



GOLD COAST PERFORMANCE CENTRE

# PROGRAM GUIDE

*Programs for athletes, students and groups.*

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[GOLDCOASTPERFORMANCECENTRE.COM.AU](http://GOLDCOASTPERFORMANCECENTRE.COM.AU)



# OUR PROGRAMS

The Programs Guide introduces you to the activities available to our guests; which have the power to convert your group's visit into a transformational experience that will be remembered long after the event has concluded.

Our programs are conducted by experienced and engaging facilitators, including Sport Medicine Professionals, Teachers, Personal Trainers, Elite Athletes and Coaches. These facilitators will guide your group to achieve their own personal best, be that sporting success, character development, leadership aspirations or simply to live a happy, healthy well-rounded life. All programs are subject to availability.

These experiences have been carefully selected and contribute to at least one of our 6 core concepts:



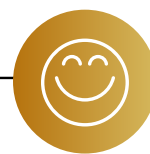
## **Mental Health**

The mental toughness and winning mind-set required to excel in sport and life. Athletes learn goal setting, motivation, mindset, visualisation and focus strategies to overcome the highs and lows of life as an elite athlete.



## **Physical Fitness**

The physical needs required for sport and a healthy life. Training could include speed, endurance, flexibility, strength & conditioning, nutrition and injury prevention.



## **Emotional Wellbeing**

Athletes can learn to embrace and channel strong emotions, to control performance anxiety and how to take care of their emotional health to keep them engaged and passionate about their sporting journey.



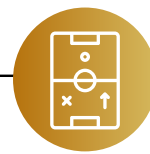
## **Character Development**

Learning how to lead self, to lead others, to influence others becoming a leader of change. Learn to manage the challenges of life and sport.



## **Resources & Support**

Develop skills to successfully manage both sport & academic / employment responsibilities. Participants can learn what resources are available to them and what is required to succeed in sport.



## **Technical & Tactical**

Learning the sport specific skills required for the sport, role or position. Understanding the strategy and decision making for your role, event or sport.

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# SELF DISCOVERY PROGRAMS

## AMAZING RACE

Combining physical challenges, mental puzzles and critical thinking, the Amazing Race is the ultimate test for teamwork and the perfect platform for leadership growth. A step up in problem-solving, this activity challenges participants to apply knowledge to a variety of team situations and highlights the importance of skills like extrapolation and inferencing. 1 hour.

\$10.40

## BUBBLE SOCCER

Bubble Soccer is a new sport; physically demanding, exciting and laugh-out-loud fun. It involves being strapped into a zorb ball and running around playing a full-contact game of soccer. 1 hour.

\$31.20

## LASER SKIRMISH

A fun outdoor combat team sport just like paintball, but without the bruises. Fire an invisible and harmless infrared beam - it's safe combat fun for all ages! Maximum 47 pax. 1 hour.

\$20.40

## LEARN TO SURF

Experience the thrill of surfing and be a part of Australia's beach culture. Receive expert and safe tuition from professional surfing instructors at world-famous Gold Coast beaches. Techniques are easy to follow and will have you standing and surfing in your first group session. Transfers are available on request. 1.5hrs, not including travel time.

POA

## TEAM BUILDING & INITIATIVE GAMES

Two team-building activities in which cooperation and effective communication are essential for success. Students will need to work together in order to achieve common goals. 2 hours.

\$17.70

## STAND-UP PADDLE BOARDING

An emerging global sport with a Hawaiian heritage. Experience SUP boarding in a safe 'flat water' environment within walking distance of the Gold Coast Performance Centre. Qualified instructors conduct the session incorporating technical instruction with an emphasis on participation and fun. 1 hour plus travel time.

POA

Minimum 20 pax.  
Saturday Rates +\$2pp  
Sunday Rates +\$3pp



# WORKSHOPS

## **ATHLETIC DEVELOPMENT**

This class will train you like an athlete, focusing on strength, power, agility, muscular endurance and flexibility. 1 hour.

## **SPORTS NUTRITION AND DIETETICS**

Covering the basics of living a healthy lifestyle and making healthy choices in nutrition and exercise. Learn how to fuel your body for maximum performance. Delivered by experienced health professionals (20 - 30 people). 1 hour.

## **MENTAL HEALTH: BREAKING DOWN BARRIERS FOR PERFORMANCE**

This lecture covers how mental health and well-being can be enhanced and strengthened through specific strategies that students can learn and practice. This includes understanding the impact of physical, social, spiritual and emotional health on well-being as well as coping skills, help-seeking strategies and community support resources. 1 hour.

## **MOBILITY AND FUNCTIONAL MOVEMENT**

A practical workshop where you will learn techniques for soft tissue muscle release and why mobility is critical to efficient and optimal performance. 1 hour.

## **SPORT SPECIFIC STRENGTH AND CONDITIONING:**

Strength and conditioning is an integral element to an athlete's career and performance. This 2-hour practical session will cover the fundamental strength and conditioning protocols necessary for optimal performance. Tailored to the needs of your chosen sport our team of Exercise Physiologists will put you through your paces and help you not only understand but feel the difference when training effectively. 2 hours.

## **SPORTS INJURY PREVENTION**

An invaluable session for any young athlete, this session covers the importance of warm-ups, cool-downs and stretching, protective equipment and how to identify any predisposition to injury or illness. You will also learn about rehabilitation techniques and how to safely return to activity after initial treatment. For individuals and teams. (20 - 30 people). 1 hour.

\$15.60pp

Saturday Rates +\$2pp

Sunday Rates +\$3pp

Minimum 20 pax

## **ATKINS HEALTH**

Atkins Health offer a number of Allied Health Services onsite. Atkins Health specialise in exercise physiology, remedial massage and physiotherapy. For more information on the Atkins Health Services, visit their website: <https://www.atkinshealth.com.au/>



## SEMINARS

### **SPORTS INCLUSION AND DISABILITY FOR COACHES/MANAGERS**

Whether it be at grassroots or elite level, everyone deserves the right to enjoy sport and to be included. This workshop is ideal for coaches of any level to gain better insight into how to make everyone has their place on the team. 1.5 hours.

\$16.80pp

### **SPORTS INCLUSION AND DISABILITY AWARENESS FOR ATHLETES**

Sport is for everyone, and everyone deserves a place on the team. In this workshop, you discover your individual strengths to become an ally to your fellow athletes and a more cohesive, successful team member, with everyone included. 1 hour.

\$12pp

### **PASSION AND PURPOSE: USING YOUR WHY TO DRIVE SPORTS PERFORMANCE FOR STUDENTS**

Use what you enjoy and are most passionate about in life to drive you forward and crush your goals. It sounds simple and once you know how, it is! 1 hour.

\$12pp

### **PASSION AND PURPOSE: USING YOUR WHY TO DRIVE HIGH PERFORMANCE FOR BREAKTHROUGH/ELITE ATHLETES**

You know what you love, you're doing it! By incorporating the things you are most passionate about into your pursuits, you will maintain the love and momentum for what you're doing to reach any goal you set for yourself. 1.5 hours.

\$16.80

### **MINDSET MATTERS: MOTIVATION AND "GOAL GETTING" FOR SUCCESS**

Our motivations as individuals are as many and varied as our cultural backgrounds and the languages we speak. But one thing is constant, we are all motivated by something. We will delve into using our motivations in a positive way and taking action to push you towards whatever you desire most in life. 1 hour.

\$12pp

### **RESILIENCE: EMBRACING CHALLENGES TO ADAPT AND OVERCOME FOR ATHLETES**

Whatever you do in life, to be successful, resilience is absolutely key. As an athlete, there will be injuries, training slumps, and numerous other things that will affect your ability to perform at your peak. Having the resilience to ride the waves that become part of a successful athletics career is paramount. 1 hour.

\$12pp

Saturday Rates +\$2pp  
Sunday Rates +\$3pp  
Minimum 20 pax





# SPORT DEVELOPMENT PROGRAMS

## ATHLETICS

Athletics coaching session on our IAAF-accredited track and field facility, including long jump, shotput, discus, high jump and more. 1 hour.

\$10.40

## BEACH VOLLEYBALL

Come try one of the most popular sports in the world and find out how hard it really is to play two and four a side beach volleyball.

\$10.40



## SPEED FOR SPORT

Using the exercising principles of speed and agility, these sessions are conducted by qualified instructors using speed ladders, macro and micro hurdles, and resistance equipment specific to your sport. Sessions can be conducted for beginners to an elite level in any sport. Great for all land-based teams and individual sports (20 - 50 people).

\$10.40

Minimum 20 pax.

1 hour duration.

## SPORT SPECIFIC TRAINING - FACILITY HIRE

- IAAF Track and Field
- Hockey Pitch
- Strength and Conditioning Gym
- Main Field
- Pools
- Aerobic Hall and Spin Bike Studio

\$POA





# FITNESS SESSIONS

## **BODY PUMP**

A pre-choreographed, non-impact workout using an adjustable barbell that challenges every major muscle in your body. Will tone and shape and is suitable for all levels of fitness. 1 hour.

## **BODY CONDITIONING**

A conditioning class that will tone and shape your body using weights, barbells and lower body resistance techniques. Suitable for all levels of fitness. 1 hour.

## **BODYFIT**

A fun, exercise to music workout that combines cardio fitness, core stability, balance, functional strength and flexibility. 1 hour.

## **BOXING**

A high-intensity workout focusing on agility and power, this session will certainly keep your heart rate up. 1 hour.

## **BRAZILIAN JIU JITSU**

Brazilian jiu-jitsu is a self-defense martial art and combat sport based on grappling, ground fighting and submission holds. BJJ builds transferrable skills athletes to take across sports. 1 hour.

## **FUNCTIONAL FLEXIBILITY or YOGA**

Perfect for a recovery activity. Improved flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness. 1 hour.

## **HIGH INTENSITY INTERVAL TRAINING (HIIT)**

A fantastic all-in-one workout including cardio, weights, plyometrics, body weight exercise and cycle training. Suitable for everyone. 1 hour.

## **PILATES**

Flexibility, strength and core movements helping tone and strength muscles. A floor work class teaching the basic fundamentals. 20 - 30 people. 1 hour.

## **RPM**

High-energy indoor cycling class. Experience rolling hills, winding roads, sprints and intervals. Great for all levels as you set your own resistance and pace. Max 26 people. 1 hour.

## **SPRINT**

If you want to get fitter, faster, and stronger with minimal impact on your joints then this is the workout for you! LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Maximum 26 people.

## **ZUMBA**

High and low-intensity moves for an interval-style dance fitness party. 1 hour.

Minimum 20 pax  
Fitness sessions are \$10.40pp  
Saturday Rates +\$2pp  
Sunday Rates +\$3pp



## AQUATIC ACTIVITIES

### AQUAFIT or DWEX

A low-impact class in the indoor pool with an emphasis on fun. This choreographed exercise to music workout combines cardio and toning exercises using water as your resistance. A great alternative to land-based exercises if you have joint problems or injuries. 1 hour.

\$10.40

### AQUATIC GAMES - SELF FACILITATED

A self-facilitated activity, GCPC will provide equipment (for example; noodles/balls/dive rings etc.) and a lesson plan to promote teamwork, enhance fitness and build water confidence. Activity is facilitated in the 20m pool (great night activity). 1 hour.

6-lane pool hire is \$129.30

### EXCLUSIVE POOL LANE BOOKINGS

Groups can book lanes per hour. Advance bookings are required and are subject to availability. \$21.55 per lane p/h (on-site groups). \$25.95 per lane p/h (off-site groups).

### FREE SWIM

20m and 50m pool lane hire with a qualified lifeguard on deck to assist with supervision. \*Group is required to have their own teachers/coaches present at all times.

POA

## EVENING ACTIVITIES

### ASTRONOMY NIGHT

Enjoy an educational and interactive scientific session while observing celestial objects such as stars, planets, asteroids, and comets. 1 hour.

\$12.50

### FIELD GAMES

These hybrid games are designed to use a wide variety of skills and develop fitness performance. Held in the main stadium under the lights. 1 hour.

\$10.40

### LASER SKIRMISH

Complete stealth night missions! Fire an invisible and harmless infrared beam to defeat the enemy. It's safe combat fun for all ages! \*This activity can also be organised during the day. 1 hour.

\$20.40

### MOVIE NIGHT

Spend an evening winding down with a movie on the big screen in one of our conference rooms. A selection of movies are available from the accommodation office or groups can plug in a laptop to project a film from a streaming service. Exclusive use for groups, number of pax that can be accommodated is dependent on size of conference room available.

\$75.00 per movie

### TRIVIA NIGHT

A mixture of sport, history, and Australian-themed questions. Interactive games and challenges are incorporated throughout the session and prizes can be included. 1 hour.

\$10.40pp or \$13.50 with prizes

Saturday Rates +\$2pp

Sunday Rates +\$3pp

Minimum 20 pax



# FITNESS TESTING

Fitness testing sessions are designed to give athletes, coaches and support staff a fundamental understanding or baseline of overall fitness per athlete. The core values of the Gold Coast Performance Centre ensures an holistic approach to Long Term Athlete development and focuses on 5 key areas of fitness:

- Speed
- Strength
- Coordination
- Flexibility
- Endurance



## TAKE YOUR ATHLETES TO THE NEXT LEVEL

### Foundation Testing

- ✓ 40m sprint – 10m/30m Splits
- ✓ Standing horizontal jump
- ✓ Standing vertical jump
- ✓ Sit and reach
- ✓ Seated medicine ball throw
- ✓ 1km time trial

2 hours.  
\$17.70pp  
Minimum 20 pax

### VALD Testing

This testing protocol provides coaches, athletes, and health professionals with objective data on an athlete's physical performance.

- ✓ Lower body power: Countermovement Jump
- ✓ Lower body strength: Isometric squat hold
- ✓ Upper body strength: Maximum push-ups
- ✓ Core strength: Plank
- ✓ Speed and Acceleration: 0-40m sprint time
- ✓ Endurance: Yo-Yo test
- ✓ Agility: Illinois Agility Test
- ✓ Wing Span

\$27 - \$45pp - POA  
2 hours.

Testing sessions are designed to take a large group of athletes efficiently and effectively through each test in approximately 2 hours. Athletes will keep their results from each test, coaches can collate this data to ensure programs work to the strengths and weaknesses of each athlete.

A sporting team will be able to find the strengths and weaknesses of each athlete, as well as provide baseline measures for testing. The testing is ideal to do prior to completing a training block (i.e. off-season) and also serve as a measure for rehabilitation goals for injured athletes.



## GROUP PACKAGES

### 2 ACTIVITIES (back to back)

|                         |         |
|-------------------------|---------|
| Weekday                 | \$17.70 |
| Saturday                | \$19.70 |
| Sunday / Public Holiday | \$20.70 |

### 1 DAY - 4 ACTIVITIES (2 x morning and 2 x afternoon)

|                         |         |
|-------------------------|---------|
| Weekday                 | \$35.40 |
| Saturday                | \$37.45 |
| Sunday / Public Holiday | \$40.60 |

\*Minimum 20 pax. Applicable to standard (\$10.40) activities only.

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# ALL-STARS DEVELOPMENT CAMP

The Athlete Development Camp is designed to prepare promising athletes to thrive in both sport and life. Our team of experienced, motivated, and engaging sports professionals will guide your athletes to develop physical fitness, elite athlete behaviours, and physical and mental well-being.

The camp is designed to take the guesswork out for you, and for your athletes to enhance performance, both on and off-field.

The camp includes:

## Day 1

- ✓ Foundational Fitness Testing
- ✓ Pool Session
- ✓ Team Building - Sporting Trivia or Athlete Presentation

## Day 2

- ✓ Sport Specific - Functional Flexibility
- ✓ RPM Spin Class
- ✓ Strength & Conditioning Session
- ✓ Speed and Plyometrics
- ✓ Sport Specific Drills Session
- ✓ Recovery Ice Baths
- ✓ Athlete Pathways Workshop and Presentation

## Day 3

- ✓ Sport Specific - Endurance
- ✓ Circuit Session
- ✓ Yoga / Roll and Recover Session

## ADVANCED CAMP

Our most popular type of camp, the All-Stars Advanced Camp offers a higher level of development for athletes. The Advanced Camp includes the above activities and additional:

- ✓ VALD Fitness Testing
- ✓ Mental Toughness Workshop
- ✓ Nutrition Workshop



## PROGRAM PACKAGES

|                              |                                   |
|------------------------------|-----------------------------------|
| Development Activity Package | \$106.20 per person for 3 days    |
| Advanced Activity Package    | \$152.00 per person for 3 days    |
| Meals Package                | \$155.80 per person for 3 days    |
| Accommodation                | From \$26.40 per person per night |

|                          |  |
|--------------------------|--|
| Development Full Package | From \$314.80 pp (\$104.95 per day for a 3 day camp) |
| Advanced Full Package    | From \$360.60 pp (\$120.20 per day for a 3 day camp) |



# 2-DAY SAMPLE ITINERARY



## Day 1

9:00 Arrive and settle in at GCPC.

9:00 Amazing Race  
Activities focusing on physical challenges, mental puzzles and critical thinking.

10:30 Morning Tea

11:00 Speed for Sport  
Quick feet, fast pulse in this speed and agility focused class.

12:30 Lunch

1:30 Team Building & Initiative Games  
Activities focusing on cooperation and effective communication.

3:30 Nutrition Seminar  
Athletes will learn how to fuel their bodies for maximum performance.

5:00 Sport-Specific Training  
Jump in the pool, head out on the field or hit the track for your sport-specific training session. Self-facilitated session.

6:00 Dinner

7:00 Yoga + Functional Flexibility  
Improve flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness.

## Day 2

6:00 HIIT  
Interval training workout, designed to improve strength and build lean muscle

7:30 Breakfast

8:30 #2 Sport-Specific Training  
Jump in the pool, head out on the field or hit the track for your sport-specific training session. Self-facilitated session.

11:30 Ice-Bath Recovery  
Experience one of the best forms of recovery, in our onsite ice baths. Self-facilitated session.

12:30 Lunch

1:00 Mental Health  
Hear experiences from professional athletes about the mental toll that sport can put on you, as well as provide everyday strategies to help improve mental wellbeing.

2:30 Strength & Conditioning  
An introduction to training in the gym. Learn how to lift with correct technique.

4:30 Depart  
Depart GCPC to head home.

# EXPERIENCE THE GOLD COAST

GCPC staff can book tickets and bus transfers on behalf of your group. \$POA

## MOVIE WORLD

For fans of all things Hollywood and cinema, step into a world dedicated to Warner Bros productions and the magic of the silver screen.

## SEAWORLD

Get up close and personal with the natural wonders of the ocean at one of the Gold Coast's most popular theme parks.



## WET 'N' WILD

For water babies, Wet 'n' Wild is one of the biggest water theme parks in Australia. Slides and rides galore for people of all ages.

## AUSTRALIAN OUTBACK SPECTACULAR

Perfect for tourists visiting Australia, this show is a fantastic one-night introduction to Australia's world-famous Outback. Dinner included.

## PARADISE COUNTRY

Paradise Country is an authentic Australian farm experience with animal encounters and shows for the whole group to enjoy.

## DREAMWORLD

Enjoy rides for all ages, animal encounters, and White Water World water park in Australia's biggest theme park.

## CURRUMBIN WILDLIFE

SANCTUARY Birds, reptiles and so much more, get to know some of Australia's most fascinating wildlife. Don't forget to feed the lorikeets!

## BROADWATER PARKLANDS

A large community park located in Southport on the popular Broadwater waterways. Designed for large community gatherings and families alike. The park has many different areas for children and barbecue areas for families.







## CONTACT US



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## TERMS AND CONDITIONS

- Groups must have their own water safety qualified staff for pool lane hire and aquatic games.
- GCPC lifeguard is available at an additional cost if required.
- Group numbers are based on a minimum of 20 people.

