



CAREERS AND PATHWAYS IN SPORT  
USA - 2024

SEATTLE | PORTLAND  
SAN FRANCISCO | LOS ANGELES







# AGENDA

1. WHO ARE WE
2. TOUR OVERVIEW
3. INCLUSIONS
4. FREQUENTLY ASKED QUESTIONS





# ABOUT US

We provide seamless travel solutions, well-crafted itineraries, and eye-opening opportunities, leaving you with memorable moments for life.

## ENGAGE - EXPERIENCE - EVOLVE

Your moment starts from now!





BASKETBALL

# ITINERARY

01

**SEATTLE**  
**28 NOV - 01 DEC**



02

**PORTLAND**  
**01 - 04 DECEMBER**



03

**SAN FRANCISCO**  
**04 - 08 DECEMBER**



04

**LOS ANGELES**  
**08 - 11 DECEMBER**





THURSDAY 28TH NOVEMBER

DAY ONE

# SEATTLE



DEPART MELBOURNE  
TRANSIT VIA LOS ANGELES, AUCKLAND OR NADI  
COACH TRANSFER  
HOMEWOOD SUITES SEATTLE DOWNTOWN





FRIDAY 29 NOVEMBER - SUNDAY 01 DECEMBER

DAY TWO - DAY FOUR

# SEATTLE



NCAA EXPERIENCE: UNIVERSITY OF WASHINGTON

HIGH SCHOOL BASKETBALL GAME

PIKE PLACE MARKETS

NCAA GAME

SEATTLE SPACE NEEDLE

CENTRALIA OUTLETS INCLUDING NIKE CLEARANCE STORE



SUNDAY 01 - WEDNESDAY 04 DECEMBER  
DAY FOUR - DAY SEVEN

# PORTLAND



NCAA EXPERIENCE: UNIVERSITY OF PORTLAND  
SHOOT 360 SKILL AND SHOOTING WORKOUT  
NCAA GAME

UNIVERSITY OF OREGON IN EUGENE

FREE TIME - GROUP CHOICE INCLUDING LAUNDRY  
DOUBLETREE SUITES TIGARD



WEDNESDAY 04 - SUNDAY 08 DECEMBER

DAY SEVEN - DAY ELEVEN

# SAN FRANCISCO



NCAA EXPERIENCE: ST MARY'S COLLEGE

NBA GAME AT CHASE CENTER - GOLDEN STATE WARRIORS

DAY IN THE LIFE OF A STUDENT ATHLETE - PEIDMONT HIGH SCHOOL

ICE SKATING AT UNION SQUARE

NHL ICE HOCKEY GAME

FREE TIME TO DO OTHER SIGHTSEEING



SUNDAY 08 - WEDNESDAY 11 DECEMBER

DAY ELEVEN - DAY FOURTEEN

# LOS ANGELES

NFL GAME

GRIFFITH OBSERVATORY HIKE

NCAA EXPERIENCE: UCLA

NBA GAME AT CRYPTO.COM ARENA

UNIVERSAL STUDIOS 1-DAY PARK ENTRY

CITADEL OUTLETS

VENICE BEACH & SANTA MONICA

EMBASSY SUITES GLENDALE LOCATION



DEPART FOR MELBOURNE  
HOME ON FRIDAY 13TH DECEMBER





# LEARNING MODULE OVERVIEW - AREAS OF FOCUS

## FLEXIBLE TO SUIT SCHOOL OBJECTIVES AND LEARNING OUTCOMES

*\*USE AS GUIDE ONLY\**

### #1 - SPORTS PSYCHOLOGY

- MENTAL HEALTH AND WELL-BEING
- EXCELLENCE IN EDUCATION AND ATHLETIC GOALS
- SAFE, WELCOMING AND MULTICULTURAL AWARENESS
- BEHAVIOURAL HEALTH SERVICES AND FULL SPORT PSYCHOLOGY PROGRAM

### #2 - SPORTS PERFORMANCE

- SPORTS MEDICINE, INJURIES, ILLNESSES, EVALUATION AND REHABILITATION
- HEALTH CARE (PHYSICIANS, TRAINERS, PHYSIO THERAPISTS & SCIENTISTS
- DIAGNOSIS, TREATMENT, LAB TESTS, XRAY'S AND MRI'S
- TEST & ANALYSIS WITH STATE OF THE ART MOTION CAPTURE
- BIOMECHANICS & PHYSIOLOGY EQUIPMENT

### #3 - STRENGTH & CONDITIONING (TEAM)

- MANAGING DIFFERENT BODY TYPES
- SPORT FOCUSED S&C TRAINING PROGRAMS
- GROUP DRILLS
- TEAM TESTING

### #4 - STRENGTH & CONDITIONING (INDIVIDUAL)

- TECHNIQUE (QUALITY) V QUANTITY
- DURATION & FREQUENCY
- HOW TO WRITE & IMPLEMENT A S&C PROGRAM
- FITNESS TESTING

### #5 - ACADEMIC PERFORMANCE

- SATS & GPA
- ACADEMIC SCHOLARSHIPS
- STUDY METHODS & COMMITMENT TO SCHOOL V SPORT
- UNDERSTANDING NCAA DIVISIONS V NAIA V JUCO

### #6 - STUDENT / ATHLETE LIFESTYLE

- ATHLETE PERSPECTIVE OF 'COLLEGE' LIFE
- BOARDING HOUSE/DINING TOUR
- TRIALS & TRIBULATIONS OF BEING A STUDENT/ATHLETE
- QNA WITH ATHLETE

### #7 - TEAM SCOUTING & STRATEGY

- GAME PREPARATION
- RUNNING THROUGH THE SCOUT
- DEVELOPING STRATEGY BASED ON STRENGTHS & WEAKNESSES
- FILM BREAKDOWN

### #8 - HIGH PERFORMING TEAMS

- INGREDIENTS FOR TEAM SUCCESS
- WHAT ATTRIBUTES DO HIGH PERFORMING TEAMS POSSESS?

- PULLING PERSONALITIES AND EGOS TOGETHER TO ACHIEVE A COMMON GOAL

- GOAL SETTING

### #9 - LEADERSHIP

- WHAT DOES LEADERSHIP LOOK LIKE TO YOU?

- WHO ARE GREAT LEADERS?

- QUALITIES AND ATTRIBUTES

- ACCOUNTABILITY AND COMMITMENT

### #10 - DIVERSITY & WELFARE

- EDUCATION AND PERSONAL GROWTH

- ENVIRONMENTAL IMPACT (ATHLETE/ACADEMIC PERFORMANCE)

- PUBLIC SERVICE AND COMMUNITY SPIRIT

- CULTURE AND PARTICIPATION IN COMPETITIVE NCAA DIVISION 1 ATHLETICS

### #11 - SPORTING & MANAGEMENT TRENDS

- LOOKING AT BACK OF HOUSE PROCESSES

- GROWTH AREAS FOR GRASS ROOTS THROUGH TO PROFESSIONAL SPORTS IN THE USA

- BOOSTERS AND ALUMNI SALES

- TICKETING AND REVENUE GENERATION

### #12 - TECHNOLOGY AND SPORT

- WHAT IS THE LATEST SOFTWARE USED FOR SPORTS ANALYSIS

- COMMUNICATION APPS

- MONITORING & MEASUREMENT OF ATHLETES

- SOCIAL MEDIA MANAGEMENT

### #13 - RECOVERY AND SELF MASSAGE

- BURNING OUT & THE HAZARDS

- TAPERING AND WORKLOAD

- PARTNER MASSAGE & SELF MASSAGE

- PRE AND POST COMPETITION STRETCHING & ROLLING

### #14 - NUTRITION & HEALTHY LIFESTYLE

- FOOD PLANS

- EATING ON THE ROAD

- REFUELLING AFTER EXERCISE

- 4 X SIMPLE, EASY AND NUTRITIOUS MEALS

### #15 - TRAINING METHODS & PLANNING

- HOW TO PLAN THE PERFECT TRAINING WEEK

- PRE SEASON, IN SEASON, POST SEASON

- TRAINING SPECIFIC DRILLS

- TRAINING DE-BRIEF

**OTHER LEARNING MODULE SUGGESTIONS  
TO BE INCLUDED IN SNAPSHOT PENDING FACULTY AVAILABILITY**

**1. ESPORTS**

**2. VO2 MAX + BIOMECHANICS**

**3. TEAMWORK + PERSPECTIVE ON THE WINS AND LOSSES OF LIFE**

**4. COACHING PRINCIPLES + HOW TO BEHAVE AS A COACH**

**OTHER LEARNING MODULE SUGGESTIONS  
TO BE INCLUDED IN SNAPSHOT PENDING FACULTY AVAILABILITY**

**1. COLLEGE PATHWAYS**

**2. STUDENT/ATHLETE LIFESTYLE**

**3. TIME MANAGEMENT**

**4. SUCCESS RATES AT COLLEGE**

**OTHER LEARNING MODULE SUGGESTIONS  
TO BE INCLUDED IN SNAPSHOT PENDING FACULTY AVAILABILITY**

**5. ACCESS TO WELLBEING AND SUPPORT SERVICES**

**6. CHALLENGES WITH GRADES AND SOCIAL LIFE**

**7. EXPECTATIONS (FROM AND OF STUDENT ATHLETES)**

**8. ATHLETE LEARNING STYLES**









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Ford

ALL ACCESS. ALL SEASON. ALL HERE. GET THE APP

GET THE NBA APP

State Farm

5:45  
24

TISSOT

American Airlines Center

NORTHERN RUBY

DUKE

FLORIDA

DUKE

DUKE

GUTTER

Duke

CAROLINA

DUKE

DUKE

DUKE

DUKE











TOUR

# INCLUSIONS

**PRICING IS BASED ON:  
20 STUDENTS  
AND 3 STAFF MEMBERS**

**APPROX.  
\$8,990.00 PER STUDENT**



INTERNATIONAL & INTERNAL FLIGHTS INC AIRLINE TAXES



HOTEL STYLE ACCOMMODATION FOR 13 NIGHTS  
TWIN/TRIPLE SHARE (STUDENTS) & SINGLE SHARE (STAFF)



BREAKFAST INCLUDED



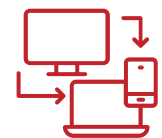
CHARTERED MINI-COACH IN ALL FOUR CITIES



2 X NBA GAMES, 2 X NCAA GAMES, 1 X NFL AND 1 X NHL GAME  
3 X NCAA EXPERIENCES  
1 X SHOOT 360 EXPERIENCE  
HIGH SCHOOL BASKETBALL GAME AND VISIT  
UNIVERSAL STUDIOS ENTRY  
UNION SQUARE ICE SKATING



FULL TOUR ADMINISTRATION INC 'CALL-TO-CONFIRM' SERVICE. ON-GROUND  
SUPPORT. SERVICE FEE



ONLINE SUPPORT. TRIP PLANS TOUR APP & ONLINE FORMS.

## PAYMENT PLAN AND TERMS

**\$** **\$500.00 PER STUDENT**  
NON-REFUNDABLE BOOKING FEE  
**DUE FRIDAY 22ND MARCH, 2024**

**\$** **\$3,000.00 PER STUDENT**  
PAYMENT INSTALMENT #ONE  
**DUE FRIDAY 24TH MAY, 2024**

**\$** **\$3,000.00 PER STUDENT**  
PAYMENT INSTALMENT #TWO  
**DUE FRIDAY 26TH JULY, 2024**

**\$** **\$2,490.00 PER STUDENT**  
FINAL PAYMENT  
**DUE FRIDAY 27TH SEPTEMBER, 2024**

\*\*PLEASE NOTE, IF WE DO NOT GET THE REQUIRED NUMBERS TO PROCEED WITH THIS TOUR, THEN YOUR BOOKING FEE WILL BE REFUNDED IN FULL. YOU WILL BE NOTIFIED IN WRITING ONCE THE TOUR IS CONFIRMED AND BOOKING FEE BECOMES NON-REFUNDABLE. FOR OUR FULL TERMS AND CONDITIONS PLEASE CLICK ON THIS [LINK](#)\*\*





FREQUENTLY

# ASKED QUESTIONS

- ▶ **AIRLINES & FREQUENT FLYER POINTS**
- ▶ **HOTEL TYPES & ROOMING CONFIGURATION**
- ▶ **WHAT TO PACK & MEAL ALLOWANCE**
- ▶ **FINAL ITINERARY & TRIP SUPPORT**
- ▶ **WEATHER**
- ▶ **SPORT SPECIFIC ACTIVITIES**
- ▶ **GROUND TRANSPORTATION**
- ▶ **TOUR TIMELINE & PRE-DEPARTURE MEETING**



# ENSPIRE TRAVEL

THANK YOU!!

