



Level up your Dodgeball with AAC

About Australian Athletic Centre

Adelaide Dodgeball has partnered with the Australian Athletic Centre in order to push our community in areas of Strength and Conditioning, Rehab, and overall fitness. Public Group Trainings are available on Saturday mornings, and performance testing 12 weeks, otherwise just like any gym membership you will have access to the facility when it's convenient to you.

Our main contact to the AAC will be through Nelson Cheong who plays dodgeball locally - so you know you are getting sport specific professional advice and training.

AAC is located at: Unit 3/30-36 Glen Elder St, Findon SA 5023

For more information go to: <https://australianathleticcentre.com.au/>

Benefits of Registering

Athletes who participated in our trial over the last 3 months have saw significant increase to the vertical jump, explosive power, and on average an **8km/h increase in their throw velocity**.

Registration with Australian Athletic Centre also gives you access to the following:

- Athlete Performance Testing - Including but not limited to VALD Performance technology (Force Decks, Force Frame, Dynamo, Nord Board, Speed Gates)
- Velocity Tracking - Speed gun and speed gates
- Face-to-Face Group Training
- Strength & Conditioning, Throwing, Weighted Ball Program - Individualised for each athlete in consideration of injuries and assessment of performance testing
- Specialised Workshops - Throwing mechanics, dry drill resources, educational sessions
- Subsidised in-house Physiotherapy - Assessment and treatment of injuries; Injury rehabilitation and management
- Access to the Australian Athletic Centre gym outside of face-to-face group training sessions (6am - 8pm Mon-Fri, 8am - 2pm Sat)
- Access to the facility to practice dodgeball skills with equipment supplied.



Level up your Dodgeball with AAC

How to Register

1. Download the Mind Body App on your selected device: [Apple](#) or [Android](#)
2. Search for “Australian Athletic Centre” under business
3. Go to “View Pricing”
4. Go to “More”
5. Select “AAC Dodgeball SA Membership”
6. Fill out your payment details.

Pricing Structure

Membership* will be based on the total number of players within the SA dodgeball community that are registered. We encourage you to bring your friends, teammates and clubs to keep the pricing accessible for everyone. Pricing will depend on the following numbers:

| Number of Players Registered | Weekly Pricing |
|-------------------------------------|-----------------------|
| 31+ | \$10.95 |
| 21-30 | \$15.95 |
| 11-20 | \$21.95 |
| Under 10 | \$43.95 |

**Membership is deducted on the 1st of every month*