

## PRICING

ACTIVITIES	Price	Session
Tours	\$200	1 hour
Recovery Room	\$120	30 min
Sub Max Test	\$150	30 min
Timing Gates	\$150	30 min
Enviro Chamber	\$450	1 hour
Gym	\$140	1 hour
Sprung Floor	\$100	1 hour
TALKS	Price	Session
Sport Physiology	\$385	1 hour
Careers in Sport	\$300	1 hour
Performance Nutrition	\$385	1 hour

All prices exclude GST



[wais.org.au/wais-bookings-and-tours](https://wais.org.au/wais-bookings-and-tours)



# wais

## EXPERIENCE

# A DAY IN THE LIFE OF AN ATHLETE

# wais

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## PATHWAY Tour

### Ever wanted to see where WA's sport elite train and hone their craft?

This tour will show you the world class facility that our athletes utilise all year round. Get the inside knowledge of WAIS with a one hour tour led by one of our athletes in an experience never to be forgotten.

- A 715m<sup>2</sup> strength and conditioning gym suitable for two sporting squads to train simultaneously
- An 80m<sup>2</sup> five lane indoor athletics track including a complete pole vault setup, ability for indoor javelin and a long jump pit
- A 260m<sup>2</sup> hydrotherapy based recovery centre
- A 280m<sup>2</sup> laboratory for the WA High Performance Sport Research centre, including a 70m<sup>2</sup> environmental chamber (heat/humidity/altitude)
- Simulated Altitude House including study zone, kitchen and recreation area
- Complete universal access for Paralympic athletes to all areas of the facility



## NATIONAL Tour & Activities

### Want to experience what our athletes' experience?

Under the guidance of our PhD students and our athletes these add ons will give the individual a holistic appreciation of a day in the life of an athlete. Experience training conditions in our environmental chamber, which we can adjust the heat, humidity and altitude at the click of a button. After an intensive experience in the chamber you may want to undertake a sub max test to attain your approximate VO<sub>2</sub> max or "aerobic fitness" or utilise our timing gates to test your athletic prowess. Why not try our recovery pools (36°C, 28°C & 14°C) to aid in your recovery and prevent fatigue and soreness?

If looking for something a little less intense why not try our multipurpose sprung floor with both basketball and netball posts available to practise your skills or try our world class gymnasium.



## PODIUM Tour, Activities & Talk

### Can't decide on what to do? Here's a few more options to make your decision harder.

The "Design a Tour" experience provides you with the opportunity to supplement the practical component of what is done on your tour with theory.

- WAIS Physiologists are responsible for identifying and quantifying the physical and physiological characteristics that contribute to performance and the most effective methods of influencing those characteristics to enhance the likelihood of success.
- The sports nutrition talk will cover some fundamental sports nutrition principles, examples of different athletes' "day on a plate", as well as practical fuelling and recovery suggestions.
- The careers in sport talk will give you an insight on how you can leave your mark on sport in a different capacity, whether it be in sport and rec management through to exercise physiology.

These talks will be led by leaders in their field and will undoubtedly leave you intrigued and wanting to know more.

