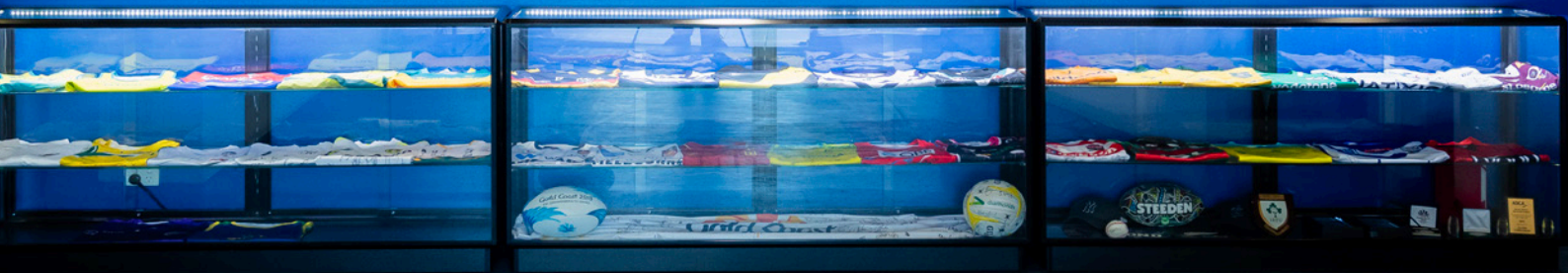


HIGH PERFORMANCE TRAINING CENTRE



High Performance Athlete Training and Testing Packages

High Performance Training Centre





Bond University's High Performance Training Centre located at the Bond Institute of Health and Sport, Robina, provides elite sporting organisations a range of award winning fitness and recovery facilities, as well as targeted athlete testing and training packages, highly tailored to individual or team needs. The facilities available at the Centre are listed below.

→ Gym

- 560m² strength and conditioning gym and training facility
- Hammer strength and iron edge equipment (double 'J' hooks)
- 185m² change room and bath room facilities
- 15m prowler track

→ Pool

- Four lanes x 25m heated indoor pool
- Lane 1 and 2 are standard FINA depth
- Lane 4 and 5 have four flat platforms for rehab at approximately 5m intervals from 1.35m at shallow end to 2.0m at the deep end

→ Recovery Pools

- Pool 1: Cold walk-through, 15m x 1.5m x 1.35m, run at 14 degrees
- Pool 2: Cold Plunge, 7m x 1.5m x 2m, run at 14 degrees
- Pool 3: Warm Spa, 7m x 1.5m x 2m, run at 38 degrees

→ Altitude Chamber

- Hypoxic (simulate altitude to Base Camp Mt Everest - approx. 5,300m). Can simulate heat as well
- 60m² - 10 person
- TechnoGym / 5 Bikes / 3 Curves / 3 Rowers

→ Other facilities

- Sauna and steam rooms
- Conference facilities and meeting rooms with audio-visual

Packages, training and testing options

Below are some of the tests available that can be included in a battery of tests specific to your sport and requirements.

- 10 - 5 - 5 - 10 agility
- 5 - 0 - 5
- Vertical Jump - Double and single
- Broad Jump - Double and single
- Squat and bench, bench pull projected 1RMs
- Chin ups to failure
- Push ups to failure or in 1 minute
- Sit ups to failure or in 1 minute
- Height / weight
- Medicine ball side wall throws 4kg - 6kg
- Reactive strength drill
- Sit and reach



Altitude Training

Initial consultation for altitude (30 minutes) prior to commencing altitude training	Cost: \$50
2 x week for 6 weeks (1 hour) package Min: 5 Max: 10 Supervised by an Accredited Sport Scientist	Cost: \$240 each package

Altitude / hypoxic training is widely used by athletes to improve performance. The reduction in partial pressure of oxygen at altitude increases the demands on the body during exercise. Over time, physiological adaptations may occur which can lead to a higher level of performance compared to training at sea level alone. Bond University has a purpose built altitude chamber which allows athletes to train at 3,000m above sea level. This can be used as an additional training stimulus for athletes or may be used prior to an altitude excursion to prepare for the altitude environment. Group sessions and packages are available at discount rates.

Heat Training

Initial consultation for heat training (30 minutes) prior to commencing	Cost: \$50
2 x week for 6 weeks (1 hour) package Min: 5 Max: 10 Supervised by an Accredited Sport Scientist	Cost: \$240 each package

Heat training is commonly used by athletes in preparation for competition in a hot environment. Under hot conditions performance may be compromised due to an increase in thermal load. By exercising in a hot environment on a regular basis, the body acclimatises to the heat by increasing skin blood flow, increasing sweat rates, which reduces body core temperature and the overall cardiovascular strain. Consequently, the negative effects on performance are reduced. The heat chamber and sauna at Bond University can be used by athletes to gain physiological adaptations associated with heat acclimation. Group sessions and packages are available at discount rates.



Recovery Sessions

Pool, Recovery Pools, Sauna, Steam Room

Cost: \$125 per hour

Student Supervision: \$20 per hour

Recovery is an important part of athlete preparation. Several strategies are used by athletes to enhance the recovery from training. Hydrotherapy techniques such as cold water immersion and contrast water therapy protocols are reported to reduce inflammation and reduce muscle soreness post training, allowing athletes to recover faster. The recovery facilities available at Bond University include hot and cold plunge pools, a sauna and a steam room to allow athletes to maximise their recovery from training. Each session will be supervised by an Accredited Sport Scientist. Group sessions and packages are available at discount rates.

Strength and Conditioning Sessions

Teams: 10+

Cost: \$200 per hour

\$150 per hour delivery

+ \$50 program

The Bond University High Performance Training Centre is an NSCA 'Strength of America' certified athlete training facility. The Centre is staffed by two full time ASCA Level 3 Master Strength and Conditioning Coaches, both with professional National and International training experience across a wide variety of sports. All equipment and training aids on site meet the highest international standards with height power cages and lifting platforms forming the nucleus of the weight training area.

Our main lifting area boasts air-conditioning, non-slip, high density, rubber flooring, 9m ceilings with both natural sky-lighting, and high quality down lighting. The High Performance Training Centre has successfully hosted international rugby, baseball and golf athletes and national rugby, AFL, NRL, A-league and rugby union teams in training camps.





Nutrition Support

The Bond University Nutrition and Dietetic team, located at the Bond Institute of Health and Sport are available as a support option for team meetings, program supplementation and recovery strategies, administration, research, technology trials and newsletters.

Meet the Experts

Glenn Corcoran

High Performance Training Centre Facilities Manager

Glenn's experience includes working with athletes and teams for World Cups, World Championships, under 20's Junior World Championships, Oceania and National medal winners for the following sports: mountain bike, netball, Australian Women's and Premier Men's Rugby, track and field, Australian fencing, badminton and consulting to China Football and Beijing Sports University. Glenn's qualifications include: Master of Exercise Science (Strength & Conditioning), Bachelor of Exercise Science (Rehabilitation), Certified Strength & Conditioning Specialist - NSCA, Registered Strength & Conditioning Coach* Emeritus - NSCA, Level 3 Strength & Conditioning Coach & Life member - ASCA, Master Coach - Professional Coaching Accreditation Scheme and ASADA Level 2 Anti-Doping / Ethics Compliant. He currently is the Manager at the Bond Institute of Health and Sport's High Performance Training Centre.

Rick Martin

High Performance Training Centre Strength and Conditioning Coordinator

Rick previously worked as Head of Performance for The Philippine Olympic Committee based in Manila, WCBA/CBA Professional Basketball in China, AIS and QAS Sprint Kayak Squads, Gold Coast Blaze/Gold Coast Rollers NBL, Viking Athletics, The Southport School and has presented for the ASCA Nationally/Internationally. His qualifications include Diploma of Fitness, ASCA ML3, IUSCA mISCP, ASADA Level 2 Anti-Doping/Ethics Compliant. Rick is currently working full time at The Bond Institute of Health and Sport High Performance Training Centre as Strength and Conditioning Coordinator.

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In the spirit of reconciliation, Bond University acknowledges the Kombumerri people, the traditional Owners and Custodians of the land on which the University now stands. We pay respect to Elders past, present and emerging.

The information published in this document is correct at the time of printing (2024). However, all programs are subject to review by the Academic Senate of the University and the University reserves the right to change its program offerings and subjects without notice. The information published in this document is intended as a guide and persons considering an offer of enrolment should contact the relevant Faculty or Institute to see if any changes have been made before deciding to accept their offer.

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