

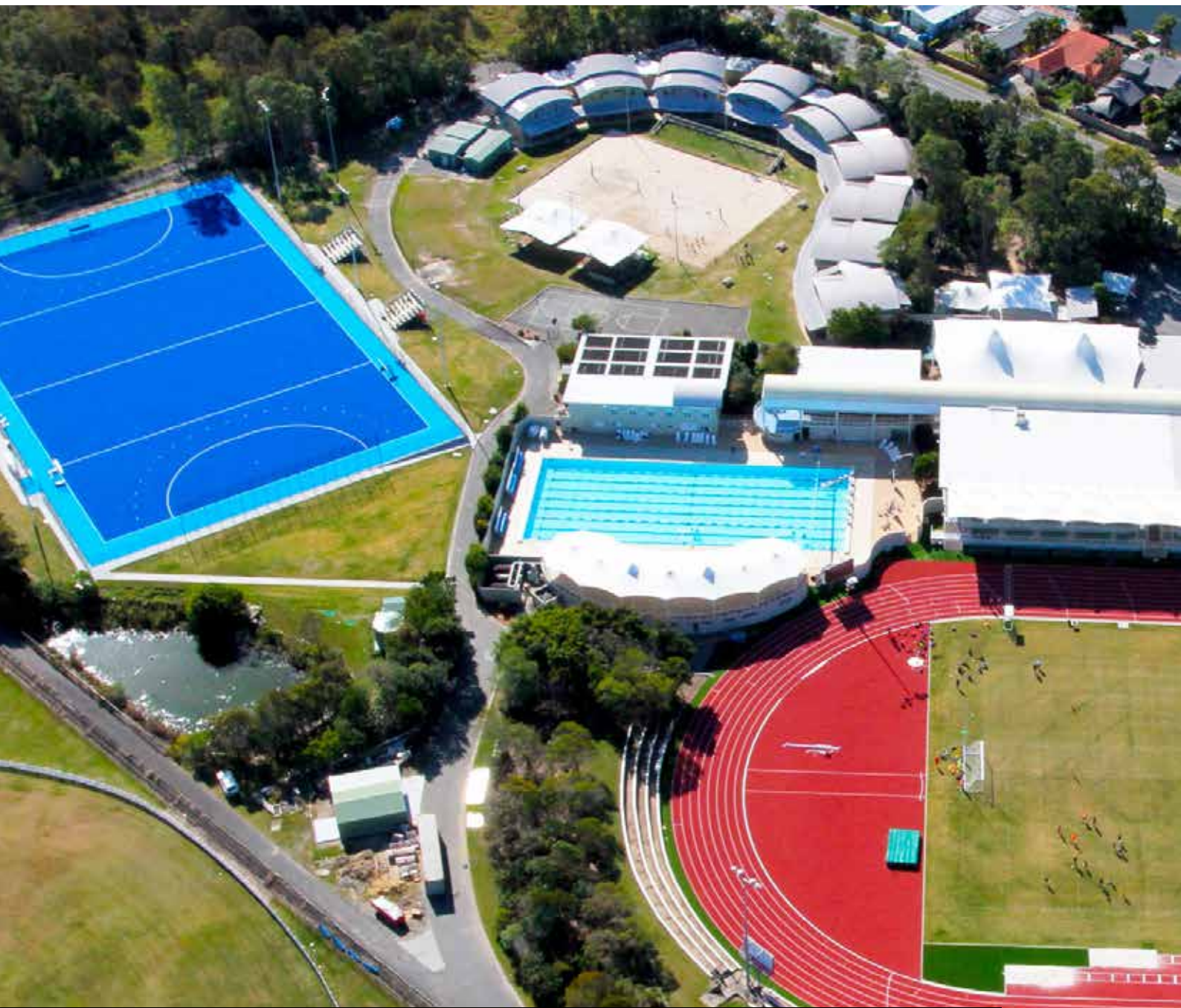


GOLD COAST CAMPS

FOR TEAMS, SCHOOLS AND GROUPS



GOLD COAST
PERFORMANCE
CENTRE



GOLD COAST
PERFORMANCE
CENTRE



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ABOUT THE GOLD COAST PERFORMANCE CENTRE

The Gold Coast Performance Centre (GCPC) is a premier sporting facility located in the northern Gold Coast. The centre is unrivalled as a destination for the community, athletes, sporting teams and school groups to train, play and stay.

From school groups to amateur athletes, athletes with an impairment, national and Olympic / Paralympic level competitors, our state-of-the-art facilities provide a unique, elite training and recovery environment to enhance performance in our 20-acre property.

GCPC boasts world-class training venues including a variety of new and refurbished facilities such as a dedicated high performance gym, IAAF accredited track and field, competition hockey pitch, beach volleyball courts, a heated 50m swimming pool and a large strength and conditioning gym.

Located on the beautiful Gold Coast in Australia, GCPC is in the ideal geographical location to train all year round and acclimatise your athletes and teams ahead of upcoming competition.

NOTE: GCPC is currently owned by the Queensland Department of Education and is in the process of being transferred to the Queensland Department of Tourism, Innovation and Sport. With expected completion in 2023, the transfer will offer many opportunities and major upgrades for the Centre as we progress toward the Brisbane 2032 Olympics.

6 REASONS TO CHOOSE GCPC

1 ONE STOP SHOP

GCPC has everything you need all in one convenient location. From strength and conditioning, gameplay, recovery, meals and accommodation, GCPC provides a focused environment to enrich athletes.

2 ON AND OFF FIELD PERFORMANCE

We believe personal development both on and off the field is crucial in embodying the athlete. Our renowned off field programs work on our key pillars of success including mental, tactical, leadership and team building.

3 INSPIRING EXCELLENCE

In the pursuit of excellence, we strive to engage, motivate and provide a high performance training environment. As a multi-disciplinary facility, we support a wide variety of athletes daily, including visiting international teams and local Gold Coast athletes training for international competition.

4 WORLD-CLASS SPORTING FACILITIES

GCPC is the only Queensland facility with this unique blend of high-performance facilities including grass field, stadium, 2 pools, 2 gyms, on-site accommodation and recovery services. The perfect solution to keep athletes in top physical form while maintaining focus and well-being.

5 SAFETY

GCPC is staffed 24/7. After hours, gates are locked and our security team will look after you and your group.

6 THE BEAUTIFUL GOLD COAST

The Gold Coast's fabulous weather, enviable environment, superb facilities and specialists, and fun activities make it the perfect city for training camps and sporting competitions.



GOLD COAST PERFORMANCE CENTRE



" On behalf of the Parramatta Eels playing squad and staff I would like to thank you for your help and assistance with the preparation of our team for the 2021 NRL Season. Despite the disappointing result on Saturday we have no doubt we would not have been able to prepare as well as did without the assistance of yourself and other staff at Gold Coast Performance Centre.

Your training center provided us with the best chance to succeed and all the staff at GCPC did nothing but bend over backwards for us which I personally cannot thank you enough for. "

**Football Operations Manager
Paramatta Eels**

ELITE SPORTING FACILITIES



GRASS FIELD

- A Professionally Maintained Grass Infield
- » 100m x 60m
- » Change room facilities
- » Ample additional training grounds in the Runaway Bay Sporting Precinct



OPEN-AIR GYM & HIGH PERFORMANCE GYM

- High Performance Gym
 - » Weight platforms, rig and cardio equipment, dedicated to elite teams
- 600sqm Open Air Gym
 - » Newly refurbished gym situated under high sails in 2022
 - » Cardio equipment, machine weights, free weights and lifting platforms
- Group Exercise Studio and Spin Studio
 - » Multi-purpose indoor aerobics studio
 - » Dedicated dark spin studio



AQUATIC & RECOVERY CENTRE

- 50m Outdoor Swimming pool
 - » 8 Lanes with starting blocks
 - » 2m whole pool depth
 - » Heated to 27 degrees year-round
- 20m Indoor Swimming Pool
 - » Heated to 32 degrees year-round
 - » 0.6m - 1.2m average depth
 - » Perfect for recovery or rehabilitation (walk throughs)
- Ice Baths and Recovery Facility
 - » Two temperature controlled cold baths for recovery

ELITE SPORTING FACILITIES



ATHLETICS TRACK & FIELD

- IAAF Accredited Track
 - » The Spurtan BV synthetic track is flood-lit and can accommodate a variety of athletics disciplines
 - » 10 lane 400m and 8 lane 100m sprint
 - » Throwing cage, shot put circles, javelin line marking, high jump mats, steeplechase, and long and triple jump pits
 - » Photo finish system
- Multi-Sport Stadium
 - » Grandstand seating for 550 people
 - » Tiered level seating to host 3000+ spectators



MULTI-PURPOSE HOCKEY PITCH

- IFH Hockey Multi-Purpose Hockey Pitch
 - » Perfect for multi-sport wet-weather training
 - » 92m x 55m World-class, competition-standard synthetic hockey pitch.
 - » The Poligras Platinum CoolPlus wet and dry synthetic surface, state-of-the-art, fully-certified facility.
 - » Aligns in a north-south direction to meet international competition requirements and is flood-lit for night competition and training
 - » Grandstands



ACCESSIBLE FACILITIES

GCPC firmly believes sport should be accessible to everybody, and adheres to strict accessibility guidelines for sporting venues.

Our centre is one of the best equipped sporting complexes of its kind when it comes to making our elite facilities and services accessible for developing high performance athletes with a disability.

Accessible Facilities and Services Include:

- » Accessible sporting facilities
- » 8 Wheelchair accessible bedrooms
- » Accessible bathrooms throughout the centre
- » Ramps and easy access to key facilities and services
- » Wheelchair accessible parking located on-site

ADDITIONAL FACILITIES



CONFERENCES AND ROOM HIRE

Our fully-equipped, multi-purpose conference facilities - connected to centre-wide wifi - are the perfect location for any conference, large group gathering or training event.

GCPC has additional smaller meeting rooms for coaching sessions or smaller gatherings.

Our knowledgeable and experienced staff are also able to provide sports-specific workshops and seminars on a wide range of subjects.



ALLIED HEALTH SERVICES

GCPC has its very own on-site Allied Health Services for the convenience of our guests - Atkins Health.

For athletes and sporting groups who do not travel with their own sports medicine team, the centre provides access to some of the most qualified and well-respected clinicians on the Gold Coast. Services include Vald fitness testing, exercise physiology, physiotherapy, massage and nutrition. Bookings are essentials and extra charges apply.

Visit atkinshealth.com.au for more details.



ACTIVITIES

Both on and off the field, we have qualified staff on hand to facilitate activities for all groups and athletes. Activities range from team building to stand up paddle boarding on the beautiful Broadwater to nutrition lectures and HIIT training.

RUNAWAY BAY SPORTING PRECINCT

The surrounding Council owned land provides guests and locals an abundance of fields, courts, tracks and a stadium accessible for a multitude of sports. Sports catered for in the precinct include tennis, soccer, rugby, cricket, netball, basketball and indoor sports.



- Runaway Bay Indoor Centre
 - » The multi-purpose facility caters for soccer, basketball, netball, volleyball and roller derby.
 - 0.5 km from the Gold Coast Performance Centre
- Runaway Bay Cricket Club
 - » Cricket fields (3) and club house
 - 0.1 km from the Gold Coast Performance Centre
- Luke Harrop Cycling Criterion
 - » Learn to sail to advanced courses
 - 14.0 km from the Gold Coast Performance Centre
- Runaway Bay Dolphins Baseball Club
 - » Baseball field and club house
 - 4.0 km from the Gold Coast Performance Centre
- Coomera Indoor Sports and Gymnastics Centre
 - » Multi-purpose Indoor Centre
 - 15.0 km from the Gold Coast Performance Centre
- Rowing, Kayaking & Dragon Boating
 - » Learn to sail to advanced courses
 - 14.0 km from the Gold Coast Performance Centre
- Soccer & Rugby Fields
 - » 8 x rectangular fields in the Western Precinct
 - » 2 x Rugby fields in the Eastern Precinct
 - » 2 x Soccer fields in the Eastern Precinct
 - 0.3 km from the Gold Coast Performance Centre
- Pro-One Tennis Centre
 - » Chalk courts
 - 0.2 km from the Gold Coast Performance Centre
- Sailing at Sailability Gold Coast
 - » Learn to sail to advanced courses
 - 2.2 km from the Gold Coast Performance Centre
- Sharks AFL Club
 - » AFL field and club house
 - 6.7 km from the Gold Coast Performance Centre
- Carrara Sporting Precinct
 - » Multi-purpose sporting facility
 - 15.0 km from the Gold Coast Performance Centre

ACCOMMODATION

The comfortable accommodation is in nine purpose-built lodges with a total of 292 beds, specifically designed for teams of athletes and student groups. The lodge layout was designed so groups can stay close together and be easily supervised by staff. The accommodation has two types of lodges: twin and quad share.

All lodges have 2 coaches / teachers rooms with an ensuite as well as a kitchenette, lounge, a shaded outdoor deck area and WIFI access. Two lodges are designed for athletes with a disability and wheelchair access.

ACCOMMODATION CONFIGURATION

Quad Share Lodges - 36 pax
8 x Quad Share Bunk Rooms
2 x Twin Share Rooms with Ensuite

Twin Share Lodges - 20 pax
8 x Twin Share Rooms
2 x Twin Share Rooms with Ensuite





TRACKSIDE BISTRO

example menu

breakfast

Served 6.00-8.30am

Continental

Cereals, yogurt, fruit, toast, juice, chia cups, tea and coffee

Athletes

Continental breakfast + scrambled eggs, cheese & chive omelette, poached eggs, oven-roasted tomato, herbed sautéed mushroom

Premium

(more choice, higher volume and option to customise)

Athletes breakfast + spanish tortilla, smoked salmon, or corn & zucchini fritter

lunch

Served 11.00am - 2.00pm

Cold Lunch

Salad bar, cold cuts, breads, drinks station + two house made salads

Athletes

Salad bar, drinks station + Slow Cooked Greek style lamb, Mediterranean vegetables, pita, tzatziki

Premium

(more choice, higher volume and option to customise)

Athletes lunch + teriyaki salmon or pork schnitzel

tea break

Tea, coffee, cordial, water + your choice of cookies or muffins or pastries or fruit platter

Tea and Coffee

with 2 snack choices

with 3 snack choices

dinner

Served 5.00-8.00pm

Pizza

Water Cordial + 2 slices of pizzas

Barbeque

A selection of BBQ Meats, Jacket Potato, Corn on the cob, salad bar and drinks station

Athletes

Salad bar, drinks station + oven roasted chicken breast, roast potatoes, steamed veg, gravy and rolls + chocolate pudding

Premium

(more choice, higher volume and option to customise)

Athletes dinner + southern style chicken or teriyaki salmon

Menu is changed weekly, meals bookings must be finalised 14 days before arrival, meals are available as a packed option, special dietary requirements available on request, special requests are prepared in the same kitchen as allergens, contact us for rates.



4-DAY SAMPLE TRAINING ITINERARY

OPPORTUNITIES

Skills Development - Physical Fitness
Mental Strategies - Gold Coast Experience

Challenge your athletes to a training intensive at the Gold Coast Performance Centre.

Your athletes will learn the physical and mental skills to take them to the highest pinnacle of their chosen sport.

This camp also includes an iconic Gold Coast experience, because hard work deserves reward.



SPORT TRAINING ITINERARY

EXAMPLE ITINERARY BASED ON A RUGBY CAMP

Day One

- 14:00 Arrival & Induction
- 15:00 Field Training
- 16:30 Roll and Recover
Using foam rollers and trigger balls to enhance your recovery.
- 18:00 Dinner at GCPC
- 19:00 Movie Night

Day Two

- 6:00 Field Training
- 8:00 Breakfast at GCPC
- 9:00 Gym Session
Strength & Conditioning Session focusing on technique, strength and power.
- 10:00 Contrast Bath
Recovery
- 10:30 Morning Tea
- 11:00 Peak Performance
Workshop
Learn to think and act like a champion.
- 12:30 Lunch at GCPC
- 14:00 Yoga
Re-align the body, lengthen and strengthen the muscles.
- 16:00 Field Training
- 18:00 Surfers Paradise
and Q1 Tour
Visit Surfers Paradise and see the Gold Coast from the highest vantage point.
(Buy dinner in Surfers Paradise)

Day Three

- 6:30 Field Training
- 7:30 Breakfast at GCPC
- 9:00 Themepark
- 19:00 Dinner at GCPC

Day Four

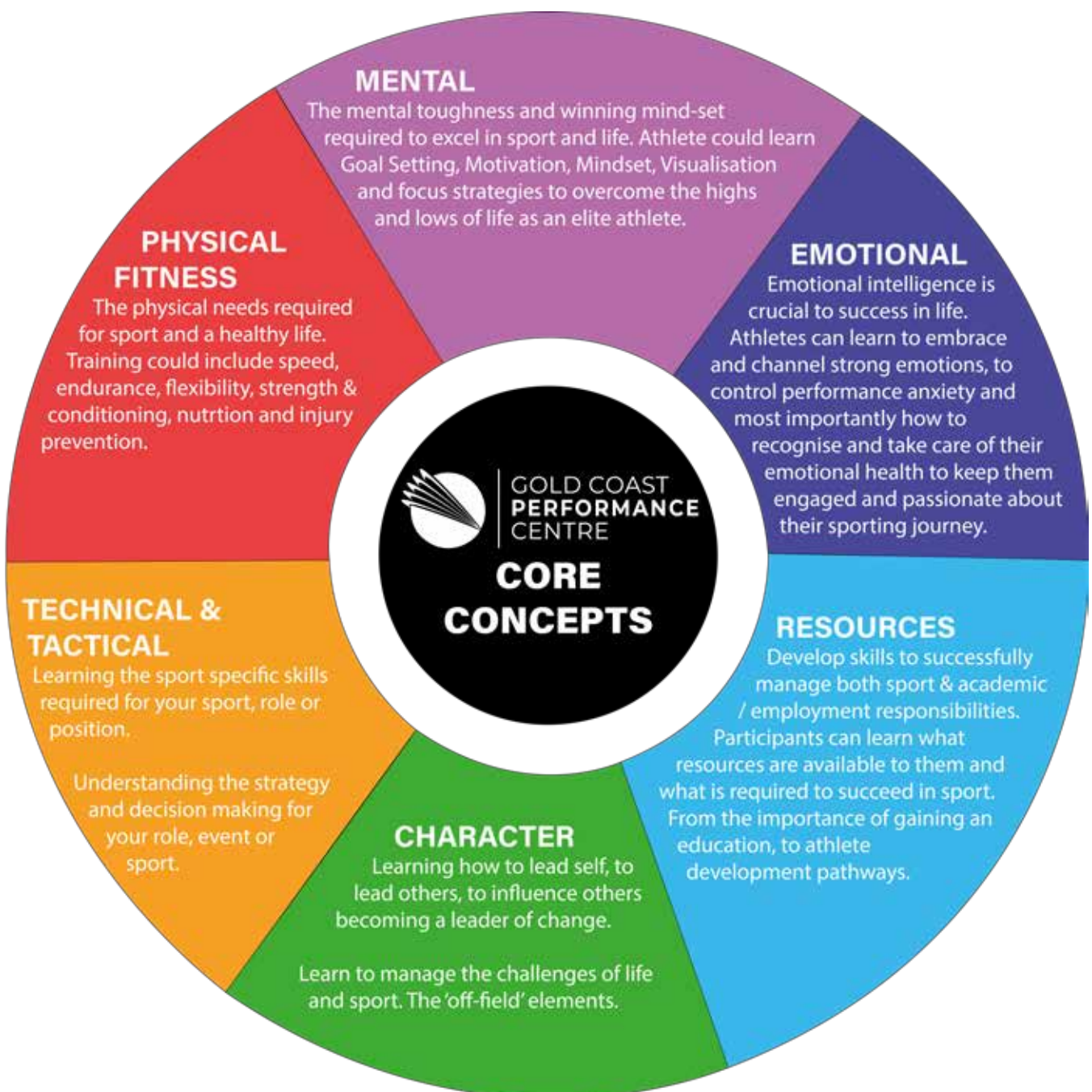
- 6:00 Field Training
- 7:30 Breakfast at GCPC
- 10:00 HIIT Session
High intensity interval training
- 11:30 Contrast Bath
Recovery
- 12:00 Lunch at GCPC
- 13:00 Finish
Your team have made it through an intense and productive training camp, enjoyed a little of the iconic Gold Coast and can now forge ahead with their sporting aspirations.

GCPC CORE CONCEPTS

As a coach, you know athletes learn best when they get their hands and minds into a subject.

Our tailored programs provide unique learning opportunities that encourage active participation and exploration, designed to prepare athletes to thrive in both sport and life.

With a common goal in mind, in collaboration with your camp co-ordinator we strive to enhance development and growth both on and off the field.





DESIGN YOUR EXPERIENCE

ACCOMMODATION

Twin Lodge - 20 Beds in 10 rooms including 2 Twin Ensuite Rooms

Quad Lodge - 36 Beds in 10 rooms including 2 Twin Ensuite Rooms

All lodges have a kitchenette, common room, male and female bathrooms, WiFi, access to laundries and air conditioning in all bedrooms.

SPORTING FACILITIES

High-performance Gym • 600m2 Fully Equipped Gym • 50m and 20m Heated Pools
• Aerobics Studio • IAAF Athletics Track • Natural Turf Training Field - Stadium • FIH Accredited Hockey Pitch • Conference and team Rooms. Also in surrounding Council owned precinct: 4 Court Indoor Stadium • Cycling Criterium • Grass Fields • Netball Courts • Tennis • Cricket Pitch

MEALS

Served in our 300 seat Trackside Bistro (packed option available)

Breakfast - Lunch - Dinner

Premium Options Available (more food, more choice)

Morning and Afternoon Tea

GROUP ACTIVITIES

Vald Fitness Testing • Nutrition and Dietetics Workshop • Athletic Development
Yoga • Injury Prevention Workshop • Goal Setting Workshop • Speed for Sport
Body Pump • Roll & Recover • HIIT • RPM Cycle Class • Brazilian Jiu Jitsu
and more...

TRAVEL

Bus transport to and from Brisbane International Airport and Gold Coast International Airports - City wide transport.

GOLD COAST EXPERIENCES

Attractions

Movieworld - Seaworld Wet'n'Wild -
Dreamworld - Whitewater World -
Q1 Skypoint - Currumbin Sanctuary -
Top Golf - Paradise Country - Surfers
Paradise

Natural Wonders

Springbrook - Mount Tamborine
Gold Coast Beaches

Shopping

Harbourtown Outlet - Runaway Bay
Shopping Centre - Surfers Paradise
Markets - Pacific Fair

Local Spots

Runaway Bay Shearwater Esplanade
Paradise Point - Broadwater Parklands
- Harbourtown Shopping, Dining &
Cinemas - Charis Lagoon and Park



ABOUT THE GOLD COAST

More than a city famous for its sun, surf and sand, the Gold Coast covers an area of 1400 square kilometres and stretches along 57 kilometres of Australia's eastern coastline. It is one of the fastest growing regions in Australia, with a population of 535,000. Beyond our beautiful beaches you will discover a lush rainforest hinterland with breath taking scenery, all a short drive from our city centre.

Beyond our beautiful beaches you will discover a lush rainforest hinterland with breathtaking scenery, all a short drive from the Gold Coast Performance Centre. Our city's natural environment, mixed with our world class sporting infrastructure and associated service providers, make it the perfect training and competition environment for athletes and teams, particularly those competing in the region.

The Gold Coast is serviced by two international airports. The Gold Coast Airport (OOL) at Coolangatta is located just 18km south of the city, while the Brisbane Airport (BNE) is located 85 km to the north. Both are easily accessible from a variety of ground travel options.

In early 2018, the Gold Coast was the host city for a sporting highlight for the nation, the Gold Coast 2018 Commonwealth Games (GC2018). Approximately \$320 million worth of new sporting infrastructure was constructed for the Games and the legacy from GC2018 will ensure our city is a highly desirable sporting destination for athletes in years to come.

The next major sporting event on our calendar is the Brisbane 2032 Olympic Games. Expanding to South-East Queensland, the games will increase the standard of sporting venues offering world-class facilities to all users.



**'Average of
10 hours
sunshine,
300 days a
year'**