



# IONA SPORT



**LIVE LEARN LEAD SERVE**

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AIC Sports Information (via Twitter): [@SportIona](https://twitter.com/SportIona) (includes wet weather)

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## 22 April

Australia has been sensible and tolerant during the changes associated with the health pandemic of COVID-19, which should not surprise anyone because that is our way. Iona College has tackled the challenge and looks to our character strengths to emerge stronger. Our PROSPER Challenge is to initially use perseverance: we need to be consistently active in our daily lives – it can be as simple as walking, through to working hard in structured programs. It can be self-driven, family-driven or College-driven, with the combination of all three being the likely success.

This correspondence provides ideas on being active. It is a physical way through evolving times. It requires determination to overcome the viral obstacle that is endeavouring to penetrate our defense – make it fun, make it consistent, make it physical.

Take care, keep moving, eat healthy, sleep well and remember: “to see the greatness of a mountain, one must keep one’s distance”.

### Key Personnel for 2020

Head of Sport	Mr Keith Harron	<a href="mailto:harronk@iona.qld.edu.au">harronk@iona.qld.edu.au</a>
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## Walking: Gentle Perseverance

The Bayside area has become a walker’s mecca. There are people everywhere and families walking and playing together is a sight to behold. Join in – it is the easiest form of activity.

Remember:

- It generally takes one hour to walk 6 kms, which roughly equates to 10,000 steps. Choose a target and aim for a numerical total, or just walk.
- There are numerous health apps that can be downloaded onto phones/watches. The App Store contains a variety of choices, some of which are free of charge.

## Basketball: Shooting Perseverance

### Basketball @ Home via iLearn

Boys of Iona. Here are some drills that can be done at home at any time. They can be done with variations and at different capacities depending on YOUR skill level. Hope you find one or two of them challenging and always strive to get to that next level.

### If you do NOT have access to a hoop:

Click the link below to help improve your basketball fundamentals whilst at home.

[Basketball drills at Home](#)



### If you DO have access to a hoop or court:

#### Shooting

Start by standing two metres from the rim, try and make five in a row without hitting the rim. This will get you to think about form and follow-through.



**Progress** by taking a couple of steps back and repeat each time until you reach the three point line. Repeat this on either side of the hoop, making it out to the corner and both wings.

## Ball Handling

If you have been given instructions by your club or rep coach about specific aspects of your dribble or ball handling, this is a good time to practice them! Start by dribbling up and down the section of court you have available in a low position at various speeds, switching hands, and then moving up to dribbling around your legs in a figure-eight pattern.



**Progress to crossovers** – If you have something that can act as cones, set them up as a line down your court, or you can mentally mark out a few points in a line as your cones. Dribble through the cones, crossing over and changing direction around each cone in a figure-eight pattern. You can also practice changing speeds, dribbling slowly through one cone, then quickly increasing speed after you pass the next cone.

### Test

Time yourself and see if you can improve on your speed everyday. Another drill is changing the type of crossover each time, behind the back, between the legs, it's time to experiment! Compare your score with friends.

## HomeCourt App



### HomeCourt - The Basketball App

Unlock your potential.  
NEX Team Inc.

#3 in Sports  
★★★★★ 4.0, 146 Ratings

Free · Offers In-App Purchases

The HomeCourt App is free on iPhone and iPad until the end of April. Basketball Queensland (BQ) have started to challenge a few of our Queensland born and Queensland based athletes to some #HomeCourtChallenges to see who can get the better score.

See the link below for their results.

[HomeCourt Challenge Results](#)

## Chess: Tactical Perseverance

Students can use a standard online platform such as [www.chess.com](http://www.chess.com) for practice.

From the App Store, Chess 3D is free and good fun for starting players who match their skill against a computer.



## Cross Country: Running Perseverance



### Years 7-12 Cross Country Training Sessions – Week 1

Session 1	Session 2	Session 3
<b>Hill Repeats:</b> Find a hill, any size.  8-10 repeats with walk back recovery.	<b>1 km time trial:</b> Find a flat 1km track, park or path.  Time it, save it, send it to me.	<b>Core / Strength session:</b> 45 sec plank  Rest 30 secs  20 push ups  Rest for 30 secs  Repeat x 5

### Primary Cross Country Training Program

All boys from Years 5 and 6 who are interested in continuing with Primary Cross Country should try to follow the outline below. Boys should try to run at least 3-4 times per week depending on when you can fit these runs around your own schedule. Below are some suggested sessions to do whenever you can.

Remember to warm up properly, stretch, run throughs, do the session, warm down run, eat, hydrate, rest and recover well. Have a day or two rest/recovery between sessions.

Each week should include a long track session, a short track session, hills and a recovery run. Find an oval or a park somewhere where you can do this. You can even measure out approx. distance in your street or around your neighbourhood.

Some of the suggested sessions below will include the following different types of running.

### Anaerobic Running

#### Teaching muscles to work without oxygen

This involves running fast for a short period of time and having short rest periods. For example, run fast for 20 seconds and rest for 30 seconds. Do on a footy oval for 10 times or so.

### Aerobic Running

#### Recovery Run (3-5 km)

Running around your neighbourhood or Manly waterfront provides a variety of challenges: up/down hills and long flat

sections. Run at a speed where you can talk to a friend comfortably. (4 min 20 sec to 5 min per km pace)

### Interval Running

Fast striding pace with approx. 2 min rest between efforts

We do this at school quite a bit. E.g. 10 x 400m at 1 min 45 sec with 2 min rest between each.

### Time Trial

Test yourself to see where you are at

Do this a few times over this period.

2 km Test – Measure 2 km approx. in your local area. Around the block might be 500m, do this 4 times. Run as fast as you can for 2 km and time yourself. Perhaps do it this week and then in 4 weeks time to see if you have improved. See if you can break 8 mins.

### Hill Runs

Find a gentle hill in your area of about 100-200m long. Run hard up the hill, slowly jog back to the bottom for your recovery.

Do this 6-8 times.

The sessions below are only a guide for you. Try to do them. Adapt the times - quicker if you can obviously run quicker and slower if they are a bit difficult for you. Good Luck.

**Be Persistent, Be Resilient, Be Strong in the Mind, Persevere.**

**The work you do now will help you for later.**

Week 1			
Session 1	Session 2	Session 3	Session 4
-1 km warm up, stretch, leg swings, run throughs.	-1 km warm up, stretch, leg swings, run throughs.	-1 km warm up, stretch, leg swings, run throughs.	-1 km warm up, stretch, leg swings, run throughs.
<b>Long Reps</b> (Intervals) 4 x 800m at 3 min 20 sec to 3 min 40 sec with 2 min recovery between each rep.	<b>Shorter Reps</b> 10 x 200m at 45 sec with 1 min 30 sec rest between each rep.	<b>Time Trial</b> Run as fast as you can over a 2 km course. Time yourself.	<b>Recovery Run</b> 3-5 km at 4 min 30 sec - 5 min per km pace.
-500m jog warm down, stretch, eat and drink.	-500m jog warm down, stretch, eat and drink.	-500m jog warm down, stretch, eat and drink.	-500m jog warm down, stretch, eat and drink.

## Football: World Game Perseverance

The Iona College 1<sup>st</sup> football coach has suggested the following simple training routine for our players.

### General Fitness

e.g. Cardio development through jogging and cycling.

### Speed and Agility

Short 20m sprints repeated 10 times.

Weaving around cones. Ladder runs.



### Technique

Ball juggling, passing against a wall. Social distancing passing ranging from 2m to 25m apart. Shooting in a goal with partner as the keeper.



The best way to stay motivated is to set targets and record outcomes to see if the individual can beat their own record each week.

## Golf: Target Perseverance

The simplicity of putting inside and chipping in the back yard at suitable targets is workable for all – set up small family competitions.



Try searching Self Isolation Golf Workout via YouTube. (There are a few episodes.)

Another link is - [My Home Golf Training Setup](#)



## High Performance: Elite Perseverance

Coordinator, Mr Nalatu, has been in contact with all High Performance athletes. This has included a feedback form which has proved valuable in gauging the wellbeing of our athletes.

Our representative athletes have temporarily had their aspirations ambushed – however, their determination to compete and be successful will overcome this passing obstacle.

All boys in the Program should have received an invite to the HPSP OneNote work book over the holidays. Please contact Mr Nalatu if you haven't received an email regarding this resource.

\*Any boy who would like to get some ideas for At Home exercise can contact Mr Nalatu for access to the HPSP resources.

Mr Nalatu's email: [nalatur@iona.qld.edu.au](mailto:nalatur@iona.qld.edu.au)

## Oblate Trophy: House Perseverance

The Oblate Trophy continues to involve students at the College. The Term 1 results see Grandin lead the competition. As to how the competition continues, creativity of on-line and traditional activities may be the key.

	Ms Orchard ALBINI	Mr Doyle ANTHONY	Mr Cook CEBULA	Mr Cassidy CHARLEBOIS	Ms Sullivan GRANDIN	Mr Beets GERARD	Mr Devlin MACKILLOP	Mr Hill MAZENOD
Swimming	3.5	6.5	2	3.5	5	6.5	1	8
Cross Country								
Track & Field								
Academics	1	6	7	4	8	2	5	3
Theatre Sports								
Interhouse 7-10	8	1	2.5	6	4	7	2.5	5
Trivia								
Points	12.5	13.5	11.5	13.5	17	15.5	8.5	16
Place	6	4	7	4	1	3	8	2

## Rugby Union / Rugby League: Contact Perseverance

There are numerous ways to keep prepared for rugby union and league. The following is a general outline that players could use:

**Warm Up** – via dynamic flexibility in small space.

It could involve jogging on spot, walking on balls of feet, ankle flicks, stretches of knee to chest, skipping, ice skating action, walking marches with high extended step, walking lunges, twisting while standing, leg swings, arm and neck circles.

### Running

With no specific start date of seasons, both continuous and interval running is suggested.

Continuous running at easy pace with heart rate under 120 beats per minute. Try 2 km initially, then work up to 4 km. Progress to moderate running as above but target heart rate needs to move between 120-150 beats per minute.

Hill runs: The hills near Wynnum Bugs will test anyone.

Interval running: 50m run x 10.

Beginners do the 50m on the minute. Walk back.

Intermediate do 50m every 45 seconds. Walk back.

Advanced do 50m every 30 seconds. Walk back.

### Body Weight Exercises

There are numerous YouTube videos and apps available that provide visuals and explanations. Try these to get going:

- [30 min fat burning home workout for beginners](#)

- App (free) – 7 Minute Workout

Any typical exercises like sit ups, push ups, burpees, star jumps, calf raises and squats as below will help. Try 3 sets of 12 repetitions of exercises that you enjoy.



### Warm Down

Jogging, walking and stretching plus hydration.

## Tennis: Paired Perseverance

Iona College coach, Ian Malpass, has provided the following link for our players that provide tips for aspiring players. Malpass Tennis will also provide “skill practice at home videos” that will assist working out at home. See the initial link below.

[Doubles – Movement at Net and Poaching](#)

## Swimming: Repetition Perseverance

Our coaches Mick Lewandowski and Josh Sinclair have provided programs to all our swim squad members. The dry land programs will cater for the following levels.

- Junior: Mini, Junior, Cadet
- Intermediate
- Senior

They will also contact our swimmers over the coming weeks to maintain the aquatic connection.

## Twitter Challenge

Over the break, Iona Sport Twitter ([@SportIona](#)) issued two challenges that followers could participate in. Iona Sport has 1910 followers and the task proved interesting. It is important to note that “Impressions” are times people saw the tweet. “Engagements” are times people interacted with the tweet. “Likes” were if the challenge was completed.

**Challenge 1:** Over the weekend of 28/29 March – 30 mins each of exercise / gardening / cooking. There was an average of 586 impressions, 37 engagements and 15 completions.

**Challenge 2:** Saturday 4 April

Did you social distance throughout the day?

584 impressions, 42 engagements and 18 completions.

Challenges will continue each weekend: let’s boost the completions and beat the challenge. The Tweet is released each Saturday evening.