



## ***Capital Ambassadors Basketball***

## ***Boy's Summer Development Tour***

***July 20 – August 5, 2012***

## ***Australia***



***Program arranged by Sports Travel Academy, North Carolina***

***[www.sportstravelacademy.com](http://www.sportstravelacademy.com)***

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# ***Program Introduction***

Applications are now open for the Capital Ambassadors/Sports Travel Academy freshman, junior varsity/sophomore & varsity Summer High School Boys Basketball Development Tour to Australia. The tour will be conducted July 20 – August 5, 2012. Graduating seniors are welcome to participate. The Sports Travel Academy, based in Cary, NC organizes global sports team travel as well as study abroad programs for university students in Sport Management, Sport Business, Sport Medicine & Athletic Training. You can read more about us at: [www.sportstravelacademy.com](http://www.sportstravelacademy.com) or [www.facebook.com/SportsTravelAcademy](http://www.facebook.com/SportsTravelAcademy)



As the emphasis on global awareness has increased in recent years so too has the popularity of international sport travel programs. The Australian junior basketball program is excellent and scheduling competitive games is not a problem. Australia is also a very safe destination with wonderful hospitality, and many HS and Club teams are very interested in hosting American teams. The Sports Travel Academy team tours are designed to be more than just an athletic experience. Instead we are using basketball as a wonderful medium to achieve so much more!! Our program provides fantastic opportunities for students to enjoy the vast benefits of international travel, athletic competition and cultural exchange. We have also incorporated 8 academic presentations into the schedule as outlined below and in the daily itinerary. Our aim is to provide:

1. A sound summer basketball development experience which includes 8-10 games and 6-8 on-court work out sessions
2. An educational experience on Australian History, Sport & Culture where students will learn from several industry professionals as well as college professors
3. A medium for students to achieve a broader more enlightened perspective of the world while fostering the chance to create lifelong

friendships within their own team as well as with the Aussie students that they will encounter and home stay with along the way

4. An opportunity to visit international heritage listed regions such as the Daintree National Park – the oldest rainforest in the world, the Great Barrier Reef and of course fabulous beaches at Surfers Paradise as well as Sydney which is one of the most beautiful cities in the world

This development tour includes a visit to an Australian high school where students will attend a day of classes and participate in various other school activities. Students will also home stay with three selected Australian families for two nights each therefore providing an excellent balance between spending time with their USA teammates in hotels and immersing themselves into the Aussie culture.

The Capital Ambassadors teams will meet for a 1 or 2 day pre-departure camp in the DC area immediately prior to departure. This camp is designed to build a level of teamwork and preparedness.

Parents & other team supporters are welcome to attend! In an effort to accommodate both groups there will be some differences in the itineraries. We want the players to have space away from parents and the opportunity to bond as a unit, experience Australian life through home stays and cultivate their own memories. Simultaneously, we want the parents/supporters to enjoy their own opportunities with free time to explore their interests apart from the team. Both the parent group and team will come together during games and for the majority of the tourism activities listed.

PLEASE NOTE: This package and itinerary caters to the team only. Parents interested in coming along should check our website in February 2012 at: [www.sportstravelacademy.com/teams](http://www.sportstravelacademy.com/teams) for the parent's package.

All Tour Games Officially Sanctioned by:



## ***Benefits to Participating Students***

For the vast majority, if not all students, travelling abroad is a truly life changing opportunity and everyone is likely to take home experiences and memories to last a lifetime. There can be no better way to learn about the world you live in than to experience cultural exchange first hand. Whether it is learning international perspectives, forming unique and lasting friendships or simply broadening your individual horizons whatever they may be, travelling abroad affords students a multitude of benefits beyond the pages of any textbook. Below is a highlighted list of benefits compiled from feedback from our past groups.

- The opportunity to participate in a legitimate basketball development experience which includes 8-10 games and several on-court practice sessions is a nice compliment to summer 2012
- As part of a global community, students will return with a broader, more enlightened perspective of the world which will help them to develop an international perspective as they grow
- The bonds & lasting friendships formed with both the students they travel with & the Aussie's that they meet/home stay with are priceless
- The unique advantages of worldly experiences that will strengthen their college résumés and provide a wonderful stepping stone into life after high school
- Learn and appreciate a different culture in both current day Australia and the indigenous aboriginal people of Australia who in recent years have been recognized as the “oldest surviving culture in the world”
- The opportunity to visit Sydney, a beautiful world renowned city, as well as two World Heritage listed sites in the Great Barrier Reef and the Daintree National Park, which has in the last few years been recognized as the “oldest rainforest in the world”
- A fantastic cultural exchange through our home stays, attending a day of school in Australia and the many opportunities to meet and socialize with Australian students and families.
- Develop an interest in global travel and issues while broadening their perspectives of the global community and fostering a desire for future travel opportunities

# ***PROGRAM SAFETY***

Australia is undoubtedly one of the safest countries in the world for student sports team travel. Sports Travel Academy is committed to ensuring the safety and well being of all of our travellers while also providing an enjoyable sporting, educational & cultural experience. Our high standards for ongoing and open communication as well as the strength and expertise of our leaders help to ensure the safety of each and every student.

**Ground Transportation:** The ground transportation company we utilize, Murray's Coaches, is the largest and best company on the market with over 2,000 vehicles across Australia. All vehicles are 32, 48, 53 or 61 seat 5-star luxury safety coaches with reclining seats each with a seat belt (which must be worn by law), air-conditioning, PA System, TV/DVD player and rest room.

**Accommodations:** Our selected accommodations are in very safe locations and have security personnel on hand. Where possible we ensure that our students' rooms are on the same floor, and access to all the hotels is through the main lobby, up the elevator and entry to rooms via individual room keys.

**Home Stay Families:** Part of the cultural experience for the students includes 6 nights of home stays with Australian families selected from the team's who they are competing against. These Aussie families will be selected by the opposing teams coaching staff. The USA students are grouped in pairs and we take great care in ensuring that the Australian host families are indeed responsible and morally outstanding citizens in their communities.

**Staffing:** The Capital Ambassadors Staff consists of experienced and well respected coaches who provide professional supervision and have an identical duty of care responsibility as they would have on a USA domestic road trip. The ratio of staff to students is 1:10 which in itself provides excellent supervision and to our knowledge is an industry leading ratio for student sports travel programs. In addition to the USA staff there will also be Australian Tour Guides who provide a wealth of local knowledge to all tour participants. This combination of USA staff and Aussie tour guides provide a nice compliment to the safety and overall experience of the development tour for all involved.

**Contacting Students:** Phone Cards can be purchased online prior to departure. Companies such as [www.pingo.com](http://www.pingo.com) offer great rates! Skype is also a good option nowadays. We encourage students to phone home and check-in with parents every 3-4 days, and students will have access to email on a daily basis if desired. As parents, contact is available by directly calling the hotel front desk, the tour guide's cell phone, and/or the Sports Travel Academy office located in Cary, NC which will be available 24/7 in the event of an emergency. Students will also have the option of bringing their own cell phones, however

parents are advised to be in touch with their service provider for international connection and roaming details.

**Medical Insurance:** Students must provide documentation of medical insurance in order to travel with us. We ask for proof of medical coverage along with payment, and parents must check with providers that children are in fact covered in Australia should they need medical attention. Waivers to this effect will need to be signed by parents prior to departure. If students are not covered, an additional travel medical insurance policy may be purchased from an outside company such as: <http://www.hthstudents.com>

**Individual ID Badges:** Students will be issued with an identification card and lanyard. These ID cards must be worn around the neck at all times (outside of rooms). Information on the card includes: Child's Name, Age, Allergies, Accommodation Details for each leg of the tour, Team Staff Names, Cell Number of Tour Guides and parents' USA contact details.



## ***Tour Director & Head Coach***



Chris Bohlen  
Capital Ambassadors Tour Director & Head Coach  
Head Basketball Coach, Thomas S. Wootton High School,  
Chrs.bohlen@gmail.com  
(757) 377-7557

A native of Mystic, Connecticut, Coach Bohlen received a BA in History from the University of Notre Dame and a Masters in Sports Psychology from the University of North Carolina- Greensboro. He began coaching and teaching immediately upon graduation from Notre Dame, accepting a job as an assistant coach at nationally-renowned St. Raymond High School in the Bronx, NY. After three years, he accepted the Head Coaching position at Nazareth High School in Brooklyn, becoming one of the youngest head coaches in the New York Catholic League.

Following his years in New York City, Coach Bohlen moved on to the University of North Carolina- Greensboro as a graduate assistant. After three years, he moved on to become the head coach of Kecoughtan High School in Hampton, VA and then back to the collegiate ranks as the Director of Basketball Operations at the University of Evansville.

Following his stints in the collegiate ranks, Coach Bohlen returned to Hampton, VA to take over the reins at Phoebus High School. Following two successful years at the helm, he moved on to his current position as the Head Coach at Thomas S. Wootton High School in Rockville, MD. Coach Bohlen's teams have posted five consecutive winning seasons and produced the school's first conference championship in 23 years. Several recent graduates have moved on to successful careers at the collegiate level.

Coach Bohlen has been married for eight years to his beautiful wife Ivette. The couple resides in Washington, DC and have two wonderful children, a daughter Madeleine (5), and a son Nico (6 months).

## ***Program Director***



Craig Douglass  
Sports Travel Academy  
Australia 2012 Program Director & Tour Guide  
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[craig@sportstravelacademy.com](mailto:craig@sportstravelacademy.com)  
[www.sportstravelacademy.com](http://www.sportstravelacademy.com)

Craig is Australian born and lived in Australia for most of his life until relocating to the USA in 2002. Currently residing in Cary, North Carolina, Craig has been involved with the operation and planning of over 100 international tour groups to Australia, USA, New Zealand, Canada, Netherlands, Germany, Ireland, Scotland, England, Switzerland, Italy, Austria, Spain, South Africa & Zambia.

Craig completed his education in 1995 at the University of Western Sydney with majors in sport management, sport marketing, sport psychology & communication.

Craig will be travelling on this Basketball Development Tour 24/7 as the Tour Guide and is responsible for scheduling all games, organizing travel, hotels, ground transport and will be working closely with Chris Bohlen in the lead up to departure.

Craig says, “I am really looking forward to travelling with Coach Chris Bohlen and his Capital Ambassadors group! I love travelling with basketball teams! I am here to ensure this is both a smooth and enjoyable trip for everyone before, during and if needed even after the Development Tour is completed. I can guarantee that this will be both a rewarding basketball, educational and really fun experience for all involved!!”

Craig is married to Amanda and has two young children, Jake and Claire.



## ***Development Tour Cost & Other Details***

**Tour Duration:** 14 nights in Australia; July 20 – August 5, 2012

**Tour Areas:** Brisbane/Surfers Paradise (5 nights)  
Cairns (5 nights)  
Sydney (4 nights)



See itinerary on pages 15-20 for more details

**Tour Cost:** \$4400 - \$4800 per player departing Washington DC area; includes all travel costs, accommodation, ground transport, 20 meals, all tourism site visits. See pages 15-22 for specific details on what's included in the tour package

**Note on Price:** It is still a little early for us to get accurate airfare prices for summer 2012 and it is also too early for us to predict the value of the US Dollar for July 2012. We will be in a position to announce a more accurate price by Feb. 1, 2012. Your initial deposit is 100% refundable if the price rises to a level you are not comfortable with

**Deposits Due:** **Numbers are limited!!** If you want to participate, we suggest you send your deposit in ASAP in order to secure your spot on the team. At latest we require a deposit and payments by:

\$200 deposit is due December 15, 2011

\$1800 payment is due by Feb. 1, 2012

Balance is due May 20, 2012

**Payments:** Please make checks payable to SPORTS TRAVEL ACADEMY and send with the application form on page 12 to:

Sports Travel Academy  
Capital Ambassadors Basketball Development Tour  
122 Wheatsbury Drive  
Cary, NC 27513

**Special Note:** Based on the possibility of both currency fluctuations & additional fuel levies by the airlines, we reserve the right to re-quote on Jan. 15 & May 1 prior to the 2<sup>nd</sup> & 3<sup>rd</sup> payments falling due. **All payments are 100% refundable for withdrawals due to a price increase.** We do not expect a price increase, and will do all in our power to keep the price as is

**Refund Policy:**

For withdrawals prior to:

- a) Time of Commitment & Feb. 1, 2012: 100% refundable
- b) Between Feb. 2 – May 2: \$500 non-refundable/remaining is refunded
- c) May 3 – until departure: ZERO REFUNDABLE

**Special Notes:**

- a) Travel insurance will likely cover participants in the event of an unavoidable withdrawal from tour. Travel insurance IS NOT included in this package and is up to individuals discretion whether they chose to purchase it or not
- b) All participants are REQUIRED to have medical insurance for this trip. Check with your regular provider as most companies do in fact cover you for international travel. If your provider does not cover you, it is necessary that you purchase medical insurance for the trip. When final payments are due participants you will need to provide us with a copy of your insurance policy details.

There are many companies that provide both travel and medical insurance but <http://www.hthstudents.com> is as good as any and better than most



*The Daintree National Park – the oldest Rainforest in the World!*

## ***Additional \$\$\$ Needed On Tour***

Obviously students will need some additional dollars whilst they are on tour.  
We suggest:

- a) **Internet:** There will be multiple locations where students can get online for \$2 - \$4 per hour. Obviously it depends how long they are online as to how much to budget for. We suggest budgeting (apprx) \$25-\$30 for online usage (of course they will be able to get online at home stays too)
- b) **Souvenirs:** This is always a tough one to estimate!! Most students will probably travel with a camera and this in itself will be an ideal way to accumulate memories. However they are going to want to buy some souvenirs; maybe a boomerang (\$25), a couple of shirts (\$30), some presents (\$40) and some other Aussie keepsakes (\$30). We suggest budgeting a minimum of \$130 for souvenirs, maybe more if a lot of gifts are needed!
- c) **Meals not included:** There are 20 meals included in the tour package, this leaves 13 lunches (budget \$8 x 13), 6 breakfasts (\$5 x 6) and 5 dinners (budget \$12 x 5) that students will need to pay for themselves. We suggest \$200 will cover meals not included
- d) **Snacks:** Another tough one!! There are many snacks, ice creams and candies unique to Australia that kids are going to want to taste. Plus they are probably going to want some other snacks from time to time. We suggest about \$50 for snacks, soda's etc
- e) **Cuddling a Koala:** Everyone has the opportunity to cuddle a koala and be photographed doing it at the Wildlife Park we visit. This costs \$20 and is WELL worth the money and a fantastic souvenir
- f) **Laundry:** Much of the teams laundry will be done at the families homes that they stay with but we suggest budgeting \$20 for additional loads in the hotel just in case
- g) **Incidentals:** It is possible that whilst on home stays that the players may have the opportunity to do something that costs. We suggest budgeting \$75-\$100 for unforeseen expenses

Therefore based on the above a total of about \$500 is a good amount for students to have at their disposal in Australia



**Application to participate in the 2012 Capital Ambassadors/Sports Travel Academy Summer Basketball Development Tour**

Please send this form by December 15, 2011 to Sports Travel Academy (details below) and enclose deposit check in the amount of \$200 made payable to "Sports Travel Academy". Please also provide us with a reference and their contact details

Student's Name: \_\_\_\_\_ 2011/12 Grade: \_\_\_\_\_

Student's Email: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

School: \_\_\_\_\_ Position: \_\_\_\_\_ Height: \_\_\_\_\_

Telephone: home: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ cell: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Reference Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PAYMENT INFORMATION**

Please send checks made payable to **Sports Travel Academy** to:  
Sports Travel Academy  
Capital Ambassadors Basketball Development Tour  
122 Wheatsbury Drive, Cary, NC 27513

**\*\*\*Please include this page with initial deposit payment\*\*\***

## ***What is included in the Team tour package?***

- Roundtrip airfares departing Washington Dulles including associated taxes and 3 domestic stops in Australia ie: Brisbane, Cairns & Sydney. Also includes your travel visa for entry into Australia
- 14 night's Accommodation
- 8-10 games against Australian Club and HS teams. After game functions will be arranged after most of the games where players can meet and socialize
- Playing Uniform: shorts, jersey and warm up which are yours to keep as a tour souvenir
- Sanctioning with USA Basketball & Basketball Australia
- 20 Meal Package includes: 9 breakfasts, 10 dinners & 1 lunch. Players are responsible for buying 6 breakfasts, 13 lunches and 5 dinners. See "additional costs involved" on page 13



- Ground Transportation: Luxury 5-star safety coach includes reclining seats each with a seat belt, air-conditioning, PA System, TV/video player and rest room. Note: We will also utilize some public transportation (train) in Sydney and 26 seat vehicles for our Daintree & Atherton Tablelands visit in Cairns (the big buses cannot do these day trips due to some rather tight corners)
  - A pre-departure camp will be conducted for players to get to know each other and formulate game strategy
- A pre-departure meeting will be conducted for all players and parents. We will also show a power point presentation for the trip and take questions. Those not able to make it can watch the meeting on You Tube
- Attend one day of classes at an Aussie HS with one of your home stay students and experience the daily life of an Australian student
- Guided Coach tour of each city you visit: Excellent for orientation to the city itself as well as highlights of the surrounding area
- Multiple Educational Presentations which are highlighted on the itinerary
- Entry to Sydney's World Famous Aquarium where you'll be up close with sharks and see a variety of other marine life
- Sydney Harbour Highlights Cruise: A beautiful narrated cruise lasting 75 minutes with great photo opportunities
- Entry to the Power House Museum: Australia's largest and most popular museum boasts a unique, interactive and diverse collection of 385,000 objects which span history, science, technology, design, industry, decorative arts, music, transport and space exploration



- Guided Walking Tour of The Rocks & Darling Harbour areas (Sydney)
- Entry to an Aboriginal Cultural Centre: Enjoy lessons throwing a boomerang & playing the didgeridoo as well as learn a little about Aboriginal culture, traditional foods, medicines, etc.
- Entry to an Australian Wildlife Park where you can have photos taken holding a koala & baby crocodile, pat kangaroos, see free flight bird and crocodile shows, as well as many other native Australian animals
- Entry to a professional Australian Football League (AFL) game, otherwise known as Aussie Rules Football or just “footy”
- Entry to a professional National Rugby League (NRL) Game
- Surfboard riding lessons (optional) with an accredited professional surf instructor (duration 75-90 minutes)
- Full Day Great Barrier Reef Excursion: From 8:30am-5:30pm. Lunch and Snorkelling gear are provided




- Day visit to the Kuranda Ranges via SKYRAIL: You will ride the longest gondola (cable car) in the world which runs for 4.7 miles above the canopy of this pristine tropical rainforest. Also have time to walk through the forest & eat lunch in the mountain town of Kuranda
- Guided group tour in the rainforest onboard an Amphibious WWII USA Army Duck
- Full day trip to the Daintree National Park & Daintree River Crocodile Cruise: You will spend 60 minutes cruising the Daintree River where you will (probably) see Crocs in the wild
- Fun activities like bowling with Aussie students, enjoying an authentic BBQ, etc These add-ons will be included after scheduling games and discussing options with host clubs/schools
- Capital Ambassadors Coaching Staff & STA Tour Guides will travel with your group 24/7 for the duration of your tour. Our tour leaders assist with tour logistics and provide suitable options for the group as required. Our tour leaders’ contacts, background, and local knowledge considerably enhance the quality of your group’s experience in Australia



# Team Travel Itinerary




## Special Notes:


- a) This is a tentative itinerary and some details will alter when the final itinerary is released 4-6 weeks prior to departure
- b) We will add a professional AFL (Aussie Rules Football) and NRL (Rugby) game when schedules are available


<b>Date</b>	<b>Capital Ambassadors Basketball Scheduled Activities</b>
Fri. July 20	<ul style="list-style-type: none"> <li>• 12:20 pm: Meet at Washington Dulles - American Airlines</li> <li>• 2:20 pm: Depart IAD on American #263, arrive LAX 4:50 pm</li> <li>• 11:20 pm: Depart on Qantas Flight #16 for Brisbane, Australia Flight Time: 13 hours &amp; 50 minutes (direct)</li> <li>• <u>Special Note: Flights are NOT confirmed and these flight details may change when final itinerary is released!!</u></li> </ul>
Sat. July 21	<ul style="list-style-type: none"> <li>• This day is lost crossing the International Date Line.</li> <li>• Don't worry you'll get it back on your way home (seriously!!)</li> </ul>
Sun. July 22	<ul style="list-style-type: none"> <li>• 6:10 am: Arrive Brisbane Airport</li> <li>• 7:00 am: (apprx) Depart for Surfers Paradise Beach Hotel (1.5 hour ride) NOTE: Rooms are quad share suites and have full kitchen/fridge etc</li> <li>• 8:30 am: Check in/or store bags</li> <li>• 9:00 am: Guided Walking Tour of Surfers Paradise</li> <li>• <b>10:00 am: Presentation 1:</b> Visit to the Surfers Paradise Surf Life Saving Club Topic: Beach Safety; History of Surf Life Saving in Australia; Surf Life Saving as a sport Down Under Presenter: Zayne Hammil (Head Coach for the Club)</li> <li>• 10:45 am: Free Time at the beach. Wear sunscreen!!! Be sure to only swim between the flags where the beach is patrolled by life guards (as you will have learnt earlier this morning!!)</li> <li>• 1:00 pm: Lunch (own cost) – many options nearby!</li> <li>• 2:00 pm: Head to local supermarket to buy breakfast foods for your room</li> <li>• 3:00 – 6:00 pm: Beach Time and/or Explore Surfers Paradise</li> <li>• 6:30 pm: Dinner (included) Get an early night!! You WILL be tired by now!!!</li> </ul> 
Mon. July 23	<ul style="list-style-type: none"> <li>• Breakfast (in room)</li> <li>• <b>10:00 am: On-Court practice session 1 (60 minutes)</b></li> <li>• 12:00 noon: Visit shopping mall for free time &amp; lunch (own cost)</li> <li>• <b>2:00 pm: Presentation 2:</b></li> </ul>

<b>Date</b>	<b>Capital Ambassadors Basketball Scheduled Activities</b>
	<p><i>Topic: The Model of Australian Sport &amp; How it Differs from the USA</i>  <i>Presenter: Mr. Craig Douglass (Director - Sports Travel Academy)</i></p> <ul style="list-style-type: none"> <li>• <b>Evening Game 1</b></li> </ul>
Tues. July 24	<ul style="list-style-type: none"> <li>• Breakfast (in room)</li> <li>• 8:15 am: Depart for basketball club (15 minute ride)</li> <li>• <b>8:45 am: On-Court Practice Session 2 (60 minutes)</b></li> <li>• 10:15 am: Depart for Surfing Lessons (90 minutes) which includes a board, wetsuit and a 1:10 ratio of qualified professional surf instructors</li> </ul> <div data-bbox="690 598 1136 934" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• 12:00 Noon: Lunch Break (own cost)</li> <li>• 1:00 – 3:00 pm: Relax/Rest Time at hotel</li> <li>• 3:00 pm: Depart for basketball club, arrive by 4:00 pm</li> <li>• <b>Evening Game 2</b></li> </ul>
Wed. July 25	<ul style="list-style-type: none"> <li>• Breakfast (in room)</li> <li>• <b>9:00 am: Presentation 3:</b>  <i>Topic: International Basketball (FIBA) and Basketball in Australia</i>  <i>Presenter: Mr. Rick Burton – former Commissioner of Australia’s National Basketball League (NBL)</i></li> <li>• <b>10:00 am: Presentation 4:</b>  <i>Topic: Australian Rules Football – basic rules and history of the game (excellent prep for the pro game that you will attend)</i>  <i>Presenter: Dr. Shayne Quick (Bond University)</i></li> <li>• Lunch (own cost)</li> <li>• <b>2:30 pm: On-Court Practice Session 3 (60 minutes)</b></li> <li>• <b>Evening Game 3</b>            After the game you’ll meet your host family who you will be staying with for 2 nights. Depart with hosts for their homes and for dinner            Note: There will be two USA Students with each Aussie family</li> </ul>
Thurs. July 26	<ul style="list-style-type: none"> <li>• Breakfast with host family</li> <li>• <b>10:00 am: On-Court Practice Session 4 (60 minutes)</b></li> <li>• Afternoon is TBA</li> <li>• <b>Evening Game 4</b></li> </ul>
Fri.	<ul style="list-style-type: none"> <li>• Breakfast at airport (own cost) also served on plane</li> </ul>

<b>Date</b>	<b>Capital Ambassadors Basketball Scheduled Activities</b>
July 27	<ul style="list-style-type: none"> <li>• 6:15 am: Tour Coach ride to the airport</li> <li>• 8:00 am: (apprx) Depart for Cairns (2.25 hour flight)</li> <li>• Cairns, pronounced “CANS” is a modern tropical city with a relaxed atmosphere and is the primary gateway to the Great Barrier Reef. Cairns is an ideal base to explore the wider Tropical North Queensland region with front door access to World Heritage listed Reef, Rainforest and Outback. Amazing tour options are available each and every day from Cairns. This region is Australia's premiere nature based &amp; adventure sport destination</li> </ul> <div data-bbox="609 577 1219 982" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• 10:25 am: Arrive at Cairns airport and depart for Wildlife Park</li> <li>• <b>11:00 am: Arrive for Wildlife Park</b> Here you can have photos taken holding a koala &amp; baby crocodile, pat kangaroos, see free flight bird and crocodile shows, as well as hundreds of other native Australian animals</li> <li>• Lunch at park (own cost)</li> <li>• <b>3:00 pm: Presentation 5</b> <i>Topic: Eco-Tourism &amp; Destination Marketing</i> <i>Presenter: Ms Yana Stokovich – Cairns Tourism</i></li> <li>• 4:00 pm: Depart for Basketball Club (2 night home stay)</li> <li>• <b>Evening Game 5</b></li> </ul>
Sat. July 28	<ul style="list-style-type: none"> <li>• Spend day with host family</li> <li>• <b>Afternoon Game 6</b></li> </ul>
Sun. July 29	<ul style="list-style-type: none"> <li>• Breakfast with host family</li> <li>• 10:15 am: Hosts to drop players at the Basketball Club</li> <li>• 10:30 am: Depart for Rainforest Station (30 minute ride)</li> <li>• <b>11:00 am: Presentation 6</b> <i>Topic: Australia’s Rainforest – the oldest in the World!!</i> <i>Presenter: Mr Burt Samuelson (Environmental Scientist)</i> Arrive Rainforest Station and travel onboard an Amphibious USA WWII Army Duck through the magnificent tropical rainforest and learn about its ecosystem with an experienced guide who will explain the vast array of flora and fauna. Your Army Duck tour</li> </ul>

Date	Capital Ambassadors Basketball Scheduled Activities
	<p>gives you a unique experience on both land and water</p> <ul style="list-style-type: none"> <li>● <b>11:00 am: Presentation 7</b>  <i>Topic: Aboriginal Culture</i>  <i>Presenters: Pamagirri Tribesman</i>            Enjoy Australia's indigenous culture with the Pamagirri Aboriginal Experience. The Dreamtime Walk along the Rainbow Serpent walkway takes you through Aboriginal traditions, myths, and legends. Watch spear throwing, learn to throw a boomerang, spear and play the didgeridoo, and look at traditional dwellings, artifacts and art at the Pamagirri Cultural Centre. Then in the rainforest amphitheatre watch the Pamagirri Aboriginal Dancers perform a powerful &amp; exciting half-hour show of traditional dance, accompanied by didgeridoo and clap stick</li> <li>● 1:00 pm: Depart Rainforest Station for the mountain town of Kuranda for Free Time to explore, souvenir shop &amp; have lunch (5 minute ride)</li> <li>● 2:30 pm: Meet back at the bus for ride to SKYRAIL (5 minutes)               <ul style="list-style-type: none"> <li>● 2:45 pm: <b>Ride the 4.7 mile SKYRAIL</b> - the longest gondola ride in the world high above the canopy of the pristine Kuranda Rangers tropical rainforest. Enjoy 2 stops with the opportunity to walk around in the forest</li> <li>● 4:00 pm: (apprx) Depart SKYRAIL for accommodation (20 minute ride) with a short city orientation on route</li> </ul> </li> <li>● 5:00 pm: Meet in lobby for guided walk</li> <li>● 6:00 pm: Dinner (included)</li> <li>● 7:00 – 8:30 pm: Supervised time down town</li> <li>● 8:30 pm: Return to accommodation</li> </ul>  
Mon. July 30	<ul style="list-style-type: none"> <li>● Breakfast Buffet (included)</li> <li>● 7:30 am: Walk 10 minutes to Marlin Jetty</li> <li>● <b>FULL DAY ON THE GREAT BARRIER REEF</b>            The Great Barrier Reef is about 1,200 miles long and is made up of countless reefs, coral cays and islands. The colored coral expanses just below the surface of the warm, crystal clear tropical waters are home to an unbelievable array of sea life.</li> <li>● 8:00 am: Depart Marlin Jetty - Dive &amp; Snorkel briefing</li> </ul> 

<b>Date</b>	<b>Capital Ambassadors Basketball Scheduled Activities</b>
	<ul style="list-style-type: none"> <li>• 9:30 am: Reef Video presentation</li> <li>• 10:30 am: Arrive Hastings Reef</li> <li>• 12:30 pm: Depart for Breaking Patches Reef</li> <li>• 6:00 pm: Return to Cairns, shower and clean up</li> <li>• 7:00 pm: Dinner (included)</li> <li>• 8:00 pm: Walk to Cairns Night Markets for Souvenir shopping</li> <li>• 9:00 pm: Return to hotel/SLEEP!! You will be tired after the Reef and have a few more big days ahead of you!!</li> </ul>
<p>Tues. July 31</p>	 <ul style="list-style-type: none"> <li>• 7:00 am: Breakfast Buffet (included)</li> <li>• Depart hotel for the Daintree River (2 hour ride)</li> <li>• <b>9:00 am: Daintree River Croc Cruise</b> where you will probably see crocs in the wild</li> <li>• 10:30 am: Cross the Daintree River by ferry and enter the Daintree National Park, a World Heritage listed site and the home to the oldest rainforest in the world. Visit Cape Tribulation a beautiful beach lined with coconut trees where the rainforest meets the ocean. You'll also have the option to swim in a pristine rainforest water hole</li> <li>• 12:00 Noon: Lunch Break (own cost)</li> <li>• <b>1:00 pm: Rainforest walk and stop at additional swimming hole</b></li> <li>• 3:30 pm: Return to Cairns, arrive (apprx) 5:30 pm</li> <li>• 6:00 pm: Dinner (included)</li> <li>• 7:00 – 8:30 pm: Supervised time down town</li> <li>• 8:30 pm: Return to accommodation</li> </ul>
<p>Wed. Aug. 1</p>	<ul style="list-style-type: none"> <li>• Breakfast at airport (own cost)</li> <li>• 6:00 am: Depart Cairns for Sydney (3.5 hour flight)</li> <li>• <b>10:00 am: (apprx) Depart airport for guided Sydney City Sites Tour</b> with stops at Bondi Beach, The Gap &amp; Lady Macquarie's Chair. Your driver will provide educational commentary on the history and evolution of Sydney as well as highlight major landmarks</li> <li>• 1:00 pm: Lunch (own cost) and free time to relax and also explore "The Rocks" which is Sydney's first settlement and part of downtown. As per team rules girls must be in groups of at least 4 when exploring</li> <li>• <b>2:45 pm: Depart Circular Quay (pronounced "Key") on a 75-min narrated Sydney Harbour Highlights Cruise</b> and enjoy some of Sydney's greatest attractions from the water</li> </ul>

<b>Date</b>	<b>Capital Ambassadors Basketball Scheduled Activities</b>	
	<ul style="list-style-type: none"> <li>• 4:15 pm: Guided walking tour of Darling Harbour &amp; China Town</li> <li>• 6:00 pm: Dinner at hotel restaurant (included)</li> <li>• 7:00 – 8:30 pm: Supervised time down town</li> </ul>	
Thurs. Aug 2	<ul style="list-style-type: none"> <li>• 8:00 am: Full hot buffet breakfast in hotel restaurant (included)</li> <li>• 9:00 am: Depart by train for practice (station is a 5 minute walk from hotel). 30 minute train ride to basketball club</li> <li>• <b>10:00 am: On-Court Practice Session 5 (60 minutes duration)</b></li> <li>• 11:30 am: Depart for lunch break (own cost)</li> <li>• 1:00 pm: Arrive back at the hotel, shower and meet in lobby at 1:45 pm for 10 minute walk to the Sydney Aquarium</li> <li>• <b>2:00 pm: Arrive at the Sydney Aquarium</b> Nowhere else will you find a larger collection of Australian aquatic life with over 12,000 animals including huge sharks and sting rays, platypus, penguins, crocodiles and much more! Take a journey through one of the most spectacular aquariums in the world and explore Australia's rich and diverse waterways, marine ecosystems and unique aquatic environments</li> <li>• <b>3:00 pm: Depart Aquarium for Harborside Shopping Mall</b> Free Time to browse stores, return to hotel by 4:15 pm</li> <li>• 4:15 – 5:30 pm: Relax/Rest Time at hotel</li> <li>• 5:30 pm: Depart for game, arrive by 6:00 pm</li> <li>• <b>Evening Game vs. 7</b> 9:15 pm: Depart for hotel, arrive by 9:45 pm</li> </ul>	
Fri. Aug 3	<ul style="list-style-type: none"> <li>• 8:00 am: Full hot buffet breakfast in hotel restaurant</li> <li>• 8:00 am: (apprx) Depart for local HS and attend a day of classes and experience a day in the life of an Aussie high school student</li> <li>• <b>1:00 pm: On-Court Practice Session 6 (40 minutes)</b></li> <li>• 2:00 pm: Return to last classes of the day</li> <li>• <b>Afternoon/Evening Game 8</b></li> <li>• After the game you'll meet your host family who you will be staying with for 2 nights</li> </ul>	
Sat. Aug 4	<ul style="list-style-type: none"> <li>• Free Morning with host family</li> <li>• <b>Afternoon &amp; Evening Games 9 &amp; 10</b></li> </ul>	
Sun. Aug 5	<ul style="list-style-type: none"> <li>• 8:00 am: arrive Sydney Airport</li> <li>• 10:15 am: Depart Sydney on Qantas Flight #107, arrive LAX 6:45 am (same day)</li> <li>• 9:30 am: Depart on American Flight #1196, arrive 3:25 pm</li> </ul>	

# ***Frequently Asked Questions***

## **Will everyone get to play?**

Yes, the Australian game is 4 x 10 minute quarters and each player will have ample playing time. This is a development tour and it is tough to develop sitting on the bench. Having said this we do want the team to be competitive and win when possible so we are not promising equal playing time every game, but we do expect court time to be well distributed amongst all players.

## **What will we be doing in all the On-Court Sessions?**

Initially prior to departure the group will get together for a couple practices where we will primarily focus on building team work, ie: establishing our offense, defense, press breakers, transition and special plays. We will not be creating a difficult system for players to learn or remember. During the on-court sessions in Australia we will fine tune our “team game” but will primarily focus on fundamental skill development. We will also invite some excellent Aussie guest coaches to run some fundamental work out sessions with the teams during the tour.



## **How big is Australia?**

Geographically Australia is the sixth largest country in the world covering 7,682,000 square kilometers. It's about the same size as the 48 mainland states of the USA and 50% larger than Europe. The Australian environment is unique. From unspoiled beaches, tropical rainforest, snow covered mountains, rugged mountain ranges and vast tracts of desert, Australia is a country of great contrast. Home to an amazing 14 World Heritage listed wilderness areas, Australia's diversity is yours to enjoy.

## **What is the population of Australia?**

Australia's population is (apprx) 21 million with an (apprx) annual growth of 1.44%. This gives Australia the lowest population density in the world with

only two people per square kilometer. There are several States in the US with a larger population than the entire country of Australia!!

### **Is Australia safe for tourists?**

ABSOLUTELY MATE! Tourism has thrived since the late 1980's and Australian's are proud of their country and love to show it off. After an increase in government spending on tourism, and in conjunction with the popularity of Paul Hogan's Crocodile Dundee Movies we have become one of America's most desired getaways. Sure, when in populated areas like Sydney use due diligence and common sense because crime does occur. And when in secluded areas listen to your Aussie tour guide and pay attention to warning signs and you'll be alright. If the sign says "Don't Swim - Crocodiles Live Here", it's probably NOT a good idea to swim! Here are a few things worthy of emphasis:

- a) Crossing the Road: It is imperative that you remember that cars are traveling on the opposite side of the road. American tourists have been hit by stepping out into busy city streets forgetting that vehicles approach from the opposite direction than what they are used to.
- b) Swim between the flags on beaches: Lifeguards primarily patrol the area of surf in between the Yellow and Red flags. Australia can have huge surf and fierce rip currents and unknowing tourists have gotten themselves in trouble by underestimating the conditions.
- c) Wear sunscreen and a hat: A sad but true statistic is that the Australian population per capita leads the world in skin cancers. The sun can be harsh and you can burn very quickly, especially between 11:00 am - 4:00 pm. Tourists have actually been admitted to hospital for excessive sun burn.
- d) Listen to your Aussie tour guide and pay attention to signs and you'll make it home to tell all your mates about your Aussie adventure. There are signs warning of crocodiles, rip currents, stingers and other hazardous things. In Sydney they even have painted arrows on the sidewalk reminding you which way that oncoming traffic is approaching from!
- e) And finally, in the event of an Emergency dial 000 or if it is not urgent you can dial 13 14 44 for Police Assistance. There have been American's who have gotten in trouble and very frustrated that dialing 911 gets nothing except a "this number is not connected" message.

**How long does it take to fly to Australia?**

It takes quite a long time, but if you ask anyone who has done it before we'll bet they all say that it was well worth it and an experience of a lifetime! It takes between 13.5 to 14 hours to fly from Los Angeles to Sydney. The time variance is based on flight path and wind speeds/direction.

**What is the time difference between the USA and Australia?**

During Daylight Savings Australia is ahead of the USA as follows:

- a) East Coast: 14 hours
- b) Central: 13 hours
- c) West Coast: 11 hours

**Do I need a visa?**

Citizens of the USA will need a valid passport and an Electronic Travel Authority (ETA) to enter Australia. The ETA is used instead of a visa and is organized through the Sports Travel Academy office

**Are there any required/recommended immunizations?**

No shots are recommended by the World Health Organization

**Do students need Medical insurance?**

It is a necessity for students to be covered for medical issues. This insurance must be presented four weeks prior to departure. Many regular policies will cover you overseas, check with your provider and if you are not covered overseas you will need to purchase additional medical insurance for the trip

**Where can I get local currency?**

You won't have any problem getting cash with debit cards being your best option. Credit cards generally have the best rate of exchange (for purchases) but definitely debit cards are best for cash.

**Should I inform my bank/credit card agencies of my intended overseas travel?**

YES! If you are planning to use your ATM/credit cards overseas it is wise to inform the appropriate companies prior to departure in order to avoid having a hold placed on your card when international charges appear on your account. It is also beneficial to know if there are any fees associated with ATM use or cash advances so that you can best plan your finances.

**Is tipping expected in Australia?**

Tipping is neither required nor routinely expected, but a small tip can be appropriate for very good service in restaurants or for taxi drivers.

**What is the Currency Exchange Rate for USD to Aussie Dollars?**

The exchange rate fluctuates with both the US and Australian economies. As an American traveling to Australia you usually come out ahead. You can check the current exchange rates at: [www.iccfx.com](http://www.iccfx.com)

**Can I get regular internet access in Australia?**

DEFINITELY. Some of the hotels we stay in will have internet access and there are internet cafes everywhere. You will have “no worries” about getting online virtually every day.

**Will I be able to phone home?**

EASILY! Phone cards are readily available and very inexpensive. You can utilize these phone cards on pay phones or on your hotel room phone. Skype is also a good option nowadays and students are welcome to bring their mobile phones if they like (be sure to check international roaming & rates!!)

**Can I use my American electrical appliances in Australia?**

NO. Australia operates on 220-240 volts. However you can purchase adaptors fairly cheaply from electrical stores such as Radio Shack or Best Buy

**What is the temperature like in Australia?**

Spending Christmas at the beach or skiing in August may seem strange, but Australia's seasons are the opposite of the northern hemisphere - summer officially starts in December and winter in June. Even in the winter, however, you'll enjoy blue skies and warm, bright days. Specifically during your trip: Sydney in July will be a little chilly, jeans and a light sweater will be fine. It will be too cold to swim in the ocean in Sydney. When you are in Cairns the weather will be great!! Also in Brisbane/Surfers Paradise you will be fine in shorts and a t-shirt and the water temperature is good for swimming (yes, even in winter!!)

**Is the Great Barrier Reef Australia's best attraction?**

There is so much to see and do in Australia, but your trip just will not be complete without experiencing Australia's most famous natural wonder and the world's largest living organism – the Great Barrier Reef. The Great Barrier Reef will stun you with its sheer magnificence. It is 19,200 km long (1200 miles)

and contains more than 1,000 islands from sandy cays to rainforest isles. The beauty of the waters and the prolific life it supports enraptures visitors. You can reach coral sites by air, boat or even water taxi, and you scuba dive or snorkel for intimate reef views.

### **Are the Australian aborigines the world's oldest civilization?**

Today it is believed that the Aborigines are the world's oldest civilization. For more than 50,000 years, Australia's Aboriginal people have lived and thrived in Australia's unique and challenging natural environment. Australia's rich vegetation and native wildlife helped them establish their presence on the land. Sadly, through atrocities committed during the early years of colonization, and through disease brought to the continent by European settlement there are far fewer Aborigines today than prior to European settlement. Currently the Aborigines number (apprx) 1.5% of the Australian population.

### **Will I see a kangaroo up close and personal in Australia?**

While you will not see one hopping down the main street of Sydney, we do guarantee that you will see a kangaroo. The kangaroo is unique to Australia and one of our most easily recognized mammals. There are more kangaroos in Australia now than when Australia was first settled. Estimates suggest around 40-50 million – that's more than 2 kangaroos for every 1 Aussie. You can even come home with a photo of yourself petting a kangaroo at Steve Irwin's Australia Zoo. The kangaroos that you see in the wild are not tame enough to pet, but the ones in captivity are as friendly as your family pet.



## ***Who Are We? & Contact Details***

The Sports Travel Academy arrange international basketball team travel as well as Study Abroad Programs for university students interested in Sport Management, Sport Medicine, Athletic Training & Exercise Science. We have arranged dozens of tours with some of our better known clients including:

Florida State University, Jacksonville University, University of West Virginia, Depauw University, Georgetown University, Yale University, Cornell University, Arizona State University, Washington State University, Illinois University, Wisconsin University, University of North Carolina Chapel Hill, George Mason University, Flagler College, Wingate University, Saint Leo University, Miami University of Ohio, East Carolina University, Syracuse University, James Madison University, Kansas State University, Nebraska Wesleyan University & Baldwin Wallace College

**For additional information on the Illinois Pride Summer Basketball Development Tour please contact Doug Smith:**

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[www.facebook.com/SportsTravelAcademy](https://www.facebook.com/SportsTravelAcademy)

***At the Sports Travel Academy the World is Your Classroom!***

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