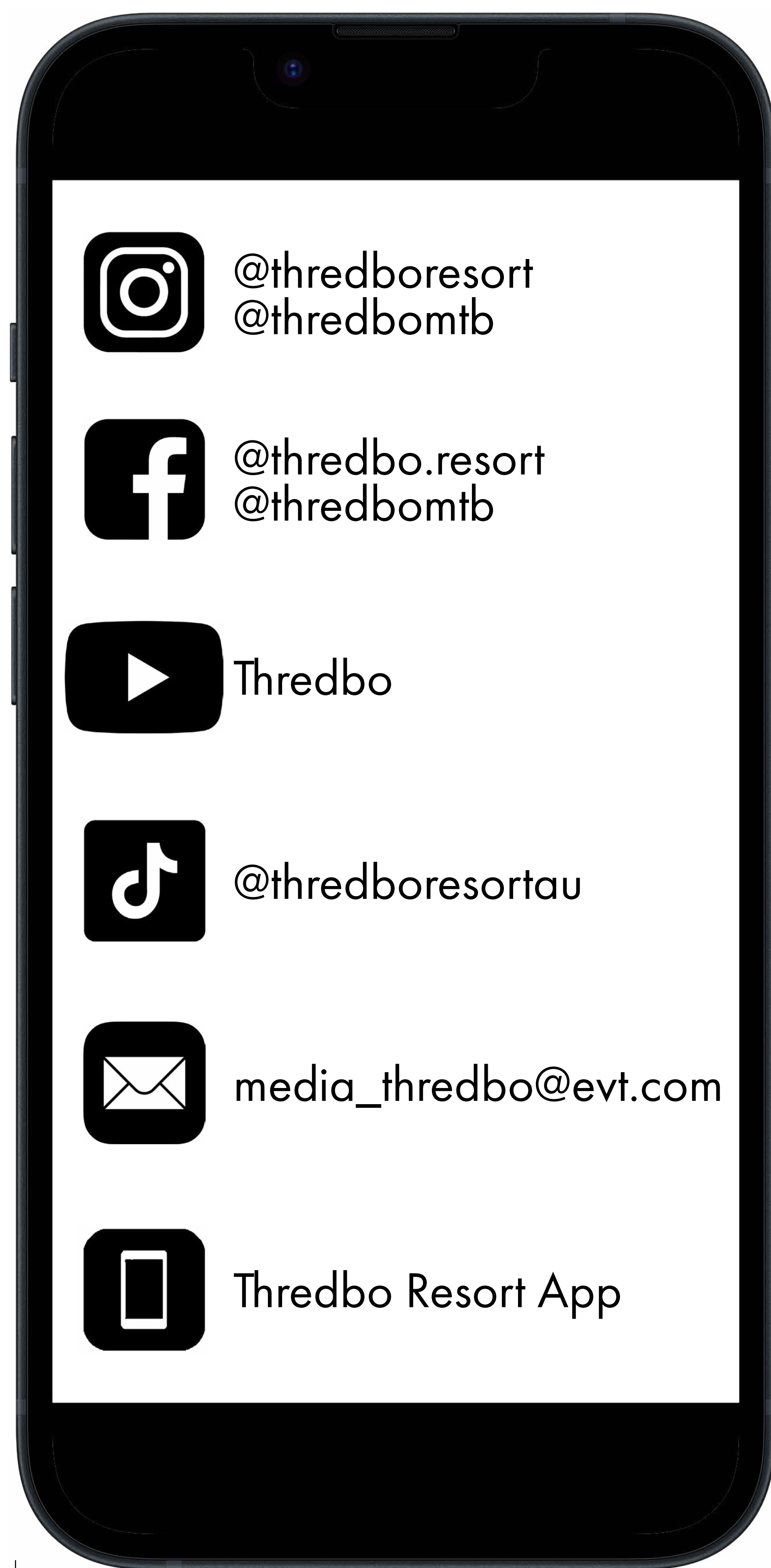
7:00 AM	Breakfast	Cascades
9:00 AM	Ride*	See options
3:00 PM	Lunch	Packed lunch
5:30 PM	Pool recovery	Thredbo Leisure Centre
8:00 PM	Dinner	Cascades

### Day 4

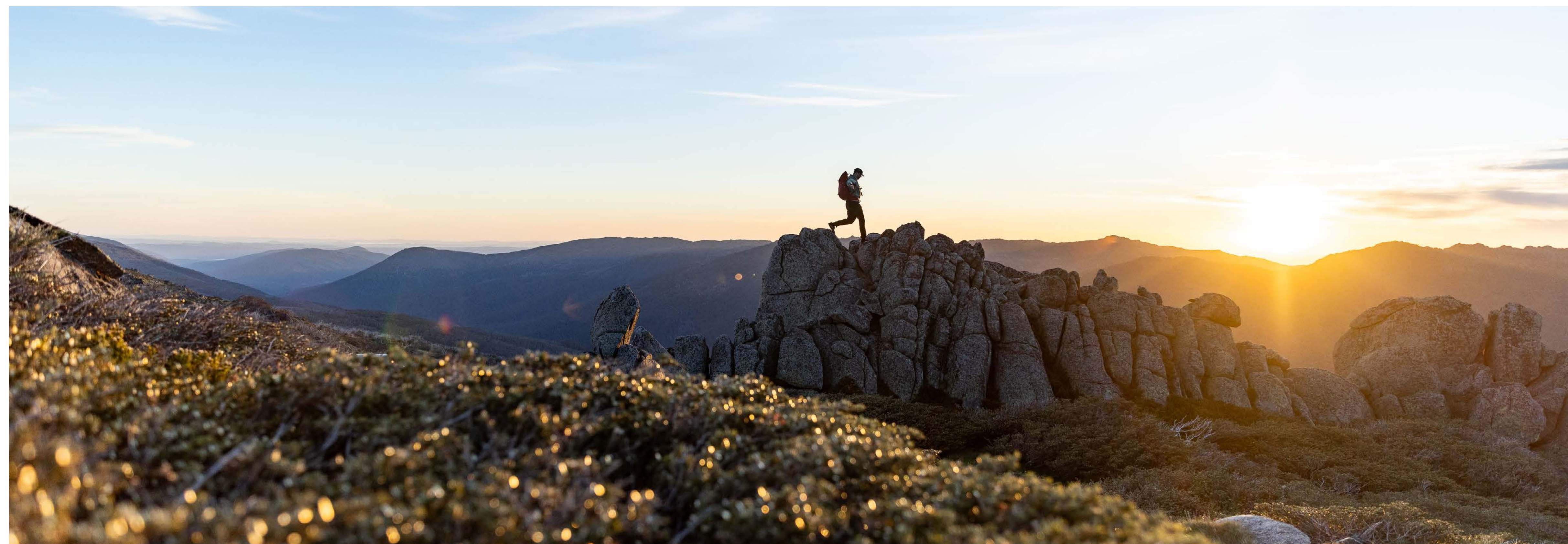
7:00 AM	Breakfast	Cascades
8:00 AM	Ride*	See options
2:00 PM	Run off bike	Thredbo Alpine Village
3:00 PM	Lunch	Packed lunch
5:30 PM	Swim	Thredbo Leisure Centre
8:00 PM	Dinner	Cascades

### Day 5

7:00 AM	Breakfast	Cascades
8:00 AM	Check out	Thredbo Alpine Hotel
9:00 AM	Ride	See Options
2:00 PM	Swim	Lake Jindabyne
3:00 PM	Depart	



# + SOCIALS





# THANKYOU

Brought to you by | **EVT**



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