

THE ULTIMATE TRAINING DESTINATION FOR YOUR TEAM

TAKE YOUR TEAM TO THE ROOFTOP OF AUSTRALIA

ALTITUDE TRAINING

INVIGORATE

CONDITIONING



THREDBO STRENGTH AND CONDITIONING TRAINING



Training camps at Thredbo allow for a balanced approach to athlete development, taking your team away from the hustle and bustle and distractions of city life. Thredbo Sport camps allow your athletes to clear the mind, focus on productive training and build stronger bonds between team members.

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Kosciuszko Thredbo Pty Ltd ABN 95 000 139 015



WHY THREDBO?

Thredbo is nestled in the heart of the Kosciuszko National Park and is a training destination with a difference where the options and views are endless.

Offering a range of diverse training options, excellent service, delicious cuisine, dynamic and exciting activities and comfortable, centrally located accommodation, Thredbo is the ideal place to forget the hustle and bustle of city life, get away from the day to day training schedule and step the regime up a notch in a unique natural and challenging mid to high altitude cross training environment.

THREDBO FACILITIES

Apartment and Hotel style accommodation

The accommodation at the top of Australia will create a lasting impression as athletes are welcomed into a world away from distractions.

Team building challenges

Motivate the team with exciting activities and inspire success through productive team building challenges in the stunning, wide open spaces.

Dynamic activities

Considerable resources are continually contributed to the development of fun and rewarding activities in Thredbo, offering sporting groups a vast range of exciting activities.

Thredbo Leisure Centre

A multi-purpose training centre open all year round; originally opened as an AIS affiliated training centre. Guests can swim the 50m pool, work out in the gym, play squash, complete team building challenges in the sports hall, climb the traverse wall or take part in a group fitness class.

Restaurants, cafés and bars

Guests will enjoy the array of cafes and speciality stores while experiencing the unique environment of the Thredbo Village.



SPORTS CAMPS

Sports camps at Thredbo allow for a balanced approach to athlete development that includes a number of recreational, educational and social activities. Thredbo has the facilities to cater for all teams at any level, including special equipment and training facilities to promote further development of skills and fitness knowledge.

- Swimming Centre 4 x 50m, 4 x 25m
- Multi-sport training and competition hall including:
- Indoor Basketball, Netball, Futsall, Touch Football, Badminton, Volleyball, Squash Courts
- Floodlit Tennis courts
- Table Tennis tables
- Multi purpose grass fields
- Strength and conditioning gym including:

Strength Training Equipment:

- Plate Loaded Leg Press
- Bench Press
- Ab Bench
- Chin Up/Dip Bar
- Smith Machine
- Squat Rack
- Seated Bicep Curl Bench
- Back Extension
- Flat Bench x 2
- Incline Bench x 2
- Power Sled x 1

Pin Loaded Machines:

- Seated Leg Curl
- Seated Leg Extension
- Lat Pulldown
- Seated Row
- Seated Pec Fly
- Double Station Cable Machine

Free Weights:

- Dumbbells 1kg – 50kg
- Barbells 10 – 45kg
- Kettle Balls
- Physio Balls
- Bosu Balls
- Medicine balls

Cardio Equipment:

- Treadmills x 3
- Rowing Machines x 3
- Exercise Bike x 1
- Seated Bike x 1
- Elyptical x 1
- Stepping Machine x 1
- Spin Bikes x 10
- Aerobic Steps x 10

Boxing Equipment:

- Heavy Bags x 4
- Thai Bag x 1
- Floor to Ceiling Bag x 1
- Speed Bag x 1

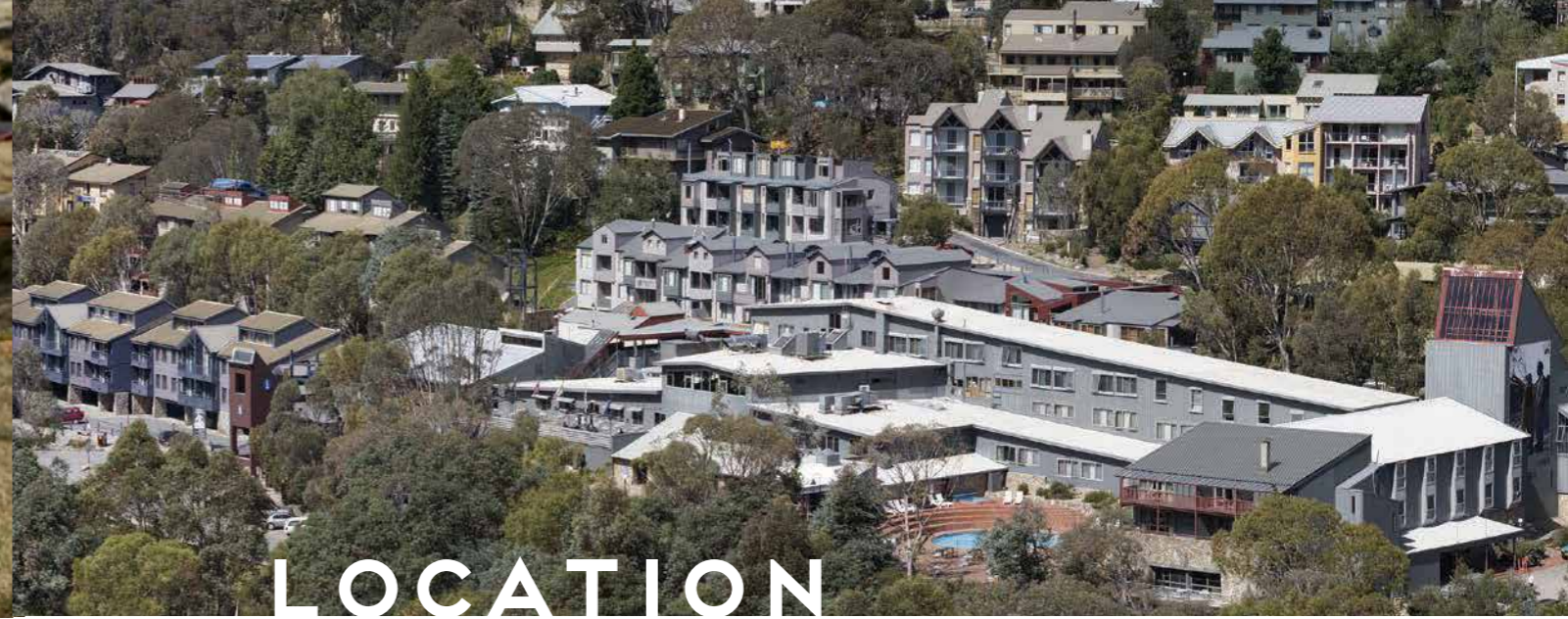
Trx Suspension Training:

- Rings x 4
- Extra Accessories





ACTIVITIES



LOCATION

Whether your athletes are after adventure, downtime, or looking for team building or a reward program, Thredbo operates and has close access to a wide range of Activities to cater for everyone. Sporting Groups also have access to discounted activity passes.

THREDBO ACTIVITIES

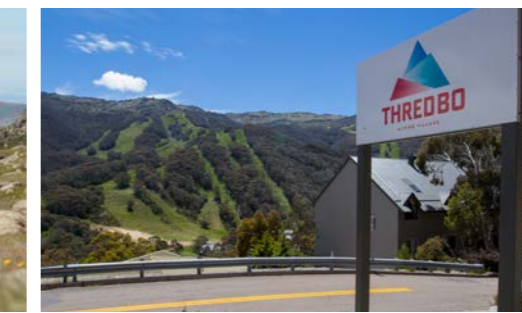
- Bobsled rides
- Scenic chairlift rides
- Climbing and abseiling
- Fishing
- Golf
- Horse riding
- Mountain biking
- Mt Kosciuszko walks
- Swimming
- Tennis
- Guided walks
- Quad biking
- Mountain biking
- Canoeing
- Snowshoeing

TEAM BUILDING CHALLENGES

- Indoor mini Olympics
- Tailor made Yoga
- Pilates
- Raft rescue
- Deluxe photo challenge
- Prison break
- Solo Time
- Team Building
- Village race to supremacy
- Artstyle event
- Learning through challenge

When arriving in Thredbo guests are welcomed into the unique alpine environment, a world away from distractions, and are encouraged to appreciate and enjoy the world-class destination.

The closest airport to Thredbo is Canberra a 2½ hour drive from Thredbo. It is serviced by a number of airlines from multiple destinations, and transfers and car hire is available. Thredbo is an easy five to six hour drive south of Sydney, mostly on dual carriageway with plenty of choice for stopovers along the way. From Melbourne it takes around seven hours via either the direct route along the Murray Valley Highway and Alpine Way or a little longer via the scenic Kosciuszko Alpine Way.





ACCOMMODATION AND ONSITE FACILITIES

Thredbo Alpine Hotel offers a range of comfortable, stylish accommodation with single, twin, double, triple and quad share rooms available. Close by are the Thredbo Apartments offering fully self-contained studio rooms, and one, two and three bedroom apartments.

HOTEL FEATURES AND SERVICES

- Outdoor swimming pool
- Complimentary movies
- 24 hour reception
- Sauna & heated outdoor spa
- Parking at the door
- Room service
- Direct dial in-room telephones
- Internet lounge and access to wireless internet
- In-house massage
- Guest laundry

RESTAURANTS AND DINING

The Thredbo Alpine Hotel features a variety of restaurants to entice your appetite. The Pub Bar and Bistro is great for a quick and easy bite or experience Cascades for a formal dinner. The many restaurants located throughout the Thredbo Village offer a variety of independent dining options for guests interested in an exclusive dining experience.

CONFERENCE AND EVENT FACILITIES

If you are looking for ways to break up your in resort training schedule with some team motivation or information sessions, the Thredbo Alpine Hotel offers four versatile event rooms designed for maximum functionality.

The onsite Thredbo Events Coordinator can design activities and events to suit the objectives of each client, provide suggestions and information on the facilities and offer full support throughout your team's stay to ensure flexibility and excellent service are maintained.

FACILITIES

- Functional breakout rooms
- Full on site broadcasting equipment
- Secretarial room and services upon request
- Secure audio-visual control room
- Concert level sound system
- Onsite and offsite dining options
- Quality audio-visual equipment
- Theatre lighting
- Faxing and photocopying facilities
- Internet access



THREDBO LEISURE CENTRE AND SPORTS GROUP PACKAGES

THREDBO SPORT PACKAGES

Social/School Sports Package from \$126.00 per person Twin Share and \$166.00 per person single share*
Elite Sports Package from \$140.00 per person Twin Share and \$180.00 per person single share**

Package inclusions

Social/School Sports Package from \$126.00 per person Twin Share and \$166.00 per person single share*

*Social/School Sports Package: Includes accommodation at the Thredbo Alpine Hotel, buffet breakfast in Cascades Restaurant, morning & afternoon snacks, lunch & dinner choice from our Sports Menu served in the Hotel Bistro. Unlimited use of AIS pool, gymnasium, indoor stadium (including climbing wall) and the Village Green playing field.

Elite Sports Package from \$140.00 per person Twin Share and \$180.00 per person single share**

**Elite Sports Package: Includes accommodation at the Thredbo Alpine Hotel, buffet breakfast in Cascades Restaurant, morning & afternoon snacks, lunch choice menu from our Elite Menu served in our Hotel Bistro, dinner choice from our Elite Menu served in Cascades Restaurant. Unlimited use of AIS pool, gymnasium, indoor stadium (including climbing wall) and the Village Green playing field.

TESTIMONIAL - THE ACT BRUMBIES

This is the first chance I've had to drop a note of thanks.

The camp you guys helped us with was fantastic. The hospitality and professionalism from your entire staff group is second to none. We are availed the opportunity to travel to many great places and your crew are on par with any fancy place. That is no easy task and you guys do it with ease and that sense of Aussie style. Full credit and bravo to you all.

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. To you, without your enthusiasm, knowledge and local connections, none of the stuff would have worked as well as it did. Basically you saved our bacon a few times and helped pull it all together at the end of the day. It was a pleasure to see your unflappable nature and can do attitude every day we were there.

I can't thank you enough and part of our success as a team this season will be from your efforts

Ben Gathercole
Team Manager of the Brumbies Training Camp (January 2016)





SPORT PACKAGES MENU BREAKDOWN



SOCIAL/SCHOOL SPORTS PACKAGE SAMPLE MENU

Thredbo Alpine Hotel

Social/School Sports Package

\$126.00 pp Twin Occupancy pp
\$166.00 pp Single Occupancy
Breakfast served in Cascades Restaurant
Lunch & Dinner Served in our Hotel Bistro

Elite Sports Package

\$140.00 Twin occupancy pp
\$180.00 pp Single Occupancy
Breakfast served in our Cascades restaurant
Lunch served in the Hotel Bistro and Dinner in our Cascades restaurant

Breakfast

Cold Option

Selection of cereals, croissants, condiments, low fat yogurt, selection of juices, full cream and low fat milk, tea and coffee

Selection of cereals, croissants, condiments, low fat yogurt, selection of juices, full cream and low fat milk, tea and coffee

Hot Choice

Eggs (fried & scrambled), grilled tomatoes, mushrooms, bacon, sausages, toast

Eggs (fried & scrambled), grilled tomatoes, mushrooms, bacon, sausage, toast

Morning Tea Snack

Muesli Bar

Muesli Bar

Lunch

Packed Lunch or

Includes freshly made roll with meat and salad, muffin, chocolate bar, fresh fruit and juice

Includes freshly made roll with meat and salad, muffin, chocolate bar, fresh fruit and juice

Lunch

Cold cuts, salads, assorted bread and wraps

Cold cuts, salads, assorted bread and wraps

Hot Choice

Choice of 1 wet dish

Afternoon Tea Snack

Piece of Fruit

Piece of Fruit

Dinner

2 Course Entrée and Main pre chosen from menu

2 Course Entrée and Main pre chosen from menu

All meals include water and juice.

Cascades Restaurant located in the Thredbo Alpine Hotel on the ground level

Breakfast open from 7.30am – 10.00am

Dinner open from 6pm – 9pm

Hotel Bistro is located opposite the Cascades Restaurant

Open for Lunch – 12pm – 3pm & Dinner – 6pm – 9pm

LUNCH

Cold cuts, salads, assorted bread and wraps

DINNER

Meals are plated, please choose from the menu 1 entrée and 1 main course per day

Entrée

Greek salad, tomato, cucumber, olives, Spanish onions, lettuce and fetta

Caesar salad

Thai noodle salad

Soup of the day with bread roll

Roast vegetable salad with fetta

Vegetable frittata with salad garnish

Pesto pasta salad with olives and grilled vegetables

Main

Spaghetti bolognese with parmesan cheese

Minute steak, jacket potato, steamed green vegetables, roast carrots

Roast lamb, mashed potato, steamed green vegetables, gravy

Chicken, vegetable and hokkien noodle stirfry with crisp onions and Chinese BBQ sauce

Baked barramundi fillet, jasmine rice, steamed beans, laksa sauce

Chinese style vegetable fried rice with chicken pieces and fresh vegetables

House made beef lasagne, fresh garden salad





ELITE SPORTS PACKAGE SAMPLE MENU

LUNCH

Meals are plated, please choose from the Cold Cuts Buffet or a plated lunch and add 1 wet dish

Cold cuts, salads, assorted bread and wraps (Buffet)

OR (Choice of 1)

Beef enchiladas, garden salad, sour cream

Vegetable frittata, garden salad and tomato chutney

Chicken, beef or vegetarian burger, side salad. Bowls of chips for table

Beef stirfry, crisp vegetables and hokkien noodles

Grilled fish, Mediterranean cous cous salad

AND please choose from one of the following wet dishes:

Spaghetti bolognaise

Spaghetti carbonara

Penne with Neapolitan sauce & vegetables

DINNER

Meals are plated, please choose from the menu 1 entrée and 1 main course per day

Entrée

Greek salad, tomato, cucumber, olives, Spanish onions, lettuce and fetta

Chicken Caesar salad

Beef noodle salad

Soup of the day with bread roll

Roast vegetable salad with fetta

Vegetable frittata with salad garnish

Pesto pasta salad with olives and grilled vegetables

Main

Roast chicken, jacket potato, steamed greens, roast carrots

250g sirloin, jacket potato, steamed green vegetables, roast carrots

Lamb shanks, mashed potato, steamed green vegetables, tomato sugo

Chicken, vegetable and hokkien noodle stirfry with crisp onions and Chinese BBQ sauce

Crispy skinned salmon fillet, jasmine rice, steamed beans, laksa sauce

Chinese style vegetable fried rice with chicken pieces and fresh vegetables

Spinach and ricotta ravioli, tomato sugo, parmesan cheese

Numbers over 30 people we can serve a buffet - Sample Menu

Fresh bread basket

Garden salad

Pasta salad

Roast beef with gravy

Roast potatoes

Roast carrots

Chicken curry

Steamed jasmine rice

Spicy meat balls

Spinach and ricotta ravioli with tomato sugo



SAMPLE ITINERARIES

Below are listed some sample itineraries from previous sporting groups that have trained at Thredbo – The Highest Altitude Training Environment in the Country.

10 Day Performance Swim Squad Itinerary

Day 1

12:30 Lunch, BYO or buy en route
15:30 Thredbo Alpine Hotel
17:00 – 19:00 Thredbo Alpine Training Centre
20:00 Dinner
21:00 Activity
22:00 Bed

Day 2/3/4/5

08:30 Breakfast
09:30 – 12:30 Activation/Swim/Stretch
13:00 Lunch
14:00 – 16:30 Walk
17:30 – 19:30 Activation/Swim
20:30 Dinner
21:00 Activity
22:00 Bed

Day 6

06:00 Swim/Stretch
08:30 Breakfast
10:00 – 11:00 Gym
13:00 Lunch
14:00 – 15:00 Bobsled
16:30 – 19:30 Activation/Swim/Stretch
20:00 Dinner
21:00 Activity
22:00 Bed

Day 7

06:00 Swim/Stretch
08:30 Breakfast
10:00 – 11:00 Gym
13:00 Lunch
14:00 – 16:00 Tennis
16:30 – 19:30 Activation/Swim/Stretch
20:00 Dinner
21:00 Activity
22:00 Bed

Day 8

06:00 Swim/Stretch
08:30 Breakfast
10:00 – 15:30 Kosciusko Walk
16:30 – 19:30 Activation/Swim/Stretch
20:00 Dinner
21:00 Activity
22:00 Bed

Day 9

06:00 Swim/Stretch
08:30 Breakfast
10:00 – 11:00 Gym
13:00 Lunch
16:30 – 19:30 Activation/Swim/Stretch
20:00 Dinner
21:00 Activity

Day 10

06:00 Swim
08:00 Breakfast
08:30 Depart Thredbo
11:30 Depart Mitta Mitta River
14:30 Depart to Melbourne
16:00 Arrive Home





SAMPLE ITINERARIES

4 Day School Swim Squad Itinerary

Day 1

14:00 Arrival and Check in at the Information
 16:30 – 18:30 Pool session
 19:00 Dinner – Bistro

Day 2

06:00 – 08:00 Pool session
 08:30 Breakfast – Cascades
 09:30 – 15:30 Kosciuszko summit walk –
 packed lunch
 16:30 – 18:30 Pool session
 19:00 Dinner – Bistro
 20:00 Team Meeting in Townsend room

Day 3

06:00 – 08:00 Pool session
 08:30 Breakfast – Cascades
 11:00 – 12:00 Stretch session
 12:30 Lunch – Bistro
 13:00 – 16:00 Golf or Tennis or Bobsled
 16:30 – 18:30 Pool session
 19:00 Dinner – Bistro

Day 4

06:00 – 08:00 Pool session
 08:30 Breakfast – Cascades
 11:00 – 14:00 Lake activities – packed lunch
 21:00 Arrive home

5 Day Performance Triathlon Training Squad Itinerary

Day 1

12:00 Arrive Thredbo Alpine Hotel and
 check-in
 14:00 Run
Option 1 - Dead Horse Gap to
 Hill Top to Dead Horse (10km)
Option 2 - Dead Horse Gap to
 Cascade Hut to Dead Horse Gap
 (19km)
 17:00 Swim 2x50m lanes booked and
 then Mission Inflatable
 19:00 Dinner

Day 2

13:00 Ride
 Ride 3 hour Steady Tempo
 Thredbo to Jindabyne to Thredbo
 Swim 2x50m lanes booked
 17:00 Dinner

Day 3

07:00 Breakfast
 09:00 Ride- iconic ride to Charlotte's
 Pass and back
Option 1 – Thredbo to Charlottes
 Pass to Thredbo (180km-approx
 7.5hrs)
Option 2 – Jindabyne to
 Charlottes Pass to Thredbo (105km)
Option 3 - Jindabyne to
 Charlottes Pass to Jindabyne (73km)
 15:00 Lunch- Packed Lunch
 17:30 Swim 2x50m lanes booked and
 then Mission Inflatable
 20:00 Dinner

Day 4

07:00 Breakfast
 08:00 Ride- Shorter but harder - Starts
 with a hill climb
Option 1 – Thredbo to Guthega
 Turnoff to Thredbo (106km)
Option 2 – Thredbo to Bottom of
 Dead Horse Gap to Thredbo (45km)
Epic Option 3 – Thredbo to
 Khancoban to Thredbo (150km
 with 3500m climbing)
 14:00 Run off bike – 5km or as far as
 you like around Thredbo Village
 Lunch – Packed Lunch
 17:30 Swim 2x50m lanes booked and
 then waterslide
 20:00 Dinner

Day 5

07:00 Breakfast
 08:00 Check-out Thredbo Alpine Hotel
 and head down to Jindabyne
 09:00 Ride - Undulating ride with 2 options
 Tempo group
 Recovery/cruise group
 Jindabyne to Dalgety to
 Berridale to Jindabyne (80km)
 Swim in Lake Jindabyne to cool off
 14:00 Depart for home
 15:00

