



SPORTS & TRAINING CAMPS





ABOUT THE GOLD COAST

More than a city famous for its sun, surf and sand, the Gold Coast covers an area of 1400 square kilometres and stretches along 57 kilometres of Australia's eastern coastline and is one of the fastest growing regions in Australia.

Beyond our beautiful beaches you will discover a lush rainforest hinterland with breathtaking scenery, all a short drive from our city centre. The city's climate is sub-tropical with an average of 10 hours of sunshine, 300 days a year. Our city's natural environment, mixed with our world class sporting infrastructure and associated service providers, make it the perfect training and competition environment for elite athletes.

Welcoming close to 12 million visitors each year, the Gold Coast is Australia's premier tourist destination,

offering a vibrant mix of shopping, accommodation, entertainment, restaurants and an abundance of natural attractions for people from all over the world to enjoy.

The Gold Coast is serviced by two international airports. The Gold Coast Airport (OOL) at Coolangatta is located just 18km south of the city, while the Brisbane Airport (BNE) is located 85 km to the north. Both are easily accessible from a variety of ground travel options.

The City has a history of hosting iconic sporting events with an incredibly strong sporting community. The Gold Coast is also home to a range of peak sporting bodies and the city is continually investing and improving its infrastructure.

ABOUT SOUTHPORT SHARKS

Southport Sharks features high performance sporting facilities catering for a wide range of sports and related services.

Located in the heart of the Gold Coast Health and Knowledge Precinct, Southport Sharks features two premium ovals, a multi-award winning 24/7 Health and Fitness Centre, events centre, separate players gymnasium, and ice baths.

ACCOMMODATION

Mantra at Sharks, a 120 room hotel providing accommodation for sporting teams, families of athletes and the general community.

Compact Queen

For guests wanting a simple but contemporary compact hotel room at 19m².

King Room or Twin Room

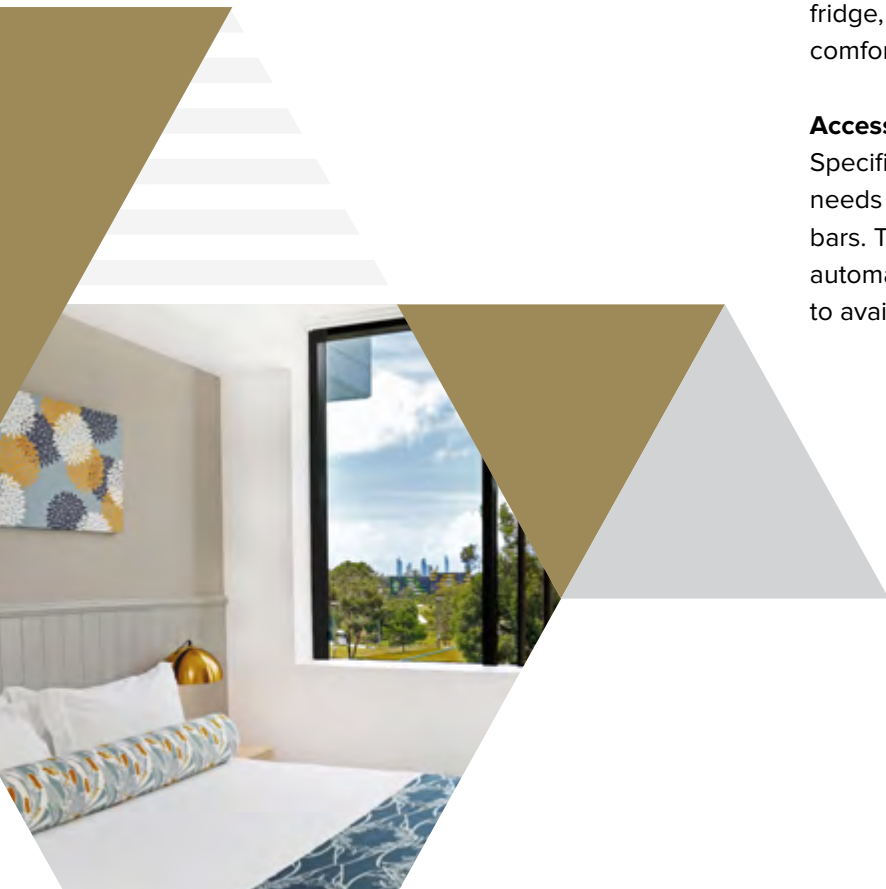
Are a sizable 24m² space with the versatility to configured as a twin room, consisting of two King single beds.

King Suite

Providing a generous 42m² floor space, the suite offers guests a separate room featuring a full sized fridge, microwave with a dining table and a sofa for a comfortable long stay.

Accessible Rooms

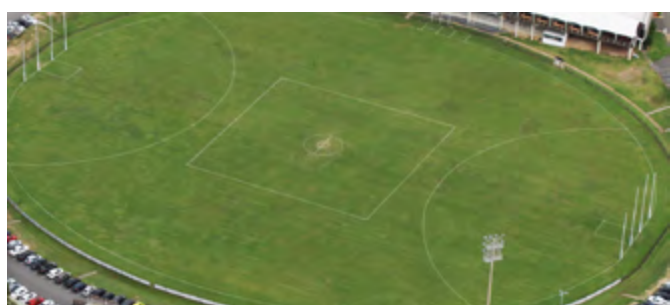
Specifically designed for guests with additional access needs and feature a large roll in shower and grab bars. The Accessible Queen room also features automatic opening front and bathroom doors. Subject to availability.





Nutrition

Southport Sharks understands a nutritionally balanced meal is imperative to a sporting team's seasonal success. Catering for up to 1,000 people, the talented Chef de Cuisines on-site can provide nutritionally-balanced and formulated meals for athletes undergoing strict training regimes. Your Team Package will also consist of private dining rooms for your team, available for lunch and dinner.



Training & Recovery Facilities

- Change Room Facilities
- Fitness Centre featuring over 110 classes per week, functional training area and state-of-the-art equipment
- Separate Team Gymnasium
- Ice Baths accommodating up to 12 athletes
- Team Briefing Rooms
- Eight Lane, 50m Swimming Pool - 10 min walk, in association with our partners Griffith University
- Post-training Catering
- A professionally maintained Australian Rules Football ground* with 311 Lux Level lights – fence to fence 175.7m x 148.3m / boundary to boundary 165.4m x 137m
- Second Training Ground
- Viewing Platforms and Coaches Box



Sharks Events Centre & Wider Club Facilities:

- 7 versatile function spaces for meetings, lecture sessions, gala dinner events, group dining facilities, massage and recovery sessions
- Latest in audio visual equipment
- A café and two restaurants - Carmody's and Frenzy's
- Five Bars – Cabana Bar & Lounge, Lounge Bar, Carmody's Bar, Mackenzie's Sports Bar & Rooftop Bar
- Specialised Dining – our on-site Chefs can create customised, dietician approved menus



Additional Facilities

Lecture & Storage Room
including Data projector and screen _____ **Inclusive**
Whiteboards _____ **Complimentary**
Massage beds
(on request - limited number) _____ **Complimentary**
Ice bath facilities _____ **Complimentary**
Ice can be pre-ordered _____ **P.O.A**
Gym use and Oval Use – timing and usage based on consultation with Southport Sharks Fitness Manager



STAMP OF APPROVAL

This facility has been tried and tested by:

- Geelong Football Club (AFL)**
- Carlton Football Club (AFL)**
- Gold Coast Suns (AFL)**
- Brisbane Roar (A League)**
- Melbourne Victory (A League)**
- Australian National Ladies Water Polo squad**
- National U18 AFL Championship**
- National AFL Masters Competition**
- 2017 QAFL Grand Final**
- 2019 University Games (AFL)**

“Southport Sharks went above and beyond to be our Queensland home for 3 months during the 2020 AFL season. Their attention to detail and genuine care for high performance assisted our organisation to get the best out of ourselves”

Simon Murphy
Football Operations & Compliance Manager
Geelong Cats



Geelong Cats, AFL Grand Finalists 2020

Car Parking

There are over 500 free car parks for Southport Sharks, 206 undercover parks for Mantra at Sharks and facilities for small and large Coach Parking.

Transportation

Southport Sharks has close partnerships with reliable and professional transportation companies and will be able to obtain quotes for any team movement required.

- Complimentary Parking for Bus
- 15 mins to Metricon Stadium
- 10 min to beach training access
- 900m to Griffith University Aquatic Centre
- 5 mins to G: Link
- 30 mins to Gold Coast Airport
- 45 mins to Brisbane Airport

