

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

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
- Snowshoeing
- Snow skiing & boarding

TEAM BUILDING CHALLENGES

- Indoor mini Olympics
- Tailor made Yoga
- Pilates
- Deluxe photo challenge
- Team Building
- Village race to supremacy
- Learning through challenge





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
- Room service
- Sauna & heated outdoor spa
- Parking at the door
- In-house massage
- Direct dial in-room telephones
- Free WiFi
- Guest laundry
- 24 hour reception

RESTAURANTS AND DINING

The Thredbo Alpine Hotel features a variety of restaurants to entice your appetite. The Local Pub & Bistro is great for a quick and easy bite or experience Cascades Restaurant 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 Groups Manager 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
- Free WiFi
- Onsite and offsite dining options
- Secure audio-visual control room
- Concert level sound system
- Theatre lighting
- Quality audio-visual equipment
- Faxing and photocopying facilities





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, afternoon snacks, lunch & dinner choice from our Social 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	Elite Package
Thredbo Alpine Hotel	\$126.00 pp Twin Occupancy pp \$166.00 pp Single Occupancy Breakfast served in Cascades Restaurant, Lunch & Dinner served in the Local Pub & Bistro	\$140.00 Twin occupancy pp \$180.00 pp Single Occupancy Breakfast served in Cascades Restaurant, Lunch served in the Local Pub & Bistro & Dinner served in Cascades Restaurant
Breakfast		
Cold Option	Selection of cereals, croissants, condiments, low fat yogurt, selection of juices, full cream and low fat milk, tea & coffee	Selection of cereals, croissants, condiments, low fat yogurt, selection of juices, full cream and low fat milk, tea & coffee
Hot Choice	Eggs (fried & scrambled), grilled tomatoes, mushrooms, bacon, sausages & toast	Eggs (fried & scrambled), grilled tomatoes, mushrooms, bacon, sausage & toast
Morning Tea Snack		Selection of fruit & muesli bars
Lunch		
Packed Lunch or	Includes a freshly made roll ham & salad roll, muffin, Tim Tam biscuits, fresh fruit & bottled water	Includes a freshly made ham & salad roll, muffin, pretzel, Tim Tam biscuits, fresh fruit, juice popper & bottled water
Lunch	Sandwich Bar with meats, salads, cheese, sauces & freshly baked bread & wraps	Sandwich Bar with meats, salads, cheese, sauces & freshly baked bread & wraps
		OR
		Substantial hot plated meal
Afternoon Tea Snack	Selection of fruit & muesli bars	Selection of fruit & muesli bars
Dinner	Two course entrée and main pre-chosen from the menu	Three course entrée, main & dessert pre-chosen from the 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

The Local Pub & Bistro is located opposite the Cascades Restaurant

Open for Lunch from 12pm – 3pm and Dinner from 6pm – 9pm





SOCIAL PACKAGE SAMPLE MENU

LUNCH Choose a takeaway lunch or the sandwich bar

Takeaway lunch pack - ham & salad roll, muffin, Tim Tam biscuits, fruit & bottled water

Sandwich bar - meats, salads, cheese, sauces & freshly baked breads & wraps

DINNER Meals are plated, choose from the menu one entrée & one main per day

Entrée

Greek salad with tomato, cucumber, olives, Spanish onion & crumbled fetta

Chicken Caesar salad with cos, crispy bacon, parmesan cheese, croutons, a poached egg & dressing

Beef noodle salad with fresh picked herbs, glass noodles, shredded salad mix & Asian dressing

Pesto pasta salad with roast vegetables, olives & rocket

Vegetable frittata & garden salad

Soup of the day

Main

Lamb shank, sautéed broccolini, creamy mashed potato & tomato sauce

Sliced roast beef sirloin, roast potato, roast carrot, roast pumpkin, peas & gravy

Roast pork, roast potato, roast carrot, roast pumpkin, peas & gravy

Sliced roast chicken, roast potato, roast carrot, roast pumpkin, peas & gravy

Seared skinless Barramundi fillets, chips & salad

Beef lasagne, chips & salad

Spinach & ricotta ravioli with vegetable sauce

Spaghetti bolognese with parmesan cheese





ELITE PACKAGE SAMPLE MENU

LUNCH Choose from a takeaway lunch, sandwich bar or substantial plated meal

Takeaway lunch pack - ham & salad roll, muffin, pretzel, Tim Tam biscuits, fruit, juice popper & bottled water

Sandwich bar - meats, salads, cheese, sauces & freshly baked breads & wraps

Substantial plated meal -

Butter chicken, rice & papadums

Beef massaman curry, rice & fried shallots

Thai green chicken curry, rice & fried shallots

Chicken or beef burger, chips & salad

Spaghetti bolognaise

Beef lasagne, chips & salad

Spinach & ricotta ravioli with vegetable sauce

DINNER Meals are plated, choose from the menu one entrée, one main & one dessert per day

Entrée

Greek salad with tomato, cucumber, olives, Spanish onion & crumbled fetta

Chicken Caesar salad with cos, crispy bacon, parmesan cheese, croutons, a poached egg & Caesar dressing

Beef noodle salad with fresh picked herbs, glass noodles, shredded salad mix & Asian dressing

Pesto pasta salad with roast vegetables, olives & rocket

Quinoa lamb salad with slow cooked pulled lamb, sweet potato, red peppers, chickpeas, rocket & fetta

Prawn & brown rice salad with marinated prawns, capsicum mix, spinach & mango chutney

Vegetable frittata & garden salad

Soup of the day

Main

Lamb shank, sautéed broccolini, creamy mashed potato & tomato sauce

Sliced roast beef sirloin, roast potato, roast carrot, roast pumpkin, peas & gravy

250g Beef sirloin, sautéed broccolini, potato gratin & gravy

Roast pork, roast potato, roast carrot, roast pumpkin, peas & gravy

250g Pork cutlet, sautéed broccolini, set polenta, cranberry & gravy

Sliced roast chicken, roast potato, roast carrot, roast pumpkin, peas & gravy

200g Chicken breast, sautéed broccolini, mustard mashed potato & gravy

Seared skinless Barramundi fillets, chips & salad

Beef lasagne, chips & salad

Spinach & ricotta ravioli with vegetable sauce

Spaghetti bolognaise with parmesan cheese

Dessert

Fruit salad & ice cream OR poached fruit custard OR jelly & ice cream OR chocolate mousse



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 Rafting 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 & Check-in
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 & check-in
14:00	Run <i>Option 1</i> - Dead Horse Gap to Hill Top to Dead Horse (10km) <i>Option 2</i> - 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
17:00	Swim 2x50m lanes booked
19:00	Dinner

Day 3

07:00	Breakfast
09:00	Ride- iconic ride to Charlotte's Pass and back <i>Option 1</i> – Thredbo to Charlottes Pass to Thredbo (180km-approx 7.5hrs) <i>Option 2</i> – Jindabyne to Charlottes Pass to Thredbo (105km) <i>Option 3</i> - 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 <i>Option 1</i> – Thredbo to Guthega Turnoff to Thredbo (106km) <i>Option 2</i> – Thredbo to Bottom of Dead Horse Gap to Thredbo (45km) <i>Epic Option 3</i> – Thredbo to Khancoban to Thredbo (150km with 3500m climbing) Run off bike – 5km or as far as you like around Thredbo Village
14:00	Lunch – Packed Lunch
15:00	Swim 2x50m lanes booked and then waterslide
17:30	Dinner
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	



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