

THE ULTIMATE TRAINING DESTINATION FOR YOUR TEAM

TAKE YOUR TEAM TO THE ROOFTOP OF AUSTRALIA

CHALLENGE

EMPOWER

ENERGIZE



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.

thredbo.com.au | 02 6459 4184 | tahfunctions@evt.com

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 step away from the everyday and step up the training 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.

Dynamic activities

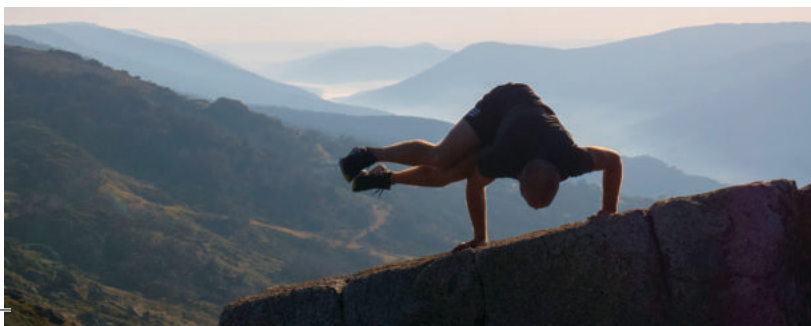
Considerable resources are continually contributed to the development of fun and rewarding activities in Thredbo, offering sporting groups a vast range of exciting activities.

Thredbo Leisure Centre

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

Restaurants, cafés and bars

Teams can dine in an array of cafes and speciality stores while experiencing the unique environment of 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, Futsal, Touch Football, 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
Pulley Strength 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
Elliptical x 1
Stepping Machine x 1
Spin Bikes x 10
Aerobic Steps x 10
Integrity Power Mill x 1

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





Whether your athletes are after adventure, downtime or looking for team building, Thredbo operates and has close access to a wide range of activities that can be tailored to each group. Groups also have access to discounted activity passes.

THREDBO ACTIVITIES

Guided Hikes

Have your team explore the rooftop of Australia with one of our experienced guides.

Climbing and Abseiling

Take on the giant granite boulders of Australia's high country in this dynamic team building and training activity.

Alpine Trails

Whether its an early morning run or a daily challenge, there are plenty of trails in and around Thredbo to get the blood pumping through the mid to high altitude zones.

Mountain Biking

Take a day to try something new with the Thredbo Mountain Bike Park, with trails for all levels and equipment to fit everyone its an exciting twist on a workout.

Yoga

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

Speak to the team on how we can tailor activities even more to suit your needs.





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 one, two and three bedroom apartments.

HOTEL FEATURES AND SERVICES

- Sauna and heated outdoor spa
- Complimentary movies
- 24 hour reception
- Guest laundry
- Parking at the door
- Room service
- Free WiFi
- In-house massage

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 for a restaurant style dinner.

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.





THREDBO LEISURE CENTRE AND SPORTS GROUP PACKAGES

THREDBO SPORT PACKAGES

Package inclusions

Social/School Sports Package from \$141.00 per person Twin Share and \$181.00 per person single share*

*Social/School Sports Package: Includes accommodation at the Thredbo Alpine Hotel, breakfast in Cascades Restaurant, afternoon snacks, lunch and dinner choice from our Social Menu served in the Hotel Complex. 2x2hr access of the indoor pool and unlimited access to the gymnasium, indoor stadium (including climbing wall) and the Village Green playing field.

Elite Sports Package from \$155.00 per person Twin Share and \$200.00 per person single share**

*Elite Sports Package: Includes accommodation at the Thredbo Alpine Hotel, breakfast in Cascades Restaurant, morning and afternoon snacks, lunch and dinner choice from our Elite Sports Menu served in the Hotel Complex. 2x2hr access of the indoor pool and unlimited access to the 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

Thredbo Alpine Hotel	Social/School Sports Package \$141.00 pp Twin Occupancy pp \$181.00 pp Single Occupancy Breakfast served in Cascades Restaurant, Lunch and Dinner to be served in the Hotel Complex	Elite Package \$155.00 Twin Occupancy pp \$200.00 pp Single Occupancy Breakfast served in Cascades Restaurant, Lunch and Dinner to be served in the Hotel Complex
Full Mountain Breakfast including	Selection of cereals, croissants, condiments, low fat yogurt, selection of juices, full cream and low fat milk, tea and coffee Eggs (fried and scrambled), grilled tomatoes, mushrooms, bacon, sausages and toast	Selection of cereals, croissants, condiments, low fat yogurt, selection of juices, full cream and low fat milk, tea and coffee Eggs (fried and scrambled), grilled tomatoes, mushrooms, bacon, sausage and toast
Morning Tea Snack		Selection of fruit and muesli bars
Packed Lunch	Includes a freshly made roll ham and salad roll, muffin, Tim Tam biscuits, fresh fruit and bottled water	Includes a freshly made ham and salad roll, muffin, pretzel, Tim Tam biscuits, fresh fruit, juice popper and bottled water
OR Lunch	Selection of cold cuts, salads, cheese, sauces and freshly baked bread and wraps	Selection of cold cuts, salads, cheese, sauces and freshly baked bread and wraps OR Substantial hot plated meal
Afternoon Tea Snack	Selection of fruit and muesli bars	Selection of fruit and muesli bars
Dinner	Two course entrée and main pre-chosen from the menu	Three course entrée, main and 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 Cascades Restaurant

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





SOCIAL PACKAGE SAMPLE MENU

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

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

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

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

Entrée

Greek salad with tomato, cucumber, olives, Spanish onion and crumbled feta

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

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

Pesto pasta salad with roast vegetables, olives and rocket

Vegetable frittata and garden salad

Soup of the day

Main

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

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

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

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

Seared skinless Barramundi fillets, chips and salad

Beef lasagne, chips and salad

Spinach and 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 and salad roll, muffin, pretzel, Tim Tam biscuits, fruit, juice popper and bottled water

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

Substantial plated meal-

Butter chicken, rice and papadums

Beef massaman curry, rice and fried shallots

Thai green chicken curry, rice and fried shallots

Chicken or beef burger, chips and salad

Spaghetti bolognaise

Beef lasagne, chips and salad

Spinach and ricotta ravioli with vegetable sauce

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

Entrée

Greek salad with tomato, cucumber, olives, Spanish onion and crumbled feta

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

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

Pesto pasta salad with roast vegetables, olives and rocket

Quinoa lamb salad with slow cooked pulled lamb, sweet potato, red peppers, chickpeas, rocket and feta

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

Vegetable frittata and garden salad

Soup of the day

Main

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

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

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

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

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

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

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

Seared skinless Barramundi fillets, chips and salad

Beef lasagne, chips and salad

Spinach and ricotta ravioli with vegetable sauce

Spaghetti bolognaise with parmesan cheese

Dessert

Fruit salad and ice cream OR poached fruit custard OR jelly and 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 Kosciuszko 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 and 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 and 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 - 3 hour Steady Tempo Thredbo to Jindabyne to Thredbo
17:00	Swim - 2 x 50m lanes booked

Day 3

07:00	Breakfast
09:00	Ride - iconic ride to Charlotte Pass and back <i>Option 1</i> - Thredbo to Charlotte Pass to Thredbo (180km-approx 7.5hrs) <i>Option 2</i> - Jindabyne to Charlotte Pass to Thredbo (105km) <i>Option 3</i> - Jindabyne to Charlotte 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 (4.5km) <i>Epic Option 3</i> - Thredbo to Khancoban to Thredbo (150km with 3500m climbing)
14:00	Run off bike - 5km or as far as you like around Thredbo Village
15:00	Lunch - Packed Lunch
17:30	Swim - 2 x 50m 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)
14:00	Swim in Lake Jindabyne to cool off
15:00	Depart for home



thredbo.com.au | +612 6459 4184 | tahfunctions@evt.com

Kosciuszko Thredbo Pty Ltd ABN 95 000 139 015