

## SPC Sport Report – Term 2, Week 10

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

<p><b>Name:</b> Jacob Hopper</p>	
<p><b>What sport do you play?</b> AFL</p>	
<p><b>What teams do you play for?</b> Greater Western Sydney Giants</p>	
<p><b>Did you have any sport events cancelled or postponed due to Covid19?</b> Yes</p>	
<p><b>What has changed with your sport with Covid19?</b> Change of schedule Training restrictions Change of game length Change of game day procedures</p>	
<p><b>How has your training been impacted/changed?</b> Firstly, banned from training facility. Had to train at home and abide by government restrictions Current restrictions on how many people are allowed to train at any given time with no contact, slowly progressing to larger numbers and the introduction of contact</p>	
<p><b>What creative/different training techniques have you implemented whilst in isolation?</b> An opportunity to rehab any lingering injury concerns More robust/cross fit type training to try and mimic contact fatigue Boxing Pursue other sporting interest</p>	
<p><b>What does a typical training session look like right now?</b> Not allowed to train full contact with the full group for main training days. However, whilst not in drills must maintain 1.5m social distancing. When not on field must be in smaller groups of 8 for weights, Pilates and physio Covid testing twice a week</p>	
<p><b>What goals have you set yourself recently?</b> Put myself in the best physical and mental position to be ready to compete and excel when the time comes to play again View the isolation periods as a chance to get better</p>	

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

Yes absolutely have felt the need for some competition without being able to play, so training can feel repetitive

To stay motivated have set short term training goals and have tried not to look too far into the future as there has been no set date for a return to play

Made sure to create fun competing skills challenges with training partner, to create pressure environments

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

Being able to play games again, the competition that you strive towards in all of your training

**Student Sport Profiles**

<p><b>Name:</b> Kale Huggett</p>	
<p><b>What sport do you play?</b> Soccer</p>	
<p><b>What has changed with your sport with Covid19?</b> Not only has Covid19 changed with my sport, I have also had a syndesmosis ankle surgery that has ruled me out since august last year. I haven't been able to participate in any physical activity until March. Soccer had to be called off for the Covid period but training is back on, but with no contact. I am still unable to participate in any of these activities as further work is being required with my ankle before I can go back to full time playing.</p>	
<p><b>How has your training been impacted/changed?</b> I was unable to train for most off my time until only recently. As I stated before, I could only do a couple of training sessions before the Covid situation created a halt on all sport. It's similar to most sports, nobody could play and I think everyone is starting to miss the competitive side of the game, even if it's only a training session</p>	
<p><b>What creative/different training techniques have you implemented whilst in isolation?</b> With my certain situation, I have been focusing on the recovery and strength building of my ankle. It began with just ankle rotations and alphabet signs with my foot until I was able to walk. This then increased to trying to be able to run, and then running whilst changing direction. This process was very stressful and long that required a lot of patience. It was only until mid/late February when I could start juggling a ball. Recently, with the lifts of covid restrictions, I have been going to the soccer fields with mates and doing light shooting. I am still unable to shoot with my left foot, but I try to focus on the landing without the concern of hurting my ankle again.</p>	

**What does a typical training session look like right now?**

Training now for me individually is fitness and strength building. Due to not being able to do any fitness for 6-8 months, my goal is to get back into a fit enough state where I can play a full game confidently like I did before my injury. As a team, we are focusing a lot on fitness also. This is also mixed with passing and shooting drills, but all contact is avoided when possible.

**What goals have you set yourself recently?**

My goal that I have set for myself is to get back to a better physical and mental state than what I was previously in. With my time off, I have researched and developed an understanding of game scenarios and leadership in which I motivate myself to apply. I play sport to learn and to teach others on what I have gained knowledge of. Not all people receive feedback and criticism the same way. Some may like to be yelled at to get them motivated, whilst some might like a quiet word. My goal is to be able to provide feedback in any way that is necessary to that individual, in a way that they can understand and apply the information.

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

My motivation to train was certainly impacted. Not being able to do anything for ages made it extremely hard to come back to a physical, fulltime lifestyle. It's been fascinating to see how unfit you can actually become in only 6 months, in which I can only laugh and joke about. But since I am able to move again, I am starting to push myself harder to get back to what I was.

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

Playing on the weekends and being with my sport friends as well as competitive sport and playing against rival teams. I am also looking forward for others to get back to sport. I can see that people are starting to get affected by not playing in their sport and I am looking forward to people talking about their weekend games again

**Term 3 Sport**

We are eagerly awaiting the next press release from the government that will give us more information regarding sport. We are very hopeful that we will be able to participate in BAS Sport in Term 3. Students are excited to participate in any opportunities that become available as the remote learning and isolation period has been difficult for many. Students are to look out in the daily messages and emails for sport information early next term.

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