



PLAY YOUR ROLE



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)

Head of Sport:	Mr Keith Harron	3893 8851
Assistant Head of Sport (9-12):	Mr Sean Devlin	3906 8905
Assistant Head of Sport (5-8):	Mr Brendan Allen	3893 8869
Sports Administrator:	Mrs Karen Otway	3893 8805

21 August

iSPORT 1958 – 2019: Play Your Role

An exciting week lies ahead for Iona sport. Our Years 8/9 AFL team played in the semi finals of the AFLQ Schools Cup against Helensvale SHS. Tennis, basketball and rugby league face St Patrick's in Round 4 of AIC competition with Iona College hosting the whole round of AIC rugby league this Saturday. As it is a large and wonderful day of hosting sport, parent support in canteens as well as spirited spectating are needed.

It is also "Spirit Day" this Saturday, with the College working together to continue our sporting traditions that include large tunnels, fair play, respect for the opposition and officials and making all welcome. If we all "play our role", it will be a great weekend for the "Black and White".

It is asked that Iona parents park inside the Iona grounds, either in the IPAC car park or at the Fuller Oval car park and walk to the rugby league fields on Saturday to help relieve traffic congestion. Best of luck to all involved this weekend. Kia Kaha!

Important First Aid Management

Please ensure you contact the Health and Wellness Centre (HWC) if your son has sustained a head injury outside of school hours (including at AIC away games and club sport). This is essential to ensure the HWC Nurses are able to provide appropriate treatment to your son if he presents to the HWC. If you have been given any documentation from a GP or Emergency Department regarding this head injury such as a return to learn or sport plan, please email a copy to the HWC allnurses@iona.qld.edu.au or send a copy in with your son.

Phone: 3893 8865 Email: allnurses@iona.qld.edu.au

Key Personnel for 2019, Term 3 Sport

General Enquiries Years 7-12	Mr Keith Harron	harronk@iona.qld.edu.au
General Enquiries Years 5-6	Mr Brendan Allen	allenb@iona.qld.edu.au
Basketball Years 5-6	Mr Stewart Greenbank	greenbanks@iona.qld.edu.au
Basketball Years 7-12	Mrs Karen Otway Mr Anthony Bannerman	otwayk@iona.qld.edu.au bannermana@iona.qld.edu.au

Athletics Years 7-12	Mr Sean Devlin	devlins@iona.qld.edu.au
Athletics Years 5-6	Mr Peter Holmes	holmesp@iona.qld.edu.au
Rugby League Years 5-12	Mr Jarrod Biggs	biggsj@iona.qld.edu.au
Tennis Years 5-6	Ms Elizabeth Adey	adeye@iona.qld.edu.au
Tennis Years 7-12	Mrs Rebecca Adamson	adamsonr@iona.qld.edu.au
Mountain Biking	Mr Daniel Davison	davisond@iona.qld.edu.au

Date Claimers

Fri 23 Aug	AIC Basketball Yrs 5/6 vs SPC (H)
Sat 24 Aug	AIC Rugby League Yrs 5 – Open vs SPC @ Iona
Sat 24 Aug	AIC Basketball Yrs 7 – Open vs SPC (H)
Sat 24 Aug	AIC Tennis Yrs 5 – Open vs SPC (H)
Thurs 29 Aug	AIC Athletics Meet @ UQ
Fri 30 Aug	AIC Basketball Yrs 5/6 vs SLC (A)
Sat 31 Aug	AIC Rugby League Yrs 5 – Open vs SLC @ Villa
Sat 31 Aug	AIC Basketball Yrs 7 – Open vs SLC (A)
Sat 31 Aug	AIC Tennis Yrs 5 – Open vs SLC (A)
Sat 31 Aug	Years 7, 8 and 9 Basketball Team Photos
Fri 6 Sept	AIC Basketball Yrs 5/6 vs Ambrose Treacy (H)
Fri 6 Sept	AIC Athletics Meet @ SAF
Fri 6 Sept	Sailing Briefing RQYS
Sat 7 Sept	AIC Basketball Yrs 7 – Open vs SEC (H)
Sat 7 Sept	AIC Rugby League Yrs 6 – Open vs SEC @ Padua
Sat 7 Sept	AIC Rugby League Yr 5 BYE
Sat 7 Sept	AIC Tennis Yrs 7 – Open vs SEC (H)
Wed 11 Sept	Sailing Dinner
Fri 13 Sept	AIC Athletics Meet @ SAF
Fri 13 Sept	Years 5 and 6 catch up Sports Photos
Fri 13 Sept	AIC Basketball Yr 5/6 vs Ashgrove (H)
Sat 14 Sept	AIC Rugby League Yrs 5 – Open vs Ashgrove @ SLC fields Runcorn
Sat 14 Sept	AIC Basketball Yrs 7 – Open vs Ashgrove (H)
Sat 14 Sept	Basketball Team Photos Years 10 – Open
Sat 14 Sept	AIC Tennis Yrs 7 – Open vs Ashgrove (H)
Fri 11 Oct	AIC Athletics Meet @ UQ
Thurs 17 Oct	AIC Athletics Meet @ UQ

AFL

AFL Schools Cup Competition

The State semi-final was held today at Yeronga AFC. Iona was beaten by a quality Helensvale team.

Result

Iona 4. 4. 28 lost to Helensvale 11. 6. 72



Athletics

Year Level Athletics Carnivals

Year 11 Term 4, Week 1

Year 12 Thursday 5 September, Period 1

AIC Athletics

Training will continue this term and the meets also started this term. Dates of the trial meets are as follows:

Thursday 29 August (UQ)

Friday 6 September (SAF)

Friday 13 September (SAF)

Friday 11 October (UQ)

Thursday 17 October (UQ)

All members trialing for the athletics team are expected to attend the trial meets. The AIC Championships are on Thursday 24 and Friday 25 October at the University of Queensland.

Trial Meet at UQ Thursday 29 August

Details for Thursday 29 August

1.15pm Yrs 5/6 squad depart bus turnaround via coach

3.20pm 12 Years – Open squad depart Sandy Camp Rd cricket nets via 2 coaches

5.00pm Yrs 5/6 squad departs UQ for 5.30pm return to Iona.

7.50pm 12 Years – Open squad departs UQ for approx. 8.20pm return to Iona.

ATHLETES MAY RETURN FROM UQ 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 black Iona singlet or black Iona training shirt, black Iona shorts, white socks and take warm gear – Iona track suit / hoodie.

(NO NON IONA TRACK-SUIT TOPS OR BOTTOMS ARE PERMITTED)

- Canteen facilities will be available.

Schedule of Track Events for Thursday 29 August

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	Hurdles 12 Years - Open
5.15pm	800m
5.40pm	100m
6.30pm	400m
6.50pm	1500m
7.15pm	200m

Schedule of Field Events for Thursday 29 August

Time	Event	Age Group
3.00pm	Shot Put	Year 5
	High Jump	Year 6
	Long Jump	Year 6
3.45pm	Long Jump	Year 5
	Shot Put	Year 6
	High Jump	Year 5
4.30pm	High Jump	13 Yrs
	Triple Jump	14 & 15 Yrs
	Long Jump	16 Yrs & Open
	Shot Put 2	16 Yrs & Open
	Shot Put 1	12 Yrs
	Discus	13 Yrs
	Javelin	14 & 15 Yrs
5.20pm	High Jump	12 Yrs
	Triple Jump	16 Yrs & Open
	Javelin	13 Yrs
	Discus	12 Yrs
	Long Jump	15 Yrs
	Shot Put 1	15 Yrs
6.10pm	Shot Put 2	14 Yrs
	Shot Put 1	13 Yrs
	Long Jump	12 & 13 Yrs
	High Jump	14 Yrs
	High Jump	15 Yrs
7.00pm	Discus	14 & 15 Yrs
	Javelin	16 Years & Open
	Triple Jump	12 & 13 Yrs
	Javelin	12 Yrs
	Long Jump	14 Yrs
	Discus	16 Yrs & Open
High Jump	16 Yrs & Open	

Term 3 Athletics Training

(Years 5 and 6)

Event	Day(s)	Training Venue & Time
Sprints / 800m	Tuesdays and Thursdays	Davine Oval 3.15 – 4.15pm
Hurdles & Long Jump	Wednesdays	Davine Oval 3.15 – 4.15pm
High Jump	Wednesdays	Davine Oval 3.15 – 4.15pm
Shot Put	A week (Wednesdays) B week (Tuesdays)	Yr 5 Sport, Yr 6 - 1 st break Yr 6 sport, Yr 5 - 1 st break

(Years 7 – 12)

Event	Day(s)	Training Venue & Time
Sprints	Mondays and Thursdays	Davine Oval 3.30 – 4.30pm
Hurdles	Tuesdays	Davine Oval 3.30 – 4.30pm
Middle Distance	Mondays and Thursdays	Davine Oval 3.30 – 4.30pm
Long/Triple Jump	Mondays and Wednesdays	Davine Oval 3.30 – 4.30pm
High Jump	Mondays	Davine Oval 3.30 – 4.30pm
Shot and Discus	Tuesdays	Cricket Nets 3.30 – 4.30pm
	Wednesdays	Cricket Nets 7.00 – 8.00am
Javelin	Mondays and Wednesdays	Harron Oval 3.30 – 4.30pm

Basketball

Basketball Round 4 vs St Patrick's

Years 5/6 Friday 23 August

Team	Venue	Court	Time
5A	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Christian Brothers Centre	4.45pm
5B	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Christian Brothers Centre	4.00pm
5C	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Callan Centre	4.45pm
5D	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Callan Centre	4.00pm
6A	Iona College	Oblate Hall	4.45pm
6B	Iona College	Oblate Hall	4.00pm
6C	Iona College	Stone Court	4.45pm
6D	Iona College	Stone Court	4.00pm

Year 5 basketballers will travel to St Patrick's on a bus which leaves the Iona Cricket nets at 2.30pm. The Year 5 boys are to meet at the handball courts at 2.00pm. The bus will return to the Iona bus turn a round at approximately 5.15pm. Parents are welcome to collect their son from St Patrick's.

Years 7 – 12 Saturday 24 August

Team	Venue	Court	Time
1 st V	Iona College	Oblate Hall	12.00pm
2 nd V	Iona College	Oblate Hall	11.00am
3 rd V	Iona College	Stone Court	11.00am
4 th V	Iona College	Stone Court	8.00am
11A	Iona College	Oblate Hall	10.00am
11B	Iona College	Stone Court	9.00am
10A	Iona College	Oblate Hall	9.00am
10B	Iona College	Oblate Hall	8.00am
10C	Iona College	Stone Court	10.00am
9A	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Christian Brothers Centre	12.00pm
9B	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Christian Brothers Centre	11.00am
9C	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Callan Centre	11.00am
9D	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Callan Centre	12.00pm
8A	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Christian Brothers Centre	10.00am
8B	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Christian Brothers Centre	9.00am
8C	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Callan Centre	10.00am
8D	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Morven Court	9.00am
7A	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Christian Brothers Centre	8.00am
7B	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Callan Centre	9.00am
7C	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Callan Centre	8.00am
7D	SPC – Enter via Yundah St or Pier Ave, Shorncliffe	Morven Court	8.00am

Basketball Canteen link

The Years 10, 11 and Open Iona basketball teams are playing at Iona this Saturday. We require parents to assist in the canteen throughout the day. Please use the link below to sign up for a timeslot if you are able to assist.

[Canteen Sign Up Link](#)



Basketball Team Photos

Saturday 31 August (Outside McCarthy 7)
Years 7, 8 and 9 teams who are playing at Iona.

Saturday 14 September (Outside McCarthy 7)
Years 10, 11 and Open teams who are playing at Iona.



Term 3 Basketball Training times

Team	Days	Time	Court
5A/B	Thursdays	7.00 – 8.00am	Outside Oblate Hall
5A/B/C/D	During Sport Time		
6A	Wednesdays	2 nd Lunch	Oblate Hall
6B	Tuesdays	7.00 – 8.00am	Outside Oblate Hall
6A/B/C/D	During Sport Time		
7A	Tuesdays	3.15 – 4.45pm	Oblate Hall
7B	Tuesdays	3.15 – 4.45pm	Outside Oblate Hall
7C/D	Tuesdays	3.15 – 4.45pm	Lindum Court 2
8A	Wednesdays	3.15 – 4.45pm	Oblate Hall
8B/8C	Thursdays	3.15 – 4.45pm	Outside Oblate Hall
8D	Thursday	2 nd Break	Outside Oblate Hall
9A	Wednesdays	3.15 – 4.45pm	Oblate Hall
9B/9C	Wednesdays	3.15 – 4.45pm	Outside Oblate Hall
9D	Wednesdays	3.15 – 4.45pm	Lindum Courts
10A/10B	Tuesday	7.00 – 8.00am	Oblate Hall
10C	Tuesday	3.15 – 4.45pm	Lindum Court 1
11A	Monday	3.15 – 5.00pm	Oblate Hall
11B / 4 th	Thursday	7.00 – 8.00am	Oblate Hall
3 rd	Wednesdays	7.00 – 8.00am	Oblate Hall
1 st / 2 nd	Mondays	7.00 – 8.00am	Oblate Hall
	Thursdays	3.15 – 4.45pm	Oblate Hall

Years 7 – 10 will also train during their sport time.

Private Basketball Coaching Sessions

Jeremy Kendle is currently taking basketball clinics with our Years 6 and 7 basketball teams during their sport periods each week. Jeremy is offering private coaching sessions to interested Iona students.

For more information and costs please go to:

www.jeremykendlebasketball.com

Email – info@jeremykendlebasketball.com

Facebook – Jeremy Kendle Basketball

High Performance

Any boys who are interested in trialing for the following teams, please see Mr Harron in the Sports Office for information.

- Met East Aquathon or Triathlon team to attend the QSS Championships in Hervey Bay in February 2020.
- Composite 13 – 14 Years cricket.

A number of Iona swimmers competed in the Qld Short Course Championships last weekend with Hayden Wasiak performing excellently. He won the 15 Years 400m IM, 200m IM, 200m breaststroke and was runner up in the 100m breaststroke.

Mountain Biking / Cross Country

Following on from the success of our team at the National School's Championships, both our mountain bikers and cross country runners have the opportunity to compete at the "Hiddenvale Epic" at Spicers Hiddenvale Resort at Grandchester, Ipswich on 14-15 September. Events include:

Mountain Biking: 4.5kms, 11.5kms, 22kms, 55kms and 100kms
Cross Country Running – Trail runs: 4.5kms, 11kms, 22kms

This is an independent event and competitors should nominate Iona College when completing the event entry form as there is a prize for the school with the most associated entrants. It is a participation event. The link for information and entry is below.

flight-centre-cycle-and-trail-run-epic.php

Rugby League

AIC Rugby League Round 4 vs St Patrick's

Saturday 24 August	
Venue – Iona College	
Time	Davine Oval
8.30am	Year 5
9.30am	Year 6
10.30am	Year 7
11.30am	Year 8
12.30pm	Year 9
1.30pm	Year 10
2.40pm	1 st XIII

Parents of players should attend fixtures.

Rugby League Canteen Helpers Required on 24 August

AIC rugby league fixtures will be hosted at Iona on Saturday 24 August. We need many parents to assist in the Davine Oval canteen on this day. Please use the link below to sign up to help in the canteen.

[Rugby League Canteen Sign Up](#)



Sailing

Please find below the the registration link for Iona Sailing for Term 4, 2019 and Term 1, 2020. **Registrations close Friday 23 August.** Please note you may opt out of Term 1 Sailing by 20 January 2020 if you do not wish to continue.

[Sailing Registration Link](#)

Iona Sailing is open to students from Year 6 (Term 4) who have completed the necessary pre-requisite sailing training. Please see the Iona Sailing Fact Sheet and Manual for details. These documents can be found on the **IC Sailing Supporters** Facebook Page or email ionacollegesailing@gmail.com.

Key Contacts:

Coordinator (Teacher) - Kevin Caine cainek@iona.qld.edu.au

Coordinator (Program & Coaching) - Alexander Dunstan

Registration: Tracey Lucock ionacollegesailing@gmail.com

Key Dates:

Fri 23 Aug	Sailing Season Registrations Close
Sun 8 Sept	Parent Info Session + Trials + Sausage Sizzle
Wed 11 Sept	Sailing Team (Students + Parents) Dinner
Sun 15 Sept	Blessing of the Fleet + Working Bee + Team Announcements
Sat 21 Sept	Inaugural Sailing Gala Fundraising Ball
Sun 13 Oct	Sailing Term 4 Week 1 (other dates TBC)
Wed 20 Nov	Sailing End of Term General Parent Meeting
Wed 25 March	Sailing End of Season General Parent Meeting
January Holidays	TBC - Sailing Preseason Training (optional)

Sailing Gala Fundraising Ball

Join the Iona Sailing Community on Saturday 21 September for a great night of entertainment at the Iona Sailing Gala Ball at the stunning Royal Queensland Yacht Squadron right on our doorstep in Manly.

Tickets include:

- Guest speaker Bob Thomas - winner of the 1998 Sydney Hobart Yacht Race.
 - The smallest boat to finish in the worst conditions in the history of the race.
- The high energy Baker Boys Band
- Two course deluxe meal followed by cake and coffee
- Auctions
- Raffles

Tickets: \$100 per head – seating is tables of 10

Dress: Cocktail

Please use the below link to book.

<https://www.trybooking.com/BEXGL>

Swimming

If you would like information regarding the winter squad program, please contact Michael Lewandowski at lewandowskim@iona.qld.edu.au.

Tennis

Tennis Round 4 vs St Patrick's (Saturday 24 August)

Team	Venue	Time
5A/B	Sandgate Tennis Centre Board St, Deagon	7.45am – 10.00am
6A/B	Sandgate Tennis Centre Board St, Deagon	10.15am – 12.30pm
7A/B	Coops Tennis Centre Beams Rd, Carseldine	7.45am – 10.00am
8A/B	Coops Tennis Centre Beams Rd, Carseldine	10.15am – 12.30pm
9A/B	Wynnum Tennis Centre. Colina St, Wynnum	7.45am - 10.00am
10A/B	Wynnum Tennis Centre. Colina St, Wynnum	10.15am – 12.30pm
11A/B	Iona College Tennis Centre	10.15am – 12.30pm
1 st IV	Iona College Tennis Centre	7.45am – 12.30pm
2 nd / 3 rd	Iona College Tennis Centre	7.45am – 10.00am

Term 3 Training Schedule

Monday 6.30am	Tuesday 6.30am	Wednesday 6.30am	Thursday 6.30am	Friday 6.30am
Years 5-7	Years 8-10	Years 11-Open	B Teams	A Teams Development Squad

Social Tennis (beginner level)

Tuesdays 3.15pm – 4.30pm Weeks 3-8

Tennis Fixtures (intermediate level)

Thursdays 3.15pm – 4.30pm Weeks 2-8

Touch

Queensland All Schools Touch Training

Training squads have been announced for the U13, U15 and Open Touch Football teams for the upcoming QAS competition. Please check your emails and the Sports Bulletin Board outside the Wellness Centre for the full list.

Training

Fridays 3.15pm-4.30pm on Dwyer Oval for the remainder of the term.

Please contact Miss Dellit (delliti@iona.qld.edu.au) should you have any concerns.