



# IONA SPORT



**LIVE LEARN LEAD SERVE**

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

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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

## 20 May

The COVID-19 virus is a thug with no sporting qualities and it needs a red card as soon as possible. The eventual removal of it from our game will be welcomed. It has also oddly created school teams that now zoom a screen. Most want the traditional Iona teams back.

The Weekend Australian reported this week, "The anticipated return of a little sport, which brings children together cheaply, happily and healthily is sparking plenty of excitement. For many families, weekends without basketball, footy, netball and tennis have felt empty." Schools need the social nature of structured practice and games to get communities bonded again. Organised sport will also remove the speculative and thus confusing timelines that sometimes fuel community anxiety.

We may be on the way back to somewhat of a normal life and normal sport. With good governance, strong leadership, community-minded values and sensible use of character strengths, sport will return. It will be different, but it will get us moving together as a thriving school community. Updates on how Iona sport reboots will be provided via our various media platforms and information bulletins.

## Key Personnel for Term 2, 2020

Head of Sport	Mr Keith Harron	<a href="mailto:harronk@iona.qld.edu.au">harronk@iona.qld.edu.au</a>
General Enquiries Years 7-12	Mr Sean Devlin	<a href="mailto:devlins@iona.qld.edu.au">devlins@iona.qld.edu.au</a>
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Open Football	Mr James Townsend	<a href="mailto:townsendj@iona.qld.edu.au">townsendj@iona.qld.edu.au</a>
Cross Country Years 7-12	Mr Brendan Merrotsy	<a href="mailto:merrotsyb@iona.qld.edu.au">merrotsyb@iona.qld.edu.au</a>
Open Tennis	Mr Paul Cook	<a href="mailto:cookp@iona.qld.edu.au">cookp@iona.qld.edu.au</a>
Open Basketball	Mr Anthony Bannerman	<a href="mailto:bannermana@iona.qld.edu.au">bannermana@iona.qld.edu.au</a>
Chess	Mr Matt Collyer	<a href="mailto:collyerm@iona.qld.edu.au">collyerm@iona.qld.edu.au</a>

## Basketball

### Rebooting Iona Basketball

#### 1<sup>st</sup>/2<sup>nd</sup> Basketball Gathering Information

Gathering times are below.

Due to COVID-19 restrictions, gatherings will be split up into three groups. Students who signed up for these sessions during Term 1 will be emailed their allocated session 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 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](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

### Rebooting Iona Cross Country

- AIC cross country is scheduled for Tuesday 11 August.

Gatherings will begin as follows in groups of 10 (with assisting coaches).

#### Week 5 Gatherings

Years 11 and 12 only will begin on Wednesday 20 May from 3.15pm – 4.00pm. Meet on Fuller Oval for a gathering.

#### Week 6 Gatherings (Meet at McCarthy Oval)

Monday 25 May 3.15pm - 4.15pm	Wed 26 May 3.15pm - 4.15pm	Friday 29 May 7.00am - 8.00am
16 Years & Open Age Athletes	14 Years and 15 Years Athletes	12 Years and 13 Years Athletes

Due to the current restrictions, we can only provide one session per week at school. It is hoped that all runners will continue with the at home sessions as well.

### At Home Training Sessions

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

Years 7-12 Cross Country Training Sessions – Week 6		
Session 1	Session 2	Session 3
<b>Intervals</b> Use an oval / park and complete 7-10 laps with walk recovery.	<b>4-10 km base run</b> Find a flat track, park or path. Pace is just under race pace.	<b>Broken 5 km</b> At race pace: Run 1500m Rest 3 min Run 1000m Rest 2 min Run 1500m Rest 3 min Run 1000m Rest 2 min

Primary Cross Country Training Sessions – Week 5			
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) 3 x 1 km at 4 min or quicker to 4 min 20 sec with 3 min recovery	<b>Shorter Reps</b> 10 x100m at 25 sec with 1 min recovery after 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.

between each rep.	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.			

## [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.)



## Football

### Rebooting Iona Football

1<sup>st</sup> squad fitness sessions will be on Wednesdays, beginning on 20 May from 3.15pm – 4.45pm on Coghill Oval. Mr Townsend will contact those students involved.

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](#)

## 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](mailto: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](http://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

1<sup>st</sup> squad fitness sessions will begin on Thursday 28 May. Further details will be provided 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 gatherings. All other ages will be notified of future / trials / age championships organisation.

## 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](mailto:harronk@iona.qld.edu.au), or swim coach Michael Lewandowski [lewandowskim@iona.qld.edu.au](mailto: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 are for fitness training for swimming:

[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](#)