



IONA SPORT



LIVE LEARN LEAD SERVE

85 North Road
Lindum QLD 4178
Subscribe: <http://ionac.schoolzineplus.com/subscribe>
AIC Sports Information (via Twitter): [@SportIona](https://twitter.com/SportIona) (includes wet weather)

Head of Sport: Mr Keith Harron 0417 079 268
Assistant Head of Sport (7-12): Mr Sean Devlin 3906 8905
Assistant Head of Sport (5-6): Mr Chris Pritchard 3893 8869
Sports Administrator: Mrs Karen Otway 3893 8805

6 May

The sweet tension of the uncertainty of the outcome is a key value of sport – it needs **ZEST**. Zest is great enthusiasm and energy, it is guts and relish, it is eagerness and passion. We will need plenty of it to restart all forms of sport within our communities. How that occurs is dependent on federal, state/territory governments, local public health authorities and various sports organisations.

The Australian Institute of Sport recently published a framework for gradually rebooting sport:

Level A - Activity that can be conducted by a solo athlete or by pairs at least 1.5m apart. No contact between athletes and/or other personnel.

Level B - Indoor/outdoor activity that can be conducted in small groups of not more than ten people with four square metres between each person. Non-contact training with some sharing of equipment permitted. It is a “get in, train and get out” approach with social distancing applying.

Level C - Full training and contact is allowed for groups of any size. Strict hygiene measures will apply and people are encouraged to limit unnecessary social gatherings.

How this applies to school sport is yet to be announced. With Years 11 and 12 returning next week, some forms of training MAY begin. Details will be forwarded via various communication platforms. The overriding principles will be following government biomedical directives and keeping our community safe.

Key Personnel for 2020

Head of Sport	Mr Keith Harron	harronk@iona.qld.edu.au
General Enquiries Years 7-12	Mr Sean Devlin	devlins@iona.qld.edu.au
General Enquiries Primary	Mr Chris Pritchard	pritchardc@iona.qld.edu.au
High Performance	Mr Rick Nalatu	nalatur@iona.qld.edu.au

Simple Ways to Stay Active at Home

WALK: Any walking - in the back yard, in your street and on your stairs.

PUSH: Mow, plant or do body weight exercises.

PULL: Pick anything up with bent knees.

SQUAT: Up and down with or without weight.

LUNGE: On the spot, in front of the TV.

BEND: Touch toes, down and back, side to side.

ROTATE: Twist while sitting.

Sometimes it is the simple things that keep you going!

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.

HoopsAtHome series of videos from Basketball Queensland

[Shooting Drills](#)

[Passing Drills](#)

[Ball Handling Drills](#)

The link below will 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 every day. 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.

[HomeCourtChallenge Dribbling Video](#)

See the link below for their results.

[HomeCourtChallenge 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 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 2 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.

Years 7-12 Cross Country Training Sessions – Week 4

Session 1	Session 2	Session 3
Ladder: Find an oval or park - distances don't need to be exact. A: 200, 400, 800, 1500, 400, 200 or B: 200, 400, 1000, 400, 200	Hills: Find a hill (15-30 seconds long) 10-15 repeats with walk back recovery, 10 push-ups at base before every hill.	LSS - Long Slow Steady: 40-60 min run, slower than your parkrun pace. (don't worry about time)

If you are training using your own program, please continue to do so!



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.

Primary Cross Country Training Sessions – Week 4

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.
- Long Reps (Intervals) 5 x 600m at 2 min 20 sec to 2 min 40 sec with 2 min recovery between each rep.	- Hills 8 x 100-200m hill, jog back down recovery. - 500m jog warm down, stretch, eat and drink.	- Rest and recovery - 500m jog warm down, stretch, eat and drink.	- Recovery Run 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.			

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.

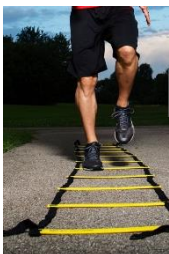
See the following video links for some speed and agility activities.

[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

Mountain Biking

The Mountain Bike Australia website (www.mtba.org.au) has stay at home activities plus information and resources.

Their DO's include:

- Do ride solo or with one other person and tell someone where you are riding.
- Do ride within your limits.
- Do practice good hygiene before and after you ride.
- Do follow physical distancing guidelines and whilst riding, MBA recommends at least 3m distance from all others at all times.
- Do ride trails closer to home and follow the general trail etiquette.

DO NOT'S include:

- Do not ride if you have flu-like symptoms – stay at home.
- Do not ride with more than one person, unless all persons are from your family or household.
- Do not congregate in groups.
- Do not shuttle or carpool to and from trails with anyone outside your immediate household.
- Do not ride trail networks that are closed.

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 to 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 the 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	
Wednesday 6 May	
<p>Bungee Speed 20 laps easy 8 x 5/10 strokes sprint + 30 sec rest <u>10 Rounds</u> 60 sec hard 30 sec rest 60 sec easy 30 sec rest 20 laps easy Yoga Day 14</p>	<p>Walk / Run or Bike Hills 15 min warm up on flat as 2 min walk / 1 min jog 40 min walk up and down a hill or stairs 10 min warm down on flat as 2 min walk / 1 min jog</p>
Thursday 7 May	
<p>Bungee IM 20 laps easy Every 60 sec for 30 min Minute 1: 12 fly strokes Minute 2: 24 backstroke strokes Minute 3: 10 breaststroke strokes Minute 4: 30 freestyle strokes Minute 5: 30 sec free kick MAX 20 laps easy</p>	<p>Strength Core Circuit 6 minutes 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</p>

Friday 8 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 2 min walk / 4 min jog
Saturday 9 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	Yoga Day 15
Sunday 10 May	
Strength Bodyweight Circuit <u>3 Rounds</u> 5 pull ups 10 lunges 10 push ups 10 lunges 10 rows 10 lunges 5 min skipping	Walk / Run or Bike 90 min as 5 min walk / 10 min jog
Monday 11 May	
Bungee kick / drill / swim 20 laps easy <u>6 Rounds</u> 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	Yoga Day 13 Walk / Run or Bike 60 min as 2 min walk / 4 min jog
Tuesday 12 May	
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	Strength Dumbbell Circuit <u>3 Rounds</u> 5 step ups each leg 5 single arm rows each arm 10 sumo squats 10 bench press 5 single leg romanian deadlifts 10 single leg calf raises 5 min skipping

Intermediate Squad iSWIM Workouts	
Wednesday 6 May	
Dry Land <u>3 Rounds</u> 30 shoulder squeezes 30 floor angels 30 wall angels 4 min jumps 20 push ups (trying to do without rest) 20 squats into streamline (trying to do without rest) 3 min jumps 12 push ups elevated 12 streamline lunges 3 min jumps 7 push ups with clap 7 jump squats <u>4 Rounds</u> 1 min plank 30 sec side plank 30 sec other side 1 min rest	Swim <u>4 Rounds</u> Bungee 20 strokes slow 10 strokes max 30 sec rest Shoes on, run time. 10 min: 30 sec jog / 30 sec sprint.
Thursday 7 May	
Dry Land <u>3 Rounds</u> 10 push ups with squeeze 10 crab walks 10 glute bridges with leg raise Either 20-30 min run / walk OR challenge parents to beep test.	
Friday 8 May	
Dry Land <u>1 Round</u> 30 jumps 30 hops on each leg (after hops on one leg are complete balance for 30 sec) (Below set looking for PB reps) 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. Bike ride with the family – 40 min plus.	
Monday 11 May	
Dry Land <u>3 Rounds</u> Round 1: 10 monster walks Round 2: 10 caterpillars Round 3: 10 kangaroo jumps 20 push up with 5 squeezes 20 squats 20 floor angels <u>8 min</u> 1 st min: 30 sec toe touches / 30 secs rest 3 rd min: 20 sec jack knife / 40 sec rest 5 th min: 10 sec super sit ups / 50 sec rest 7 th min: 30 sec crunches Even mins 30 sec front plank	40 min walk / run with your family 1 min walk, 1 min run 2 min walk, 2 min run 3 min walk, 3 min run 4 min walk, 4 min run Do this twice and make sure you beat your parents If warm enough, jump in pool for a quick 10 min swim with good technique and streamlines.



Tuesday 12 May		
Dry Land		
36 min work out		
3 min skipping or jumps		
3 min (do reps then rest the minute)		
Round 1	Round 2	Round 3
15 burpees	10 burpees	5 burpees
10 squats	10 jump lunges	10 jump squats
5 super sit ups	10 sit ups	15 jack knife

Cadet Squad iSWIM Workouts	
Wednesday 6 May	
Race Day Warm-Up (see below links for correct technique)	
20 streamline lunges	20 spiderman plank
20 side lunges	20 core rotations
30 forward leg swings (each leg)	30 supermans
10 sec hip flexor stretch x 2	10 sec seal stretch x 2
10 sec pretzel stretch x 2	10 sec cat stretch x 2
50 forward big arm swings (each arm)	
50 backward big arm swings (each arm)	
50 forward small swings	
50 backward small swings	
10 sec chest stretch x 2	
10 sec side stretch x 2	
Thursday 7 May	
Aerobic Conditioning	
YouTube workout P.E. with Joe – EP 6	
Friday 8 May	
Leg Strength	
6 Rounds	
10 lunge jumps	
10 squat jump – shoot hands to streamline	
1 min duck walk around the house	
3 min rest	
Monday 11 May	
Core Workout	
5 Rounds	
15 mountain climbers	
15 high to low plank	
20 squirms	
3 min rest	
Tuesday 12 May	
Aerobic Conditioning	
YouTube workout P.E. with Joe – EP 7	

Twitter Challenge

The latest challenge over the long weekend was to play with any form of ball for at least 15 minutes. Throw and catch, kick, hit, juggle, dribble, set, etc.



Challenge 4: Monday 4 May

Play with a ball for at least 15 minutes.

438 impressions, 33 engagements and 17 completions.