

SPC Sport Report – Term 2, Week 6

As the Covid19 pandemic continues, competitive sport has come to a standstill. We have had a lot of disappointed boys that are missing out on playing sport for both St Patrick's College and their community clubs. Likewise, Old Collegians playing sport at a professional level have also had their seasons and competitions heavily impacted. So, this week we asked Students and Old Collegians how Covid19 has impacted their sport and what they are doing to stay motivated during this time.

Old Collegian Sport Profiles

Name: Tom McDonald	
What sport do you play? AFL	
What team do you currently play for? Melbourne Demons	
Did you have any sport events cancelled or postponed due to Covid19? The AFL season was suspended indefinitely after round one, meaning we had no access to football clubs, staff or teammates. We have currently had almost 2 months since our last game and have been training in pairs with a fitness program designed by our high-performance staff. We are due to come back and play on June 11 th currently.	
What has changed with your sport with Covid19? There has been a huge amount of change for the game ranging from salary cuts to all players and staff involved in the game to rule changes to the sport itself and changes to how the game will be watched, There will be a lot less staff involved in football when we return which will have unknown impacts on the game and players.	
How has your training been impacted/changed? We have been training in pairs since the shutdown. I initially trained for a month with a good friend and North Melbourne player Dom Tyson and recently with my brother Oscar. We have been restricted to 2 just like everyone else with no contact. Essentially, we can do some skills and conditioning, much like our offseason training.	

This has been one of the benefits I have enjoyed as I have been able to work on different aspects of my physical training. I have worked on agility and speed drills with cones, lots of different types of kicks and lots of goal kicking. With almost unlimited time it has been fun to play around on the field.

Typically, in a week we would have 3 or 4 running sessions prescribed and 4 weights sessions a week. Running sessions would usually be between 7-10km total with mostly repeat effort running such as 50 to 200m runs and lots of skill/kicking drills.

For weights, each player was able to grab some basics from the gym before we left so I have a few dumbbells and a bench to get a basic weights session done at home. There is still plenty to do with minimal equipment.

I bought a boxing bag and hung it up in the backyard, but I must admit it has gone mostly unused after the first week!

What creative/different training techniques have you implemented whilst in isolation?

To be honest I have to keep it pretty basic in terms of training. I like to run and do weights. I don't really get into cycling, swimming or other forms of cross training. I find it boring and doesn't really add to being a good footy player. I would rather get bang for your buck with training and do it really well.

Then I can focus on other things during the day such as family, university and work experience.



What goals have you set yourself recently?

For football my goal has been to find different ways to improve from this training. For me this has been things like my footwork, goal kicking and injury prevention for when we get back.

Lots of intense football like movements can help prevent an injury when I get back. I think some guys like to focus on getting fit in a running sense over this period, rather than training for what a match is like on the body. I have tried to do lots of sprint, change of direction and jumping movements to prevent those injuries when coming back. But nothing can fully prepare you for what a game demands.

A separate goal has been to use the time wisely away from football. I have started an internship with a company, working on marketing for their business which has been really enjoyable and a good learning experience.

Has your motivation to train been impacted? What have you done to stay motivated?

I certainly had a period in the middle of the shutdown where my motivation was severely down. I did my training, but it was a slog to get there and get it done. I think this was when I was most doubtful football would come back and the feeling was, what is the point of training so hard?

To get out of this mindset I started to see the training as a chance to be out of the house and have some fun. It was a chance to see a friend and run around and that actually helped a lot. On top of the good news in the community in terms of the virus in Australia and the movement to get the game back on.

What are you most looking forward to when your sport returns?

I can't wait to see my teammates and have a bigger group of people to just talk to and hang out with!

Name: Matt Short

What sport do you play?

Cricket

What teams do you currently play for?

Victoria (State Team)
Adelaide Strikers (Big Bash League)
Northcote Dragons (Victorian Premier League)

Did you have any sport events cancelled or postponed due to Covid19?

We had one home-and-away match and potentially the final after that cancelled at the end of March. Preseason for the 2020/21 season is scheduled to start on June 1st.



What has changed with your sport with Covid19?

Nothing much has changed with cricket. We were pretty lucky in that a majority of this 'isolation period' has been during our off-season where not much cricket takes place.

How has your training been impacted/changed?

I've been training individually this off-season in my garage gym and at remote grounds as opposed to with my teammates in at the Junction Oval or MCG.

What creative/different training techniques have you implemented whilst in isolation?

I've been following Dr. Angie Mueller's 'Core Recovery' and taken up breathing techniques and other unique and effective methods for optimizing human core flexibility and function. Definitely worth taking a look at!

What does a typical training session look like right now?

I'm doing three running sessions and two gym sessions a week, as well as two 'Core Recovery' sessions and two short plyometrics sessions.

I won't start cricket specific skills until July/August just to give the body a bit of a rest leading into pre-season.

What goals have you set yourself recently?

Over the last two years I've been trying to play more consistently for both Victoria and Adelaide which has been a tick.

My next goals are to really progress my performance consistency- more runs/wickets.



Has your motivation to train been impacted? What have you done to stay motivated?

I'm a pretty self-motivated person. If something needs to be done, I'll make sure I get it done. And enjoy doing it!

It's important to have a good life-balance as well. I'm studying a Bachelor of Health Science- Nutrition and Exercise online, kicking the footy with my housemate, and trying a bit of handy work around the house.

What are you most looking forward to when your sport returns?

Mostly being around everyone and going through the challenges of cricket with all my teammates.

Other

I know the current situation we are all in is tough and challenging, but there is always light at the end of the tunnel. Make sure you check in with your family and friends to help get through this together.

Name: Sam Short

What sport do you play?

Basketball

What teams do you currently play for?

Melbourne United (NBL) and Ballarat Miners (NBL1)

Did you have any sport events cancelled or postponed due to Covid19?

Yes, the entire NBL1 season for Ballarat was cancelled as well as a delayed start to free agency and off season for NBL.

What has changed with your sport with Covid19?

Nothing is official as of yet but if I was to have a guess it would be playing games with limited or no fans for the first few months which is a shame as the fans create the atmosphere!



How has your training been impacted/changed?

Nearly all indoor sport stadiums are closed so I haven't been able to do any basketball workouts since Covid19 began. Gyms are also closed so I have had to train completely at home.

What creative/different training techniques have you implemented whilst in isolation?

I started off completing an 8-week challenge with my partner which featured all different types of workouts incorporating body weight techniques which was quite different to gym sessions specific to basketball. I have also been doing some cycle spin sessions to get some cardio in.

Now I am just completing normal weight sessions at home.

What does a typical training session look like right now?

Very limited basketball right now, trying to just keep my feel of a basketball with some little ball handling drills. Mainly I have been doing weights sessions during isolation, chomping at the bit waiting for stadiums to open again.

I usually just combine my workouts from what I was doing in season and lift for 45-90mins.



What goals have you set yourself recently?

Just to stack on as much muscle and mass as possible at the minute. I'm using this time of no basketball and limited cardio sessions to lift as much as possible to get stronger for the next season.

The goal I set was to land on an NBL roster for the next season, so this period of time is vital for me.

Has your motivation to train been impacted? What have you done to stay motivated?

Yes, it has. It has been hard to stay focused with everything going on around you with no date locked in to begin training or playing. My motivation stems from the last couple of seasons I have had in the NBL. I'm feeling more and more at the level each year so I'm focusing on working as hard as I can to crack into solid game time. Every time I feel my motivation slightly slacking, I think of all the work of put in up until this point and realign myself with my goals and I find myself on the right track.

What are you most looking forward to when your sport returns?

Being able to play again is a massive one, there is no better feeling then competing against the best. Also being around my teammates again in a sporting environment is one that cannot be matched.

Student Sport Profiles

Name: Darcy Williams	
What sport do you play? Triathlon	
What has changed with your sport with Covid19? After the recent events all races were cancelled which cut the season short. Other races in the future are undecided when or if they'll go ahead, but until a race does come around-which they will-I'll just keep training for when they do.	
How has your training been impacted/changed? All the group training has been cancelled, which is nearly all the training I do. To replicate this, I've just been calling mates while I'm riding my bike inside on the trainer. Not to mention that all the pools are shut down, so I've had to get a bit creative with that, along with substituting some swimming sessions for more strength and conditioning.	
What creative/different training techniques have you implemented whilst in isolation? To replicate the swimming aspect while in ISO I've had to rig up my own endless pool for the meantime. Basically, it's just a cord attached to my waist which is tied against a fence.	

The pools also unheated, outside and freezing so I wear a wetsuit, gloves and booties.

I've also been riding stationary inside on my trainer, on a virtual riding platform called zwift that cyclists are using all around the world. It's sort of a game that has different bikes, races and the way to level up is more riding.

What does a typical training session look like right now?

Rides with the boys (only the past few days whilst social distancing)

What goals have you set yourself recently?

Just to continue training consistently and build up to a good off-season training load.

Has your motivation to train been impacted? What have you done to stay motivated?

Without other training partners to hold you accountable for going training there have been a few sessions skipped. However, to stay motivated I've facetedimed other mates often and had zoom meetings with my training groups. Netflix is also a lifesaver.

What are you most looking forward to when your sport returns?

Training with people for company and motivation, along with competing once again.

Name: Cooper Sherman

What sport do you play?

Athletics 100m/200m

What has changed with your sport with Covid19?

Towards the end of the athletics season, I was qualified to run in the Australian athletics titles in Sydney, but this was cancelled due to Covid19, there were also some other events in Melbourne I couldn't run in because of this.



How has your training been impacted/changed?

Now training has changed in a lot of ways, I have not been able to train with anybody or race against them and this has made training kind of boring

What creative/different training techniques have you implemented whilst in isolation?

Going down to the track is a lot different, because there is barely anyone there, but when there are people, we must make sure we properly distance from each other. Training is finished a lot faster now, because I try to do the session as fast as possible so there isn't any extra risk of catching the virus.

What does a typical training session look like right now?

Towards the start of the virus I would usually just go down to Alfredton oval and just run a few sprints or laps because I thought the virus would be gone in no time, but its stuck around so I have started to do full training sessions, which include 200-400m sprints at llanberris and 100m-250m hill sprints.

What goals have you set yourself recently?

The main goal for the time during the virus, is to particularly stay just as fit as I was before the virus came along, so I could continue to run fast times even during the virus.

Has your motivation to train been impacted? What have you done to stay motivated?

My motivations was kept the same after the first few weeks but changed once I did the small stuff at Alfredton Oval, I started to feel a little lazy and that was all I felt doing, but now my motivation is back to normal and all is well. I recently became state champion, and I am motivated to stay that way.

What are you most looking forward to when your sport returns?

I am mostly looking forward to competing against other sprinters because that's my favourite part of running,
It will be good to run against other people so I have more competition at training so I can constantly be running my best.

Name: Fraser Marris

What sport do you play?

Football

What has changed with your sport with Covid19?

Team trainings along with all games have been cancelled/ postponed to a later date

How has your training been impacted/changed?

Trainings been impacted where instead of training as a team throughout the week and playing on the weekends, we have had to complete training sessions individually until gatherings are allowed.



What creative/different training techniques have you implemented whilst in isolation?

I've kept training pretty simple really where I haven't got to creative with it, where I've just tried to get into a training routine to ensure I am covering all aspects such as skills and conditioning within my sessions.

What does a typical training session look like right now?

A typical training session depending on the day may involve just conditioning or just skills, as well as a mixture of both, which will be easier to complete due to being able to gather with more than one person.

What goals have you set yourself recently?

Just to remain healthy and be as fit as possible for when the season comes around hopefully.

Has your motivation to train been impacted? What have you done to stay motivated?

I wouldn't say so, I enjoy it therefore don't have a problem staying motivated and completing training sessions regularly.

What are you most looking forward to when your sport returns?

Just looking forward to obviously being able to get back together with all my team mates as well as get back into a routine of training and playing games against opposition.

Weekly Sport Challenge

During this period of remote and flexible learning I will be providing weekly Sport Challenges to our staff and students in an effort to keep them active and to provide some activity away from the screen.

The Week 5 Challenge asked students and staff to compete in a Golf trickshot challenge. Week 5 was way to close to call so congratulations to joint winners Hamish Carey, Oscar Jones and Lachlan Sheridan.

This week we have a Football trickshot challenge! We have lots of Football players eager to get back to competition, so we have challenged them to put on their favourite footy jumper, get practising and send through their best video! The winners of this challenge to be announced next week.

Each week a description of the challenge will be emailed as well as a video of the winners from the previous week and instructions on how to enter. Winning videos will be posted on the SPC Ballarat Old Collegians Facebook page each week.

At this stage sport scheduled for later in the year is unknown. We can only take it week by week. However once this is all over and we are back to normal routines I am sure we will no longer take the little things for granted and will embrace the friendships and opportunities we have both on and off the field.

Please do not hesitate to contact myself (tbenoit@stpats.vic.edu.au) or Sports Administrator Ms Jess Hawken (jhawken@stpats.vic.edu.au) at the College with any questions.