



Brisbane SX

***Create your bespoke training experience at
Australia's premier International Standard BMX
Racing precinct***

BRISBANE SX GUIDE

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WELCOME

A warm welcome to the Brisbane SX International BMX Centre and an invitation to join us in what will be an unprecedented decade of BMX Racing in Brisbane, Australia.

We are proud to have been appointed as host venue for the 2024 UCI BMX Racing World Cup Rounds 3 & 4, the 2026 UCI BMX Racing World Championships and nominated as the competition venue for BMX Racing events at the Brisbane 2032 Olympic and Paralympic games. With a huge International and National BMX Racing Calendar already confirmed, and more to be announced, there is no better time to bring your next training camp to Brisbane.

Following on from upgrades to the first straight which occurred in 2021, significant further investment is being made into the Brisbane SX with works to redesign and enhance the rest of the facility due to be completed in August 2023, followed by upgrades to lights and amenities ahead of the 2024 season. The new design features will challenge the best riders from around the world whilst providing the perfect platform to build skill sets.

The venue is located within the Sleeman Sports Complex, Queensland's home to high performance sport, featuring purpose built facilities to help athletes reach their full potential. Whether it is pre-competition familiarisation camps to prepare for big international competitions, or pre-season training camps looking to capitalise upon Brisbane's subtropical climate, this guide will help you get the most out of your time at the Brisbane SX International BMX Centre.

Just an hour's drive to some of Australia's most stunning scenery and exciting tourist attractions, why not extend your stay and enjoy all that Brisbane and Southeast Queensland has to offer.

The team and I look forward to welcoming you to Brisbane SX soon.

Alex Hutchison
Venue Manager



LOCATION

Brisbane SX is nestled in beautiful bushland only 17km from Brisbane International Airport, 15km from Brisbane's city centre and situated to provide convenient access to motorways connecting the Gold Coast, Sunshine Coast and beyond.

With almost 300 days of sunshine per a year and mild winter days, Brisbane is the capital of Australia's "Sunshine State", Queensland and is the gateway to some of Australia's most stunning hinterlands, beaches and coastal areas.



Brisbane International Airport services 23 international destinations and connections via Asia to the rest of the world. Rail connections are available from the airport to central Brisbane.

If staying on site at the Sleeman Sports Complex, Taxi, hire car or charter bus is recommended for direct transport to the Venue. The precinct has 4 car parks and over 1300 car park spaces with ample parking for cars, minibuses, trailers and coaches.





THE TRACK: AT A GLANCE

Newly redesigned track incorporating latest international design and construction trends.

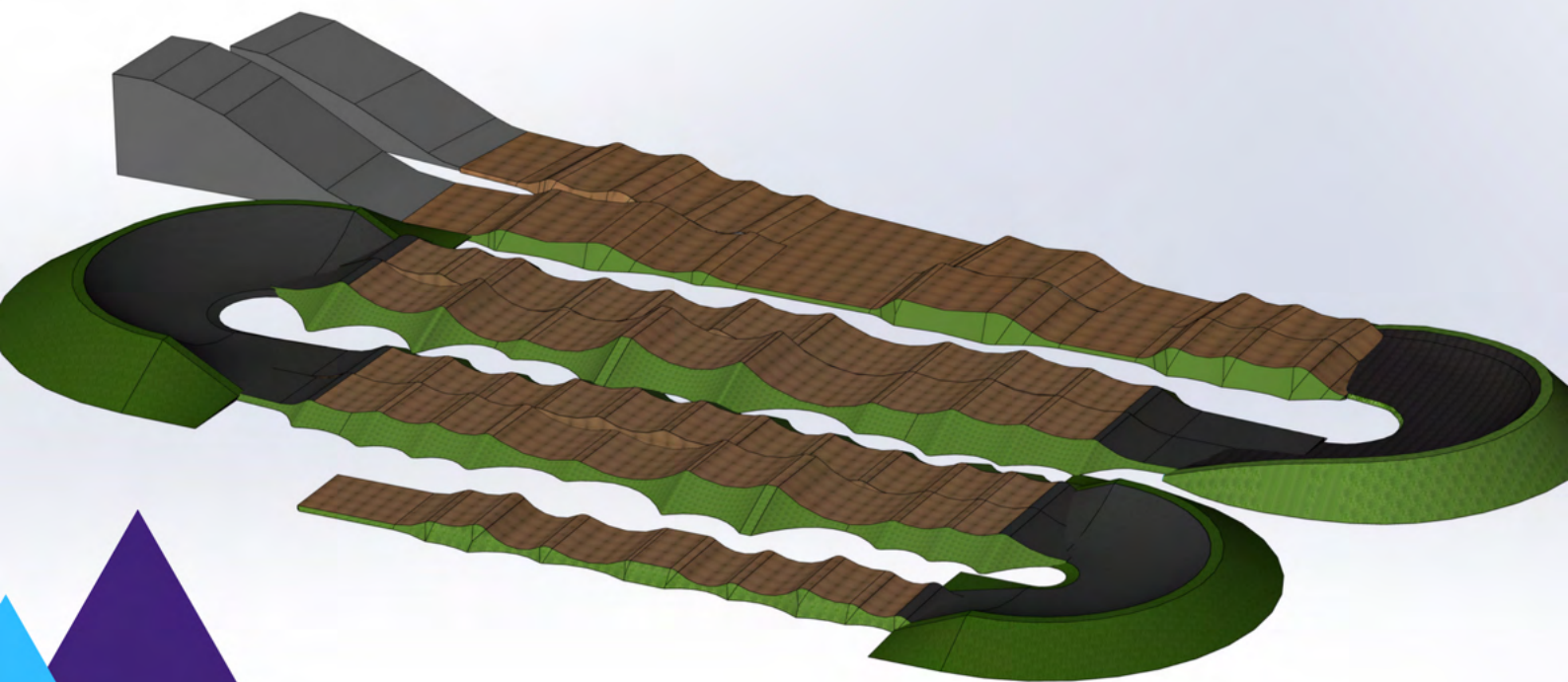
Works due for completion August 2023

Decoders for hills and finish line, accessed via Sqorz account

Lighting for day and night use

8m & 5m International Standard Start Ramps

UCI certified facility



ACCOMMODATION

Chandler Lodge and Cabins, located within the Sleeman Sports Complex, offers affordable self-contained cabin style accommodation for visiting teams.

Located 350m walk from Brisbane SX in a tranquil bushland setting, maximise your training and recovery time by staying on site.

Accommodation Features:

- 4 bedroom cabins, with each room able to accommodate 1-3 people.
- Private ensuite in each room;
- Reverse cycle air-conditioning;
- Kitchenette with fridge, microwave, electric jug, toaster, crockery & cutlery; and
- Dining area with lounge and TV;
- Guest laundry
- Onsite parking
- 2 dedicated accessible cabin rooms
- Common areas for team dining and activities



ACCOMMODATION

For teams looking for more traditional hotel style accommodation, the following locations in close proximity to Brisbane SX are often utilised by visiting groups:

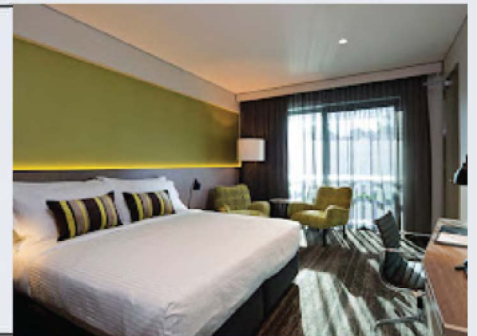
Quest Cannon Hill (9km to venue)

<https://www.questapartments.com.au/properties/qld/cannon-hill/quest-cannon-hill>



Glen Hotel & Suites (12km to venue)

<https://www.glenhotel.com.au/rooms/>



Colmslie Hotel (10km to venue)

<https://thecolmsliehotel.com.au/accommodation/>



There are also a wide variety of accommodation available in central Brisbane for teams preferring a city centre base, only 16km from Brisbane SX.

CATERING

Australian Catering Services offers a wide variety of catering options to suit the needs of athletes and support staff looking to fuel optimal performance and recovery.

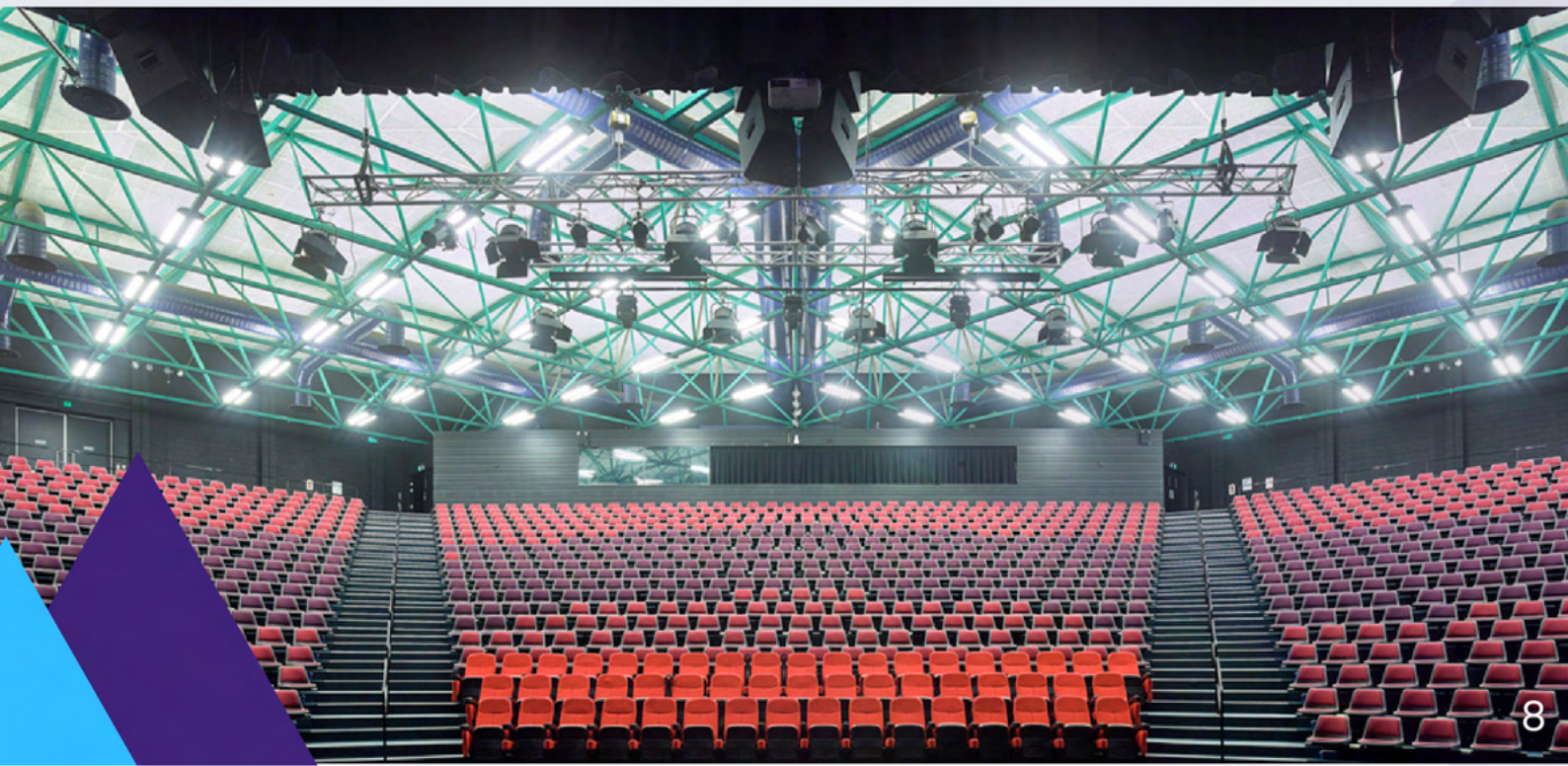
Whether it is a post training session snack or a full training camp meal plan, they can customise menus for dietary requirements and cultural preferences and work flexibly with team nutritionists to meet individual and team needs.

In addition to bespoke catering, the precinct features a cafe located adjacent to the Aquatic Centre, which offers barrister coffee, hot and cold breakfast and lunch offerings as well as sweet treats and healthy snacks. The Aquatic Cafe is open daily.



MEETING SPACES

Whether it is a small team briefing, coaching session or athletes lounge, or a large scale conference, the Brisbane SX precinct has a range of meeting spaces to suit your needs.



STRENGTH AND CONDITIONING



PACE @ SLEEMAN

A premium fitness centre located next to Brisbane SX with casual access available for visiting teams. Gymnasium facilities include:

Cardio Floor

Includes treadmills, exercise bikes, Skillbikes, Skillrows, cross-trainers, steppers, stair climber, arm ergometer, medicine balls, swiss balls, fitness mats, digital T.Vs, WiFi and more.

Weights Area

Features a wide selection of pin-loaded and plate-loaded resistance equipment, dumbbells and kettlebells, flat and incline benches and a functional training station.

Class Studios

3 separate purpose-built, air-conditioned Studios with premium sound systems for the ultimate Class experience.



STRENGTH AND CONDITIONING

QUEENSLAND ACADEMY OF SPORT (QAS)

The Queensland Academy of Sport (QAS) is the Queensland Government's high-performance sports agency that delivers world-leading Performance Support services for elite athletes to achieve podium success on the world stage. The QAS has recently opened a new state-of-the-art \$2.1 million high performance training centre, including gym and medical suite, at the Sleeman Sports Complex.

The QAS is open to approaches from elite visiting teams for collaboration, knowledge sharing and facility use opportunities.

Please contact:

Matt Hass

Head of Strength and Conditioning

Email: Matt.Hass@dtis.qld.gov.au



STRENGTH AND CONDITIONING

ACCELERATION AUSTRALIA



Acceleration Australia has been developing national and international teams since the year 2000.

Their experienced team of coaches have been working with Professional, Olympic, Paralympic and Elite Junior Athletes.

they communicate well with your coaches and medical staff to tailor a session or program to the exact needs of your sport and timeline. We have experience with athletes competing in Australia, New Zealand, South Korea, China, Singapore, Turkey, Japan, Ireland, Spain, Italy and the USA.



Acceleration Australia's mission is to help athletes Move Faster, Get Stronger and Jump Higher for sporting competition. Contact us if you have any questions about how we could make your next training camp the best ever.

Call: +61 7 3859 6000 (Dial 1 for Enquiries)

Email: info@accelerationaustralia.com.au

Website: www.accelerationaustralia.com.au

RECOVERY FACILITIES

Hot and cold recovery pools are available within the Anna Meares Velodrome, located adjacent to Brisbane SX.

The Brisbane Aquatic Centre is also home to pools of various depths and temperatures for recovery, fitness and leisure purposes.

- 25m Indoor Heated Pool, 1m deep, 31-32 degrees.
- 50m Indoor Olympic Pool with anti-wave moveable bulkhead and the latest timing and scoring technology;
- Indoor Dive Pool, 5m depth with 10 metre, 7.5 metre, 5 metre and 0.5 metre diving platforms and boards;
- 50m Outdoor Pool with 13 lanes for public use and training.



ALLIED HEALTH

RESULTS PHYSIO

Elite level physiotherapy for high performance athletes and the general public.

Their dedicated team of highly skilled physiotherapists have extensive experience in treating athletes from a range of sports. Their comprehensive approach combines hands-on physiotherapy, evidence-based rehabilitation with a deep understanding of the demands of your sport.

Utilising the state-of-the-art facilities at the Sleeman Complex they provide a unique rehabilitation experience for their clients. Their specialised services for elite sports can include both in-clinic physiotherapy and on-site coverage as required.

Within the clinic, they also provide: exercise physiology, hydrotherapy, psychology, psychiatry and sports doctor consultations.

Ph: (07) 3823 2400

Email: reception@resultsphysio.com.au

Website: www.resultsphysio.com.au



CONTACT US

Our training camp specialists can help you put together the perfect itinerary.

To find out more about any of the services and facilities listed in this guide for pre-competition familiarisation opportunities, as well as stand alone training camps, please contact:

Phone: 07 3131 9675

Email: events@sleemansports.com.au

Website: <https://sleemansports.com.au/sports-and-activities/bmx.aspx>

