



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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29 April

Iona College Sport is characterised as much by the moral manner in which we conduct ourselves as by the pursuit of our own skills, standards and results. In our programs, **honesty** is displayed by someone who is fair and genuine to others – it is one of our character strengths that generates respect from fellow team members, staff, opposition, volunteers, officials and spectators. It is important that athletes are also honest to themselves as:

- When done consistently, performance becomes authentic.
- It builds an identity that is reliable.
- It develops passion based on truth.
- It builds responsibility for both your choices and consequences.

It is hoped that all involved in Iona sport appreciate the strength of honesty. If you want to play sport in the second half of this year, be honest and read plus react to the suggestions that this newsletter provides. [Get Moving](#).

Stay safe, exercise and enjoy the time with those around you.

- There are many links throughout this newsletter. To open the links just click on the one you want to open.

Key Personnel for 2020

Head of Sport	Mr Keith Harron	harronk@iona.qld.edu.au
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High Performance	Mr Rick Nalatu	nalatur@iona.qld.edu.au

Walking

Walking is still a viable and enjoyable activity that all are able to access. Solitary, with pets, with family and with friends – it is good exercise and aids mental health.

- 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

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.

Hoops at Home series of videos from Basketball Queensland

[Shooting Drills](#)

[Passing Drills](#)

[Ball Handling Drills](#)

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

[Basketball Drills at Home](#)

Shooting (If you have access to a hoop or court)

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

Try the below link for some challenging individual ball handling drills.

[Individual Ball Handling Drills](#)

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.

[HomeCourt Challenge Dribbling Video](#)

See the link below for their results.

[HomeCourt Challenge Results](#)

Chess

Students can use a standard online platform such as 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

Years 7-12 Cross Country Training Sessions – Week 2

Session 1	Session 2	Session 3
Tempo Run: 5 min on, 2 min off x 5 sets!	4-10 km Base Run: Find a relatively flat track, park or path. Pace is just under race pace.	Core / Strength Session: Buy in: 1 km run, 1 min plank, rest for 30 sec, 20 push ups, rest for 30 sec. Repeat x 5 Buy out: 1 km run

Years 7-12 Cross Country Training Sessions – Week 3

Session 1	Session 2	Session 3
Flying 2's: 200m run, walk back recovery. Repeat x 10/15 at sub 1 km time trial pace (be consistent).	2 km Time Trial: Find a flat 1 km track, park or path. Time it, save it, send it to me.	4-10 km Base Run: Find a relatively flat track, park or path. Pace is just under race pace. Finishers: 10 push ups and 10 V snaps x 5 sets.



Primary Cross Country Training Sessions – Week 2

Session 1	Session 2	Session 3	Session 4
- 1 km warm up, stretch, leg swings, run throughs. - Long Reps (Intervals) 3 x 1 km at 4 min or quicker to 4 min 20 sec with 3 min recovery between each rep. - 500m jog warm down, stretch, eat and drink.	- 1 km warm up, stretch, leg swings, run throughs. - Hills 6-8 x 100m hill, jog back down recovery. - 500m jog warm down, stretch, eat and drink.	- 1 km warm up, stretch, leg swings, run throughs. - Shorter Reps 8 x 400m at 1 min 30 sec with 2 min, rest between each rep. - 500m jog warm down, stretch, eat and drink.	- 1 km warm up, stretch, leg swings, run throughs. - Recovery Run 3-5 km at 4 min 30 sec to 5 min per km pace - 500m jog warm down, stretch, eat and drink.

Primary Cross Country Training Sessions – Week 3

Session 1	Session 2	Session 3	Session 4
- 1 km warm up, stretch, leg swings, run throughs. - Long Reps (Intervals) 3 x run hard for 5 min with 3 min recovery between each rep. - 500m jog warm down, stretch, eat and drink.	- 1 km warm up, stretch, leg swings, run throughs. - Hills 6-8 x 200m hill, jog back down recovery. - 500m jog, warm down, stretch, eat and drink.	- 1 km warm up, stretch, leg swings, run throughs. - Shorter Reps 5 x 500m at 1 min 45 sec to 2 min. 2 min rest between each one. - 500m jog warm down, stretch, eat and drink.	- 1 km warm up, stretch, leg swings, run throughs. - Recovery Run 3-5 km at 4 min 30 sec to 5 min per km pace. - 500m jog, warm down, stretch, eat and drink.

Football

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

General Fitness

For example, cardio development through jogging and cycling.

Speed and Agility

Short 20m sprints repeated 10 times. Weaving around cones. Ladder runs.

See the following video links for some speed and agility activities.

[Speed and Agility Drills](#)

[Speed and Agility Drills 2](#)

[Agility Ladder Activities](#)

If you do not have an agility ladder, you can use cones, rulers, shoes or rolled up towels.

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.

See the following links for some drills with soccer balls.

[Soccer Ball Workout Part 1](#)

[Soccer Ball Workout Part 2](#)

[Solo Soccer Drills You Can Do At Home](#)

[Ball Juggling for Beginners](#)

[How to Juggle a Soccer Ball – Tips](#)



Golf

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



Useful golf training links for at home activities

[3 drills for backswing](#)

[8 exercises for golf](#)

[5 at home exercises to improve your golf game](#)

[Home golf workout](#)

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



High Performance

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.

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

Rugby Union / Rugby League

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 a small space.

It could involve jogging on the 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.

Bodyweight Exercises

There are numerous YouTube videos and apps available that provide visuals and explanations.

Try this week's link below.

[Killer 10 min Bodyweight Workout](#)

Ball Handling Drills

The below links have solo and partner ball handling drills. See how well you can do.

- [12 min Individual Ball Handling Session](#)
- [Solo Handling Drills](#)
- [Partner Passing Session](#)

Rugby Agility Training

The below link will assist with improving your agility. This video uses an agility ladder. If you do not have an agility ladder, you can use cones, rulers, shoes, rolled up towels or other things you will have at home.

[Rugby Agility Training](#)

Rugby Skills Training

The below link to the Footy From Home Youtube Channel has videos on spiral passing, catching, grip and goal kicking.

[Footy From Home Youtube Channel](#)

Warm Down

Jogging, walking and stretching plus hydration.

Tennis

See the below links for "skill practice at home videos" that will assist working out at home.

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

[5 Ways to Improve your Tennis at Home](#)

[Tennis At Home Challenges](#)

[How to Train for Tennis on a Wall](#)

[Serving Exercises at Home](#)

[Tennis Footwork Drills](#)

[Tennis Fitness Challenge](#)



Swimming

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

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

The following links for fitness training for swimming support the below program sent out by the coaches.

[How to train for swimming at home - Part 1](#)

[How to train for swimming at home - Part 2](#)

(Band and Swim Cord training exercises)

[Swim specific indoor training](#)

Senior Squad iSWIM Workouts 29 April – 3 May	
Wednesday 29 April	
Bungee Speed 20 laps easy 8 x 5/10 strokes sprint + 30 sec rest 10 x 30 sec hard 15 sec rest 60 sec easy 15 sec rest 20 laps easy	Walk / Run or Bike Hills 15 min warm up on flat as 2 min walk 1 min jog. 35 min walk up and down a hill or stairs. 12 min warm down on flat as 2 min walk 1 min jog.
Link for Yoga Day 11	

Thursday 30 April	
Bungee IM 20 laps easy Every 60 sec for 30 min 1 min - 12 fly strokes 1 min - 24 backstrokes 1 min - 10 breaststrokes 1 min - 30 free strokes 30 sec free kick MAX Repeat above for 30 min 20 laps easy	Strength Bodyweight 3 x 5 pullups 10 lunges 10 pushups 10 lunges 10 rows 10 lunges 5 min skipping
Friday 1 May	
Bungee Strength 20 laps easy 3 x 4 x 50 strokes paddles 10 sec rest between 4 x 5/10 strokes fast 30 sec rest between 20 laps easy	Walk / Run or Bike 60 min as 1 min walk 3 min jog
Saturday 2 May	
Bungee Long Pyramid 20 laps easy/5 min easy/4 min easy/ 3 min easy/2 min easy/1 min easy/ 1 min easy/2 min easy/3 min easy/ 4 min easy/5 min easy 30 sec between all intervals 20 laps easy	Link for Yoga Day 12
Sunday 3 May	
Strength Kettlebell Circuit 3 x 1 Turkish get-up 10 kettlebell swings 5 shoulder press 10 kettlebell swings 10 squats 10 kettlebell swings 5 min skipping	Walk / Run or Bike 90 min as 3 min walk 6 min jog
Monday 4 May	
Bungee Kick/Drill/Swim 20 laps easy 6 x 4 x 30 sec kick + 15 sec rest 4 x 30 sec drill + 15 sec rest 4 x 15 sec 1-DPS 1-sprint + 30 sec rest Odd rounds free Even rounds form 20 laps easy	Link for Yoga Day 10 Walk / Run or Bike 60 min as 1 min walk 3 min jog
Tuesday 5 May	
Strength Core Circuit 6 min each exercise Plank Side plank 30/30 Glute Hip Raises Clam Shells 30/30 - with light physio band if you have one Superman - both arms and both legs Dead Bugs - alternating arms and legs 4 min skipping between rounds	Bungee Aerobic Pull 20 laps easy 6 x 3 min 30 with paddles 30 sec rest Odd rounds easy Even rounds mod 20 laps easy



Intermediate Squad iSWIM Workouts 29 April – 3 May	
Wednesday 29 April	
Swim 3 x 12 laps warm up 3 x swim 1 x body Position kick 6 x 60 strokes as 20 Long 10 Fast (1.30) 4 x (4 x 45 sec stationary bungee kick 20 fly kicks (6 x 6 mid pool turn 15 sec rest Fly kick timed test 3 x laps for pools under 10m 2 x laps for pools longer than 10m	Dryland 3 rounds 20 x shoulder squeeze 20 x floor angels 20 x wall angels 3 min jumps 20 x pushup (break up sets if needed) 20 x squat into streamline (break up sets if needed) 3 min jumps 12 x pushup elevated 12 x streamline lunge 3 min jumps 7 x pushup with clap 7 x jump squats 3 rounds 1 min plank 30 sec side plank 30 sec other side 1 min rest
Thursday 30 April	
Dryland 3 rounds 6 x pushup with squeeze 6 x crab walks 6 x glute bridge with leg raise Either a 20-30 min run/walk or challenge parents to beep test.	
Friday 1 May	
Dryland 3 rounds 30 x jumps 30 x hop on each leg (after hops on one leg are complete balance for 30 secs) Max push up reps 3 min rest Max squat jump reps 3 min rest Max dip reps 3 min rest Max wall sit 3 min rest Max plank test.	Swim 3 x 12 laps warm up, 2 x laps swim, 1 x UW kick 12 x (IM 10 Fly / 20 Back / 10 BR / 20 Free (1.30) (20 Strokes Free great Technique (60) (20 Fly kicks on Back (30) 4 x 10 Mid Pool Turns 30 Rest Fly kick timed test 3 x laps for pools under 10m 2 x laps for pools longer than 10m Have a relative use a phone to time you. Record Times and use this as your finish every session to improve your underwater. Rules – no arm strokes at the wall / board touch to finish.
Monday 4 May	
Dryland 10 x monster walks 10 x caterpillars 10 x kangaroo jumps 15 x pushup with 5 squeezes 15 x squats 15 x floor angels	Swim 3 x 12 laps warm up, 2 x laps swim, 1 x body position kick, 1 x UW 1 min stationary bungee kick + 4 x 10 strokes 1 min stationary bungee kick + 4 x 20 strokes 1 min stationary bungee kick + 4 x 30 strokes

8 min 1 st min - 30 sec toe touches, 30 rest 3 rd min - 20 sec jack knife, 40 rest 5 th min - 10 sec super sit up, 50 rest 7 th min - 30 sec crunches 30 sec front plank	1 min stationary bungee kick + 4 x 40 strokes 1 min stationary bungee kick + 4 x 50 strokes 1 min stationary bungee kick + 4 x 60 strokes 30 sec after each effort	
Tuesday 5 May		
Dryland 36 min work out 3 min skipping or jumps 3 min (do reps then rest the minute)		
Round 1 15 x burpees 10 x squats 5 x super sit up	Round 2 10 x burpees 10 x jump lunge 10 x sit up	Round 3 5 x burpees 10 x jump squat 15 x jackknife

Cadet Squad iSWIM Workouts	
Wednesday 29 April	
Aerobic Endurance 20m shuttle runs (or as big as your yard allows) 5x ↓ 10 x 20m – 1min rec Rd 1 – jog - forwards up - backwards back Rd 2 – side step - up and back (face same way) Rd 3 – jog up - frog hop back - Link for Frog hop Rd 4 – jog up - hop back (swap legs each rep) Rd 5 – jog up sprint back	
Thursday 30 April	
Aerobic Conditioning YouTube workout - Link for P.E with Joe – Episode 4	
Friday 1 May	
Fun Day Get outside 30 min – options include <ul style="list-style-type: none"> - Handball against a wall - Shoot hoops - Ride a bike (with parental permission) - Walk/run (with parental permission) - Kick a ball against a wall/fence - Trampoline - Race day warm up (same as last week) You choose – 30 min of outdoor fun!	
Monday 4 May	
Core Workout Planking 4 x 1 min side plank (right) Link for Side plank 1 min rest 1 min back plank – see picture 1 min rest 1 min side plank (left) 1 min rest 1 min front plank Link for Front plank 1 min rest	
Tuesday 5 May	
Aerobic Conditioning YouTube workout Link for P.E with Joe – Episode 3	



Twitter Challenge

Iona Sport issued its third challenge last weekend: Last Sunday, walk or jog 3 km – simple but wonderfully effective.

Challenge 3: Sunday 26 April

Walk or jog 3 km.

367 impressions, 34 engagements and 14 completions.

Honestly, it was a poor performance from Iona Sport followers. Let's boost the completions and collectively beat the challenge next weekend.