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19 July 2017

## Sport #iRESPECT 2017

### Spring Season and Beyond

The vacation was enthralling for those immersed in sport. Iona participated in the Confraternity Shield for Open rugby league, the Gold Coast Invitational for Open basketball (winning div 2), the National Team Racing Sailing in Perth, the Cross Country Camp at the Gold Coast, AFL Years 7 – 9 Schools Cup and successfully organised a Tennis Clinic at Wynnum Tennis Centre. Basketball training continued and a full tennis and basketball trial was organised with St Patrick's. The contribution by our community was large and many thanks to all involved.

This week sees the opening round of AIC tennis and basketball vs St Edmund's, AFL for Years 7 – 9 and Open, the Scots College visit for U12 rugby and football and an AIC cross country trial at Ipswich. Best of luck to all involved in a great week of sport.

### 2017 Pierre De Coubertin Award

During the vacation, Jefferson Morrow won Iona College's prestigious Pierre De Coubertin Award for outstanding sporting achievements and commendable sporting behaviour. Presented by the Queensland Olympic Council, it rewards athletes across the State who uphold Olympic ideals. Jefferson's recent performances include: QAS volleyball, Australian U17 volleyball, Qld U17 volleyball, Qld U17 schools volleyball, Iona 1<sup>st</sup> volleyball, Iona 1<sup>st</sup> basketball.

## Date Claimers

Wed 19 July	Years 7 – 9 AFLQ Schools Cup (Yeronga)
Thurs 20 July	Senior AFLQ Schools Cup (Yeronga)
Fri 21 July	12 Years Football/Rugby vs The Scot's College (Sydney)
Fri 21 July	Years 5/6 Rd 1 Basketball vs Ambrose Treacy
Sat 22 July	Rd 1 Tennis: Years 5/6 vs Ambrose Treacy, Years 7 – 12 vs St Edmund's
Sat 22 July	Years 7 – Open Basketball vs St Edmund's (H)
Sat 22 July	AIC Cross Country Trial at Limestone Park, Ipswich
Tues 25 July	Years 5/6 Interhouse Track and Field
Wed 26 July	Years 7 – 9 AFLQ Schools Cup (Yeronga)
Wed 26 July	Blessing and Opening of Tennis Courts 3.30pm – 4.30pm
Thurs 27 July	Years 7 – 12 Cross Country Intra Squad Trial

Fri 28 July	Years 5/6 Rd 2 Basketball vs Ashgrove
Fri 28 July	Years 5/6 AIC Cross Country Meet @ Curlew Park, Shorncliffe
Sat 29 July	Rd 2 Tennis/Basketball vs Ashgrove (H)

## AFLQ Schools Cup

### Important Dates

Wed 19 July	Years 7 – 9 AFLQ Schools Cup 4.00pm vs St Laurence's (@ Yeronga)
Thurs 20 July	Years 10 – 12 AFLQ Schools Cup 11.15am vs Mountain Creek High (@ Yeronga) 1.45pm vs Parkridge High or Caboolture High
Wed 26 July	Years 7 – 9 AFLQ Schools Cup 12.30pm vs Helensvale (@Yeronga)

Contact Mr Chris Hartley [hartleyc@iona.qld.edu.au](mailto:hartleyc@iona.qld.edu.au)

## ATHLETICS

### Interhouse Carnivals

The interhouse year level track and field meets will be held on the following days:

Years 5/6:	Week 2 Tuesday 25 July
Year 7:	Week 3 Wednesday 2 August (during HPE)
Year 8:	Week 3 Tuesday 1 August (during HPE)
Year 9:	Week 3 Thursday 3 August (during HPE)
Year 10:	Week 3 Tuesday 1 August (during HPE)
Year 11:	Week 3 Wednesday 2 August (periods 1 & 2)
Year 12:	Week 3 Thursday 3 August (periods 5 & 6)

Students change at times to be announced. Parents do not typically attend the Years 7 – 12 meets but are welcome at the Years 5/6 meet on Tuesday 25 July.

## Years 5/6 Program for Tuesday 25 July

9.00am – 10.00am	100m (all divisions)
10.10am – 11.30am	Rotation 1 (tug o war, shuttle relay, high jump, vortex throw, ball games, shot put)
11.40am – 11.50am	200m (div 1-3)
11.50am – 12.10pm	Lunch (the rugby canteen will be open selling drinks, lollies and chips)
12.10pm – 12.25pm	800m handicap
12.30pm – 1.50pm	Rotation 2 (finish activities above)
1.55pm – 2.25pm	Novelty events
2.30pm – 2.40pm	4 x 100m relay
2.45pm	Presentations

### Athletics Training

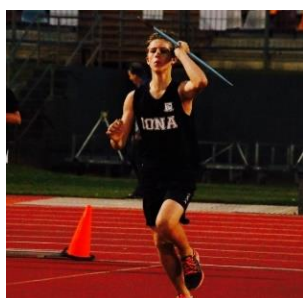
Years 5 and 6 will have high jump and throws training during their sport periods. All other athletics training for Years 5/6 and Years 7 – 12 middle distance training will begin in Week 5 (after cross country).

All Years 7 – 12 athletics training (except middle distance) will start in Week 2.

Please see below for training times.

### Training Times (Years 7 – 12) – starting Week 2

Mondays 3.20pm - 4.45pm	long / triple jump, sprints, javelin and Years 7 – 9 high jump
Tuesdays 11.00am – 12.30pm	Years 9/10 high jump
Tuesdays 1.30pm – 3.00pm	Year 8 high jump
Tuesdays 3.20pm - 4.45pm	shot put , discus
Wednesdays 6.45am – 8.00am	shot put, discus
Wednesdays 11.00am – 12.30pm	Year 7 high jump
Wednesdays 3.20pm - 4.45pm	long / triple jump, shot put, discus, hurdles, Years 10 – 12 high jump
Thursdays 11.00am – 12.30pm	Years 9/10 high jump
Thursdays 3.20pm - 4.45pm	sprints, javelin



## Basketball

### Gold Coast Invitational Tournament

Our Open squad successfully competed in the Gold Coast Invitational at Coomera over the vacation, winning the Division 2 title. Many thanks to coach Dan Kerle, coordinator Karen Otway, parents and players.

#### Results

vs King's Christian College	won 83 – 36
vs Emmanuel College	won 82 – 42
vs Chisholm College	won 101 – 59
vs Windaroo State High	won 78 – 35
vs Padua	won by 31
vs Sommerset College	won 74 – 25
vs Varsity College (Final)	won 99 - 62



### Basketball Results (Trial Match vs St Partick's)

Won 3, Drew 2, Lost 8

1 <sup>st</sup>	lost	50 - 70
2 <sup>nd</sup>	lost	40 - 43
3 <sup>rd</sup>	won	25 - 18
11A	draw	42 - 42
11B	lost	13 - 27
10A	lost	42 - 43
10B	lost	22 - 29
9A	lost	29 - 41
9B	draw	28 - 28
8A	lost	30 - 40
8B	won	37 - 20
7A	lost	14 - 34
7B	won	19 - 12



Round 1 vs St Edmund's (Years 7 – Open) Saturday 22 July

Team	Venue	Court	Time
1 <sup>st</sup> V	Iona College	Oblate Hall	12.15pm
2 <sup>nd</sup> V	Iona College	Oblate Hall	11.15am
3 <sup>rd</sup> V	Iona College	Outside Oblate Hall	11.15am
4 <sup>th</sup> V vs SPC 5 <sup>th</sup>	Iona College	Outside Oblate Hall	12.15pm
11A	Iona College	Oblate Hall	10.15am
11B	Iona College	Outside Oblate Hall	9.15am
11C vs Ash 11D	Iona College	Outside Oblate Hall	8.15am
10A	Iona College	Oblate Hall	9.15am
10B	Iona College	Oblate Hall	8.15am
10C	Iona College	Outside Oblate Hall	10.15am
10D vs Ash 10E	Iona College	Lindum 1	9.15am
9A	St Edmund's - Mary St, Woodend, Ipswich	Sports Hall	12.15pm
9B	St Edmund's - Mary St, Woodend, Ipswich	Sports Hall	11.15am
9C	St Mary's College- Mary St (opposite St Edmund's)	McAuley Centre	11.15am
9D vs Ash 9E	Marist Ashgrove 142 Frasers Rd, Ashgrove	Multi Purpose Centre 1	8.00am
8A	St Edmund's - Mary St, Woodend, Ipswich	Sports Hall	10.15am
8B	St Edmund's - Mary St, Woodend, Ipswich	Sports Hall	9.15am
8C	St Mary's College- Mary St (opposite St Edmund's)	McAuley Centre	10.15am
8D vs Ash 8E	Marist Ashgrove 142 Frasers Rd, Ashgrove	Multi Purpose Centre 2	8.00am
7A	St Edmund's - Mary St, Woodend, Ipswich	Sports Hall	8.15am
7B	St Mary's College- Mary St (opposite St Edmund's)	McAuley Centre	9.15am
7C	St Mary's College- Mary St (opposite St Edmund's)	McAuley Centre	8.15am
7D	St Mary's College- Mary St (opposite St Edmund's)	McAuley Centre	12.15pm

Round 1 vs Ambrose Treacy College Years 5/6 Friday 21 July

6A	Iona College	Oblate Hall	4.45pm
6B	Iona College	Oblate Hall	4.00pm
6C	Iona College	Lindum 1	4.00pm

Team	Venue	Court	Time
6D	Iona College	Lindum 2	4.00pm
5A	Brisbane Basketball – 16 Dixon St, Auchenflower	Court 3	4.45pm
5B	Brisbane Basketball – 16 Dixon St, Auchenflower	Court 3	4.00pm
5C	Brisbane Basketball – 16 Dixon St, Auchenflower	Court 4	4.45pm
5D	Brisbane Basketball – 16 Dixon St, Auchenflower	Court 4	4.00pm

For Year 5 basketball on Friday, the boys will travel by bus from the Iona cricket nets straight after school and return to the Iona bus turn-a-round at approximately 6.15pm.

- If you are unable to make a game or training during the season, please advise your coach or email [otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au) and Mrs Otway will pass the message on.

Basketball Term 3 Training Times (starts week 1)

- For after school trainings, please make sure your son is collected from the college immediately after training has finished.

Year	Days	Time	Court
5A	Mondays	3.15pm – 4.30pm	Lindum Courts
5B/C/D	Wednesdays	3.15pm – 4.30pm	Lindum Courts
6A	Tuesdays	Lunchtime	Oblate Hall
6B/D	Tuesdays	3.15pm – 4.30pm	Lindum Courts
6C	Tuesdays	Lunchtime	Outside Oblate
7AB	Tuesdays	7.00am – 8.00am	Oblate Hall
	Thursdays	3.15pm – 4.30pm	Outside Oblate
7CD	Thursdays	3.15pm – 4.30pm	Lindum Courts
8AB	Mondays	7.00am – 8.00am	Oblate Hall
	Tuesdays	7.00am – 8.00am	Outside Oblate
8CD	Mondays	7.00am – 8.00am	Lindum Courts
9AB	Mondays	7.00am – 8.00am	Outside Oblate
	Thursdays	7.00am – 8.00am	Oblate Hall
9CD	Mondays	3.15pm – 4.30pm	Lindum Courts
10AB	Wednesdays	3.15pm – 4.30pm	Outside Oblate
	Thursdays	3.15pm – 4.30pm	Oblate Hall
10CD	Thursdays	7.00am – 8.00am	Outside Oblate
11A	Mondays	3.15pm – 4.30pm	Oblate Hall
	Tuesdays	3.15pm – 4.30pm	Oblate Hall
11B	Mondays	3.15pm – 4.30pm	Outside Oblate
	Tuesdays	3.15pm – 4.30pm	Outside Oblate
11C	Mondays	3.15pm – 4.30pm	Outside Oblate
3 <sup>rd</sup> /4 <sup>th</sup>	Fridays	7.00am – 8.00am	Outside Oblate
2 <sup>nd</sup>	Wednesdays	7.00am – 8.00am	Outside Oblate
	Fridays	7.00am – 8.00am	Oblate Hall
1 <sup>st</sup>	Mondays	3.30pm – 5.00pm	Oblate Hall
	Wednesdays	3.30pm – 5.00pm	Oblate Hall



## Cross Country

### Interhouse Carnival

The annual interhouse cross country was completed last term.

#### Results

<u>Year Level Winners:</u>	Years 5/6	Albini
	Year 7	Anthony
	Year 8	Mazenod
	Year 9	Mazenod
	Year 10	Gerard

#### Overall Results:

1 <sup>st</sup> Gerard	2 <sup>nd</sup> Mazenod	3 <sup>rd</sup> Anthony
4 <sup>th</sup> Albini	5 <sup>th</sup> Grandin	6 <sup>th</sup> Charlebois
7 <sup>th</sup> MacKillop	8 <sup>th</sup> Cebula	

### Cross Country Camp (Years 7 – 12)

The Cross Country Camp was held over the holidays at Tallebudgera, Gold Coast. Attended by 55 runners and 9 staff, it bonded our team and prepared our runners for the coming AIC Championship.

### Key Dates for the next 4 weeks are: (Years 5 – 12)

Saturday 22 July – Trial meet at Limestone Park

(Bus departs Iona at noon)

Year 5 2.00pm

Year 6 2.15pm

12/13 Years 2.30pm

14/15 Years 2.50pm

16 Years/Open 3.10pm

Bus departs at 3.30pm to return to Iona at 4.30pm. Runners may travel home via private transport with parents.

- Special arrangements will be provided for those cross country runners who will be playing basketball at St Edmund's.

(contact is Mr Sean Devlin – [devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au))

Thurs 27 July Year 7 – 12 Intra Trial at Iona 3/4/6 km

Fri 28 July Trial Meet at Curlew Park, Shorncliffe for Years 5/6 3.45pm Start

Thurs 3 August Years 7-12 Intra Trial at Iona 2/3km

Thurs 3 August Years 5-12 Iona Cross Country Pasta Night 4.45pm – 6.30pm

Fri 4 August Trial meet at SLC fields, Runcorn for Years 5/6 3.45pm start

Wed 9 August AIC Championships at Limestone Park, Ipswich 1.00pm start

### Years 5 and 6 Cross Country Training

Thurs 20 July	3.15pm – 4.10pm
Mon 24 July	3.15pm – 4.10pm
Thurs 27 July	3.15pm – 4.10pm
Mon 31 July	3.15pm – 4.10pm
Thurs 3 Aug	3.15pm – 4.10pm
Mon 7 Aug	3.15pm – 4.10pm

### Years 7 – 12 Cross Country Training

Mon 24 July	Long Run	3.15 – 4.00pm
Tues 25 July	Intervals	7.00am – 8.00am
Thurs 27 July	Iona trial meet	3.15pm – 4.00pm
Fri 28 July	Funday	7.15am – 8.00am

We are nearing the business end of the cross country season. The official AIC trial meet is to be held at **Limestone Park, Ipswich on Saturday 22 July**, which is the first weekend back in Term 3. It is expected that all members of the squad will attend this meet as we will be using this, along with attendance at training and times from our own time trials, to finalize teams in each age group.

### State Championship Results

Congratulations to the following boys who competed at the Cross Country State Championships.

Lachlan McClure	U/10 2km – 20 <sup>th</sup>
	4x 1000m Relay representing Met East – 6 <sup>th</sup>
Darcy Pratten	U/11 3km – 22 <sup>nd</sup>
	4x1500m Relay representing Met East – 5 <sup>th</sup>
Harrison Biggs	U/17 6km – 10 <sup>th</sup>
	4x1500m Relay representing Met East – 1 <sup>st</sup>

## Rugby League

### Confraternity Shield

The Confraternity 1<sup>st</sup> XIII rugby league team again competed in this wonderful competition. Our team played with 48 other schools joined by a common connection around our Christian faith. The team finished 5<sup>th</sup> in Div 2 after losing narrowly 10 – 12 to Marist Emerald who went on to win our division. Many thanks to all involved: Father Michael Twigg OMI, Chris McKenna (coach), Mr Harron / Mr Schloss / Alex Sideris (managers), Mr Sahlqvist (assistant) and Scott Thornton (physiotherapist). The 20 players deserve congratulations as playing 6 games across 5 days is demanding but nevertheless rewarding for the “Confro boys” who secured 5 wins from 6 matches. Game MVPs in brackets.

#### Results

Game 1 vs Gilroy Santa Maria	won 32 – 0 (Jacob Condon)
Game 2 vs Columba	won 30 – 12 (Ryan Leadbetter)
Game 3 vs Marist Emerald	won 22 – 6 (Jacob Condon)
Quarter final (plate) v Marist Emerald	lost 10–12 (Tyrees Wilson)
Plate play-off v Faith Lutheran	won 32 – 6 (Ethan Malt)
Plate play-off v Blackheath Thornburgh	won 52–6 (Bailey Adams)

#### Overall Rank

2016:	32 of 48 teams
2017:	21 of 48 teams
Best and Fairest:	Ethan Malt
Spirit Award:	Ryan Leadbetter
Dennis Sacre Shield Players' Player:	Ryan Leadbetter



Iona is most appreciative of the financial support provided by Wynnum Manly Seagulls Rugby League Club who assisted with the 2016 and 2017 Confraternity Shield involvement.

## Sailing

Our team racing sailors again competed in the National Championships, with our team achieving 22<sup>nd</sup> place in the elite regatta held on the Swan River in Perth.

### Results

vs St Leonard's, Vic	lost
vs Scotch, Vic	won
vs Concordia, SA	won
vs Canberra Girls	lost
vs Shenton College, WA	lost
vs St Peter's, SA	lost
vs Scotch, Vic	won
vs Christ Church, WA	lost
vs Scots 2, NSW	lost

The team lost final grading races. Many thanks to coach Trevor Koreman, manager Neil French, assisting parents and Mazenod College WA for providing accommodation and buses.

## Tennis

### Trial Results vs St Patrick's

1 <sup>st</sup>	won	7 - 1
2 <sup>nd</sup>	lost	1 - 5
3 <sup>rd</sup>	lost	2 - 4
11A	won	5 - 1
11B	lost	2 - 4
10A	lost	0 - 6
10B	lost	1 - 5
9A	lost	2 - 4
9B	lost	0 - 6
8A	lost	3-3 (25-31)
8B	won	6 - 0
7A	won	6 - 0
7B	won	6 - 0
6A	lost	2 - 4
6B	lost	3 - 3 (24 - 26)
5A	won	6 - 0
5B	lost	1 - 5

### Round 1 vs St Edmund's (Yrs 7 - 12) / Ambrose Treacy (Yrs 5/6)

Saturday 22 July		
Team	Venue	Time
5A/B	Ambiwerra Tennis Centre - Cnr Erinvale St & Rolfe St, Corinda	Warm up 7:45am
6A/B	Ambiwerra Tennis Centre - Cnr Erinvale St & Rolfe St, Corinda	Start 8.15am
7A/B	St Mary's College courts, Mary St, Woodend (opposite SEC)	
8A/B	St Edmund's courts, Mary St, Woodend	
9A/B	Wynnum Tennis - Colina St, Wynnum	
10A/B	Moreton Bay College, Wondall Road, Manly West	Warm up 7:45am
11A/B	Wynnum Tennis - Colina St, Wynnum	
1 <sup>st</sup> IV - 3 <sup>rd</sup> IV	Wynnum Tennis - Colina St, Wynnum	

Should you have any questions regarding Iona tennis, please contact Rebecca Adamson [adamsonr@iona.qld.edu.au](mailto:adamsonr@iona.qld.edu.au) or phone (07) 3893 8888.

## Opening and Blessing of the Iona Tennis Centre

Iona families, students and staff are invited to attend the Opening and Blessing of the Iona Tennis Centre (with Barton Family Showcourts)

Date: Wednesday 26 July

Time: 3.30pm - 4.30pm

Venue: Iona Tennis Courts, North Rd, Lindum

Activities include the blessing, exhibition matches, training exercises and light refreshments.

### Tennis Clinic

Over the holidays, fifty-eight students participated in Iona's tennis clinic. Designed by Head Coach, Ian Malpass and with the help of his coaches, the clinic served two purposes: the first was to teach the younger students how to play tennis and the second was to develop skills across this year's squad. It was obvious they were working hard but the smiles on their faces was a sign of how much they were enjoying it. We noticed the confidence (as well as a few sore muscles) the boys who attended the clinic played with at the Saturday trials. Thank you to the coaches and the students for contributing to a successful holiday clinic.



### Tennis Training

Please see below the Term 3 tennis training schedule. Students will attend two training sessions a week. The second session will depend upon the team they play for (i.e A or B).

Tennis Training Schedule (6.30am - 8.00am)				
Monday	Tuesday	Wednesday	Thursday	Friday
Years 5,6,7	Years 8,9,10	Year 11 and Opens	B Teams	A Teams

### Years 5-6 Internal Iona Tennis Fixtures

The Years 5 and 6 Iona fixtures will not begin until Week 3.

## Touch

### All Schools Training (starting Week 2)

- U13 & 15 All Schools Touch teams will train every Tuesday from 3.15pm-4.30pm (Harron oval)
- Years 5 & 6 squad will train Wednesdays 3.15pm - 4.30pm. (meet Mr Condon at the handball courts).

## Volleyball

Queensland Volleyball Schools Cup training is on Wednesday mornings from 6.45am - 8.00am in Oblate Hall. Anyone in Years 9/10/11 interested in playing in an A team in 2018 is welcome.