



A premier sporting and events destination



The ideal location to train, recover and host an event

USC Sunshine Coast is Australia's first facility to receive accreditation through the Australian Institute of Sport. Nationally-accredited facilities, versatile spaces, and the support of leading health and sports scientists makes USC a first-choice for athletes, teams and event organisers from around the world.



SPORTING FIELDS

HARD COURTS

SPORTING FIELDS

FUNCTION ROOMS

INDOOR USC STADIUM

HEALTH AND SPORTS TOWER

ATHLETICS TRACK

GYMNASIUM

3X3 BASKETBALL COURT

SPORTING FIELDS

50m OLYMPIC POOL

HIGH PERFORMANCE GYM

AQUATIC RECOVERY POOLS
25m POOL



Sunshine Coast, Queensland

USC Sunshine Coast is located in Sippy Downs on the picturesque Sunshine Coast of Queensland. The location is popular with visitors from around the world as it offers:

- Proximity to both international airports, Sunshine Coast Airport (20km) and Brisbane Airport (90km)
- A pleasant sub-tropical climate
- More than 100 kilometres of coastline and a pristine natural environment
- Renowned beaches and surf spots
- Spectacular rural hinterland, rainforests and pretty villages
- A relaxed and welcoming community
- Tourist attractions, adventure and entertainment options nearby catering to an action-packed break or a quiet escape.

The Melbourne Football Club has formed a terrific bond with USC in recent times. We have been regular visitors to the Sunshine Coast for pre-season camps over the last few years, where we have taken advantage of the High Performance Gym, indoor courts, aquatic exercise and recovery facilities, and state-of-the-art meeting rooms on offer at USC.

This year, during our extended stay on the Sunshine Coast as part of the extraordinary 2020 AFL season, USC accommodated our every need, often at short notice, which allowed us to deliver an uncompromised, elite football program – it's an incredible facility.

Melbourne Football Club (AFL)



USC Stadium

USC's sports stadium is fully air-conditioned, with seating for 3,000 spectators and national standard facilities for netball, basketball, futsal, hockey and badminton.

The sports stadium is a versatile event space. Retractable seating lets it transform easily from a live broadcast sporting event venue, to a space for exams, an international robotics convention and everything in between.





- Floor area: 3,705m²
- Three netball, basketball, volleyball and futsal courts
- Four badminton courts
- One international-sized futsal court
- One indoor hockey court
- Timber sports thrust floor
- Air-conditioning
- Six large toilet/changeroom areas, including an umpires' changeroom
- Tiered spectator seating with a total capacity of 3,000 seats (two retractable and one fixed seating unit)
- Broadcast-quality lighting
- Broadcast and performance analysis platforms
- Video wall and six 75" LED screens
- One netball-specific drop-in floor
- Multi-purpose function room with AV
- Dedicated seating for people with a disability



A venue to motivate and inspire

USC has modern, fully-equipped and flexible event spaces to accommodate anything from a small meeting to a larger corporate function, exhibition or high-level sporting and media event.



FUNCTION ROOM

The ideal space for corporate functions, large workshops, press conferences or media calls.

- Size: 208.7m²
- Carpeted
- Air-conditioned
- Audio-visual equipment:
 - Three 75" screens with same feed
 - Multiple connections for a range of devices
 - Wireless transmission and receiving system
 - Free to air television channels
 - Three handheld microphones and one lapel microphone
- Servery including a refrigerator and serving bench
- Male, female and accessible bathroom facilities
- Furniture available on request

MEDIA ROOM

This flexible space can accommodate classes, talks, workshops, press conferences, media calls or operations.

- Size: 70.45m²
- Carpeted
- Air-conditioned
- Audio-visual including;
 - Desktop computer
 - Multiple connections for a range of devices
 - Data projector
- Furniture available on request

CHANGEROOMS

USC has six modern changerooms. All have bathrooms, and five are air-conditioned.

MEETING ROOM

A room to suit smaller meetings, workshops and operations.

- Size: 55.36m²
- Lino flooring
- Air-conditioned
- Portable screen and whiteboard can be provided
- Accessible toilet
- Furniture available on request

ATHLETE'S LOUNGE

The relaxed lounge space is ideal for workshops or operations.

- Size: 84.11m²
- Carpeted
- Air-conditioned
- Portable screen and whiteboard can be provided
- Furniture is available on request
- Basic kitchen facilities including a refrigerator and sink
- Unisex and accessible bathroom facilities

KIOSK

The kiosk can accommodate merchandise, ticketing or food and beverage sales with a counter or servery window.

- Size: 21.18m²
- Linoleum flooring
- Sink and refrigerator available on request
- Partitions available on request
- Counter window

SPORTS STADIUM

The \$24 million facility has state of the art equipment capable of turning any event into a professional production.

- One central 6x4m LED video wall
- Six Samsung 75" TV Screens positioned throughout the stadium
- Sound desk Allen & Heath SQ 5
- Two handheld wireless microphones
- Two 18" subwoofer speakers
- Six QFLEX speakers positioned throughout the stadium
- Three pairs of Tannoy VX12HP for both courts 1 and 3
- Three pairs of VX12HP and VX15HP for the northern seating stand
- CD/Media player with bluetooth capabilities
- Remote input rack that allows audio vans to patch into the AV system from outside
- Network Video Encoder that allows devices to patch into the AV system courtside

PRODUCTION ROOM

This operational control room has a view to the action on the stadium floor and has AV controls to stadium AV.

- Size: 21.86 m²
- Linoleum flooring
- Air-conditioned
- Stadium AV is controlled from this location
- Window with a view to the stadium floor

Catering

Our professional catering team make fresh and healthy meals for service on site. From a simple morning tea to a fully licensed gala dinner, the USC team have you covered.





Aquatic facilities

USC is a training ground for recreational swimmers and Olympic and Paralympic champions, with training and aquatic recovery and rehabilitation facilities.

OLYMPIC-STANDARD 10-LANE 50-METRE SWIMMING POOL

- Heated all year round to 27.5 degrees
- Amenities building alongside the pool



AQUATIC EXERCISE FACILITY (RECOVERY)

- Six-lane 25-metre swimming pool
- One cold immersion pool
- One hot plunge pool
- Swimex training and recovery pool (one of two in Australia)



USC



The Melbourne Storm trained at USC's High Performance Centre for four months while we were based on the Sunshine Coast for the 2020 season. The strength training and recovery facilities were excellent, and at a standard equal to or better than most professional football clubs in Australia. This allowed our players to train in an extremely well-equipped and elite training environment, ensuring that the high training standards we expect were met by our players. Being able to train in such a high-performance environment was integral to our Premiership success this year.

Lachlan Penfold | Head of Performance, Melbourne Storm; NRL Premiers 2020

Gyms



USC has two indoor gyms, fully-equipped with the very latest equipment and technology.

HIGH PERFORMANCE GYM

- Floor area: 420m²
- AlphaFit fitout
- PLAE flooring
- Fourteen Stages indoor bikes
- Eleven AlphaFit racks
- 20m indoor turf
- Three air bikes
- Two sprint treadmills
- Concept 2 rowing machines
- Free-weights
- Specialised strength equipment

USC GYM

- Floor area: 168m²
- Free-weights
- Power racks
- Calgym pin loaded exercise equipment
- Functional area
- Six weight-lifting platforms
- Ultra-fast Keiser spin bikes
- Life Fitness treadmills
- Concept 2 rowing machine



Industry-leading services and support

When you train with USC, you get the full support of USC's High-Performance Sport department with industry-leading sport and exercise scientists who combine research excellence with decades of professional experience.

INJURY PREVENTION TESTING

Comprehensive testing assesses lower-body flexibility, balance, core control and stability to identify risk of injury and assess recovery from previous injury.

STRENGTH AND CONDITIONING

Complete assessments of balance, strength, flexibility and other sport-specific attributes are used to develop individual exercise programs.

Fields and outdoor courts

USC has outdoor hard courts for tennis, basketball and netball and multipurpose playing fields for Rugby Union, Rugby League, Football, Cricket and AFL.

All are maintained to high-level training and competition standard and have night lighting.



Athletics track



The World Athletics-standard (WA)* track has eight and ten lane running tracks and equipment for hurdles, steeplechase, javelin, shot-put, discus, hammer-throw, high jump, long jump, triple jump, pole vault and disabled throw events.

- WA-approved* facilities
- 10-lane straight running track
- Eight-lane circle running track
- Two pole vault areas: east and west approaches
- Two javelin tracks: north and south approaches
- One dedicated long jump
- One dedicated triple jump
- Two shot-put circles
- One discus circle
- One hammer throw cage
- Steeple chase
- Provision for disabled throw events

TRACK EQUIPMENT

- Starting blocks
- Lap counter with bell
- Judges and umpire flags
- WA* standard hurdles and training hurdles
- Relay batons
- Judges stand
- Power board: eight 10AMPs and two 15AMPs
- Officials / club facility – toilets, power and water supplied

POLE VAULT

- Telescopic pole vault height gauge

- Pole vault mat: 6.3m x 5m x 0.8m
- Fibreglass 4.5m cross bar
- Elastic flexi-bar
- Vaulting poles and spirit poles

HIGH JUMP

- Telescopic high jump height gauge
- High jump mat: 5m x 3.2m x 0.65m – flop style
- Stadium stands, maximum height: 2.70m
- 4m fibreglass cross bar
- Elastic flexi-bar

* Previously known as IAAF



Being at USC and part of the High Performance Student Athlete program has allowed me to continue my studies and compete at a high level with my sport. Having the facilities to train in, the knowledge of the USC sport team, and their encouragement has made my sporting life so much better. It's amazing to know that my University encourages me to compete and complete my tertiary education.

Emily Marschall | Bachelor of Biomedical Science student; Pole Vault, Track and Field and Cheerleading

Home of champions

High performance culture

USC's strong partnerships with athletes and resident teams provides unique opportunities for high performance experiences from keynote speakers, motivation and team building workshops, to fitness drills and full exhibitions.

As a high-performance student athlete, I can achieve my goals in high level para-sporting competition and as a health care professional. I get individualised training and a lot more support in the gym and on court, so it's a really good fit for me. The university has a great para-athlete program and scholarships meaning I can afford to compete in the National Wheelchair Basketball League without having to worry about juggling a job on top of study and training five days a week.

Hannah Dodd | Bachelor of Health student, with an extended Major in Prosthetics and Orthotics; Australian Glider (Australian women's national wheelchair basketball team)



USC attracts high-performance teams and elite athletes from around the world

Resident teams and partners

- Sunshine Coast Lightning (Netball)
- Australian Cycling Academy
- USC Spartans Swimming Club
- USC Thunder (Netball)
- USC Rip City (Basketball)
- NRL Referees
- Wheelchair Rugby Australia
- Sunshine Coast Wanderers (Football/Soccer)
- USC Cricket Club
- SunCoast Spinners (Wheelchair basketball)



The facilities at the USC High Performance Sports precinct are exceptional. They play a huge part in our preparation for competing in the premier netball competition around the world. Whether it is on court training, in the gym, recovery or hosting our Suncorp Super Netball League matches, we have everything we need to continue the success of the Sunshine Coast Lightning. Nothing is ever too hard to accommodate and the staff at USC always go above and beyond in their roles and we are hugely grateful for this.

Kylee Byrne | Head Coach, Sunshine Coast Lightning


International, national and domestic sport training camps and competitions hosted at USC

- One of two hubs for the 2020 Suncorp Super Netball League
- More than 200 athletes, coaching staff and officials from eight countries, in preparation for the 2018 Commonwealth Games
- Swimming Australia Camps
- Singapore National Netball Team
- Singapore National Swim Camp
- Canadian Paralympic Swim Program and Camp
- Brisbane Bullets (NBL)
- Perth Wildcats (NBL)
- Harlem Globetrotters
- Patricks Mills (NBA Athlete – San Antonio Spurs / Australian Boomers)
- Melbourne Football Club (AFL)
- Essendon Football Club (AFL)
- Collingwood Football Club (AFL)
- Carlton Football Club (AFL)
- Melbourne Storm Football Club (NRL)

Flexible packages

USC Sport can assist with accommodation options, transport and transfers, meals and entertainment at a variety of price-points. With local contacts and decades of experience, we have the experience to make your next training camp or event a success.

CONTACT US:

 +61 7 5459 4855

 sportbookings@usc.edu.au

 @usc sport

 @usc sport



Rise, and shine.