



Tasmanian Institute of Sport  
**BULLETIN**



## Edition 61 - May - June 2020

In the midst of the on-going Global COVID-19 response, once again this addition of the TIS Bulletin will take on a different tone.

In the stories below, another three TIS athletes provide their insights into their training experiences during COVID-19. We thank Will, Sarah and Grace for sharing. Enjoy the read!

### Will chats about the impact of isolation on his life

Training in isolation has been a bit of an up and down experience for me. I was lucky enough to get my last event for the season (the SB20 National Championships) finished a week before the COVID-19 restrictions started to come into place. Winning this championship did give me a sense of assurance and confidence going into these difficult times.

Unfortunately, I was in Queensland preparing for an Australian Laser Squad camp at the time that the border restriction and self-isolation rules were introduced. This meant the camp was cancelled, so I flew home and had to spend the next 14 days in self-isolation at home! However, after that unfortunate experience, I have found this time to be really beneficial for me. With work currently on hold, and doing part time university study online, it has given me the capacity to knuckle down and really push my strength and fitness levels. My backyard has been turned into a gym so that I can complete my set programs with as little interruption as possible. Whilst sailing has not been an option until recently, I have taken the opportunity to do some great cross training, both on the road bike and paddling my surf ski.

My training during the first two months of this isolation period was about developing a really strong base fitness level. I am now moving into a hypertrophy phase, including three strength sessions a week, a one three hour base endurance session, and three or four intensive endurance sessions a week.

Motivation has been really tough to find at certain points during this period as I am not with my Laser training squad in Queensland or in the TIS gym. Being away from a squad environment has been difficult as I do not have athletes around me at my level to help push the intensity of my training. On top of this, not having any events to aim for has been really challenging. The future is currently really uncertain as to when we can start competing again. Taking it one day at a time has been really crucial for me to not over think things that I clearly cannot control.

Whilst it is a tough time for everyone, not just athletes, I have enjoyed having the extra time to train hard and make the most I can out of these difficult circumstances. With the easing of restrictions coming into effect I can now get on the water and, within the next couple of months, potentially start training with the Laser squad in Queensland again – I can't wait!

**Will Sargent - Sailing**



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## ISO gives Sarah the opportunity to refocus

I have been using my time in isolation to firstly; take a break! I've had an incredibly busy two years of consistent training loads and international events, it was well overdue! Regaining the familiar motivation feels fantastic, I am refreshed and refocused.

I have been able to try new things with my equipment without the usual worry of 'next weekend I will be interstate and have to be shooting a particular score, so I can't risk it now!' I have really enjoyed trying different aiming apertures, bow poundage and arrow tune; in the quest to find the 'sweet spot' between forgiveness and accuracy in my bow.

I was trying to stay accountable with body-weight training session at the start of isolation, but thanks to a generous neighbour I scored a few pieces of gym equipment such as dumbbells, a barbell and weights! I found it much easier to remember to do sessions when I could leave dumbbells in obvious places.

I'm sure I'm not the only one who really can't wait to be able to return to usual gym sessions! I am lucky enough to have a 30 metre archery range/target at my home, not quite the Olympic 70 metres, but archery is all about technique and we shoot with that same form, from 5 metres to 180 metres.

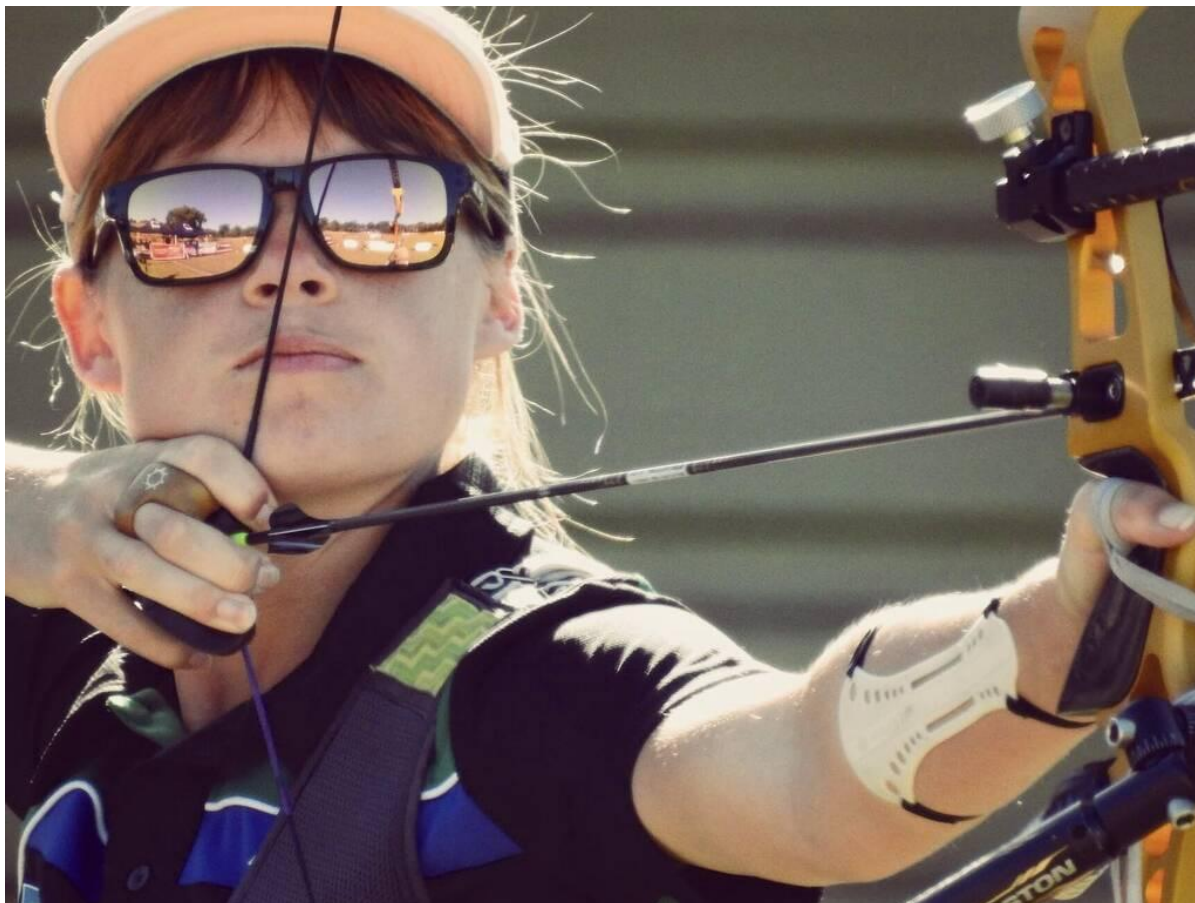
I am also very thankful to also have nearby friends who have allowed me to shoot the Olympic distance on their paddock for almost two years now. I am very fortunate to have had the opportunity to shoot there (very much by myself!) as most archers have been forced to train at very short distance or not at all during isolation.

The easing restrictions will mean that I, along with other members will be able to return to the range for short periods of training time. However, there is limited availability and I will be sticking to my at-home or paddock training so that less fortunate archers can finally practice!

The archery competition calendar has been turned upside down, but when things resume, I'll be a

lot more grateful for the ability to travel around the country for the sport I love!

### **Sarah Haywood - Archery**



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## **Grace's time in ISO**

The progression of COVID-19 and the restrictions that came with it certainly brought new challenges regarding staying fit and on my board as much as possible. I arrived back in Tasmania from a competition in Queensland in the second-last week of March, and only a few days later the state began to shut down and soon I was unable to skate at my local parks.

Training in isolation was difficult due to very limited places to skate. Most days over the last few months I've skated a small, 4ft mini ramp in Jimmy's Skate and Street shop, which is in town. I'm a bowl skater, so my preferred ramps are about 12ft tall. Having to settle with such a small ramp wasn't ideal but definitely better than nothing. If I hadn't been able to skate that ramp, it would have made getting back into skating super hard and I would have had to re-learn a lot of tricks.

Now that the skateparks are back open, it has been great to start training again, learn new tricks and skate with my friends. Quarantine was a good time to reflect and prioritise what I need to work on once the parks reopened, so I am looking forward to turning those ideas into actions.

### **Grace Cochrane - Skateboarding**



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