



**SCHOOL CAMP**  
**PROSPECTUS**



# TRAIN LIKE A PROFESSIONAL ATHLETE

Surfing Australia's innovative school camp programs provide students in years 9 to 12 with a unique opportunity to immerse themselves in a high performance culture and train like professional athletes at a world-renowned Olympic Training Centre.

Under the guidance of our experienced team, students will push their boundaries, enhance their athletic abilities and develop invaluable life skills - both in and out of the water.



# OLYMPIC TRAINING CENTRE

The Hyundai Surfing Australia High Performance Centre was purpose built to support Australian athletes to become the world's best surfers and people.

It features onsite accommodation for 42 guests, state-of-the-art training and recovery facilities, conference and meeting rooms, Olympic trampolines, skate ramps, plus a fleet of Hyundai vehicles.



# AUSTRALIA'S BEST SURF COACHES

Whether students are first-time surfers or aspiring professionals, they'll get the same level of care and attention from Australia's leading team of surfing experts.

Surfing Australia accredited coaches hold ocean safety qualifications, first aid certificates, working with children checks and child safeguarding training.







SKATEBOARDING



TRAMPOLINE



BREATH HOLD TRAINING

# SO MUCH MORE THAN JUST SURFING



STRENGTH & CONDITIONING



RECOVERY



BEACH VOLLEYBALL

# **BETTER SURFERS, BETTER ATHLETES**

We've assembled a team of high performance coaches who support our surf coaches to develop students overall athletic ability.

Training and recovery sessions have been thoughtfully designed to teach students functional movement patterns that will improve their strength, power and flexibility.





# **BETTER ATHLETES, BETTER PEOPLE**

When we work with athletes, we aim to make them more balanced, well-rounded people by educating them on the importance of their overall health and wellbeing.

Our speakers will educate and inspire students with interactive workshops on sports nutrition, mental health and values-based leadership.





# ***SURFERS RESCUE*** **24/7**

The Surfers Rescue 24/7 course provides crucial training for surfers and board riders to assist in an ocean emergency and ultimately, save a life.

Students will learn practical rescue techniques that have been designed and endorsed by The Australian Lifeguard Service (ALS) and some of the world's best surfers.





## ONSITE ACCOMMODATION

Our onsite accommodation has the capacity to house up to 42 guests across 17 rooms.

Students and teachers also have access to a large common area with a fully equipped kitchen, dining tables and lounges – the perfect space to keep students connected at the end of each day.

# **INHOUSE CATERING TEAM**

Our professional in-house catering team will keep students fueled with fresh and healthy meals which are prepared and served in our dining area.

View our [sample menu](#) and make selections or simply provide any dietary requirements and leave it to our team to create a menu for you.



# CAMP ITINERARY

Choose one of our pre-programmed itineraries or work with our team to create your own customised camp experience.

## DAY 1

09:00 AM: Arrive at HPC  
 09:15 AM: Welcome and camp introduction  
 09:30 AM: Departure to surfing location  
 10:00 AM: Surfing lesson  
 12:00 PM: Lunch  
 1:30 PM: Educational workshop  
 03:00 PM: Training and testing session  
 05:00 PM: Free time  
 06:00 PM: Dinner  
 07:30 PM: Group activity (led by teachers)

## DAY 2

07:30 AM: Breakfast  
 08:30 AM: Training session  
 09:30 AM: Departure to surfing location  
 10:00 AM: Surfing lesson  
 12:00 PM: Lunch  
 01:00 PM: Skateboarding & trampoline  
 2:30 PM: Educational workshop  
 04:00 PM: Recovery session  
 05:00 PM: Free time  
 06:00 PM: Dinner  
 07:30 PM: Group activity (led by teachers)

## DAY 3

7:30 AM: Breakfast  
 8:30 AM: Training session  
 09:30 AM: Departure to beach  
 10:00 AM: Surfers Rescue 24/7 course  
 12:00 PM: Lunch  
 01:00 PM: Educational workshop  
 3:00 PM: Beach walk (led by teachers)  
 4:00 PM: Recovery session  
 5:00 PM: Free time  
 6:00 PM: Dinner  
 7:30 PM: Movie night

## DAY 4

07:30 AM: Breakfast  
 08:30 AM: Training session  
 09:30 AM: Departure to surfing location  
 10:00 AM: Surfing lesson  
 12:00 PM: Lunch  
 01:00 PM: Skateboarding & trampoline  
 2:30 PM: Beach volleyball  
 04:00 PM: Recovery session  
 05:00 PM: Educational workshop  
 06:00 PM: Dinner  
 07:30 PM: Group activity (led by teachers)

## DAY 5

7:00 AM: Breakfast  
 8:00 AM: Clean room and pack bags  
 8:30 AM: Recovery session  
 9:30 AM: Departure to surfing location  
 10:00 AM: Surfing lesson  
 12:00 PM: Lunch  
 1:00 PM: Camp farewell  
 1:30 PM: Depart HPC



# CONTACT



[www.surfgaiaustralia.com/school-camps](http://www.surfgaiaustralia.com/school-camps)



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