



**GOLD COAST
PERFORMANCE
CENTRE**

**1 Sports Drive
Runaway Bay QLD 4216
ABN: 91 677 188 049**

W: www.sportssupercentre.com.au P: +61 7 5500 9988 F: +61 7 5500 9989 E: 7192_goldcoast_bookings@eq.edu.au



CLAYFIELD COLLEGE
Committed to Excellence

Clayfield College Winter Sports Camp

Thursday 16th June to Saturday 18th

Day 1			
DATE	Thursday 16.06.2022		
TIME	ACTIVITY	PAX	NOTE
2.00pm	Arrival	60	Please complete your lodge arrival checklist
3.30-4.30pm	Rotation 1 Bootcamp/Outdoor Exercise Activity	60	Group 1 (33 pax): Bootcamp Group 2 (33 pax): Outdoor Team Challenge
5.00-6.00pm	Rotation 2 Bootcamp/Outdoor Exercise Activity	60	Group 1 (33 pax): Outdoor Team Challenge Group 2 (33 pax): Bootcamp
6.30-7pm	Dinner Athletes	60	Trackside Bistro
7.30-9pm	CC Team Building session	60	Outdoor Basketball Area Booked
Day 2			
DATE	Friday 17.06.2022		
TIME	ACTIVITY	PAX	NOTE
07:00 - 07:30	Breakfast Athletes	60	Trackside Bistro
07.30-10.00	Sports Specific Sessions (Students to attend their selected winter sport)	60	Hockey Netball Tennis Volleyball
10:30 - 11:30	Laser Skirmish / Functional Flexibility & Yoga Activity	60	Group 1 (33 pax): Laser Skirmish Group 2 (33 pax): Functional Flexibility & Yoga Activity
11:45 - 12:45	Laser Skirmish / Functional Flexibility & Yoga Activity	66	Group 1 (33 pax): Functional Flexibility & Yoga Activity Group 2 (33 pax): Laser Skirmish
1pm – 1.30pm	Lunch Athletes	60	Trackside Bistro
2.30-3.30pm	Rotation 1 Initiative Games/Roll and Recover	60	Group 1 (30 pax): Initiative Games Group 2 (30 pax): Roll and Recover
3.45-4.45pm	Rotation 2 Initiative Games /Roll and Recover	60	Group 1 (30 pax): Roll and Recover Group 2 (30 pax Initiative Games
5.00-5.30pm	Dinner Athletes	60	Trackside Bistro
6.00pm-9pm	Movie Night	60	All students to attend (Gold Room)



Day 3			
DATE	Saturday 18.06.2022		
TIME	ACTIVITY	PAX	NOTE
07:00 - 07:30	Breakfast Athletes	60	Trackside Bistro
8:00 – 10:00	Sports Specific Sessions (All students to attend)	60	Athletics
10:30	Depart	60	Depart Gold Coast Performance Centre Lunch stop-over on the way home

Packing List

- Basic Toiletries
 - ✓ Toothbrush
 - ✓ Toothpaste
 - ✓ Hairbrush
 - ✓ Soap and shampoo/conditioner
 - ✓ Sunscreen
 - ✓ Deodorant
 - ✓ Moisturizer / creams required
- Bath towel
- CC sports uniform (for sport specific sessions on day 2 & 3)
- Exercise clothing (for day one)
- Casual clothing (for evenings and trip home)
- Warm Clothing for evenings (CC fleece during the day if required)
- Runners (x2)
- Pajamas
- Underwear
- Socks
- Water bottles (please have at least 2 that are named)
- Hat/Cap (compulsory)
- Sleeping bag (warm)
- Pillow (optional)
- Money / card
- Medication (In a sealed bag, clearly labeled with instructions on use) **MUST BE HANDED TO TEACHERS**