



**LIVE, LEARN, LEAD, SERVE**

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AIC Sports Information (via Twitter): [@SportIona](https://twitter.com/SportIona) (includes wet weather)

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Sports Administrator:	Mrs Karen Otway	3893 8805

11 October 2017

## Sport #iRESPECT 2017

Last week was highlighted by the performance of our 13 Years and 15 Years touch teams at the Queensland All Schools Touch Competition. The state wide tournament is large and our effort in reaching the quarter finals in the 15 Years division and just missing the quarters in the 13 Years division was impressive. Our track and field squad also began their competitive season, while our Year 11 and 10 volleyball teams lost their opening games of the Term 4 Provence Cup for Brisbane Independent Schools.

This week sees competition in QIGA golf, the first round of AIC water polo, AIC track and field, the Blessing of the Sailing Fleet on Friday afternoon, Queensland Volleyball Schools Cup for Years 7 and 8 from Friday to Sunday and sailing on Sunday. Swimming, volleyball and open cricket training continues as does senior strength training.

Iona sport will continue to be respectful, will continue to move our students and will continue to provide enjoyment for all involved.

## Date Claimers

Wed 11 Oct	AIC Water Polo vs St Peters @ Iona
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
Wed 18 Oct	AIC Water Polo vs Ashgrove @ Ashgrove
Wed 18 Oct	Volleyball Provence Cup vs Nudgee @ BBC
Thurs 19 Oct	Volleyball Provence Cup vs Churchie@Churchie
Thurs 19 Oct	Team photos for Yr 5/6 touch, waterpolo and 1 <sup>st</sup> 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 vs SLC @ Iona
Thurs 26 Oct	AIC Water Polo vs SLC @ Iona
Wed 1 Nov	Volleyball Provence Cup (Iona bye)
Thurs 2 Nov	AIC Water Polo vs Padua @ Iona
Sat/Sun 4 – 5 Nov	Primary All Schools Touch

Sun 5 Nov	Sailing
Wed 8 Nov	Volleyball Provence Cup Finals
Sun 12 Nov	Sailing

## 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 12 @ University of Queensland (UQ)  
(Yrs 5 – Open if not at camps or State School Championships)

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

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

### Details for Thursday October 12

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 Devlin and Mr Cassidy)

5.00pm Yrs 5/6 squad departs University of Queensland for  
5.45pm return to Iona. (Mr Holmes and Mr McClure)

7.50pm 12 Years – Open squad departs University of  
Queensland for 8.35pm return to Iona. (Mr Devlin)

ATHLETES MAY RETURN FROM UNIVERSITY OF QUEENSLAND  
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 12 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 – Open
5.15pm	Hurdles 12 Years - Open
5.35pm	800m
6.05pm	100m
6.50pm	400m
7.15pm	1500m
7.35pm	200m

## Field Events Schedule

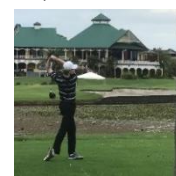
Time	Event	Age Group
3.00pm	Shot Put	Year 5
	High Jump	Year 6 (North Pit)
	Long Jump	Year 6 (South Pit)
3.45pm	Long Jump	Year 5 (North Pit)
	Shot Put	Year 6
	High Jump	Year 5 (South Pit)
4.30 pm	High Jump	13 Years (North Pit)
	Triple Jump	14/15 Years (South Pit)
	Javelin	14/15 Years
	Discus	13 Years
	Long Jump	16 Years/Open (Nth Pit)
	Shot Put	16 Years / Open
5.20 pm	Shot Put 1	15 Years
	Shot Put 2	14 Years
	Long Jump	15 Years (North Pit)
	High Jump	12 Years (North Pit)
	Discus	12 Years
	Javelin	13 Years
	Triple Jump	16 Years/Open (South Pit)
6.10 pm	Javelin	16 Years / Open
	Shot Put	12 Years
	Long Jump	12 Years (South Pit)
	Long Jump	13 Years (North Pit)
	Discus	14 / 15 Years
	High Jump	14 Years (North Pit)
	High Jump	15 Years (South Pit)
7.00 pm	High Jump	16 Years/Open
	Triple Jump	12/13 Years (South Pit)
	Long Jump	14 Years (North Pit)
	Shot Put	13 Years
	Discus	16 Years/Open
	Javelin	12 Years

## Golf

The last round of the QIGA golf season was held on Monday on the Gold Coast. It was a great day and great finish to the season from the students. This year there has seen excellent progress from Ryan Ward and Kayne Rogerson and they will only get better. Ronan Leck and Gordon Erwin finished inside the top 30 for the year and they deserve congratulations for all the events they have played over their years at Iona. The final event, the AIC Golf Championships, will be played in two weeks at Indooroopilly.



- Please note that the Iona Golf Championships have been cancelled for this year.
- Mon 23 Oct AIC Golf Championships (Indooroopilly Golf Club 7am)



### New Golfers needed for 2018

Any boys who are current members of a golf club or who are interested in joining a golf club and would like to be part of the Iona golf team, please email Mrs Otway

[otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au) for more information.



## High Performance Sport

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

- Aquathon and Triathlon (11 Yrs – Open) Sunday October 29 at Lake Kawana.

Congratulations to the following boys:

- Sam Finocchiaro and Darcy Stevens recently represented Queensland U16 rugby union with Sam's team winning the national championship.
- Bailey Stewart was the top run scorer in the Queensland schools vs NSW schools cricket games including a century in the one day game scoring 109 off 99 and scoring 83 in the 3 day game.

## Oblate Trophy

Please find below the final results of the 2017 Oblate Trophy. Many thanks to all houses for an enjoyable competition and congratulations to Albini house.

	Mr Dimento ALBINI	Mr Doyle ANTHONY	Mr Cook CEBULA	Mrs Tani CHARLEBOIS	Mrs Jackson GRANDIN	Mr Beets GERARD	Mr Devlin MACKILLOP	Mr Hill MAZENOD
Swimming	8	6	3.5	1	7	5	2	3.5
Cross Country	5	6	1	3	4	8	2	7
Track & Field	6	2	7	1	3	4	5	8
Academics	5	7.25	1.75	3.5	6	3.5	3.5	5.5
Trivia	0.5	0.75	1.25	1.5	1	2	0.25	1.75
Theatre Sports	4	3	2.5	2	3.5	1	0.5	1.5
<b>Points</b>	<b>28.5</b>	<b>25</b>	<b>17</b>	<b>12</b>	<b>24.5</b>	<b>23.5</b>	<b>13.25</b>	<b>27.25</b>
<b>Place</b>	<b>1</b>	<b>3</b>	<b>6</b>	<b>8</b>	<b>4</b>	<b>5</b>	<b>7</b>	<b>2</b>

## Sailing

This week sees the official start to Term 4 Sailing. Fleet and Teams will be announced this week. Boys sailing in Fleet need to be at RQYS at 7.45am on Sunday and Team racers at 11.00am Sunday.

### Learn to Sail

Our learn to sail programs also commence this week.

Learn to Sail 1: Wednesday 3.30pm

Learn to Sail 2: Thursday 3.30pm

Please wear: Clothing that can get wet and enclosed footwear. Life jackets will be provided.

Please ensure boys have a snack prior to the start of their class.

Both courses are at Royal Queensland Yacht Squadron ( 578 Royal Esplanade, Manly). Please enter via the main entrance of the club and the reception staff will give you directions on how to get to the sailing academy.

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

### The Blessing of the Fleet

Date: Friday afternoon October 13

Time: 3.45pm

Venue: Royal Queensland Yacht Squadron  
(578 Royal Esplanade, Manly)

Attire: Boys are to wear their formal school uniform

All those involved in the school sailing programme are invited to attend. All Team and Fleet sailors are asked to bring a plate to share for afternoon tea. Immediately following this event, our first training session for the season will commence.

## Sports Photos

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

## Swimming

### 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 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](mailto:lewandowskim@iona.qld.edu.au)

Registration is due before a child commences swimming.

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

# Tennis

## Iona Fixtures

For: Those Years 5 and 6 boys who participated last term. (There are limited places left for other Years 5 and 6 boys who are interested).

Dates: Each Wednesday starting 18 October for 5 weeks

Time: 3.15pm – 4.30pm

Venue: Iona courts

Cost: \$50 for the 5 weeks

To Register: Please contact Ms Adey [adeye@iona.qld.edu.au](mailto:adeye@iona.qld.edu.au)

## Malpass Tennis Coaching



### Coaching @ Iona College

Group coaching (6 max) 60mins @ \$15 per session

Private coaching 30mins @ \$40 per session

Private coaching 60mins @ \$80 per session

Shared private 30mins @ \$25 per session

Shared private 60mins @ \$45 per session

Fixtures @ Wynnum Tennis Centre (Colina Street, Wynnum)

Green ball (Juniors) Wednesday

Yellow ball (Juniors) Friday

Saturday Club fixtures (Doubles/Team – all ages)

More Information Ph: (07) 3393 0093

Email: [MalpassTennis@bigpond.com](mailto:MalpassTennis@bigpond.com)

[www.MalpassTennis.com.au](http://www.MalpassTennis.com.au)

## Touch – All Schools

With over 400 teams and 5000 students involved, it was an awesome experience for our boys.

The U13s were in a tough pool which included eventual semi-finalists Helensvale. The boys played some excellent touch in their pool matches and will gain a lot of confidence from the experience. The boys scored 38 tries and only conceded 10 across 7 matches, which shows there is a great deal of potential in this squad.

The U15 boys were undefeated during the tournament pool matches, with the exception of the prelim game against Cavendish Rd. The boys racked up 53 tries and conceded 16 in a very entertaining and skilful display, earning them a place in the final round of 16. Matched up against Cavendish Rd, the boys shut down every attacking option they had and frustrated them with a dominant defensive display that set up the 2-0 win. With this win, the boys progressed to the final 8, a mammoth effort out of the 73 schools in the U15 pool.

The quarter final against a talented Ignatius Park team was always going to be a tough match. The boys plugged away bravely but went down 3 - 5 to the team who were eventual tournament champions and had an easy 9-1 win over Cleveland in the final. Congratulations to both teams on an excellent tournament, in this our second year of participation. We are already looking forward to next year.

## Results

### U13

vs Cleveland SHS lost by 1  
vs Kingston College won 11 - 1  
vs Balmoral SHS won 6 - 0  
vs Noosa District won 2 - 0  
vs St Columbans won 6 - 0  
vs Benowa High won 9 - 1  
vs Helensvale lost 5 - 2  
Rank – Top 16

### U15

vs Cavendish Road lost 2 - 5  
vs Beewah High won 8 - 0  
vs Redlands College won 10 - 2  
vs Noosa District High won 6 - 4  
vs St Augustine's College won 10 - 1  
vs Wellington Point won 7 - 2  
vs Roma State College won 10 - 2  
vs Cavendish Road (top 16) won 2 - 0  
vs Ignatius Park (top 8) lost 3 - 5  
Rank – Top 8



## Volleyball

### Schools Cup Years 7 and 8

Boys have been advised of transport details.

#### Draw

##### Year 7

Friday 13 Oct 10.00am vs Kelvin Grove @ Carrara  
Friday 13 Oct 12.00pm vs Shailer Park @ Carrara  
Friday 13 Oct 2.00pm (Duty) All boys must stay for duty.  
Friday 13 Oct 5.00pm vs St Laurence's @ Carrara

Saturday games to be advised (depends on results)

Sunday games to be advised (depends on results)

##### Year 8

Friday 13 Oct 11.00am vs Mansfield @ Coomera  
Friday 13 Oct 12.00pm (Duty) All boys must stay for duty.  
Friday 13 Oct 3.00pm vs St Edmund's @ Coomera  
Friday 13 Oct 6.00pm vs Benowa @ Coomera  
Friday 13 Oct 7.00pm (Duty) All boys must stay for duty.

Saturday games to be advised (depends on results)

Sunday games to be advised (depends on results)

### Provence Cup

#### Results Round 1:

Year 10: Gregory Terrace 2 defeated Iona 0  
Year 11: Gregory Terrace 2 defeated Iona 1

#### Round 2: Wednesday 18 October

Venue: Brisbane Boy's College  
Year 10: 6.00pm vs Nudgee College  
Year 11: 7.00pm vs Nudgee College

Round 3: Thursday 19 October

**(Please note change of venue, date and times)**

Venue: Churchie

Year 10: 4.30pm vs Churchie

Year 11: 5.30pm vs Churchie

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

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

Year 9 4.50pm (please note this change)

1<sup>st</sup> 5.35pm (please note this change)

Wed 18 Oct

Round 2 AIC Water Polo vs Ashgrove @ Ashgrove. (Bus departs straight after school and should return to Iona by 7.00pm.)

Yrs 7/8 4.15pm

Yr 9/10 4.50pm

1<sup>st</sup> 5.35pm

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](http://www.trredlands.com.au/juniors)

Register: Ph 0434 354 045 or [admin@trredlands.com.au](mailto:admin@trredlands.com.au)