

TRAIN. PLAY. STAY.

SUNSHINE COAST AUSTRALIA

Australia's Elite Sporting Destination



WELCOME TO OUR SUNSHINE COAST

I would like to take this opportunity to introduce you to the Sunshine Coast, Queensland, Australia and invite you to consider our beautiful region as the perfect location for your next training camp, competition or event.

The Sunshine Coast is an ideal location for training and pre-competition acclimatisation. We are located one hour north of Brisbane, boast a wonderful climate, some of the very best natural and built training facilities in the world, and a very relaxed atmosphere.

The region also continues to demonstrate commitment to accessibility through improvements to public spaces and beaches, sporting venues, amenities and accommodation.

In 2018, we proudly hosted more than 500 athletes and officials from nine countries, training for Commonwealth Games glory. More importantly, one out of five athletes who trained here medalled and all officials effusively praised our facilities and welcoming community. The Sunshine Coast is also home to the two-time Suncorp Super Netball champions – the Sunshine Coast Lightning and the Pro-Racing Sunshine Coast team of the Australian Cycling Academy.

We hope you will consider us for your next sporting endeavour and look forward to welcoming you to the Sunshine Coast as the region prepares to host the 2032 Olympic and Paralympic Games.

Mayor Mark Jamieson
Sunshine Coast



Sunshine Coast Council acknowledges the Kabi Kabi and Jinibara peoples as the traditional custodians of the Sunshine Coast, and wishes to pay respect to their elders past, present and emerging.

TOWNSVILLE
1200KM

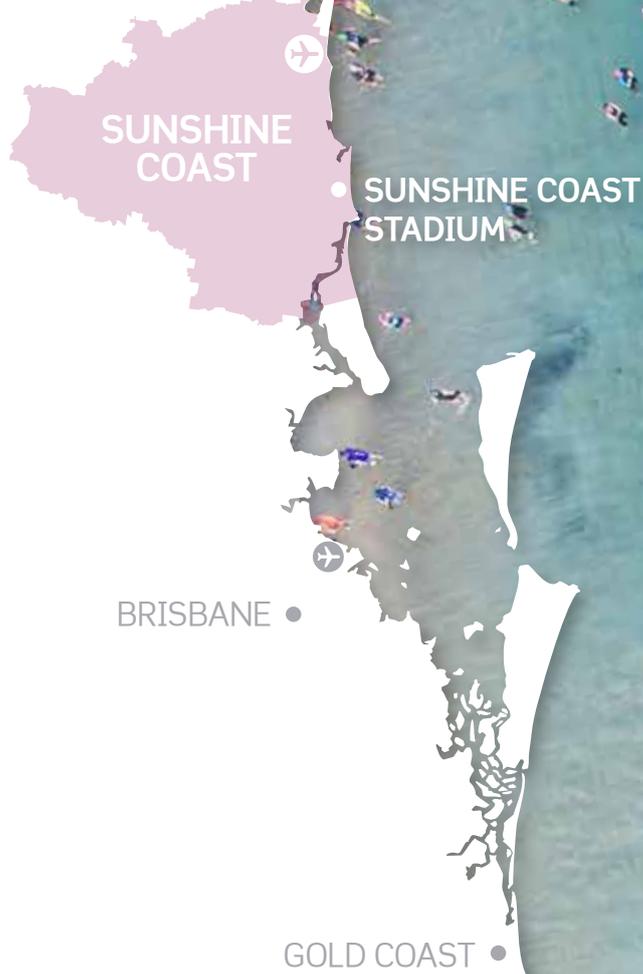
The Sunshine Coast is one of Australia’s premier sports training destinations for high performance athlete training and acclimatisation. It offers ideal weather, great natural and purpose-built training facilities, world class sports services and beautiful beaches.

ANNUAL TEMPERATURES

Month	Average high	Rainfall	Humidity
Jan	29°	145	70%
Feb	29°	223.5	71%
Mar	28°	183.1	69%
Apr	26°	150.5	68%
May	23°	149.9	65%
June	21°	115	59%
July	21°	65.7	59%
Aug	22°	69.3	59%
Sept	24°	51.7	63%
Oct	26°	91.8	66%
Nov	27°	81.7	67%
Dec	24°	156.2	66%

FAST FACTS:

- 7 hours of sunshine 300 days per year
- A short 1 hour drive from the State’s capital city, Brisbane
- Brisbane Airport linked to 51 Australian and 34 international destinations
- Abundance of short-term accommodation for all budget levels
- Home to numerous unique tourist attractions and signature experiences
- 6113 hectares of environmental reserves and 3700 km of waterways
- 113 recreation parks and amenity reserves



An unrivalled training environment

The beautiful Sunshine Coast beaches and natural surrounds offer coaches and athletes a remarkable training environment and respite from the rigors of training and the pressures of the approaching competition.

THE SUNSHINE COAST BOASTS

Training facilities for 59 different sports - 42 have national or international standard training facilities

An Australian Institute of Sport accredited facility at the University of the Sunshine Coast that is the training base for many visiting elite international athletes

High performance gym facilities including a state-of-the-art testing lab and world class equipment, situated in The Sports Hub, Bokarina

14,000 businesses that can supply products or services to the sports industry

Concentration of high calibre health and wellbeing practitioners located at the health precinct adjacent to the Kawana Sports Precinct

Our natural assets provide the perfect cross-training opportunities, with kilometers of beaches to run, and majestic mountains to climb



Sunshine Coast Sports Facilities

The Sunshine Coast can cater for elite training in many different sports.

Training facilities	National or International standard	Training facilities	National or International standard
Aquatics	✓	Hockey	✓
Archery	✓	Kite Sport	✓
Athletics	✓	Lawn Bowls	✓
Aussies Rules	✓	Modern Pentathlon	
Badminton	✓	Netball	✓
Baseball/Softball	✓	Paddle Sport (Rowing, Outrigger)	✓
Basketball	✓	Rugby (League/Union)	✓
Boxing	✓	Sailing	✓
Combat Sport (Taekwondo, Judo, Karate)		Shooting	✓
Cricket	✓	Skateboarding	
Cycling (Road, Mountain)	✓	Sport Climbing	
Equestrian	✓	Surfing	✓
Fencing		Surf Life Saving	✓
Football	✓	Table Tennis	✓
Football Sports (OZTAG/Touch)	✓	Tennis	✓
Golf	✓	Triathlon	✓
Gymnastics	✓	Volleyball (Indoor / Beach)	✓
Handball		Weightlifting	✓
		Wrestling	✓

Capabilities - sports and venues

* indicates could host Paralympic athletes / teams



Athletics, Track and Field

VENUE

University of the Sunshine Coast Athletics - track and field*

MAJOR EVENT HOSTED

Australasian Police and Emergency Services Games
Sunshine Coast Marathon
Special Olympics Queensland State Games

TEAMS HOSTED

Home of the Australian Cycling Academy



Badminton

VENUE

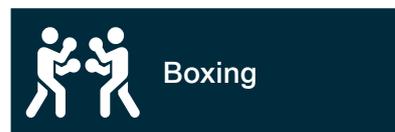
Caloundra Indoor Stadium*
Sunshine Coast Badminton Centre*
University of the Sunshine Coast Sports Stadium*

MAJOR EVENT HOSTED

Australasian Police and Emergency Services Games

TEAMS HOSTED

Team Isle of Man
Team St Helena



Boxing

VENUE

Shamrock Boxing Club

TEAMS HOSTED

Team Scotland



Canoeing, Kayaking, Dragon Boat Racing

VENUE

Lake Kawana*

MAJOR EVENT HOSTED

Australian Dragon Boat Federation National Championships
IVF Va'a World Championships
World Dragons Abreast Championships

TEAMS HOSTED

German Olympic Kayak Team



Australian Rules Football (AFL)

VENUE

Maroochydore Multit Sports Complex

MAJOR EVENT HOSTED

AFLW premiership season matches
AFL pre-season camps
AFL pre-season match
School Sport Australia - National Championships
AFL Australian Masters National Carnival

TEAMS HOSTED

Collingwood - Carlton - Hawthorn
St Kilda - GWS - Brisbane Lions
Western Bulldogs
Essendon - North Melbourne - Melbourne - Port Adelaide



Basketball

VENUE

Caloundra Indoor Stadium*
University of the Sunshine Coast Sports Stadium*
Maroochydore Basketball Stadium*

MAJOR EVENT HOSTED

Queensland U18 Basketball Championships
Queensland Police & Emergency Services Games
Special Olympics Queensland State Games
Suncoast Spinners Tournament (Wheelchair)

TEAMS HOSTED

Team Scotland



Cricket (Outdoor)

VENUE

Elizabeth Daniels Sports Complex
Central Park Sports Complex

MAJOR EVENT HOSTED

Big Bash League Trial Matches (Sunshine Coast Smash)
National Junior Cricket Championships
ICC U19 World Cup

TEAMS HOSTED

Hobart Hurricanes
Tasmanian Tigers
NZ U19 Development squad



Beach Volleyball

VENUE

Mooloolaba
The Sandpit

TEAMS HOSTED

Team Scotland
Team England





Cycling (Road, MTB)

VENUE

Public Roads
Parklands, Kenilworth
Wooroi Forest

MAJOR EVENT HOSTED

National Road Cycling
Championships
Velothon Sunshine Coast

TEAMS HOSTED

Home of the Australian Cycling
Academy



Equestrian

VENUE

Nambour Showgrounds*
Maleny Showgrounds*

MAJOR EVENT HOSTED

Annual Sunshine Coast Show
jumping and Equestrian event
attracts Olympic competitors



Football (Soccer)

VENUE

Sunshine Coast Stadium
Maroochydore Regional Football
Complex
University of Sunshine Coast fields

MAJOR EVENT HOSTED

A-League Football Trial Matches
Australasian Police and
Emergency Services Games
National Premier League Games
Special Olympics Queensland
State Games



Football Sports (Oztag, Touch Football)

VENUE

Sunshine Coast Stadium
University of Sunshine Coast fields

MAJOR EVENT HOSTED

Tag World Cup
Australian National Junior
Championships



Golf

VENUE

Maroochy River
Pelican Waters
Peregian Springs
Twin Waters

MAJOR EVENT HOSTED

Australian PGA Championships
PGA Professionals Championship
Sunshine Coast Masters
Holden Scramble
Championship Finals
Greg Norman Junior Masters
Australasian Police and
Emergency Services Games



Gymnastics

VENUE

Maroochy Beach Gymnastics
Caloundra Indoor Stadium
Caloundra YMCA

MAJOR EVENT HOSTED

Queensland Club
Gymnastics Championships
and Border Challenge

TEAMS HOSTED

Team Scotland
Team Isle of Man



Hockey

VENUE

Ballinger Pack

MAJOR EVENT HOSTED

Australian Hockeyroos v USA Olympic
Team Test Matches
Australasian Police and
Emergency Services Games

TEAMS HOSTED

Team Scotland



Kiteboarding

VENUE

Cotton Tree

MAJOR EVENT HOSTED

Kiteboarding Australia
Freestyle Nationals



Lawn Bowls

VENUE

Various

MAJOR EVENT HOSTED

Queensland District Sides
Championships
Sunshine Coast Winter Bowls Carnival

TEAMS HOSTED

Team Scotland
Team Niue
Team Isle of Man

Capabilities - sports and venues continued...

* indicates could host Paralympic athletes / teams



Marathon (Swimming)

VENUE

Caloundra Aquatic Centre
Cotton Tree Aquatic Centre
Kawana Aquatic Centre
Lake Kawana

University of the Sunshine Coast
Olympic Pool

MAJOR EVENT HOSTED

World Series Swims – Mooloolaba
Australian Olympic Trials



Rowing

VENUE

Lake Kawana
Maroochy River

MAJOR EVENT HOSTED

Australian Masters Rowing
Championships
GPS Schools Head of the
River Championships
International Rowing Camp
(Australia and New Zealand)



Rugby Union

VENUE

Sunshine Coast Stadium
Caloundra Rugby Union Club
University of the Sunshine Coast
Sporting Fields

MAJOR EVENT HOSTED

Queensland Junior Rugby
Union Championships
Australian Junior Rugby
Union U15 and U17 Championships
2022 Fijian Drua V Melbourne Rebels
Pacific Super Rugby

TEAMS HOSTED

Wallabies Training Camp
All Blacks Training Camp



Netball

VENUE

Maroochyore Multi Sports Complex
University of the Sunshine Coast
Sports Stadium
Caloundra Indoor Stadium

MAJOR EVENT HOSTED

NetFest
Australian U21
Netball Championships
Suncorp Super Netball League
Netball Qld State Age Championships

TEAMS HOSTED

Home of Sunshine Coast Lightning
Australian Diamonds
Team Scotland



Rugby League

VENUE

Sunshine Coast Stadium
Wises Rd Rugby League Precinct
University of the Sunshine Coast
Sporting Fields

MAJOR EVENT HOSTED

2021 NRL Qualifying Final
NRL South Sydney v
Melbourne Storm
NRL South Sydney v NZ Warriors
Police and Armed Forces Rugby
League Championships
NRL Trial Matches



Sailing

VENUE

Ocean off Mooloolaba

MAJOR EVENT HOSTED

Etchells Australasian Championships
Etchells World Championships
Special Olympics Queensland
State Games



Rugby Sevens

VENUE

Sunshine Coast Stadium
Caloundra Rugby Union Club
University of the Sunshine Coast
Sporting Fields

MAJOR EVENT HOSTED

Australasian Police and Emergency
Services Games

TEAMS HOSTED

Team Australia Women's
Australian Sevens Training Camp
Team New Zealand



Shooting

VENUE

North Arm Rifle Club, Davison Range
Sunshine Coast Pistol Club

MAJOR EVENT HOSTED

Australasian Police and Emergency
Services Games

TEAMS HOSTED

Team St Helena



Outrigging

VENUE

Lake Kawana
Mooloolaba Beach

MAJOR EVENT HOSTED

Va'a World Outrigger Sprint Titles
National Outrigger Marathons
National Outrigger Sprint
Championships





Surfing

VENUE

Various beaches

MAJOR EVENT HOSTED

Surfing Queensland Series



Surf Sports (Surf Life Saving)

VENUE

Various beaches

MAJOR EVENT HOSTED

Australian Surf Life Saving Championships

Queensland Surf Life Saving Championships

Australian Teams Championships

Nutri-Grain Iron Man Titles

Australasian Police and Emergency Services Games

TEAMS HOSTED

Queensland

New Zealand



Swimming

VENUE

Caloundra Aquatic Centre*

Cotton Tree Aquatic Centre*

Kawana Aquatic Centre*

University of the Sunshine Coast Olympic Pool*

MAJOR EVENT HOSTED

Australasian Police and Emergency Services Games

Australia and New Zealand Swim Teams training camps

TEAMS HOSTED

Team Scotland

Team Wales

Team St Helena

Team Singapore



Table Tennis

VENUE

Caloundra Indoor Stadium
University of the Sunshine Coast Sports Stadium

MAJOR EVENT HOSTED

Australian Veteran Table Tennis Championships



Tennis

VENUE

Sunshine Coast Tennis Centre
Various

MAJOR EVENT HOSTED

ATP Challenge

Special Olympics Queensland State Games



Triathlon

VENUE

Public roads
Mooloolaba Beach
Lake Kawana

MAJOR EVENT HOSTED

IRONMAN 70.3 World Championships 2016

IRONMAN 70.3 Sunshine Coast

Mooloolaba Triathlon

2019 & 2020 Qld Schools Championships

TEAMS HOSTED

Team England



Volleyball

VENUE

Caloundra Indoor Stadium
University of the Sunshine Coast Sports Stadium

MAJOR EVENT HOSTED

Australasian Police and Emergency Services Games
Special Olympics Queensland State Games



Water Polo

VENUE

Caloundra Aquatic Centre
Cotton Tree Aquatic Centre
Kawana Aquatic Centre*
University of the Sunshine Coast Olympic Pool

MAJOR EVENT HOSTED

Australasian Police and Emergency Services Games
International Water Polo Test Series
USA v Australia (3 games)



Weightlifting, Powerlifting, Body Building

VENUE

Sunshine Coast Weightlifting Club

TEAMS HOSTED

Team Scotland

Team Niue



Wrestling

VENUE

Caloundra Indoor Stadium*
University of the Sunshine Coast Sports Stadium*

TEAMS HOSTED

Team Scotland



Sunshine Coast Stadium and Kawana Sports Precinct

The SUNSHINE COAST STADIUM, located within the Kawana Sports Precinct, is a premier sport and events venue, regularly hosting a diverse range of sporting matches, tournaments and competitions, high performance training camps, concerts, leisure events, expos and boutique events.

SUNSHINE COAST STADIUM FACILITIES

International Standard playing field with a 10,000 plus spectator capacity

10 National Standard sized fields with lights

High Performance Training Facility (gym)

Confirmed site for 2032 Olympic Games football tournament (expanded stadium) and tentative site for 2032 Olympic Games Football (new indoor venue)

Lake Kawana (Kawana Aquatic Centre, 8 lanes, 1km course with starting pontoon, 5km open water training circuit)

Western Precinct (football and touch football)





Sunshine Coast Stadium offers a wide range of facilities to suit both training and matches. Ten national standard fields including the main field which has international broadcast standard lighting and grandstand seating. Live broadcast camera platform, media box, control office, coaches' boxes, dressing rooms, first aid and drug testing rooms, match officials' room and four separate and secure dressing room areas including showers and toilets.

SPECIAL EVENTS

- Sir Elton John, Farewell Yellow Brick Road Tour (2020: two concerts)
- National Rugby League (Qualifying Final 2021, Premiership matches in 2019, 2020, 2021)
- Women's State of Origin (2020 and 2021).

ANNUAL EVENTS

- Four Queensland Oztog tournaments a year with a total attendance of 33,000
- National Outrigger Sprint Titles
- Touch Football Australia National Youth Championships and National Schools Cup.

TRAINING CAMPS

- Australian Wallabies (Rugby Union)
- Canberra Raiders and Melbourne Storm (NRL)
- Queensland Reds (Super Rugby)
- Melbourne Victory (A League)
- New Zealand All Blacks (Rugby Union)
- Rugby Australia (7's and 15's National teams)
- Queensland Maroons (Rugby League).



ALLIED HEALTH

SUNSHINE COAST UNIVERSITY AND PRIVATE HOSPITALS

WESTERN PRECINCT

FIELD 4

FIELD 3

FIELD 2

FIELD 1

LAKE KAWANA

KAWANA WAY

METIER LINKWAY

University of the Sunshine Coast

USC's SPORTS STADIUM is fully airconditioned, with seating for 3000 spectators and national standard facilities for netball, basketball, futsal, hockey and badminton.

USC is a training ground for Olympic and Paralympic champions, with training and aquatic recovery and rehabilitation facilities including an Olympic standard 10-lane 50 metre pool and an aquatic exercise and recovery facility.

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

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.



INDOOR STADIUM

FUNCTION ROOMS

3X3 BASKETBALL COURT

SPORTING FIELDS



SPORTING FIELDS

HARD COURTS

SPORTING FIELDS

HEALTH AND SPORTS TOWER

ATHLETICS TRACK

GYMNASIUM

50M OLYMPIC POOL

HIGH PERFORMANCE GYM

AQUATIC RECOVERY POOLS 25M POOL

The World Athletics standard 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.

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.

Lake Kawana offers five kilometres of pristine waterway with a one kilometre, 8 laned, buoyed course. Events such as dragon boating, outriggering and stand up paddle board races are held on the lake each year.

LAKE KAWANA IS EQUIPPED WITH:

A two-storey, air conditioned Finish Tower for officials with floor to ceiling windows

Eight lanes to suit all disciplines on a one kilometre course

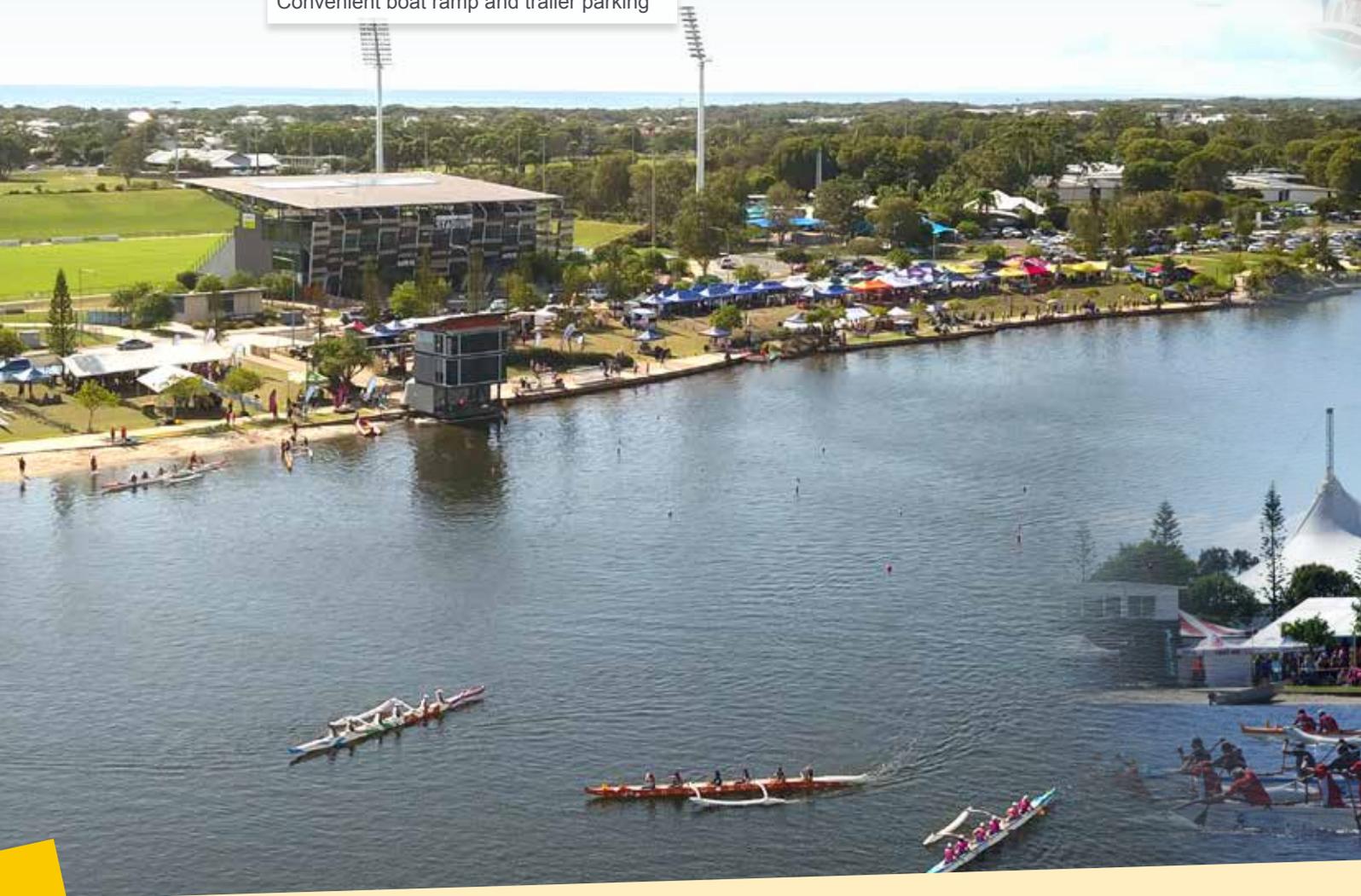
96 metre mobile starting pontoon

Convenient boat ramp and trailer parking

Roadside parking and nearby event parking

Shaded areas and BBQ facilities

Amenities including toilets and outdoor shower



The foreshore is a beautiful grassed area overlooking the tranquil Lake Kawana. With plenty of space for a marquee, stage and food and beverage services and direct access into the Stadium facilities, the foreshore is the perfect viewing area for your training camp, racing event or boutique event.



The SPORTS HUB SUNSHINE COAST is centrally located within the Kawana Sports Precinct, in close proximity to other local sporting infrastructure including Sunshine Coast Stadium, Lake Kawana and the Kawana Aquatic Centre.

THE SPORTS HUB FACILITIES AND SERVICES INCLUDE:

O2 Performance Gym

F45 Gym

On-site accommodation

Onsite café with catering options

Allied Health Services including Recovery Room, Perform Dietetics, Sunshine Coast Infusion Therapies, FloCryo (cryotherapy and recovery centre) and Yoga Studio.

Shaded areas and BBQ facilities

Amenities including toilets and outdoor shower



The [MAROOCHYDORE MULTI SPORTS COMPLEX](#) regularly hosts Australian Rules Football, soccer and netball events across four floodlit ovals, 20 lit hard courts and six grass courts, one lit senior soccer and two lit junior soccer fields, plus training areas, with ample car and bus parking and undercover spectator viewing.

Perfect for basketball, gymnastics and more, the [CALOUNDRA INDOOR STADIUM](#) is an air-conditioned facility offering four indoor multi-purpose courts with an international standard playing surface and eight outdoor netball courts, four with lights, and disabled access and toilet facilities.

Geared for hockey, cricket, tennis and soccer, the [BALLINGER PARK SPORTS COMPLEX](#) offers one synthetic hockey pitch and three grass hockey pitches, 500-1000 lux lighting and double home and away change room facilities, as well as spectator and stadium seating.

The [NAMBOUR SHOWGROUNDS](#) is a 14.52 hectare recreational, sporting and events facility with multi-purpose ovals, grandstand to accommodate up to 600 seated patrons, large equestrian precinct, several catering facilities and a number of function rooms.

The recently redeveloped [SUNSHINE COAST RECREATION CENTRE](#) offers accommodation, indoor and outdoor recreation facilities, meeting spaces, instructor-led activities and catering. Based in Currimundi, the centre has facilities and activities for people with disability and accessibility needs, including wheelchair accessible and fully adapted accommodation, sports and dining facilities.





Sunshine Coast Health Precinct

The SUNSHINE COAST HEALTH PRECINCT is one of the largest health infrastructure projects in Australia, incorporating the Sunshine Coast University Hospital, Sunshine Coast Health Institute, Sunshine Coast University Private Hospital, the Health Hub and Birtinya Town Centre.

The Sunshine Coast Health Institute boasts world-class research facilities and advanced medical training to further advance the local health industry.

Sunshine Coast University Private Hospital is a 200-bed private facility providing a comprehensive range of inpatient and day services.

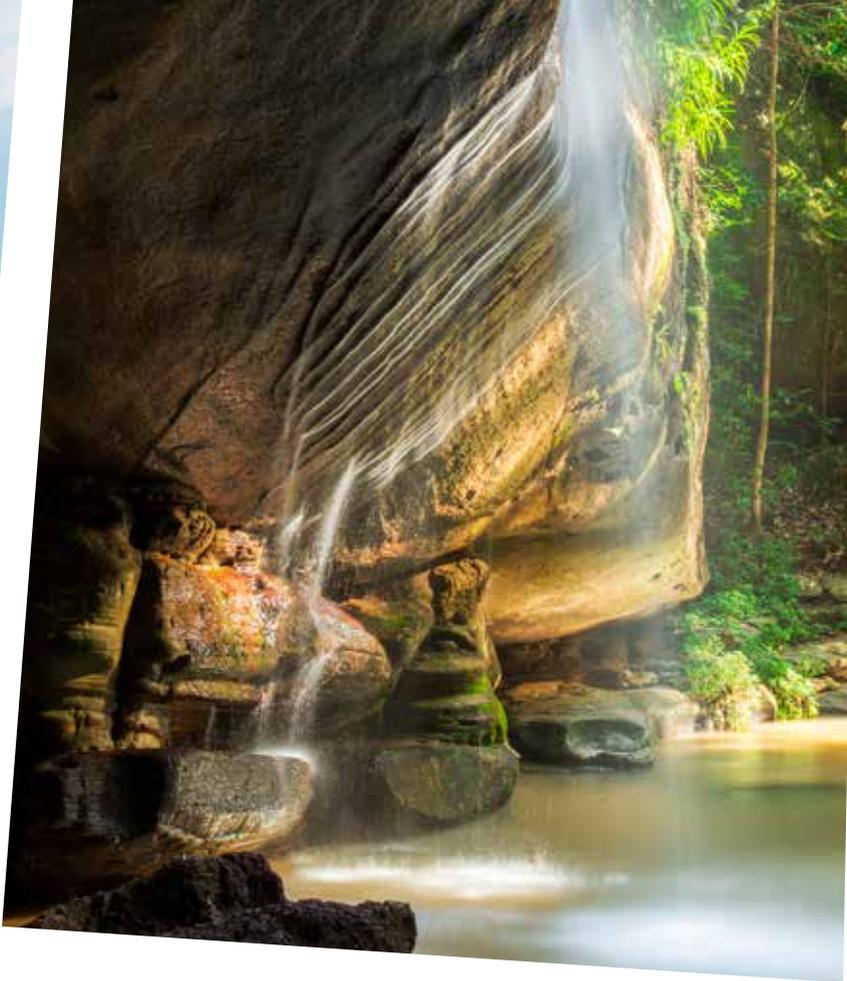
SUNSHINE COAST THE MOST LOVED DESTINATION

The Sunshine Coast is one of Australia's premier tourism and major event destinations. The region hosts a variety of major events each year, which reinforce its reputation as a leading tourism destination.

Sunshine Coast Council is the lead agency for development and delivery of the Major Events Strategy for the region. Through the application of the Major Events Sponsorship Program, Council invests significant funding in the acquisition and development of events across the region.

Check out our event calendar at events.sunshinecoast.qld.gov.au





Visitor experiences

The Sunshine Coast is Australia's authentic and immersive subtropical holiday destination. Rich in diversity, the destination is brimming with the best that Australia has to offer - for real.

Pristine beaches sit alongside subtropical rainforest and majestic mountains, interspersed with villages steeped in history. Frolic at the beach in the morning and enjoy the afternoon in the lush hinterland, just an easy 45 minute drive away. Savour the fresh and bountiful local produce through a paddock to plate and trawler to table dining experience.

Discover our array of attractions, tours and experiences – from wildlife encounters to getting lost in a hedge maze and embarking on a special tour - there is a veritable goldmine of activities.

Feel like a local from the moment you arrive where the people are friendly and genuine. For real.

For more information go to visitsunshinecoast.com



Contact us

For more information on why the Sunshine Coast is Australia's elite sporting destination and to plan your next training camp, competition or event, contact us at trainplaystay@sunshinecoast.qld.gov.au

