



GLADSTONE SUPER SERIES

18 May 2024

Hosted by:

FISAF
AUSTRALIA
SPORT AEROBICS

www.fisafaaustralia.com.au



INTRODUCTION

FISAF Australia Super Series Events

FISAF Australia's Super Series events kick off the annual FISAF Sport Aerobics competition season each year.

These events are designed to provide athletes with an opportunity to perform on stage and receive feedback from the judging panel.

Feedback is helpful in preparing athletes to improve their performance ahead of the State Championship events which are qualifying events for the National Championships.

FISAF Australia prides itself on providing professional, safe events where participants can compete in a fun and exciting environment.

This year we are delighted to offer Super Series events in:

- Coffs Harbour (NSW)
- Adelaide (SA)
- Melbourne (VIC)
- Newcastle (NSW)
- **Gladstone (QLD)**
- Brisbane (QLD)



LOCATION

Gladstone is a coastal city located approximately 500km north of Brisbane and 100km south-east of Rockhampton. It is well-known for its mining industry, and is home to the world's 4th largest coal-export terminals.

Located on the beautiful Queensland coastline, it goes without saying that there are many wonderful things see and do in and around Gladstone. In recent years, a large parklands development was completed on the harbour which has multiple playground areas, jetties, lookouts, a flowing rock waterfall, outdoor cinema, water playground and so much more.

We are very excited to be hosting an additional Super Series event in this relaxing town and we would encourage anyone who is able, to attend this brand new event in 2022.



ACCOMMODATION



Accommodation Options

The Gladstone ★★☆☆

Formerly called Rydges, The Gladstone is just a 5 minute walk to the competition venue, and provides family friendly accommodation at a reasonable price. Room selections include twin share rooms, including family-style adjoining rooms. Although it's a slightly older option, the hotel is clean and tidy, and has an in-house restaurant open for lunch and dinner (including room service). Several other restaurants are located just outside the hotel entrance for lots of variety. Parking is free at this venue.

*FISAF guests can receive an exclusive 10% discount by using code 'FISAF' when booking. Rooms will book out quickly, so book ASAP by phone, email or direct link - (07) 4970 0000 / reservations@thegladstonehotel.com.au
Online: <https://reservations.travelclick.com/115885?RatePlanId=8680064>*

The Oaks Grand Hotel ★★★★★

The Oaks Grand offers new corporate style accommodation with 1 Queen Bed per room. All rooms are self-contained and feature a kitchenette, full bathroom, and washing machine. This option would suit a parent travelling with one child, or two adult athletes/coaches.

The Oaks offer discounted accommodation for weekend bookings that are made via their website. To get the latest special head to their website - <https://www.oakshotels.com/en/offers>

High Point International Hotel ★★☆☆

High Point is a clean and tidy 9 storey accommodation facility which is located a short 5 minute walk to the competition venue. Rooms can cater for up to 5 guests, including a loungeroom with fold-out sofa, and the bedroom includes either 1 Queen bed, or a Queen bed and a single bed. Extra fold-away beds are available free-of-charge. This venue is best suited to families and teams who want to stay together and be within a short walking distance to the venue and a range of restaurants and shops. There is also a well-appointed Mediterranean restaurant within the hotel, which provides a room service option.

FISAF guests can receive a special room rate of \$175 for 2ppl (additional ppl add an extra \$25/nt each). Simply phone the hotel on 07 4972 4711, and quote FISAF.

Mantra Hotel ★★★★★

The Mantra is a wonderful option for family groups who intend to socialise and dine together during the event. This new venue provides Queen and Twin room options, each with mini-bar and tea and coffee making facilities. This venue has two restaurants (including a buffet restaurant that is open for breakfast, lunch and dinner), two bars, pokies, pool tables, a lap pool and a fully equipped gym. This venue would be suitable for guests who have a car to drive to the venue and waterfront.

FISAF guests can receive a special discount of 10% off room rates. Simply phone the hotel on 07 4979 8200, and quote FISAF EVENT.



GETTING THERE

Air (approx. 1 hour)

Flights are available directly from Brisbane to Gladstone by [Virgin Australia](#) and [Qantas](#).

Return flight prices can range from \$275-\$480 depending on how early you book and the airline chosen. To view options and prices we suggest visiting www.webjet.com.au.

Please note that Webjet bookings attract a surcharge, so searching direct or via other websites may be a cheaper option.



Road (approx. 6.75 hours)

Gladstone is approximately 533km drive from Brisbane.

There are quite a few nice towns to stop at to break up the trip, including Yandina (Noosa Hinterland), Gympie and Bundaberg.

Rail (approx 6.25 hours)

The train from Brisbane (Roma Street Station) to Gladstone is the cheapest option available.

Return tickets are approx \$180 for adults, and \$120 for children. Bookings can be made directly with [Queensland Rail](#).

THINGS TO DO



Eat

Gladstone has so many options for breakfast, lunch and dinner. From restaurants within your hotel, cuisine-specific options (such as thai, italian etc), to pubs, cafes and waterfront casual dining - there are options to suit every taste and budget. Here are some options we recommend:

- [Auckland House](#) - Gladstone's first waterfront microbrewery is definitely worth a visit. Accessible only via a relaxing short stroll along the waterfront parklands, Auckland House boasts delicious food, a wonderful view, and excellent customer service. Open for breakfast, lunch, dinner or even just a coffee/drink - we highly recommend checking this place out!
- [Mantra Hotel](#) - even if you aren't staying at the Mantra, this restaurant provides a delicious option for all-you-can-eat fans. Open for breakfast, lunch and dinner, the range at each meal is impressive, and the restaurant also offers an unlimited drinks package for dinner as well.
- [The Cotton Mill](#) - perfectly located for guests staying at Rydges as it is right near the entrance. This cafe offers room-charge, and has a great option of easy meals and cafe drinks.

Shop

Gladstone has a wonderful range of shops to suit every budget, need, and style. Between the airport and the city centre you'll find Stocklands Shopping Centre with a Woolworths, and great variety of shops.

In and around the city centre you'll find fashion, decor and craft boutiques, as well as a surf shop, and other shopping options. Most are located in the main street which is where the competition venue is.

Relax / Play / Exercise

This one is easy! We highly recommend all Super Series guests visit the new waterfront development called East Parklands which located at the bottom end of the main street.

East Parklands boasts several playground options for the kids to enjoy, a waterspout play area, a relaxing boardwalk surrounding the entire parkland, picnic tables and BBQ facilities, spotless bathroom facilities scattered around the parkland, an outdoor cinema, historical structures to read about and observe, a Bootcamp training area, basketball courts, and plenty of space to lay a picnic rug down and relax while breathing in the fresh sea air. You will also find Auckland House which has amazing food (breakfast, lunch and dinner, it's own brewery, and delicious coffee!).

COMPETITION VENUE

We are so excited to host this Super Series event in Gladstone at the Gladstone Entertainment Convention Centre again!

This prestigious venue has so much going for it, including tiered seating, multiple warm-up areas, and lots of room for spectators to move around before and after each session. It has plenty of parking, wheelchair access, and a large entrance area.

Outside the entrance, you'll find a modern bar with casual dining options, as well as lots of meeting area outside. Inside you'll find a ticket booth, large carpeted foyer, with a bar that is open from 10am which serves a range of beverages (both non-alcoholic and alcoholic). We look forward to seeing you all there.

ADDRESS

56 Goondoon Street
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T: (07) 4972 2822



Safe Travels

See you there!



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