



TRAINING WITH ALTITUDE 2009/2010

Sport is about attitude, athleticism and preparation. Thredbo has the facilities to help any team improve their skills. Away from the distractions of the daily grind, Thredbo is the perfect location for team focus and clarity.

Training with altitude

Thredbo combines a secluded alpine 'clean & green' environment with a first class training facility to provide the ideal sports camp venue. The Australian Sports Commission and Thredbo have developed the Thredbo Leisure Centre, an accredited AIS facility. The centre provides world-class facilities to give any training schedule the boost it needs to achieve peak performance. The Thredbo Leisure Centre is operated by professionally qualified staff and utilised by many well known sporting teams and experts.

Summer sport camps

\$104 per person per day

- Unlimited use of the Thredbo Leisure Centre indoor pool, gymnasium, indoor sports hall, bouldering wall and outdoor village green
- Accommodation at the Thredbo Alpine Hotel
- Three nutritionally balanced meals plus snacks
- Package valid October 2009 to early June 2010.
- Additional activities and team building available. POA.


thredbo.com.au





THREDBO'S HALL OF FAME

- Lisbeth Lenton
- Alice Mills
- Jodie Henry
- Giaan Rooney
- Sophie Eddington
- Tay Zimmer
- Jennifer Reilly
- Tarnee White
- Linda McKenzie
- Fran Adcock
- Susie O'Neill
- Sam Riley
- Ian Thorpe
- Michael Klim
- Matt Welsh
- Brett Hawke
- Matthew Dunn
- Jim Piper
- Bobby Jovanovich
- Adam Lucas
- Eamon Sullivan
- Brenton Rickard
- Nathan Deakes
- Australian Swimming
- Australian Netball
- ACT Academy of Sport
- ACT Brumbies
- AIS Athletes with Disabilities
- AIS Basketball (men & women)
- AIS Boxing
- AIS Netball
- AIS Road Cycling
- AIS Rowing
- AIS Runners
- AIS Swim Squad
- AIS Volleyball (men & women)
- AIS Walking
- AIS Women's Waterpolo
- Brindabella Swim Club
- British Swimming
- Burley Griffin Swim Club
- Canberra Amateur Swim Club
- Canberra Raiders
- Canterbury Crusaders
- Carlisle Swimming Group
- Castlereagh Swimming Association
- Chandler Swim Club
- Complete Performance Triathlon
- Chuo University Swim Team
- Easts Rugby ACT
- Engadine Swim Club
- Essendon Bombers
- Fastgear Triathlon
- Geelong Cats
- Ginniderra Swim Club
- Great Britain Squad
- Gunma Swim Squad
- Hirakuta & Gunma Japanese Swim Team
- Hockeyroos
- Hong Kong Triathlon Squad
- Human Endurance Triathlon
- Illawarra Academy of Sport
- Israeli Swim Squad
- Ivanhoe Neons Swim Club
- Kambala Swimming Club
- Killarney Swim Club
- Korean Swim Squad
- Liverpool Swimming Club
- Meadow Swim School
- Monash Swim Club
- New Caledonia Swim Club
- Northern Dolphins SC
- NSW Institute of Sport Swim Squads
- NSW Institute of Sport Triathlon
- NSW Waratahs
- NZ Swimming Team
- Parramatta Eels
- Qld Swim Squad
- Queensland Academy of Sport
- Radford College
- Ryde Aussie Masters
- Slovenian Swim Squad
- South East Region Academy of Sport
- Southern Districts Swim Club
- St Aloysius Swimming
- St Josephs Swimming
- St. George Illawarra Dragons
- Swimming Australia
- Swimming NSW
- Swimming SA
- Swimming Victoria
- Sydney Kings
- Sydney Uni Swim Squad
- Traralgon Swimming Club
- Tri Alliance
- Triathlon Australia
- Trinity Grammar
- VIC Institute of Sports Swim Squad
- VIC Swimming
- Vikings Triathlon
- Western Australia Institute of Sport Swimming
- West Tigers
- Western Suburbs Swimming
- Wests Illawarra Swimming Club
- Wilkinson Swim Club

SPORTS OF ALL KINDS ON OFFER

SWIMMING POOL

Climate controlled filtration 4 lanes x 50m and 4 lanes x 25m

SPA POOL & WATER-SLIDE GYMNASIUM

170 square metre area with cushioned floor for aerobics, machine/weight training and martial arts

SQUASH COURT

Timber sprung floor with glass back wall

INDOOR SPORTS HALL

1600 square metre multipurpose timber sprung floor in various configurations of court layouts

BASKETBALL

Two full size 15 x 28m courts set end-to-end with 2m perimeter clearance

VOLLEYBALL

Two 9 x 18m courts

NETBALL

Two 30.5 x 15.25m courts, one centre court

RUNNING

60m 4 lane sprint track

FUTSAL (INDOOR SOCCER)

35 x 20m pitch with 1m high side wall

INDOOR HANDBALL

40 x 20m international standard pitch

WALL CLIMBING

Bouldering Wall 30m x 2.4m high



CONTACT

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