AIS HIGH PERFORMANCE CAMPS
The Australian Institute of Sport (AIS) has a renewed focus on collaborating with National Sporting Organisations (NSOs) to deliver high impact, purpose driven camps, that capitalise on the unique facilities and specialised sports expertise available onsite.

The AIS will work closely with NSOs to design, plan and evaluate tailored camps that deliver exceptional experiences and educational opportunities for athletes, teams and coaches.

This brochure details the custom programs, activities and online learning opportunities now available to high performance programs.
High Performance/National Camps

The AIS will engage early with NSOs to identify the purpose and key objectives of the camp and optimise camp planning. Together, the NSO and AIS will build an integrated program of support and services around the camp to achieve key performance outcomes.

Complementary themes can be built into camp plans to enhance specific performance outcomes, including adaptation and environmental support, pre-departure and competition strategies, athlete availability and athlete wellbeing. These themes are detailed on the following pages.
Athlete Wellbeing and Engagement

The AIS will facilitate camp based activities that add value to content already being delivered by NSO Athlete Wellbeing and Engagement (AW&E) Managers as part of AW&E frameworks. Content will be highly specialised to deliver niche experiences for athletes and coaches and further consolidate key holistic aspects of athlete development.

Unique experiences:

> Psychological and mental health screening and education
> Athlete legacy and personal values
> Athlete champions
> Self-regulation, resilience and growth mindset
> Integrity and respect
Platform to Perform (Pre-Elite Talent Induction)

The AIS will carefully construct an athlete development program to enable pre-elite athletes to transition to senior elite levels. The talent induction process will combine progressive pre-elite camps at the AIS campus with supplementary digital learning to provide holistic development.

Athletes who complete the pre-elite program will be equipped with the skills and education to ensure they are well balanced, resilient and healthy individuals prior to, during and after their elite sporting careers.

Unique experiences:

> Athlete Wellbeing and Engagement
> Nutrition essentials for pre-elite athletes
> Strength and conditioning – functional movement proficiency
> Interventions to minimise injuries
> Pre and post-training recovery
> Coach/athlete relationships and communication
Travelling to Perform

Camps will integrate education and practical strategies to mitigate travel-related risks to athlete health and performance. Sports will receive best practice information and current advice across a range of travel health issues. The AIS can work collaboratively with sports to develop athlete health travel plans prior to major events.

Unique experiences:
- Nutrition advice
- Hydration
- Safety and anti-doping while travelling
- Recovery education
- Compression garments
- Tailored jetlag & light exposure schedules
- Exercise recommendations for optimal recovery before, during and after travel
- Illness management and prevention
- Wound management
- Provision of resources including first aid kits and medical supplies
- Immunisation service/advice
Future Steps

Aimed at retiring athletes, this camp will assist participants to make a successful transition to life after sport through an intensive program of networking, education and professional support opportunities. Camps will involve a mix of sports to broaden the experience. The AIS will support NSOs to deliver effective and thorough transition from sport services to athletes in a structured and centralised location.

Unique experiences:

- Social and networking – Peer support including athlete champions
- Career planning – Athlete Wellbeing and Engagement work placement program
- Planning for the future – life skills, staying connected, transferable skills
- Mental health
- Physical changes after retirement
- Recognition of successes and acceptance of potential failures
Knowledge Growth

An opportunity to embed bespoke applied research into a camp program. Sports will gain knowledge and skills to deal with specific challenges that could impact on performance.

Research will be driven by the needs of sport to enhance practice. It includes development of new protocols and strategies and builds on the knowledge and capability of coaches and support staff in the broader high performance system.
Adaptation and Environment camps will utilise interventions such as altitude or heat to prepare for competition in extreme conditions, or they may focus on competition venue factors, such as environment, course profile, competition times or air quality. Athletes can also be guided by AIS experts to improve performance through other specific adaptations.

Unique experiences:
> Tokyo 2020 heat preparation
> Recommendations for equipment and clothing to assist with extreme environmental conditions
> Treatment of acute exposure to minimise impact on performance
> Acclimation camps – altitude, heat/humidity
> Adaptations camp – altitude, heat, specific training interventions and nutrition strategies
> Competition strategy camps – pre cooling, recovery, pacing, nutrition/supplement practices
For more information on High Performance Camp opportunities email ais-hpcamps@sportaus.gov.au