



LIVE, LEARN, LEAD, SERVE

85 North Road
Lindum QLD 4178
Subscribe: <http://ionac.schoolzineplus.com/subscribe>
AIC Sports Information (via Twitter): [@SportIona](https://twitter.com/SportIona) (includes wet weather)

Director of Sport:	Mr Keith Harron	3893 8851
Deputy Director of Sport (9-12):	Mr Sean Devlin	3906 8905
Deputy Director of Sport (5-8):	Mr Chris Pritchard	3893 8869
Sports Administrator:	Mrs Karen Otway	3893 8805

6 September 2017

Sport #iRESPECT 2017

This weekend, Iona College sport heads into the final round of AIC spring sport with tennis and basketball fixtures against St Laurence's on the away schedule. It will be the last time a number of our Year 12 players will represent the college and we wish them the best this weekend and in their future sporting endeavours.

Track and field, water polo and the Provence Cup for Open volleyball lies ahead in Term 4. Volleyball, cricket, swimming and strength and conditioning for 2018 will also get underway. It is a large program that engages many within our community.

All are reminded to be respectful this weekend. Thinking before you speak, especially spectators, will assist our attitude and the pathway to iRESPECT.

Date Claimers

Fri 8 Sept	Years 5/6 Rd 7 Basketball vs SLC (A)
Sat 9 Sept	Rd 7 Tennis / Basketball vs SLC (A)
Sun 10 Sept	Sailing Working Bee
Wed 4 Oct	AIC Water Polo Trials
Fri 6 Oct	AIC Track and Field Meet @ SAF
Mon 9 Oct	QIGA Golf @ Colonial Golf Club
Wed 11 Oct	AIC Water Polo
Thurs 12 Oct	AIC Track and Field Meet @ UQ
Fri 13 Oct	The Blessing of the Fleet
Sun 15 Oct	Sailing
Mon 16 Oct	Iona Golf Championships
Wed 18 Oct	AIC Water Polo
Fri 20 Oct	AIC Track and Field Meet @ SAF
Sun 22 Oct	Sailing
Tues 24 Oct	AIC Track and Field Championships (evening)
Wed 25 Oct	AIC Track and Field Championships (day)
Thurs 26 Oct	AIC Water Polo
Sun 29 Oct	Sailing
Mon 30 Oct	AIC Golf Championships

Athletics

Athletics Training

Training Times (Years 5 and 6)

These times will continue into Term 4

There will be no holiday training for Years 5 and 6

All boys training at present are part of an initial **trial squad** and should attend trainings until further notified.

During sport periods	high jump / throws
Tues and Thurs 3.15pm – 4.30pm	sprints / 800m
Wednesdays 3.15pm – 4.30pm	hurdles / long jump / relays

Holiday Training (Years 7 – 12) Mon 25 – Thurs 28 Sept

Mon 25 Sept 3.20pm - 4.45pm	long / triple jump, sprints, javelin and high jump
Mon 25 Sept 3.20pm – 4.30pm	middle distance
Tues 26 Sept 3.20pm - 4.45pm	shot put , discus
Wed 27 Sept 3.20pm - 4.45pm	long / triple jump, shot put, discus, hurdles, high jump
Wed 27 Sept 3.20pm – 4.30pm	middle distance
Thurs 28 Sept 3.20pm - 4.45pm	sprints, javelin

Met East Carnival

Congratulations to the following boys who achieved placings at the recent Met East Athletics Carnival and thus gained regional selection:

- Bailey Burns (10 years) – 1st 200m, 2nd 100m, 1st long jump
- Lachlan McClure (10 years) – 2nd 800m
- Darcy Pratten (11 years) – 3rd 800m
- Joshua Thompson (11 years) – 1st long jump
- William Quinn (12 years) – 1st 100m, 1st 200m
- Joel Templin (12 years) – 1st high jump, 1st long jump, 1st multi
- Jack Hudson (12 years) – 2nd discus

Will Higgins (13 years) – 1st 90m hurdles, hammer throw
 Morgan Miller (13 years) – 3rd Shot put, 3rd discus
 Thomas Paljakka (14 years) 1st 100m hurdles, triple jump
 Oskar Robards (14 years) – 3rd 100m, 3rd 200m, 1st 400m,
 1st long jump, 1st triple jump
 Isaac Irving (15 years) – 1st 100m hurdles, 400m, 200m hurdles
 Mackenzie McIntyre (15 years) – 1st 400m, 1st 800m
 Connor O’Neill (15 years) – 2nd high jump
 Harrison Biggs (17 years) – 2nd steeplechase, 2nd 3000m, 1500m
 Bailey Smith (17 years) – 1st shot put

Congratulations to the following boys who have also gained selection in the Met East team:

Timothy Little (15 years) – 400m
 Matthew Lynch (16 years) – 1500m
 Jack Devoy (16 years) triple jump
 Jacob Hudson (16 years) 1500m
 Kyle Noronha (17 years) – 400m, 800m
 Samuel Winchester (17 years) – 1500m, 3000m



ALL PLAYERS ARE TO WEAR BLACK AND WHITE IONA ATTIRE
(NO NON - IONA TRACK-SUIT TOPS)

- All basketball players are reminded that they must hand in their basketball singlet to their coach straight after the game on Saturday.

All boys must bring an Iona shirt to change into after the game.

Round 7 vs St Laurence’s Saturday 9 September

Team	Venue	Court	Time
1 st V	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 1	12.30pm
2 nd V	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 1	11.30am
3 rd V	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 2	11.30am
4 th V	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 1	7.30am
11A	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 1	10.30am
11B	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 2	9.30am
11C	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 2	8.30am
10A	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 1	9.30am
10B	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 1	8.30am
10C	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 2	10.30am
10D	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 2	7.30am
9A	Iona College	Oblate Hall	12.00pm
9B	Iona College	Oblate Hall	11.00am
9C	Iona College	Outside Oblate Hall	11.00am
9D	Iona College	Lindum 1	11.00am
8A	Iona College	Oblate Hall	10.00am
8B	Iona College	Oblate Hall	9.00am
8C	Iona College	Outside Oblate Hall	10.00am
8D	Iona College	Lindum 1	10.00am
7A	Iona College	Oblate Hall	8.00am
7B	Iona College	Outside Oblate Hall	9.00am
7C	Iona College	Outside Oblate Hall	8.00am
7D	Iona College	Lindum 1	9.00am

Basketball

Basketball Results - Round 6 vs St Patrick’s College

Won 16, Drew 2 ,Lost 13

1 st	won	64 - 47	8A	lost	34 - 38
2 nd	lost	26 - 31	8B	lost	27 - 37
3 rd	lost	28 - 35	8C	won	45 - 40
4 th	won	34 - 31	8D	won	27 - 18
11A	won	37 - 32	7A	lost	14 - 45
11B	lost	22 - 52	7B	lost	6 - 55
11C	lost	24 - 41	7C	won	44 - 12
10A	lost	29 - 40	7D	drew	19 - 19
10B	lost	32 - 33	6A	won	68 - 26
10C	won	43 - 36	6B	won	45 - 10
10D	drew	26 - 26	6C	won	25 - 13
9A	lost	19 - 36	6D	won	20 - 14
9B	lost	31 - 45	5A	lost	31 - 33
9C	won	40 - 30	5B	won	28 - 10
9D	won	32 - 11	5C	won	46 - 44
			5D	won	49 - 2



Team	Venue	Court	Time
Round 7 vs St Laurence's Years 5/6 Friday 8 September			
6A	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 1	4.45pm
6B	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 1	4.00pm
6C	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 2	4.45pm
6D	SLC Sports Centre Stephens Rd, Sth Brisbane	Court 2	4.00pm
5A	Iona College	Oblate Hall	4.45pm
5B	Iona College	Oblate Hall	4.00pm
5C	Iona College	Lindum 1	4.00pm
5D	Iona College	Lindum 2	4.00pm

Chess

One Day Chess Challenge

Date: Sunday 10 September
 Venue: Somerset College Koala House
 (Enter via Wyangan Gate, Somerset Drive)
 Cost: \$20 per player
 Schedule: Registration 9.15am,
 Round 1 - 9.30am
 Approx finish 3.30pm
 Time control: 15mins per player
 Further details: <http://gardinerchess.com.au/events-adults-juniors/event-registration/>

Sailing

Learn To Sail

Enrolments are now being taken for the Term 4 Learn to Sail courses. Please use the links below to enrol.

Learn To Sail 1

Day: Wednesday afternoons from 3.30pm
 Dates: Commencing October 11 for 6 weeks
 Cost: \$160 per student.

Start Sailing 1:

<http://www.yachtingaustralia.com.au/Entry/?EID=83525>

Learn To Sail 2

Day: Thursday afternoons from 3.30pm
 Dates: Commencing October 12 for 6 weeks
 Cost: \$160.

Course 1 needs to be completed prior to commencing Course 2. All courses are run from Royal Queensland Yacht Squadron, Manly and parents need to transport their sons to Manly for a 3.30pm start.

Start Sailing 2:

<http://www.yachtingaustralia.com.au/Entry/?EID=83526>

Teams and Fleet Sailing

Registrations are now being taken for Term 4 Teams and Fleet Sailing.

Racing will be on 4 Sundays across the term (Oct 15, 22 and Nov 5 and 12)

Cost is \$200 per student.

To register boys need to be in Year 6 or above, have completed Learn To Sail 1 and 2 and hold a Yachting Australia number.

If your son is new to the Iona Sailing program, please follow the link below to enrol. If your son has been enrolled previously you should have received an email with instructions on how to register. If boys could be signed up by September 13 it would be greatly appreciated.

https://l.facebook.com/l.php?u=http%3A%2F%2Ftinyurl.com%2Fterm4-sailing&h=ATP19iE_P401M1cdVG2BbTJUBMUZUQEZVFN60-kqVDGop9CUowwidLO6Wipx9N4JwfiTJb0KF8S6voZJxhLTatCpDbcHG8UtHi5KXVcTcjFIUQZfHgXhJ56VPbStaldEC2F0U-ObvHoLGZcy0oc

Working Bee

Don't forget that this weekend, Sunday September 10 from 8.30am we have our annual sign on and working bee at RQYS (Royal Queensland Yacht Squadron). We encourage all our sailing families to come down and help out. Many hands make light work! It is always a lot of fun and a great way to get to know the other sailing families, sailors, committee members and coaches – please bring a plate to share for morning tea.

For those requiring more information please email ionacollegesailing@gmail.com or facebook IC Sailing Supporters.

The Blessing of the Fleet

Date: Friday afternoon October 13
 (more information to follow)



Swimming

Term 4 2017 / Term 1 2018 Swim Training Times

Term 4 2017: Tuesday 3 October – Friday 8 December

Term 1 2018: Tuesday 2 January – Friday 30 March

- Iona pool is not available Wed 4, 11 and 18 Oct OR Thurs 26 Oct and 2 Nov

For information on swim squads, including squad levels and scheduling, or to obtain a registration form please email Michael Lewandowski - lewandowskim@iona.qld.edu.au

Registration is due before a child commences swimming.

IONA SWIMMING TRAINING TIMES		
	Times	
Junior Squad		
Monday – Friday	3.15pm - 4.00pm	Attend 2 – 3 sessions per week
Saturday	9.00am – 9.45am	
Cadet Squad		
Monday – Friday	3.30pm - 4.30pm	Attend 3 – 4 sessions per week
Saturday	9.00am – 10.00am	
Intermediate		
Monday – Friday	3.30pm – 5.00pm	4 – 5 sessions per week Tues & Thurs dryland then swim
Tues / Thurs	6.00am – 7.45am	
Saturday	9.00am – 10.30am	
Senior Squad		
Monday – Friday	4.30pm – 6.30pm	6+ sessions per week Gym & swim Mon & Fri
Mon, Tues, Thurs, Fri	5.30am – 7.45am	
Saturday	6.00am – 8.30am	

Tennis

Tennis Contact - Rebecca Adamson adamsonr@iona.qld.edu.au or phone (07) 3893 8888.

Results - Round 6 vs St Patrick's College

Won 4, Lost 13

1 st	won	5 - 3
2 nd	lost	0 - 6
3 rd	lost	0 - 6
11A	lost	23 - 26
11B	lost	2 - 4
10A	lost	1 - 5
10B	lost	0 - 6
9A	lost	0 - 6
9B	lost	0 - 6
8A	lost	2 - 4
8B	lost	24 - 28
7A	won	5 - 1
7B	won	6 - 0
6A	lost	2 - 4
6B	lost	1 - 5
5A	won	5 - 1
5B	lost	1 - 5



Round 7 vs St Laurence's

ALL PLAYERS ARE TO WEAR BLACK AND WHITE IONA ATTIRE
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Saturday 9 September		
Team	Venue	Time
5A/B	Iona College Tennis Centre North Rd, Lindum	Warm up 7.45am
6A/B	Iona College Tennis Centre North Rd, Lindum	Start 8.15am
7A/B	Wynnum Tennis Centre 23 Colina St, Wynnum	
8A/B	Wynnum Tennis Centre 23 Colina St, Wynnum	
9A/B	Griffith Uni Mt Gravatt Tennis Centre Messines Ridge Rd, Mt Gravatt	Warm up 7.45am
10A/B	Griffith Uni Mt Gravatt Tennis Centre Messines Ridge Rd, Mt Gravatt	Start 8.15am
11A/B	Griffith Uni Mt Gravatt Tennis Centre Messines Ridge Rd, Mt Gravatt	
1 st IV – 3 rd IV	Griffith Uni Mt Gravatt Tennis Centre Messines Ridge Rd, Mt Gravatt	

Touch – All Schools

Training Times

- Under 13/15s Tuesdays 3.15pm – 4.30pm
- Years 5 & 6 Squad Thursday lunchtimes

Volleyball

Volleyball: Years 7/8 students trialling for Junior Schools Cup, please make yourself available for the following sessions. If you have any questions or are unable to attend, please contact Mr Pritchard – pritchardc@iona.qld.edu.au

Week 8

Session 1

Thursday 7 September @ Lunch Time in Oblate Hall

- Just bring sneakers to play in and you can wear your greys, there will not be enough time to get changed into your full sports uniform.

Week 9

Session 2

Tuesday 12 September @ 3.15pm – 4.45pm in Oblate Hall

Session 3

Wednesday 13 September @ 7.00am – 8.15am in Oblate Hall

Water Polo

Nominations were taken last week for our Term 4 water polo Year 8 and Years 9/10 teams. Late nominations can be forwarded to Mr Harron throughout this week. Our Open team will consist of players who were in our team that won the Qld Independent Schools Cup. Games are typically played on Wednesday afternoons during the first 4 weeks of Term 4.

Key Date: Wednesday 4 October – Year 8 and Years 9/10 trials