



Australia Summer Basketball Tour

June 8 – 25, 2010

College Grads Women's & Men's Program





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Introduction

Applications are now open for the College Grads Women's & Men's Summer Australia Basketball Team Tours to be conducted June 8 - 25, 2010. To be eligible athletes must have graduated in 2009 or anticipating graduation in 2010. We are unable to take anyone who is planning on playing at the collegiate level in season 2010/2011 or anyone who did not play basketball at the collegiate level. The Sports Travel Academy (STA), based in Cary, North Carolina organizes global sports team travel as well as faculty led study abroad programs for university and college students in Sport Management, Sport Business, Sport Medicine & Athletic Training. You can read more about us at sportstravelacademy.com

We are pleased to announce Coach Darren "Dip" Metress & Coach Robbie McKinlay both from Augusta State University as our 2010 Men's & Women's team head coaches (additional staff will be announced in due course). Our coaches & staff have excellent résumés and a proven track record of managing quality programs. You can read more about the Coaching staff on page 20. In addition to the Grads Coaching Staff, Mr. Craig Douglass from the Sports Travel Academy who is an Australian living in Cary, NC will also be setting up all tour arrangements and will be traveling with the group as the Aussie tour guide and women's team assistant coach. Craig has been a head women's basketball coach in the USA collegiate system at Flagler College, FL and has personally led over 70 international tour groups. His travel experience on the ground will nicely compliment Coach Metress & McKinlay's expertise on the basketball court.

As the emphasis on global awareness has increased in recent years so too has the popularity of international sports travel programs. Australia is a very safe destination with wonderful hospitality, and many Australian basketball clubs are very much interested in playing USA basketball teams. However, the College Grad 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 participants to enjoy the vast benefits of international travel, athletic competition and cultural exchange. Our aim is to provide a medium to achieve a broader more enlightened perspective of the world while fostering the chance to create lifelong friendships within your own local team as well as with the Aussie players that you will encounter along the way.

Early in the tour there will be several on court practice sessions designed to build some level of teamwork and preparedness. The coaching staff plans on keeping things very uncomplicated and for the most part you will enjoy playing a very simple style of basketball with few structured sets, much the way the game is played overseas!! Your Coaching staff will have some rules and expectations regarding punctuality, behavior, preparedness as well as some other core expectations like respect for the game and your opponents as well as playing hard and representing the USA proudly. The tour includes 8-9 games, a great deal of sightseeing opportunities and ample free time so you can get out and follow your own interests and have time explore Australia at your leisure. We believe our tour itinerary provides an excellent balance between basketball, tourism, spending time with your USA teammates and immersing yourself into the Aussie culture. See the itinerary on page 11.

From spotless beaches, to modern cosmopolitan cities, to the barren, untamed outback, Australia offers something for everyone. Once you've been to the land "Down Under" you'll understand why everyone who visits falls in love with Australia! From both a basketball and tourism perspective, Australia is undoubtedly one of the world's truly great and memorable destinations. We will ensure that the balance between basketball, team time, free time, fun & tourism is balanced and that we all have a really great basketball vacation Down Under!!



Benefits to Participants

For the vast majority of people 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 travel & 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 a multitude of benefits beyond the pages of any textbook. Below is a highlighted list of benefits compiled from feedback from our past groups.

- To be able to travel and enjoy playing basketball on an international stage will no doubt be a fantastic experience and literally provide you with fond memories that will last a life time
- Whilst it is not the intent of this tour, it is possible that if players are good enough that they may get recruited by Australian Club teams. Each Aussie team, depending upon their level is allowed 1 or 2 foreign born players on their roster, so an international contract may be available
- You will likely return with a broader, more enlightened perspective of the world which will foster a more international perspective in life both at the personal and professional level
- Priceless bonds and lasting friendships formed with both the athletes you travel with and the Aussie's that you will encounter along the way
- 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 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"
- Fantastic cultural exchange through our games & after match functions designed to meet and socialize with Australian basketball athletes
- Develop an interest in global travel/issues while broadening your perspectives of the global community & fostering a desire for future travel

Australia Tour Details & Cost

Tour Duration: 15 nights in Australia; June 8 - 25, 2010

Tour Areas: Melbourne (4 nights)
Sydney (4 nights)
Surfers Paradise (3 nights)
Cairns (4 nights)

See itinerary on pages 11 – 19 for more details

Tour Staff: Coach Darren “Dip” Metress (Men’s team)
Coach Robbie Mc Kinlay (Women’s team)
Craig Douglass (Tour Organizer, Tour Guide & Women’s Asst.)

Additional info on the tour staff is available on page 20-22

Tour Cost: \$5450 departing LAX; includes all travel costs, accommodation, ground transport, 14 team meals, all tourism site visits. See pages 9 – 10 for specific details

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:

\$1000 deposit is due Feb 15, 2010

\$1000 payment is due by March 26, 2010

\$3350 final payment is due April 15, 2010

Payments: Please make checks payable to SPORTS TRAVEL ACADEMY and send with the application form on page 8 to:

Sports Travel Academy

Attn: Craig Douglass

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 April 1 prior to final payment 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) Feb 15: All monies paid are 100% refundable
- b) Between Feb 15 – April 15: 50% of your payments are refundable
- c) April 15 - departure: ZERO REFUNDABLE

Note: Travel insurance will likely cover you in the event of an unavoidable withdrawal from tour per the conditions of your policy. (Travel insurance IS NOT included in the package and is up to your discretion whether you chose to purchase it)

Special Note: All participants are REQUIRED to have medical insurance for the 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. Four weeks prior to departure you will need to provide us with a copy of your insurance policy details.





Application to participate in the College Grad Summer 2010 Australia Tour

Please send this form to the Sports Travel Academy (details below) and enclose a check for the deposit amount of \$1000 made payable to "Sports Travel Academy". Please also provide us with two references and their contact details. One of these should be one of your coaches and the other can be a former coach, employer or a faculty member from your school.

Player's Name: _____

Postal Address: _____

Email: _____

School: _____ Position: _____ Height: _____

Telephone: home: (____)____-_____ cell: (____)____-_____

Please circle either Coach or Teacher

Coach/Teacher Reference Name: (1) _____

Email: _____ Phone: _____

Coach/Teacher Reference Name: (2) _____

Email: _____ Phone: _____

PAYMENT INFORMATION

Please send checks made payable to **Sports Travel Academy** to:
Sports Travel Academy
122 Wheatsbury Drive
Cary, NC 27513

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

The Tour Package

- Roundtrip airfares departing LAX with 4 stops in Australia: Melbourne, Sydney, Brisbane, Cairns. (You will need to make your own way to and from LAX)
- 8 or 9 games against Australian Club teams with an after game function organized after most of the games where you can meet and socialize with the Aussie players
- Accommodation (15 nights): A mixture of triple share hotel rooms & quad share in suites (No bed sharing, all players will have their own beds)
- 14 Team Meals included (see itinerary for details)
- Ground Transportation: 26, 32 or 48-seat 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 (trams) in Melbourne and (train) in Sydney
- Guided Coach tour of each city you visit: Excellent for orientation to the city itself as well as highlights of the surrounding area
- Guided Tour of the Melbourne Cricket Ground (MCG) – Australia’s home of Sport
- Entry to a professional Australian Football League (AFL) Game “Aussie Rules” in Melbourne
- Entry to a professional National Rugby League (NRL) game in Sydney or the Gold Coast (schedule pending)
- Entry to Sydney’s World Famous Aquarium where you’ll come up close to sharks and see a variety of other marine life
- Sydney Harbour Highlights Cruise: A beautiful narrated cruise lasting 75 minutes with great photo opportunities
- Tour of Bondi Beach, Lady Macquarie’s Chair and the Gap in Sydney
- Surfboard riding lessons at Surfers Paradise by a professional and accredited surf coach, includes wetsuit and transport to appropriate beach with small/medium waves on the day (75-90 minutes duration)



- Entry to Steve Irwin’s Australia Zoo where you can have photos taken holding a koala & baby crocodile, pet and feed kangaroos, see free flight bird and crocodile shows, as well as hundreds of other native Australian animals
- Entry to an Aboriginal Cultural Centre: Enjoy lessons throwing a boomerang & playing the didgeridoo as

- Guided group tour in the rainforest onboard an Amphibious WWII USA Army Duck
- 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
- Day visit to the Daintree National Park where you will see and have time to explore the “oldest surviving rainforest in the world” (8:00 am – 6:00 pm)
- Daintree River Crocodile Cruise where you will (probably) see crocodiles in the wild
- Full Day Great Barrier Reef Excursion: 8:30am-5:30pm lunch & snorkelling gear included





- STA Tour Guide (Craig Douglass) will travel with your group 24-hours per day for the duration of your tour. Our Australian-born 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


Australia Tour Itinerary


Your tour itinerary includes: Melbourne: 4 nights; Sydney: 4 nights; Surfers Paradise: 3 nights; Cairns: 4 nights. **Total: 15 nights in Australia**




Note: This is a sample itinerary only. Some of the game times & flight details will alter when final itinerary is completed. All the tourism visits and meals listed will not change. FINAL itinerary for your group will be available 10 weeks prior to departure

Date	Australia Class Itinerary
Tues. June 8	<ul style="list-style-type: none"> • 7:00 pm: Group meets at QANTAS or Air New Zealand Check-In at LAX. Bring your cell phone so you can find the rest of the group. Your Tour Guide (Craig Douglass) will be available on (904) 540-3592. • 11:40 pm: (apprx) Depart LAX for Melbourne • Distance: 7968 miles Fight Time: 14.5 hours • Exact flight details available early March 2010
Wed. June 9	<ul style="list-style-type: none"> • This day is “lost” crossing the International Date Line. Don’t worry you’ll get it back on your way home
Thurs. June 10	<ul style="list-style-type: none"> • 7:55 am: (apprx) Arrive Melbourne Tullermarine Airport • 8:45 am: Depart airport for short city tour with 45 minutes free time in the CBD (or central business district as it is known Down Under – aka downtown). There are plenty of food options, coffee shops, bakeries, milk bars and ATM’s nearby • 11:00 am: Arrive at the Melbourne Cricket Ground (MCG) for guided tour of the facility. The MCG was built in 1853 and has been the symbolic home of Australian sport. Enjoy free time in the interactive sport complex and museum <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • 12:30 pm: Depart MCG for hotel with lunch stop on route



Date	Australia Class Itinerary
	<p>(own cost)</p> <ul style="list-style-type: none"> • 2:00 pm: Arrive hotel, check in and enjoy your long awaited shower (Staying 4 nights - DON'T SLEEP!!) • 2:45 pm: Depart for 90 minute practice session • 4:45 pm: Return to the hotel for relaxation/free time • 6:00 pm: Meet in lobby for group Welcome Dinner (included/1) • NOTE: Your hotel is right downtown and your rooms are 2 bedroom/2 bathroom suites (4 people to a room). You have a full kitchen, fridge and living room area. You also have a washer and drier in the room (make sure all your clothes are clean prior to departing for Sydney). Those budgeting can buy food from the nearby supermarket and eat cheaply (especially breakfast!!)
Fri. June 11	<ul style="list-style-type: none"> • Breakfast (own cost) • 9:30 am: Depart for practice (2 hour session/10 – 12 noon) • 12:30 pm: Team Meal (included/2) • 2:00 – 3:00 pm: Practice (1 hour) • 4:30 pm: Depart hotel for game, arrive by 5:00 pm • 6:00 pm: Game 1 • After game social function/meal organized with Aussie Club 
Sat. June 12	<ul style="list-style-type: none"> • Breakfast (own cost) • 9:00 – 12:30 Noon: FREE MORNING IN MELBOURNE – Relax and enjoy downtown Melbourne (or sleep in!) • 12:30 pm: Team Meal (included/3) • 1:30 pm: Depart for practice (90 minute session/2 – 3:30 pm) • 4:00 – 5:30 pm: Free Time • 5:30 pm: Depart hotel for game, arrive by 6:00 pm • 7:00 pm: Game 2 • After game social function/meal organized with Aussie Club
Sun. June 13	<ul style="list-style-type: none"> • Breakfast at airport (own cost) • 9:00 – 12:30 Noon: FREE MORNING IN MELBOURNE – Relax and enjoy downtown Melbourne (or sleep in!) • Lunch (own cost)



Date	Australia Class Itinerary
	<ul style="list-style-type: none"> • 2:00 pm: Entry to the MCG for a professional Australian Football League (AFL) Game (schedule not yet available) • Free Afternoon • Dinner (own cost)
Mon. June 14	<ul style="list-style-type: none"> • 6:00 am: (apprx) Depart hotel for Melbourne airport • Breakfast at airport (own cost) • 8:00 am: Depart Melbourne, arrive Sydney 9:15 am • 9:45 am: Guided city sightseeing tour with lunch stop at Bondi Beach and additional stops at: The Gap, The Rocks & Lady Macquarie’s Chair • 11:30 am: Sydney Harbour Highlights Cruise: Depart Jetty 6 at Circular Quay (pronounced “Key”) on a 75 minute narrated Harbour Highlights Cruise and enjoy some of Sydney's greatest attractions from the water • 12:45 pm: Lunch Break by Sydney Harbor (own cost). You can get a takeout sandwich or burger and enjoy the Sydney harbor with views of the famous Opera House & Harbor Bridge • 1:00 – 2:00 pm: Free Time to explore The Rocks (Sydney’s Old Town) • 2:15 pm: Entry to Sydney World Famous Aquarium – explore at your leisure • 3:30 pm: Arrive at Hotel (Stay 4 nights) • 3:30 – 5:30 pm: Free Time/Relax Time • 5:30 pm: Depart hotel for game, arrive by 6:00 pm • 7:00 pm: Game 3 • After game social function/meal organized with Aussie Club 
Tues. June 15	<ul style="list-style-type: none"> • 6:30 – 8:30 am: Buffet Breakfast at hotel (included/4) • 9:30 am: Depart for practice (90 minute session/10-11:30 pm) • 12:30 pm: Team Meal (included/5) • Free afternoon in downtown Sydney - NUMEROUS OPTIONS • 5:00 pm: Depart hotel for game, arrive by 6:00 pm • 7:00 pm: Game 4


Date	Australia Class Itinerary
Wed. June 16	<ul style="list-style-type: none"> • After game social function/meal organized with Aussie Club • 6:30 – 10:00 am: Buffet Breakfast at hotel (included/6) • Free Day in and around Sydney - No Games or Practice • Many options including: (weather permitting) a ferry ride across Sydney Harbor to Manly beach for a relaxing day, or a train ride out to Cronulla beach, or a bus ride out to Bondi Beach (which you will have visited briefly on day 1). There are a number of museums within an easy walk from the hotel, and you are very nearby all public transport • Optional: Full day trip to the Blue Mountains, including Scenic World, The Edge Cinema (IMAX) & the 3 sisters. (Cost is approx: \$75). Note: If you are interested you can sign up to the Blue Mountains trip, or a bunch of other day trips at the hotel lobby front desk on June 15 Evening Free (dinner at own cost) 
Thurs. June 17	<ul style="list-style-type: none"> • 6:30 – 8:30 am: Buffet Breakfast at hotel (included/7) • 9:30 am: Depart for practice (90 minute session/10-11:30 am) • 12:30 pm: Team Meal (included/8) • Free time in downtown Sydney – NUMEROUS OPTIONS • 5:00 pm: Depart hotel for game, arrive by 6:00 pm • 7:00 pm: Game 5 • After game social function/meal organized with Aussie Club
Fri. June 18	<ul style="list-style-type: none"> • Breakfast at airport (own cost) • 6:00 am: Depart Hotel for Sydney Airport • 7:05 am: Depart Sydney for Brisbane • What is Surfers Paradise Beach? With world famous surf beaches, international standard accommodation and exciting attractions, Surfers Paradise has everything for all holiday makers. A sunny sub-tropical climate and a year-round festive atmosphere combine to make Surfers Paradise one of Australia's top tourist holiday destinations.

Date	Australia Class Itinerary
	<ul style="list-style-type: none"> • 8:35 am: Arrive Brisbane, 8:55 am depart for Steve Irwin's Australia Zoo (50 min ride), arrive (apprx) 9:45 am <div style="display: flex; justify-content: space-around;">   </div> <ul style="list-style-type: none"> • 3:00 pm: Depart for your Surfers Paradise hotel, arrive (apprx) 5:00 pm (staying 3 nights) • NOTE: Your hotel rooms are suites (4 people to a room). You have a full kitchen, fridge and living room area. Those budgeting can buy food from the nearby supermarket and eat cheaply (especially breakfast!!) • 6:00 pm: Depart hotel for professional National Rugby League (NRL) football game. Kick Off is 7:00 pm • 9:45 pm: Return to the hotel
Sat. June 19	<ul style="list-style-type: none"> • 7:00 – 9:00 am: Buffet Breakfast at hotel (included/9) • 10:30 am: (Optional) Surf Lessons Your 75 minute Surfboard riding lessons are conducted by a professional and accredited surf coach, includes wetsuit • 12:30 pm: Team Meal (included/10) • Free Afternoon – This is your best chance to enjoy the beach!! Don't get too much sun as you have a game tonight!! • 5:30 pm: Depart hotel for game, arrive by 6:00 pm • 7:00 pm: Game 6 • After game social function/meal organized with Aussie Club 
Sun. June 20	<ul style="list-style-type: none"> • 7:00 – 9:00 am: Buffet Breakfast at hotel (included/11) • 10:00 am: Depart hotel for game, arrive by 10:30 am • 12:00 Noon: Game 7 • After game social function/meal organized with Aussie Club

Date	Australia Class Itinerary
	<ul style="list-style-type: none"> • Because none of the players will have school or work today we will try to organize an Aussie BBQ where you can all hang out and have a good afternoon at the beach, or a park nearby the beach • Dinner (own cost)
Mon. June 21	<ul style="list-style-type: none"> • Breakfast at airport (own cost) also served on plane • 6:00 am: Depart hotel, arrive Brisbane Airport 7:15 am • 8:30 am: Depart for Cairns, arrive 10:55 am • Aircraft: 737 Distance: 865 miles Flight Time: 2.25 hours <div data-bbox="695 632 1243 999" data-label="Image"> </div> <ul style="list-style-type: none"> • 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 & adventure sport destination • 11:15 am: Depart airport for Rainforest Station (30 minute ride) • 11:45 am: 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 gives you a unique experience on both land and water <div data-bbox="1073 1499 1446 1761" data-label="Image"> </div> <ul style="list-style-type: none"> • Enjoy Australia's indigenous culture with the Pamagirri

Date	Australia Class Itinerary
	<p>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 and exciting half-hour show of traditional dance, accompanied by didgeridoo and clap stick</p> <ul style="list-style-type: none"> • 1:00 pm: Depart Rainforest Station for the mountain town of Kuranda for Free Time to explore & have lunch <ul style="list-style-type: none"> • 3:00 pm: Ride the 4.7 mile SKYRAIL - 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 then have lunch in the beautiful mountain township of Kuranda • 4:15 pm: (apprx) Depart SKYRAIL for downtown Cairns • 4:30 pm: Check into hotel • 5:45 pm: Depart hotel for game, arrive by 6:00 pm • 7:00 pm: Game 8 • After game social function/meal organized with Aussie Club 
Tues. June 22	<ul style="list-style-type: none"> • FULL DAY ON THE GREAT BARRIER REEF • 7:30 am: Depart Hotel for Reef Terminal (breakfast included/12) • 7:45 am: Boarding at Marlin Jetty • 8.00 am: Depart Marlin Jetty - Dive & Snorkel briefing • 9.30 am: Reef Video presentation • 10.30 am: Arrive Hastings Reef • 12:30 pm: Depart for Breaking Patchs reef (lunch included) • 6:00 pm: Return to Cairns • Scuba dives are apprx extra USD45 and can be booked on the day. Uncertified divers can also experience 

Date	Australia Class Itinerary
	<p>(intro/supervised) scuba diving on the Great Barrier Reef!!!</p> <ul style="list-style-type: none"> 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. <p>NOTE: if you would like to stay overnight onboard a boat contact us for details. The additional cost for this is (apprx) \$200 and including all meals. This is an especially good option for any scuba divers in the group</p> <ul style="list-style-type: none"> 7:00 pm: Meet in hotel lobby for dinner (included/13)
Wed. June 23	<ul style="list-style-type: none"> FREE DAY – NUMEROUS OPTIONS! Adventure Sports or tours can be can be booked at the hotel front desk, including but not limited to: Bungee Jumping, White Water Rafting, Horse Riding, ATV Bike Rides, Parachuting, Guided Nature Walks. Note: Those wishing to participate in an adventure activity on this day should budget \$80 - \$130 (more for parachuting) <div style="display: flex; justify-content: space-around;">   </div> <ul style="list-style-type: none"> Dinner (own cost)
Thurs. June 24	<ul style="list-style-type: none"> 8:00 am - 6:00 pm Depart Cairns for the Daintree National Park – the “oldest surviving rainforest in the world” Includes a 60 minute Daintree River Crocodile Cruise where you will (probably) see crocodiles in the wild plus an array of local wildlife plus you will experience the beautiful Cape Tribulation Beach, the amazing rainforest, and a relaxing stop at natural water hole on the return route to the hotel. 7:00 pm: Meet in lobby for Farewell Dinner (included/14)

Date	Australia Class Itinerary
	
Fri. June 25	<ul style="list-style-type: none"> • 5:00 am: Depart hotel for Cairns airport for flight home • Flight details TBA early March. You have the time difference working in your favor this time and will be back in LAX at about the same time you depart Australia. You will likely be able to connect at LAX and be back on the East Coast in the afternoon of June 25.

Staff Bio's



Men's Head Coach

In only five years, Darren "Dip" Metress has taken Augusta State Basketball from a losing record to national prominence. Coach Metress, who was named the fifth head coach in the program's history on May 10, 2004, wasted little time in rebuilding the Jaguars. He won 19 games in his first season at the helm of the Jaguar program, leading ASU to victories over three nationally-ranked opponents. Metress added 15 wins in his second season and then, in just his third year, guided ASU to its second-best season in school history in 2006-07. Not only did the Jags win 24 games and a PBC regular-season championship that season, Metress was named PBC Coach-of-the-Year and ASU earned a No. 1 regional seeding. The Jags served as hosts of the NCAA South Atlantic Regional and advanced all the way to the semifinals.

In 2007-08, it got even better. Metress guided ASU to what was, at the time, the top season in school history, posting a 27-7 record and advancing all the way to the NCAA Tournament's National Championship game and a national television appearance on CBS. Along the way, the Jags earned the highest national ranking in school history at No. 5 and clinched their first South Atlantic Region championship, earning their first berth in the Elite Eight.

Just when you thought the Jags were out of magic, Metress guided ASU to a 30-5 record in 2008-09 that included a school-record No. 3 national ranking, a sweep of the PBC regular-season and tournament championships, a second straight NCAA Regional Championship, and a return trip to the Elite Eight. ASU lost in the National Semifinals to Cal Poly Pomona (74-70), but garnered more national respect with the selection of Garret Siler and Ben Madgen as All-Americans, and finished the year with a No. 4 national ranking.

Off the court, Metress has been equally successful. Under his tutelage at both Augusta State and formerly Belmont Abbey, 33 of 35 seniors who have finished their eligibility have either graduated or are on track to earn their degrees.

Coach Metress is married to Heather and are the parents of a daughter, Elizabeth Margaret.

UNDER COACH METRESS

- ASU is 81-19 (.810) overall in the last three seasons
- ASU is 39-4 (.907) At Home in the last three seasons
- ASU is 48-8 (.857) In the Peach Belt Conference in the regular season in the last three seasons
- ASU is 23-3 (.885) on Saturdays in the PBC in the last three seasons
- ASU IS 19-7 (.731) VS. **NATIONALLY-RANKED OPPONENTS** in the last five seasons



Women's Head Coach

Robbie McKinlay is in his fourth season as a member of the Augusta State Men's basketball coaching staff. Named to the assistant coach's post on Sept. 25, 2006, McKinlay aids in all aspects of the Jaguar men's basketball program, including scouting, film preparation, on-the-floor instruction and off-season conditioning.

A native of Sydney, Australia, McKinlay played collegiately under Coach Metress at Belmont Abbey College in Belmont, N.C., and helped lead the Crusaders to back-to-back NCAA Tournament appearances. He finished his career as the school record holder in winning percentage (.790) with 49 wins and 13 losses. He earned the Crusader Award following his senior season and graduated with a bachelor's degree in business management in 2003.

McKinlay began his college career at Coastal Georgia Community College in Brunswick, Ga., where he played two seasons for head coach Gerald Cox and earned honorable mention all-conference honors as a sophomore. He led CGCC in assists both years and helped lead the squad to the GJCAA conference championship.

After college, McKinlay played one season for the West Sydney Razorbacks in the Australian Professional League. He spent the 2005-06 season with the Sutherland Sharks of the ABA Waratah League, teaming with former ASU standout Cameron Tovey to capture the league championship.

McKinlay is excited to head coach the 2010 Lady Grads program. As a young coach he sees this as an ideal opportunity to keep his options open in the

coaching world. McKinlay respects the women's game and is looking forward to working with the girls on this summer tour and sees a possibility of working with both Men's & Women's programs in his future.



Women's Assistant Coach
STA Tour Guide

Craig Douglass was born in Sydney, Australia where he lived for most of his life until relocating to the USA in 2002. Residing in Cary, North Carolina, Craig has been involved with the operation and planning of over 70 international tour groups. Craig has coached basketball extensively in Australia including a 2 year stint with the Sydney Comets in the Women's semi-pro CBA league. In 1994 Craig also served as an Assistant Coach at Lafayette Jefferson HS in Indiana, and in 1995 & 96 he coached at the Australian Junior Camp. From 1995-99 he worked part-time in Australia's Olympic Athlete Development Program as an ITC Head Coach in Sydney's Southern Region. More recently (to our knowledge) he became the first Australian to Head Coach a USA college basketball program. Craig enjoyed 2 years as the women's basketball coach at Flagler College in St. Augustine, Florida. In March 2006 Craig resigned from Flagler to return to the travel industry where he worked full time for 6 years prior to 9/11/2001. While at Flagler, Craig was still involved in international group travel on a part time basis.

Craig graduated from the University of Western Sydney in 1995 with a degree in Sport Management and majors in sports psychology & communication.

Craig is married to Amanda and has a 2 year old son named Jake with another baby due in May 2010.

Frequently Asked Questions

How big is Australia?

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, rugged mountain ranges and vast tracts of desert, Australia is a country of 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 - only two people per square kilometer.



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/Melbourne 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) 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.

- b) 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 to what they are used to.
- 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 1444 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 about 14 hours to fly from Los Angeles to Melbourne. 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?

Yes but we organize it for you. This is why we ask for a copy of your passport with your final payment. Citizens of the USA will need both a valid passport and an Electronic Travel Authority (ETA) to enter Australia. The ETA is used instead of a visa and is organized through our office. For information on tourists' visas visit www.eta.immi.gov.au

Can I stay longer in Australia if I want to?

Yes, but your tourist visa is only valid for 3 months. If you plan to stay longer than 3 months please call our office for details on alternate travel visas. There will also be an additional charge from the airlines to deviate from the group, usually about \$170-\$200.

Are there any required/recommended immunizations?

No shots are recommended by the World Health Organization



Do I need Medical insurance?

It is a necessity for you 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. (cost: apprx \$200)

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 at ATM's.

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.

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

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 OR pick one up prior to leaving the States. www.pingo.com have great 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 prior to departure.

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. Most of Australia receives more than 3,000 hours of sunshine a year, or an amazing 70% of the total possible hours. Grab a hat and sunscreen and enjoy our delightful climate. Specifically during your trip: Sydney & Melbourne 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 & Melbourne (although some of you will!). When we fly north to 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!!). Then when you fly up to Cairns the weather will be great!! Cairns is in the tropics, and doesn't have winter at all. So half of your trip will be winter conditions, and jeans and a sweater will be required, the other half of your trip will be great beach temperatures.

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 million – that's 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.



How close can I get to a koala?

Pretty close mate! You can hold one. On our tours everyone has the opportunity to be photographed actually cuddling and petting a koala at Steve Irwin's Australia Zoo!!

Who Are We? & Contact Details

HEAD COACHES

Coach Darren “Dip” Metress (Grad Men’s Program)

Email: dmetress@aug.edu Phone: (706) 667-4765

Coach Robbie McKinlay (Grad Women’s Program)

Email: rmckinlay@aug.edu Phone: (706) 729-2449

SPECIAL NOTE: Both coaches are in mid-season and ALL questions from athletes should be directed to Craig Douglass at the Sports Travel Academy Office (details below)

TOUR PROVIDER: SPORTS TRAVEL ACADEMY LLC

Our sports team travel and faculty led study abroad business first started in 1996 as Aussie Sports Tours in Sydney, Australia. In 2002 we relocated to the USA as All Aussie Travel catering to various group trips between the USA, Canada, New Zealand & Australia. As the world has continued to shrink, whilst simultaneously our network of relationships have flourished a new Global Initiative has led to the 2008 birth of the Sports Travel Academy (STA). We specialize in international sports team travel as well as 2-4 week Faculty Led summer or winter break study abroad programs catering to Sport Management, Sport Business, Sport Medicine & Athletic Training majors. Join us and gain an international perspective on Global Sports, see some amazing parts of the world and have a bunch of fun doing it!

Additional information available at www.sportstravelacademy.com

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