



Sport Development Camp Coordinator Form

School Details:

School Name: _____
 Year Level: _____ No PAX: _____
 Date of Camp: _____
 Arrival Time: _____ Depart Time: _____
 Depart Time: _____
 Transport: Bus / Private (Please circle)

Camp Co-Ordinator Details:

Full Name: _____
 School Phone: _____
 Mobile No: _____
 Email: _____

CAMP FOCUS: Please select the key camp focus for your group (Choose multiple if applicable):

Click the box:

- Team building/develop cohesion Intense training camp Experience an Elite Environment Competition Preparation
 Challenge students out of their comfort zone Complement the specific team/school program or other
 (Please email details)

SPORTS EXCELLENCE SESSIONS: Please select the key camp focus for your group (Click multiple if applicable):

<u>Mind & Body Preperation</u>	<u>Fitness</u>	<u>Competition</u>	<u>Night time</u>
<i>Before and after performance</i>	<i>Conditioning yourself for performance</i>	<i>Yourself against others</i>	<i>Yourself with others</i>
<input type="checkbox"/> Yoga <input type="checkbox"/> Functional Flexibility <input type="checkbox"/> Ice Baths & Pool Recovery	<input type="checkbox"/> Aqua Bootcamp (Aqua Belts) <input type="checkbox"/> Barbell Workout <input type="checkbox"/> Beach Fitness <input type="checkbox"/> Boxercise <input type="checkbox"/> Cycling (High School Only) <input type="checkbox"/> Fitness Circuit <input type="checkbox"/> Fitness Testing (Components of fitness) <input type="checkbox"/> High Intensity Interval Training (Hiit) <input type="checkbox"/> Intro to Strength & Conditioning – Gym <input type="checkbox"/> Speed & Agility <input type="checkbox"/> Spin (MAX 28 pax)	<input type="checkbox"/> Initiative Games <input type="checkbox"/> Laser Tag (additional charge of \$12.50/student) <input type="checkbox"/> Kayaking <input type="checkbox"/> Mini Olympics <input type="checkbox"/> Military Bootcamp <input type="checkbox"/> Outdoor Team Challenge <input type="checkbox"/> Team Obstacle Course <input type="checkbox"/> Stand Up Paddle Boarding (Double Session) <input type="checkbox"/> Survivor <input type="checkbox"/> Prouty's Landing	<input type="checkbox"/> DJ / Disco Night <input type="checkbox"/> Field Games <input type="checkbox"/> Guess Those Lyrics <input type="checkbox"/> Indoor Pool Games <input type="checkbox"/> Movie Night <input type="checkbox"/> Trivia / Sports Trivia <input type="checkbox"/> Astronomy / Science
<u>Competition</u>			
<i>Yourself against others</i>			
<input type="checkbox"/> Aquathlon Duathlon Triathlon (Double session) Ice Baths / Pool Recovery <input type="checkbox"/> Archery <input type="checkbox"/> Indigenous Games <input type="checkbox"/> Self Defence – Juhi Jitsu			

Example day of a camp program

RBSLEC Sports Excellence programs are aligned with the Personal and Social Capabilities of the national curriculum.

	Group 1	STAFF	Group 2	STAFF	Group 3	STAFF
Breakfast 7:00	BREAKFAST					
9:00	Morning Motivator					
09:15-10:30	Workshop: Athlete Dev.		Boxercise		Beach Fitness	
10:30-10:45	MORNING TEA					
10:45-12:00	Boxercise		Yoga		Stand Up Paddling	
Lunch 12:15	LUNCH					
13:15 - 14:30	Military Bootcamp		HIIT		Spin Class	
14:30-15:45	Functional Flexibility		Ice Baths/Pool Recovery		Yoga	
15:45	AFTERNOON TEA					
16:00 - 18:00	Free Time					
Dinner 18:00	DINNER					
19:15 - 21:00	Night Activities					





RBSLEC Activity Descriptions



Amazing Race

This activity combines physical challenges, mental puzzles, and critical thinking problems. Amazing Race is the ultimate test for teamwork and the perfect platform for leadership growth. Students will move around the centre in small groups returning to 'base' to complete challenges.



Archery

Through experiential learning students learn how to successfully fire an arrow at a stationary target. This activity challenges students' focus and self-control.



Aquatic Games / Pool Swim

This activity builds confidence in the water as students participate in team-oriented games aimed at supporting one another, challenging fitness and having fun in a non-weighted environment. Takes place either in the 20m indoor pool (shallow) or the 50m outdoor pool (min 2m depth)



Beach Games

This involves a series of games designed to promote effective communication and build leadership qualities. These team-oriented games allow all to grow in confidence while having fun in the picturesque environment of the Gold Coast Broadwater. Students will be digging in the sand and required to wade in ankle-deep water.



Cycling

Students will learn the skills necessary to ride on the road as a cyclist, building confidence in safety manoeuvres, indicating, giving way to others and stopping. Cyclists will then be given the opportunity to compete in team challenges around the Luke Harrop Memorial Track.



Fitness Activities

Spin Class: Get the music pumping and challenge your students' mental toughness with this high intensity cycling session, in a fun team environment.

Fitness Circuit: Medium to high intensity training focussing on a range of fitness components, incorporating new and innovative exercises to create a fun and interesting session.

HIIT: High Intensity Interval Training, combining the use of gym and matrix equipment, body weight exercises and kinaesthetic training.

Beach Fitness: Body weight exercise session at the beach for a more challenging workout.

Functional Flexibility: Learn how to prepare for exercise with dynamic movement, and cool-down with foam rolling and static stretching techniques.

Boxercise: Get the gloves on and combine continuous cardio-vascular training with the high intensity of boxing.

Strength and Conditioning: Step into the shoes of the elite, and train in our world class gymnasium and Commonwealth Games venue.

Triathlon/Duathlon: Dive into our 50m Olympic pool, run on the IAAF Track and cycle around the Luke Harrop Memorial track to complete this ultimate test of physical and mental toughness.

Speed for Sport: All student athletes can benefit from improved acceleration, agility and speed. Develop these skills on our IAAF track with specific training techniques and activities.





Fitness Testing

In this activity, students will be encouraged to push themselves to their limits and test their abilities with our state-of-the-art facilities and fitness-testing equipment. They will use our world-class timing gates to test speed, acceleration and agility. Students will also have the opportunity to use the Olympic-standard running track to test aerobic capacity, muscular endurance and cardiovascular fitness.



Ice Baths & Pool Recovery

During their camp, students have the opportunity to walk in the footsteps of elite athletes. This includes training and recovering like some of their sporting heroes. They will learn the benefits of using an ice bath for recovery.



Indigenous Games

Fun, competitive Traditional Indigenous games that provide students an opportunity to learn about, appreciate and experience aspects of Aboriginal and Torres Strait Islander cultures. Suitable for all ages, abilities and backgrounds.



Initiative Games

Extreme problem-solving and physical activity give the perfect stage to step up and show initiative. Who will take charge, accept the input of others and listen in order to achieve success?



Kayak Adventure

Challenge your students' teamwork and mental toughness as they embark on this exciting but challenging adventure around the local islands of the Gold Coast Broadwater. Sessions will be tailored to the age level and ability of the group. Wet shoes are required.



Laser Tag

Actioning support, communication, and cooperation is the only way to succeed. With Military Precision teams move to attack the enemy and record their accuracy rate. They will set up a perimeter to defend the VIP and battle to gain victory.



Night Activities

Trivia: A mixed bag of Q&A in a team environment.

Movie Night: School chooses a suitable film for their group. Large double screen projectors in conference room.

DJ/Disco Night: Get your dancing shoes on and have some evening fun as our DJ plays a range of student-appropriate music and gets everyone involved in some games and activities.

Guess those Lyrics: Modelled off the TV game show, students work in small teams to guess the next lyrics of the song on the screen. Singing and dancing are worked into the points system.

Astronomy / Science: Be entertained with the joys of science and discover the solar system through the use of telescopes.

Field Games:

Hybrid games take place either on the hockey pitch or main field. These encourage quick critical thinking and develop skills such as speed, balance and coordination. (Sports-inspired games).

Indoor Pool games:

Engage your student in thrilling indoor pool; games. Students will be divided into teams and be encouraged to work together through different aquatic challenges.





Outdoor Team Challenge

Test your communication and team-building skills on various outdoor challenges. This is a great activity to see a diverse range of students come together to achieve success. Challenges are adapted for a variety of age levels.



Pilates

Pilates emphasizes proper postural alignment, core strength and muscle balance. Students will be put through a session of low-impact flexibility and muscular strength and endurance movements.



Photo Scavenger Hunt

Teams move around the Centre in small groups in order to collect clues and eventually code crack open a treasure chest. Students are trusted to organise and motivate themselves independently from their teachers.



Prouty's Landing / Team Balance Board

Prouty's Landing is an extension activity of the low ropes course and involves the team swinging from one platform to another without falling off.

Team balance board is a whole-team activity which requires the group to self-manage while trying to balance on a giant see saw.



Raft Building

Students are provided with certain buoyant materials and are challenged to construct a raft to paddle on the Broadwater. This activity targets creativity and team organization.



Slingshot Challenge

A three-person operated slingshot is used to launch objects for the team to collect for points. Can take place either on the hockey field or at the Broadwater location. This activity can require students to be in waist-depth water.



Team Obstacle Course

An opportunity for team collaboration as students make their way through various obstacles, including a low ropes challenge.



Survivor

The game show Survivor comes to its own at Runaway Bay where students are divided into tribes and race to outwit, outlast and outplay each other in a variety of team challenges.



Stand Up Paddle Boarding

Participate in this fun and challenging introductory course delivered at Shearwater Park on the beautiful Gold Coast Broadwater. Students will learn the basic maneuvers associated with SUPing and will work together to challenge themselves with some fun activities.



Yoga

A mix of stretching and breathing to assist with focus and agility.

