

LOCATION	ACTIVITY & DESCRIPTION	TIME
Community Space/Kitchen 	Cooking Demonstration - VIS Sport Dietitians will showcase how to prepare a recovery/fueling meal with taste testing samples.	30 minutes Session #1: 11:00 - 11:30am Session #2: 12:00 - 12:30pm Session #3: 1:00 - 1:30pm CAPACITY LIMITS - SIGN UP AT ACTIVITY
	Day on a Plate - View poster exhibitions showcasing real life examples of 'A day in a life nutrition' for our VIS athletes.	Ongoing
	Recovery Snack Activity - Sport Dietitians will provide some examples of 'real life' athlete recovery snacks.	Ongoing
	Gatorade Slushies - Come and taste samples of Gatorade slushies and learn about pre-cooling strategies.	Ongoing
South Melbourne Football Club (SMFC) 	Athlete Discussion Panel - Hear from VIS athletes in a 2-3 athlete panel plus Performance Lifestyle Adviser.	15 minutes Session #1: 10:30 - 10:45am Session #2: 11:30 - 11:45am Session #3: 12:30 - 12:45pm
	Athlete Visual Exhibition - Featuring VIS athletes in dual careers.	Ongoing
	Preparing for Mental Performance with Sports Psychologists - Hear what it takes for athletes to have their attention on what matters, when it matters.	15 minutes Session #1: 11:00 - 11:15am Session #2: 12:00 - 12:15pm Session #3: 1:00 - 1:15pm
Albert by the Lake 	Skills & drills and Performance Analysis showcase with Table Tennis Victoria - Get an insight into how our table tennis athletes use video and data to review their performance and prepare for competitions.	Ongoing
	VIS Medical Experts X Ambulance Victoria - Learn about sudden cardiac arrest in sports, practice CPR on mannequins and learn about using an Automated External Defibrillator (AED).	Ongoing
	Rowing Victoria - Perfect your rowing technique on the ergs, located outside on the balcony.	Ongoing
Outside, in the stadium	Skills & drills and Performance Analysis showcase with Hockey Victoria and Hockey Club Melbourne - Receive live video feedback just like the professionals do as you perform your best hockey skills.	Ongoing
	Skills & drills and Performance Analysis showcase with Netball Victoria and the Melbourne Vixens - Receive live video feedback just like the Vixens do as you perform your best netball skills.	Ongoing
	2XU Group Workout Class - Partake in a group workout class with 2XU and an athlete.	20 minutes Session #1: 11:00 - 11:20am Session #2: 12:00 - 12:20pm Session #3: 1:00 - 1:20pm CAPACITY LIMITS - SIGN UP AT ACTIVITY
	Athletics Sports - Try frame running, long jump, mini hurdles, optojump and more with Athletics Victoria and VIS Performance Analysts.	Ongoing
	Sprint Profiling using Biomechanics - Compare your sprint results with some of the fastest athletes.	10:00am - 12:00pm
	Foam Archery - With VIS athlete, Astin Darcy.	Ongoing
	Learn the ropes on a real Sailing Boat - With VIS Sailing Coach, Carrie Smith.	Ongoing
	Softball Victoria - Perfect your throw and runs by having a go at softball.	Ongoing
	Squash Australia - Learn the basics of squash and practice having a hit.	Ongoing
	Wheelchair Basketball - Practice your throws and hoops from the wheelchair on a 3 x 3 halfcourt.	Ongoing

LOCATION	ACTIVITY & DESCRIPTION	TIME
Environmental chamber 	Heat Acclimation - See the climate chamber and hear how our athletes utilise the chamber for training to prepare for overseas climate conditions.	10:00am - 12:00pm
Performance Science Lab 	Physiology Showcase - Watch how physiological measures are taken to assess an athlete's body (e.g. blood lactate, oxygen consumption, HR).	30 minutes Session #1: 10:00 - 10:30am Session #2: 11:30 - 12:00pm Session #3: 1:00 - 1:30pm CAPACITY LIMITS - SIGN UP AT ACTIVITY
Gym 	How high can you jump? Force Plates with feedback - VIS athletes do jump testing on force plates to assess lower body power.	Ongoing
	WattBike Peak Power - Test your peak power on the bike.	Ongoing
	How many calf raises can you do? Calf Testing - VIS physiotherapists use calf muscle function to help decrease injury risk and maximise performance.	Ongoing
	Nordboard Hamstring Testing - Test your hamstring strength and compare to athletes from different sports.	Ongoing
	Zwift Talent ID with AusCycling - Ride on Zwift in a virtual cycling world.	Ongoing
New Gym 	5m Sprint Testing with Speed Gates - Test your speed against the times of our athletes.	Ongoing
	Athletes in their Daily Training Environment - Spy some VIS athletes in their natural habitat as they continue their training routines in the refurbished VIS gym.	Ongoing
Pool 	Investigate the Physiological Profiling of Swimmers - See a live demonstration with PhD Student, Karla Bulte and a VIS swimmer.	30 minutes Session #1 - 10:30 to 11:00am Session #2 - 12:00 to 12:30pm Session #3 - 1:30 to 2:00pm CAPACITY LIMITS - SIGN UP AT ACTIVITY
	Hot and Cold Therapy Pools - Learn about the science of hot and cold therapy, the benefits of the pools, which athletes use them the most and how long you should stay in for.	15 minutes Session #1: 10:15 - 10:30am Session #2: 11:15 - 11:30am Session #3: 12:45 - 1:00pm CAPACITY LIMITS - SIGN UP AT ACTIVITY

THE HOME STRAIGHT EXPO

ACU	Cancer Council Victoria	Paralympics Australia	Sport Integrity Australia	Victorian Regional Academies of Sport
The Athlete's Foot	Latrobe Uni	Radix Nutrition	Sportsgrad	Wattlenest
Australian Sports Commission	Maribyrnong Sports Academy	School Sport Victoria	Sport4All	
Badminton Victoria	Open Universities Australia	Skate Australia	VIS Research Council	

Disclaimer:

As part of attending the VIS Open Day you are consenting for photos and videos to be taken and to be used by the VIS. The VIS will mitigate reasonable risk associated with participation in Open Day activities. By participating you agree and undertake any such risk voluntarily and at your own risk. Please read our waiver via our website for further information.

OPEN DAY 2023 MAP



LEGEND

Ground Floor

- GYM
- New Gym
- Pool
- Performance Science Lab - access through Gym
- Environmental chamber - access through Gym
- South Melbourne Football Club

First Floors

- Albert by the Lake
- Community Space/Kitchen

- Archery
- Athletics
- Hockey
- Wheelchair Basketball
- Netball
- Rowing
- Softball
- Squash
- Sailing
- 2XU

- First Aid
- Information
- DJ
- Food & Picnic Area (exit Gate 1)
- Water Station