



A MINISTRY OF THE MISSIONARY OBlates OF MARY IMMACULATE

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

4 October 2017

Sport #iRESPECT 2017

Open volleyball, water polo, sailing, golf, touch and track and field will be underway at the start of Term 4. Swimming training also begins and as the term progresses, volleyball / cricket / open rugby training will endeavour to prepare our teams for 2018. Iona sport keeps us moving.

It is important for all interested and involved in Iona sport that we understand that sport is part of the education provided. If we get the sporting education right as we move towards 2018, the benefits will also get moving.

Date Claimers

Wed 4 Oct	AIC Water Polo Trials
Wed 4 Oct	Volleyball Provence Cup
Wed 4 Oct	Sailing Supporters Meeting Daly Building 7pm
5 – 8 Oct	Qld All Schools Touch @ Whites Hill
Thurs 5 Oct	AIC Track and Field Meet @ UQ
Mon 9 Oct	QIGA Golf @ Colonial Golf Club
Wed 11 Oct	AIC Water Polo @ Iona
Wed 11 Oct	Volleyball Provence Cup
Thurs 12 Oct	AIC Track and Field Meet @ UQ
Fri 13 Oct	The Blessing of the Fleet
13 – 15 Oct	Volleyball Schools Cup (Years 7/8)
Sun 15 Oct	Sailing
Mon 16 Oct	Iona Golf Championships
Wed 18 Oct	AIC Water Polo @ Ashgrove
Wed 18 Oct	Volleyball Provence Cup
Thurs 19 Oct	Team photos for Yrs 5/6 Touch, Water Polo & 1 st Football (9.00am outside the Chapel)
Fri 20 Oct	AIC Track and Field Meet @ SAF
Sun 22 Oct	Sailing
Mon 23 Oct	AIC Golf Championships (Indooroopilly 7am)
Tues 24 Oct	AIC Track and Field Championships (evening)
Wed 25 Oct	AIC Track and Field Championships (day)
Wed 25 Oct	Volleyball Provence Cup
Thurs 26 Oct	AIC Water Polo @ Iona
Sun 29 Oct	Sailing
Wed 1 Nov	Volleyball Provence Cup (Iona bye)
Thurs 2 Nov	AIC Water Polo @ Iona
Wed 8 Nov	Volleyball Provence Cup Finals

Athletics

Athletics Training

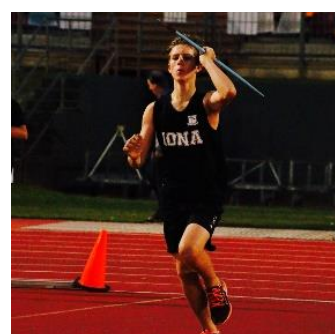
Training Times (Years 5 and 6)

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

Training Times (Years 7 – 12)

Mondays 3.20pm - 4.45pm	long / triple jump, sprints, javelin and Years 7 – 9 high jump
Mondays 3.20pm – 4.30pm	Middle Distance
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 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
Wednesdays 3.20pm – 4.30pm	Middle Distance
Thursdays 11.00am – 12.30pm	Years 9/10 high jump
Thursdays 3.20pm - 4.45pm (When there are no AIC meets on)	sprints, javelin



Trial Meets

The meet dates and venues are as follows

Thursday October 5 @ University of Qld (Yr 5 – Open)

Thursday October 12 @ University of Qld (Yr 5 – Open if not at camps or State School Championships)

Friday October 20 @ SAF Nathan (Yr 5 – Open)

Tuesday October 24 (twilight) and Wednesday October 25: AIC Championships at SAF (outside track)

Details for Thursday October 5

1.30pm Yrs 5/6 squad depart bus turnaround via coach (Mr Holmes and Mr McClure)

3.20pm 12 Years – Open squad depart Sandy Camp Rd via 2 coaches (Mr Merrotsy and Mr Cassidy)

5.00pm Yrs 5/6 squad departs Uni of Qld for 5.45pm return to Iona

7.30pm 12 Years – Open squad departs Uni of Qld for 8.15pm return to Iona

ATHLETES MAY RETURN FROM UNI OF QLD WITH PARENTS – Please advise Mr Holmes (Yrs 5/6) or Mr Sean Devlin (12 Years – Open) if returning with parents.

Seniors cannot drive unless given permission by Mr Harvey and students cannot travel with other students unless given permission by Mr Harvey.

ATHLETES MUST WEAR IONA SINGLET, BLACK IONA SHORTS, WHITE SOCKS and take warm gear – IONA TRACK SUIT.

The Meet Schedule for Thursday 5 October is below

Track Events Schedule

Time	Event
3.00pm	Hurdles Years 5 & 6
3.20pm	200m Years 5 & 6
4.00pm	800m Years 5 & 6
4.30pm	100m Years 5 & 6
4.45pm	Relays Yr 5 – 6 only
5.00pm	Hurdles 12 Years - Open
5.20pm	800m
5.50pm	100m
6.35pm	400m
7.00pm	1500m
7.20pm	200m

Field Events Schedule

Time	Event	Age Group
3.00pm	Shot Put	Year 5
	High Jump	Year 6 (North Pit)
	Long Jump	Year 6 (South Pit)
3.45pm	Long Jump	Year 5 (North Pit)
	Shot Put	Year 6
	High Jump	Year 5 (South Pit)

4.30pm	High Jump	12 Years (North Pit)
	Triple Jump	16 Yrs/Open (South Pit)
	Javelin	13 Years
	Discus	12 Years
	Long Jump	15 Years (Nth Pit)
	Shot Put 1	15 Years
	Shot Put 2	14 Years
5.20pm	Shot Put	12 Years
	Long Jump	12 Years (South Pit)
	Long Jump	13 Years (North Pit)
	High Jump	14 Years (North Pit)
	High Jump	15 Years (South Pit)
	Discus	14/15 Years
	Javelin	16 Years/Open
6.10pm	Triple Jump	12/13 Years (South Pit)
	Javelin	12 Years
	Shot Put	13 Years
	Long Jump	14 Years (North Pit)
	Discus	16 Years/Open
	High Jump	16 Years/Open
7.00pm	High Jump	13 Years
	Triple Jump	14/15 Years (South Pit)
	Long Jump	16 Years/Open (North1)
	Shot Put	16 Years/Open
	Discus	13 Years
	Javelin	14/15 Years

IT IS AN EXPECTATION THAT TO BE CONSIDERED FOR THE FINAL AIC TEAM, YOU MUST COMPETE IN AT LEAST 2 TRIAL MEETS. IF THIS IS NOT POSSIBLE, YOU MUST MAKE YOUR EVENTS COACH AWARE AND EMAIL

Mr Sean Devlin devlins@iona.qld.edu.au for Years 7 – 12 boys

Mr Peter Holmes holmesp@iona.qld.edu.au for Years 5 /6 boys

Basketball

- Boys who have not handed their basketball shirt back yet must take it to Student Reception ASAP. Please put it in a plastic bag with your team and name on.

2017 Major Basketball Awards

Senior Player of the Year	Diaz Tetevano
Junior Player of the Year	Bailey Graham
Primary Player of the Year	Jensen Taafe

2017 Team Basketball Awards

MVP Awards		Team Contribution Awards
1 st /Open	Jesse Price	Tyrone Keepa, Ryan Lowery, Kye Van Lunteren, Ethan Little
Year 11	Aston Price	Luke Jones, Patrick Miles, Jack Allan,
Year 10	Jack Devoy	Jordan Anderson, Fraser Smith, Byron Craig, Braedan Nairn
Year 9	Declan Johnston	Nelson Yak, Hayden Anderson, Vincent Taylor, Quinn Happer
Year 8	Beau Brown	Thomas Waters, Kaiden McConnon, Dominik Volkanovski, Riley Eastham
Year 7	Luke Devoy	Matthew Cook, Gabriel Cevallos, Kyan Muir, William Bielby

Year 6 Jordan McSweeney	Martin Hateley, Sam Young, Jackson Biggs, Joe Vine
Year 5 Benjamin Mitchell	Joseph Booker, Samuel Muir, Charlie Hansson, Darcy Fergusson

High Performance Sport

The Sports Department is accepting nominations for the following Met East Regional teams:

- Water Polo (opens) Friday October 21 at Musgrave Park pool.
- Aquathon and Triathlon (11 Yrs – Open) Sunday October 29 at Lake Kawana.
- Cricket (16 – 19 Yrs) either Tuesday October 24 (John Paul College) or Thursday October 26 (Churchie).

Sailing

There is a sailing supporters meeting tonight (Wednesday 4 October) in the Daly building at 7pm.

For anyone requiring more information about the school sailing programme please email lonacollegesailing@gmail.com or check out the Facebook page IC Sailing.

The Blessing of the Fleet

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

Sports Photos

Team photos for waterpolo, Years 5 and 6 touch and 1st football (again) will be taken on Thursday 19 October. Teams and coaches are to meet outside the Chapel at 9.00am.

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

Junior Squad		
Monday – Friday	3.15 - 4pm	Attend 2 – 3 sessions per week
Saturday	9am – 9.45am	
Cadet Squad		
Monday – Friday	3.30 - 4.30pm	Attend 3 – 4 sessions per week
Saturday	9am – 10am	
Intermediate		
Monday – Friday	3.30pm – 5pm	4 – 5 sessions per week; Tues & Thurs dryland then swim
Tues / Thurs	6am – 7.45am	
Saturday	9am – 10.30am	
Senior Squad		
Monday – Friday	4.30 – 6.30pm	6+ sessions per week; Gym & swim Mon & Fri
Mon, Tues, Thurs, Fri	5.30 – 7.45am	
Saturday	6am – 8.30am	

Tennis

2017 Major Tennis Awards

Senior Player of the Year	Henry Heeremans
Junior Player of the Year	Lathan Treacy
Primary Player of the Year	Jackson Treacy

2017 Team Tennis Awards

Age Champions	Team Contribution Awards
1 st /Open Lathan Treacy	Callum Ward
Year 11 Andrew McConnell	Mitchell Coleborn
Year 10 Jonathan Vo	Nicholas Mackay
Year 9 Lathan Treacy	Brennan Maclean
Year 8 Brandon Minette	Benjamin Parantainen
Year 7 Jason Vo	Thomas Gorman
Year 6 Jackson Treacy	Matthew Strauss
Year 5 Dylan Bagster	Harley Malpass

Touch – All Schools

Good luck to the 2 Iona teams competing in the Queensland All Schools Touch Tournament at Whites Hill this week.

Draw

U13

Thurs 5 Oct	4.30pm	vs Kingston College
Thurs 5 Oct	6.00pm	vs Balmoral High
Fri 6 Oct	4.00pm	vs Noosa District High
Sat 7 Oct	8.00am	vs St Columban's College
Sat 7 Oct	10.00am	vs Benowa High
Sat 7 Oct	11.30am	vs Helensvale
Sat 7 Oct	Afternoon	Quarter finals
Sun 8 Oct		Semifinals and Finals

U15

Thurs 5 Oct	3.30pm	vs Beerwah High
Thurs 5 Oct	5.30pm	vs Redlands College
Fri 6 Oct	4.00pm	vs Noosa District High
Sat 7 Oct	8.00am	vs St Augustine's College
Sat 7 Oct	12.30pm	vs Roma State College
Sat 7 Oct	11.00am	vs Wellington Point
Sat 7 Oct	Afternoon	Quarter finals
Sun 8 Oct		Semifinals and Finals

Volleyball

Schools Cup

please contact Mr Pritchard – pritchardc@iona.qld.edu.au

Provence Cup

Round 1: Wednesday 4 October

Venue: St Joseph's College Gregory Terrace

Year 10: 6.00pm vs Gregory Terrace

Year 11: 7.00pm vs Gregory Terrace

Round 2: Wednesday 11 October

Venue: St Laurence's College

Year 10: 6.00pm vs Churchie

Year 11: 7.00pm vs Churchie

Round 3: Wednesday 18 October

Venue: Brisbane Boys' College

Year 10: 6.00pm vs Nudgee College

Year 11: 7.00pm vs Nudgee College

Round 4: Wednesday 25 October

Venue: Iona College

Year 10: 5.30pm vs St Laurence's College

Year 11: 7.30pm vs St Laurence's College

Round 5: Wednesday 1 November

Both Iona teams have byes.

Finals : Wednesday 8 November

Venue: Churchie

Water Polo

Year 8 and Years 9/10 Trials

Date: Wednesday 4 October

Venue: Iona pool

Time: 3.15pm – 4.30pm

Those players selected in the Iona water polo teams are reminded that togs are available from the Uniform Shop - either Iona black togs or water polo togs are to be worn.

Competition Dates

Wed 11 Oct Round 1 AIC Water polo vs St Peters @ Iona
Yrs 7/8 4.15pm
Yr 9 4:50pm
1st 5:25pm

Wed 18 Oct Round 2 AIC Water Polo vs Ashgrove @ Ashgrove

Thurs 26 Oct Round 3 AIC Water Polo vs SLC @ Iona

Thurs 2 Nov Round 4 AIC Water Polo vs Padua @ Iona

Touch Rugby League

Wynnum Juniors Rugby League are running a touch rugby league program that involves both competition games and development.

For: Boys and Girls aged 7 – 13 years

When: Monday afternoons from 4pm – 5.15pm

Starts: October 16 (For 8 weeks)

Where: Wynnum Juniors Rugby League (Stradbroke Ave, Wynnum)

Cost: \$95.00

More Info: www.trredlands.com.au/juniors

Register: Ph 0434 354 045 or admin@trredlands.com.au