



IONA SPORT



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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

13 May

If you love your sport, Term 3 and 4 Iona College sport may be able to satisfy your passion. Despite the current health circumstances, our College and AIC are working together to plan for future sport throughout the remainder of the year. The information contained in this newsletter outlines the initial plan so that Open squads begin and other teams follow. The following information was provided by AIC on behalf of all AIC Heads of College. It is our continuation point for 2020.

Associated Independent Colleges Statement

The College Principals of the Associated Independent Colleges (AIC) remain hopeful that competition can recommence in Term 3. As always, the safety and welfare of our students, families, staff, volunteers and the broader community will have utmost priority in any decisions about returning to AIC competitions. The member Colleges are still committed to offering a diverse range of sporting opportunities in Term 3 that allow for optimal student participation, including sports that were cancelled in Term 2.



The decision on the program and draws for the sports offerings in Term 3 will be made when the AIC is given clear advice and direction from the Australian and Queensland Governments and medical authorities. We acknowledge that today's National Cabinet meeting has outlined a three-step plan for Australia's recovery from COVID-19 and that the states will determine a timetable for those steps. Whilst we understand that many of our young people and families are hoping for a decision, the Management Committee is appreciative of their support and will release further information to the communities of the member Colleges as soon as possible.

AIC Management Committee (8 May, 2020)

The Iona Sports Department has been part of the AIC discussion to structure sport and this Friday's release of health updates by the government will provide further direction for school sport. Heads of Sport will meet again next week to formulate season draws involving basketball, tennis, chess, rugby, football, cross country and rugby league. Track and field, water polo and golf are scheduled for Term 4.

Key Personnel for Term 2, 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
Open Rugby	Mr Ben Devlin Mr James Cassidy	devlinb@iona.qld.edu.au cassidyj@iona.qld.edu.au
Open Football	Mr James Townsend	townsendj@iona.qld.edu.au
Cross Country Years 7-12	Mr Brendan Merrotsy	merrotsyb@iona.qld.edu.au
Open Tennis	Mr Paul Cook	cookp@iona.qld.edu.au
Open Basketball	Mr Anthony Bannerman	bannermana@iona.qld.edu.au
Chess	Mr Matt Collyer	collyerm@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

Rebooting Iona Basketball

[1st/2nd Basketball Trial Information](#)

Training times for these trials are below.

Due to COVID-19 restrictions, trials will be split up into three groups. Students who signed up for these trials during Term 1 will be emailed their allocated trial date.

Monday 25 May	3.15pm – 4.15pm
Tuesday 26 May	3.15pm – 4.15pm
Wednesday 27 May	3.15pm – 4.15pm

Gold Coast Invitational

Unfortunately the Gold Coast Invitational basketball tournament for 2020 has been cancelled.

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

Rebooting Iona Chess

Information on restarting training will be provided by Mr Collyer and Mrs Stapleton as soon as AIC competition dates are set.

At Home Training

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

Rebooting Iona Cross Country

AIC cross country is scheduled for Tuesday 11 August. Training will begin as follows in groups of 10 (with assisting coaches).

Years 11 and 12 only will begin training on Wednesday 20 May from 3.15pm – 4.00pm. Meet on Fuller Oval for a 3 km time trial.

Training for other year levels will begin in Week 6. Details will be published in next week's sport newsletter.



At Home Training Sessions

Years 7-12 Cross Country Training Sessions – Week 4		
Session 1	Session 2	Session 3
<p>Ladder Find an oval or park - distances don't need to be exact.</p> <p>A: 200, 400, 800, 1500, 400, 200</p> <p>or B: 200, 400, 1000, 400, 200</p>	<p>Hills Find a hill (15-30 seconds long) 10-15 repeats with walk back recovery, 10 push-ups at base before every hill.</p>	<p>LSS - Long Slow Steady 40-60 min run, slower than your parkrun pace (don't worry about time)</p>

Years 7-12 Cross Country Training Sessions – Week 5		
Session 1	Session 2	Session 3
<p>Intervals 1600/1200/800/400/200</p> <p>or</p> <p>7:00/5:30/3:00/1:30/:40</p>	<p>3 km time trial Find a flat track, park or path. Time it, save it, send it to me.</p>	<p>4-10 km base run Find a relatively flat track, park or path. Pace is just under race pace.</p> <p>Finishers: (3 sets) 20 push ups 20 V snaps</p>

Primary Cross Country Training Sessions – Week 4			
Session 1	Session 2	Session 3	Session 4
<p>1 km warm up, stretch, leg swings, run throughs.</p> <p>Long Reps (Intervals) 5 x 600m at 2 min 20 sec to 2 min 40 sec with 2 min recovery between each rep.</p> <p>500m jog warm down, stretch, eat and drink.</p>	<p>1 km warm up, stretch, leg swings, run throughs.</p> <p>Hills 8 x 100-200m hill, jog back down recovery.</p> <p>500m jog, warm down, stretch, eat and drink.</p>	<p>1 km warm up, stretch, leg swings, run throughs.</p> <p>Rest and Recovery 500m jog warm down, stretch, eat and drink.</p>	<p>1 km warm up, stretch, leg swings, run throughs.</p> <p>Recovery Run 3-5 km at 4 min 30 sec to 5 min per km pace.</p> <p>500m jog, warm down, stretch, eat and drink.</p>



Primary Cross Country Training Sessions – Week 5			
Session 1	Session 2	Session 3	Session 4
<p>1 km warm up, stretch, leg swings, run throughs.</p> <p>Long Reps (Intervals) 3 x 1 km at 4 min or quicker to 4 min 20 sec with 3 min recovery between each rep.</p> <p>500m jog warm down, stretch, eat and drink.</p>	<p>1 km warm up, stretch, leg swings, run throughs.</p> <p>Shorter Reps 10 x 100m at 25 sec with 1 min recovery after each rep.</p> <p>500m jog warm down, stretch, eat and drink.</p>	<p>1 km warm up, stretch, leg swings, run throughs.</p> <p>Time Trial Run as fast as you can over a 2 km course. Time yourself.</p> <p>500m jog warm down, stretch, eat and drink.</p>	<p>1 km warm up, stretch, leg swings, run throughs.</p> <p>Recovery Run 3-5 km at 4 min 30 sec - 5 min per km pace.</p> <p>500m jog warm down, stretch, eat and drink.</p>

Football

Rebooting Iona Football

The Open football squad begins training on Wednesday 20 May from 3.15pm – 4.45pm on Coghill Oval. Mr Townsend will contact those students involved. This training is for players with aspirations to play 1st football.

Other ages will be advised when the whole school returns on 25 May.

At home 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

Rebooting Iona Golf

Our progression is pending updates from governing bodies.

At Home Training

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.

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

Rebooting Iona Mountain Biking

Our progression is pending updates from governing bodies.

At Home Activities

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

Rebooting Iona Rugby Union

Open Rugby Union squad training begins on Tuesday 19 May from 3.30 – 4.30pm on Davine Oval. Training will be in groups of 10 (max 30 players). This training is for players with aspirations to play 1st rugby. Students involved will be contacted by Mr Ben Devlin or Mr Cassidy.

Other ages will be advised when the whole school returns on 25 May.

At Home Training

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

Rebooting Iona Tennis

Our Open squad will continue private training. All other ages will be notified of future training / trials / age championships in next week's sport newsletter.

At Home Training

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

Rebooting Iona Swimming : Monday 18 May

Step 1 of pool use involves maximum 8 swimmers in the pool at the same time. Swim staff will reboot swimming with our Senior and Intermediate squads only. It will involve groups in the pool and on land. Social distancing applies and showers are not to be used. As restrictions are lifted each 4 weeks, other squads will be invited to training.

Sessions

Mornings	Mondays, Tuesdays, Thursdays and Fridays	Time depends on group allocation.
	Saturdays	Time depends on group allocation.
Afternoons	Monday - Friday	Time depends on group allocation.

Any correspondence can be directed to Iona College swim coordinator, Mr Keith Harron harronk@iona.qld.edu.au, or swim coach Michael Lewandowski lewandowskim@iona.qld.edu.au.

At Home Training

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

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](#)

Mini / Junior / Cadet Squad iSWIM Workouts

Wednesday 13 May

Aerobic Endurance

20m shuttle runs (or as big as your yard allows)

5x

↓ 10x20m – 1min recovery

Rd 1: jog – easy 40%

Rd 2: skip – with a rope or without

Rd 3: jog – moderate 60%

Rd 4: hop right foot up – left foot back

Rd 5: jog – hard 80%

Thursday 14 May

Aerobic Conditioning

[P.E. with Joe – Episode 8](#)

Friday 15 May

Fun Day

Get outside 30 min – options include

- 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 18 May

Flexibility

[Kid friendly Yoga stretches](#)

- Click the above link and follow the instructions for each stretch.
- Do each stretch 3x holding for 20 sec resting for 10.
- Take 1 min rest between stretches.
- Put on some calming music and relax.
- Focus on steady, even breathing.

Tuesday 19 May

Aerobic Conditioning

[P.E. with Joe – Episode 9](#)

Twitter Challenge

The latest challenge over the Mother's Day weekend was to just be with your mum and do something that she would like to do.



Challenge 4: Sunday 10 May

378 impressions, 17 engagements and 10 completions.