

A premier sporting and  
events destination



# The ideal location to train, recover and host an event

UniSC 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 UniSC a first-choice for athletes, teams and event organisers from around the world.



SPORTING FIELDS

HARD COURTS

SPORTING FIELDS

INDOOR SPORTS ARENA

HEALTH AND SPORTS TOWER

ATHLETICS TRACK

FUNCTION ROOMS

50m OLYMPIC POOL

AQUATIC RECOVERY POOLS  
25m POOL

GYMNASIUM

HIGH PERFORMANCE GYM

UniSC  
ARENA

3x3 BASKETBALL COURT

SPORTING FIELDS

# Sunshine Coast, Queensland

UniSC 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 UniSC 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 UniSC. During our extended stay on the Sunshine Coast as part of the extraordinary 2020 AFL season, UniSC 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)**

Point Cartwright, Mooloolaba

# UniSC Arena

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

The arena 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.





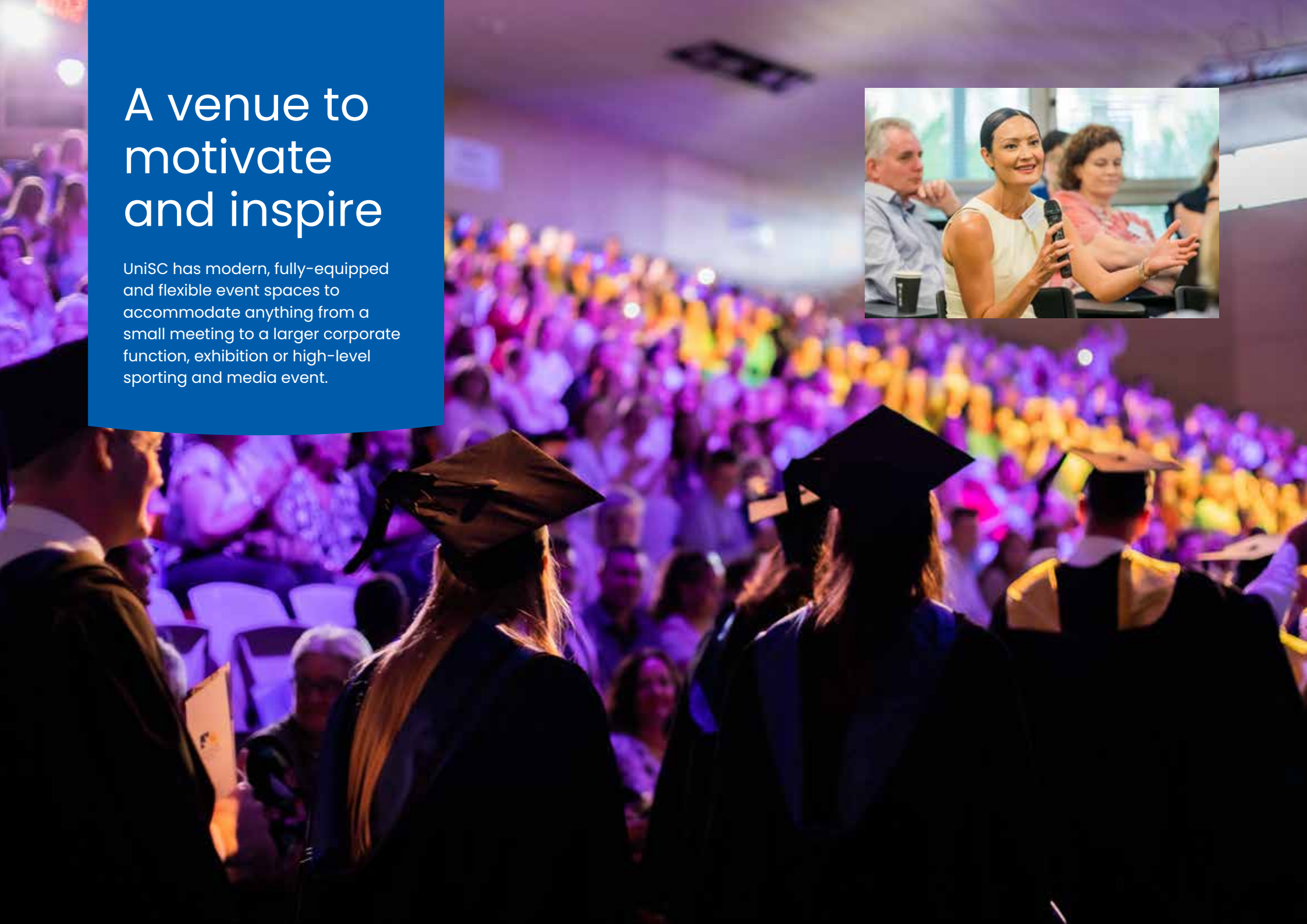
#### Features of the arena:

- Floor area: 3,705m<sup>2</sup>
- 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/change room areas, including an umpires' change room
- 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

UniSC 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: 208.7m<sup>2</sup>
- 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: 70.45m<sup>2</sup>
- Carpeted
- Air-conditioned
- Audio-visual including;
  - Desktop computer
  - Multiple connections for a range of devices
  - Data projector
- Furniture available on request

## Change rooms

UniSC has six modern change rooms. All have bathrooms, and five are air-conditioned.

## Meeting Room

A room to suit smaller meetings, workshops and operations.

- Size: 55.36m<sup>2</sup>
- 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: 84.11m<sup>2</sup>
- 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: 21.18m<sup>2</sup>
- Linoleum flooring
- Sink and refrigerator available on request
- Partitions available on request
- Counter window

## Sports Arena

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 and Heath SQ 5
- Two handheld wireless microphones
- Two 18" sub woofer 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 m<sup>2</sup>
- 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 UniSC team have you covered.







# Aquatic facilities

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

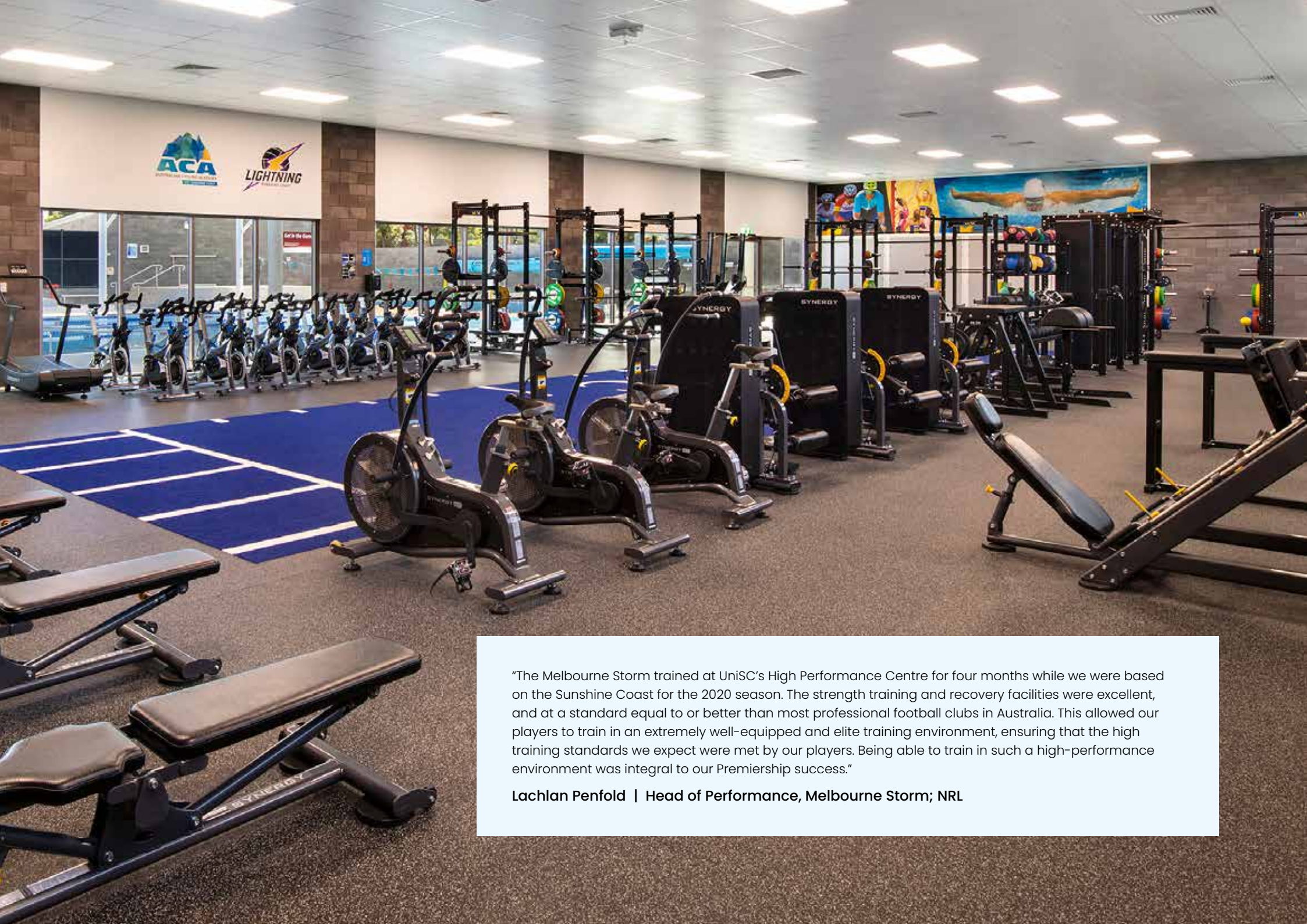
## **Olympic-standard 10-lane 50-metre swimming pool**

- 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)





“The Melbourne Storm trained at UniSC’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.”

**Lachlan Penfold | Head of Performance, Melbourne Storm; NRL**

# Gyms

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

## High performance gym

- Floor area: 420m<sup>2</sup>
- AlphaFit fit-out
- 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

## UniSC gym

- Floor area: 168m<sup>2</sup>
- 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 UniSC, you get the full support of UniSC'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

UniSC 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



“Being at UniSC 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 UniSC 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

UniSC'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 Prosthetics and Orthotics; Australian Glider (Australian women's national wheelchair basketball team)**



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

## Resident teams and partners

- Sunshine Coast Lightning (Netball)
- Australian Cycling Academy
- UniSC Spartans Swimming Club
- UniSC Thunder (Netball)
- UniSC Rip City (Basketball)
- NRL Referees
- Wheelchair Rugby Australia
- Dolphins (Rugby League)
- UniSC Cricket Club
- SunCoast Spinners (Wheelchair basketball)
- UniSC Para Sport (multi-sport)



“The facilities at the UniSC 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 UniSC always go above and beyond in their roles and we are hugely grateful for this.”

**Kylee Byrne**  
Former Head Coach, Sunshine Coast Lightning (2020-2021)

## International, national and domestic sport training camps and competitions hosted at UniSC

- 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 – Brooklyn Nets/ 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

UniSC Sport and Fitness 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:

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