

Obligations of the Oceania Athletics Association

The OAA is responsible for the athletes, providing them with the following:

- Share Accommodation in excellent living conditions
- Good training conditions
- Monitoring of a day-to-day programme
- Adequate opportunity to improve performance through competition experience
- Local transportation
- Transportation from the athlete's home to the centre at the start and end of each international athletics season (including international transportation, where relevant).
- Monthly Financial allowance, as allowed for in the budget detailed in this document.

Obligations of the Member Federation

- Return air travel to and from the High Performance Training Centre to the athlete's home base, including travel insurance
- To provide the OAA with a medical certificate testifying that the relevant athlete is apt physically and mentally to be trained as an elite athlete.
- To testify that the candidate benefiting from the scholarship has never been convicted of a doping offence as defined by IAAF rules.
- To delegate management of the athlete competition calendar to the Centre.
- To issue a visa (if required) for the athlete in order to allow him to enter the country where the centre is located.
- Comprehensive Medical Insurance

OAA-HPTC ACCOMMODATION

Oceania Athletics Association Housing Complex

Oceania Athletics Association has established a base where both athletes and management will operate.

Athletes are accommodated in self contained 3 bedroom houses with access to cooking facilities, breakout recreation areas, comfortable bedrooms, shower and washing areas.

The OAA accommodation is situated on a public transport route, with HPTC training facilities easily accessible. Local parks, running and cycling tracks surround the accommodation with barbeque and family areas also within minutes of the houses. Athletes also have access to shopping and recreational activities such as the cinema, libraries, churches and Gold Coast beaches.



Oceania Athletics Association

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Oceania Athletics Association



High Performance Training Centre



SHORT TERM TRAINING OPTIONS



The Oceania Athletics Association, High Performance Training Centre is now conveniently located at Varsity Lakes in the heart of the Gold Coast, Queensland, Australia. The OAA-HPTC offers athletes a number of possibilities for training at world-class facilities.

Located in close proximity to Griffith University, the OAA-HPTC has access to excellent track and field facilities, gymnasiums and world-class medical, screening and testing facilities. The Gold Coast facility hosts all-year competitions including, local, state, national and international events.

Within walking distance of the OAA-HPTC Housing Complex is Bond University which also offers a range of training facilities.

The Gold Coast is located 40 minutes by car from Brisbane and 1 hour by train. As an adjunct to the facilities available on the Gold Coast, Brisbane offers a range of additional training and competition facilities at the Queensland State Athletic Centre.

University of Queensland is located another 20 minutes from QSAC and with one synthetic track, throwing and jumps facilities offers athletes a third option for training and competition.

The OAA-HPTC was primarily designed for long-term IAAF/IOC Scholarship holders and offers comfortable long-term accommodation options for these scholarship holders.

Additionally the OAA-HPTC offers opportunities for short-term stays for athletes who may be training for a specific event or for athletes looking for specialist short-term training options.

The additional benefit is that athletes may have their coaches accompany them to the Centre, where coaches can be linked with other coaches and mentored in event specific activities.

OAA-HPTC SERVICES

Musculoskeletal Screening

Musculoskeletal screening is provided to long-term scholarship athletes and at a minimal cost to short term stay athletes.. The purpose of this screening is to provide initial screening of the athlete in order to provide feedback on the athlete's muscular skeletal strengths and weaknesses. A written report will be provided to the athlete and coach



Testing

Using the facilities at Griffith University and in consultation with the HPTC coaching staff and the Clinical Services Manager, each athlete will have a bank of tests identified and testing protocols produced that test the muscles, physiological demands and combination of movements used in the athletes event. This information will be used to develop the athlete's specific long and short term training and development plans and will form the base of the athlete's ongoing individual performance plan.

Dietary Summary

Each athlete will be provided with a personal nutrition assessment and be provided with education based on the athlete's nutritional needs.

Massage Therapy

Provide the athlete with one massage per week by an HPTC approved massage therapist.

Injury management and Treatment/Physiotherapy

Provide the athlete with a qualified physiotherapist when required, or if a need is identified during the screening or testing process. The treating physiotherapist will receive a copy of the athletes screening report, to aid in injury prevention and recovery.



Event Coach

Each athlete will be provided with a specific event coach.

Daily training sessions

Each athlete will be expected to train on most days. This may take the form of track sessions, weights, pool sessions, beach sessions, massage or yoga. Depending on the level and event, each athlete may be required to train up to 3 times per day.

Video analysis in competition and training

Using DartFish video analysis system, the OAA-HPTC will be able to provide instant feedback during training and competition and provide the athlete with an in-depth analysis at the completion of the session.

Strength and Conditioning Program

OAA-HPTC provides specialist strength and conditioning coaching for each athlete. The strength and conditioning will be provided by an approved HPTC strength and conditioning professional. The strength and conditioning professional will work closely with the coach and provide the athlete with ongoing programs. The strength and conditioning professional will be provided with a copy of the athletes screening report and the athletes

Gym Membership

Each athlete will, if allowed for in the budget, have use of the gym facilities. The membership package includes various free weights, machine weights, recovery and alternative training methods e.g. yoga and other classes.

Competition

In consultation with the Coach and High Performance Centre Staff, each scholarship holder will be provided with a long and short term competition program. This will include access to local, national and international competitions.

Reporting and Management

Athletes involved in the long-term High Performance Programs will be provided, under the guidance of the High Performance Manager reports from each of the service providers:

Coach

- Yearly training and competition outline (periodization plan)
- Monthly and weekly training programs
- Monthly report

Support Service Providers

- Monthly training programs (based on head coaches programs)
- Monthly report

In addition the OAA-HPTC will provide regular reports to each Member Federation and relevant National Olympic Committee (NOC).

BUDGET

A budget has been devised for short-term athletes attending the High Performance Training Centre, and has been calculated on a weekly basis:

- Coaching costs: \$40.00
- Accommodation: \$120.00
- Food: \$80.00
- Transport to and from training and comp: \$30.00
- Local competition entry fees: \$15.00
- Physiotherapy and/or Massage \$40.00
- Entertainment - \$30.00

Total Cost per week: AUD355.00

Total Cost for eight week program: USD2840.00

Optional:

Gym Membership: \$120 (one-off cost) – highly recommended



