


## SPC Sport Report – Term 2, Week 8

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

<b>Name:</b> Liam Duggan	
<b>What sport do you play?</b> Football	
<b>What team do you play for?</b> West Coast Eagles	
<b>Did you have any sport events cancelled or postponed due to Covid19?</b> Yes, season postponed	
<b>What has changed with your sport with Covid19?</b> No crowds Shorter game length	
<b>How has your training been impacted/changed?</b> We weren't allowed to train at the football club Only allowed to train in pairs Contact is minimal and only on set days at this stage [back at the club]	
<b>What creative/different training techniques have you implemented whilst in isolation?</b> Gym workouts conducted at home with less equipment [use whatever you can basically]. Creative drills to be able to match game like scenarios with only two people. Make things competitive in any way we could, usually goalkicking	
<b>What does a typical training session look like right now?</b> Now that we are back at the club, we are trying to get as much game like training in as possible. Practicing our craft under pressure that would be similar to what we will face in a match. Session lengths and total kms covered will creep towards a game like situation	
<b>What goals have you set yourself recently?</b> Personally, my goal at the moment is to simply stay relaxed and enjoy getting back into footy. I'll be going into a hub on the Gold Coast shortly so for me it's important to stay flexible with everything going on. My goal for the year is to win and improve my output for the team.	

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

It has at times been hard to stay motivated especially during the time that we were away from the club but for me it was always a chance to get out of the house, break a sweat and do something I love. I also didn't want to be out of shape for the date we were coming back into the club.

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

Competitive footy and looking forward to playing and training with my teammates

**Name:** Daniel Butler

**What sport do you play?**

AFL

**What team do you currently play for?**

St Kilda FC

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

The whole AFL season postponed and forced to live in isolation for an unknown period of time until play can resume.

**What has changed with your sport with Covid19?**

We effectively had to stay at home, train, eat and live as an AFL player and be prepared for when they call on us to play.



**How has your training been impacted/changed?**

Couldn't train in groups for over 2 months and forced to train in pairs. This makes it difficult to train game like scenarios and put you under game like pressure.

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

Had to make a gym at home and get creative with exercises to keep myself motivated and get some enjoyment out of what I was doing. Fortunately, I have two younger brothers that made this easier.

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

Before we step foot inside the club, we have to answer a series of questions about our current health. We then get our temperature recorded and can enter the club. We are in separate change rooms depending on our number and have to maintain social distancing rules whilst at the club. We are in groups of 8 and only certain days are we all allowed to train together as a full team. Hygiene is the number one priority so there is lots of hand sanitisers around and the environment is cleaned regularly. We also get tested for Covid19 twice a week. When we get home we are still on the first set of restrictions so this means no leaving the house other than exercise or work, no seeing friends or family or going to sit down in a park, or else we are in strife.

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

The main goal for me the whole of isolation was just to stay professional and look after my body. It's very easy to get sucked into mums delicious cooking and going overboard in sweets and desserts.

I still wanted to maintain a good diet and train with intensity.


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

There were stages where you feel like you can't be bothered or there's no point so I just tried to make each session enjoyable and fun by training with my brothers and having a laugh while we were doing it.

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

I think the main thing I'm looking forward to is just being able to play in front of crowds again, it felt very odd playing in front of an empty stadium in round 1. Also celebrating with my teammates afterwards and being able to enjoy a few beers together with no restrictions.

**Student Sport Profiles**

<b>Name:</b> Patrick Rea	
<b>What sport do you play?</b> Football	
<b>What has changed with your sport with Covid19?</b> The NAB League, my local league in Warrnambool and our School Football has all been cancelled until further notice since the COVID19 restrictions came into place. So far there is no return date for any of these leagues.	
<b>How has your training been impacted/changed?</b> Our team training sessions have been cancelled indefinitely, so we have been training individually or with one other person up until last week when restrictions started to ease, but there is still no structured training as of yet. The Rebels have given us a training program in three week blocks to complete, but after injuring my knee in our first school footy game earlier this year my physio back home in Warrnambool has provided me with a rehabilitation and training program that is a bit more personalised for me to do during this time.	
<b>What creative/different training techniques have you implemented whilst in isolation?</b> During the period of time when we were all completing online school, I was able to head back home to Warrnambool and complete my training down there. I was lucky enough to be able to use my local physio's gym at their clinic most days of the week to help me complete my rehabilitation program. My home football club, The Warrnambool Blues, allowed us to take some equipment home such as footy's and boxing gear to help us during this time. Without the ability to always train with someone else or in a big group/team I was using a rebound net at home to help with improving my touch and skills.	

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

At the moment I'm just about at 100% with my knee and its recovery so I am able to almost train a full session, but I'm still not rushing back into high intensity training just yet because of the given time we have. Being back up at the boarding house now, my training sessions are completed after school where I will go for a run or a kick depending on the night before study and then head into the gym after dinner to complete a strength and injury prevention session. Hopefully we can get back to some sort of team training soon.

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

The first goal I've set myself during COVID19 is to fully recover from my ligament sprain in my knee. So far, I've achieved this goal but I'm still doing work on it now to help strengthen it and prevent any issues arising in the future. Another goal I've set myself is to have a positive mindset on the sports side of things when it comes to what has been impacted due to Corona Virus. I think it's good to have a frame of mind that if you can't control it then you don't need to stress or worry about it. While there is no footy on there is still some positives I can gain from this time such as having a longer period of time to rehabilitate my knee and being able to focus on what I need to improve on before sport comes back.

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

My motivation to train during COVID19 has not been impacted too much as I tried to find as many ways as I could to keep myself motivated. I think the main ways I motivated myself during this time was to focus on getting my knee better and to think of this time as an extended pre-season which has given me more time to try to improve myself as a player. Another way I motivated myself to train was by acknowledging that exercise is very beneficial to the body not only physically but mentally and during these times training can help reduce any stresses I may have about school or anything else effected by Corona Virus. Listening to podcasts or music while training on my own definitely helps too.

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

The thing that I'm most looking forward to when footy returns is being able to play with my team mates again and be in that team environment. It will be really good to be back and be able to play and train with people who I may not have seen in a while and catch up with everyone. I think another thing I'm looking forward to when footy comes back is how competitive games will be. Everyone will be eager to play again and once we can I think we'll get some really good and exciting games.

**Name:** Elijah Cross

**What sport do you play?** I'm a Sprinter.

**What has changed with your sport with Covid19?**

Major events for pro running were cancelled, that includes the Stawell gift. We train all season and aim to peak around Stawell time, so to have it cancelled was devastating. However, with the cancellation of many events and our season being cut short, we have started preseason considerably early this year.



**How has your training been impacted/changed?**

Typically, we would train in a group of about 20 or more people. Due to lockdown restrictions this drastically changed, and I could only train with a couple of my close training mates. Additionally, with gyms being closed, the strength and conditioning program had been modified, along with the location of training due to some tracks being restricted at particular times.

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

While we couldn't train in large groups, a couple of my training partners and I got together regularly and made do with what we had. We had a consistent schedule and always pushed each other to improve. To substitute for the gym, we did many bodyweight circuits and used elastic bands and light dumbbells to perform typical exercises we normally would.

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

Dependent upon what day of the week it is, we may run 110s with a mixture of jog or walk backs, lake runs, or even 150s up hill.

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

When the season returns and events start to open up, I aim to be injury free and fit. It would be nice to come out and maybe win a minor gift.

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

I would say that motivation levels have increased since Covid-19. It was quite frustrating to have major events cancelled last season, so I've been motivated to train and be better than last season.

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

The culture. Everyone in our squad gets along really well, and it's an environment where we encourage and push each other to be out best.

**Weekly Sport Challenge**

Well done to everyone that participated in the Weekly Sport Challenges during remote learning. Hopefully you enjoyed the challenges each week whether it be as a competitor that sent an entry in, a competitor that gave it a go but didn't send in a video or as a spectator watching each week.

An email will be sent to staff and students to vote for their favourite video (from the top entries each week). The winner will get a \$100 Athletes Foot voucher, second place will receive a \$50 Rebel Sport voucher and third place a \$25 Rebel Sport voucher.

Thank you to all the staff that got involved in the example videos and to Peter Shawcroft for helping pull the videos together 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 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.