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



PLAY YOUR ROLE

LIVE LEARN LEAD SERVE

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

9 October

iSPORT 1958 – 2019: Play Your Role

The spring vacation was time to regather in preparation for 2019 Iona College Term 4 sport as well as 2020 preparations. Touch, sailing, volleyball, track and field, water polo and golf will be keenly contested over the coming weeks and all involved will need to be organised and willing to do their best.

It was exciting to follow the fortunes of Iona College Old Boys who participated in elite sport as the winter seasons came to a close. Tom Hickey (West Coast Eagles) and Josh Thomas (Collingwood) appeared in the AFL play offs, while Jared Waerea-Hargreaves secured his 3rd premiership in the NRL grand final. It is wonderful to see our Old Boys feature in national finals and all in our community should be proud of their achievements.

Please note the organisational details for upcoming sport involvement. Term 4 sports are traditionally strong for our Iona teams, but that strength is dependent on organisation and effort. Best of luck to those keenly participating.

A reminder that there is no swimming training Wednesday afternoon for the next three weeks due to water polo.

Key Personnel for 2019, Term 4 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
Athletics Years 7-12	Mr Sean Devlin	devlins@iona.qld.edu.au
Athletics Years 5-6	Mr Peter Holmes	holmesp@iona.qld.edu.au
Volleyball	Mr Chris Pritchard	pritchardc@iona.qld.edu.au
Water Polo	Mr Keith Harron	harronk@iona.qld.edu.au
Sailing	Mr Alex Dunstan	alexander_dunstan@hotmail.co.uk
Touch	Miss Indiana Dellit	delliti@iona.qld.edu.au

Date Claimers

Fri 11 Oct	AIC Athletics Meet @ UQ
Thurs 17 Oct	AIC Athletics Meet @ UQ
18 – 20 Oct	Junior Schools Volleyball Cup (Gold Coast)
Mon 21 Oct	QIGA Golf @ Indooroopilly
24 – 25 Oct	AIC Athletics Championships (QSAC)
Sat 26 Oct	Years 5-7 AFL/Cricket/Volleyball Trials for 2020
Sun 27 Oct	Fleet Sailing
Sun 27 Oct	AIC Water Polo Tournament (Somerville House)
Mon 28 Oct	AIC Golf Championships
Sun 3 Nov	Fleet Sailing
Sun 10 Nov	Fleet Sailing
Sat 16 Nov	Volleyball Trials vs Villa
Sat 16 Nov	1 st / 2 nd Cricket Trial Match vs Villa
Sun 17 Nov	Teams Sailing
Sun 24 Nov	Teams Sailing
Sun 1 Dec	Teams Sailing

Athletics

AIC Athletics

Dates of the trial meets are as follows:

- 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 QSAC.

Trial Meet at University of Queensland

Details for Friday 11 October

- 1.20pm Years 5/6 squad depart bus turnaround via coach.
- 3.20pm 12 Years – Open squad depart Sandy Camp Rd cricket nets via two coaches.
- 5.00pm Years 5/6 squad departs UQ for approx. 5.45pm 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 (Years 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

Schedule of Track Events for Friday 11 October

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 Years 5 - Open
5.20pm	800m
5.40pm	100m
6.35pm	400m
7.00pm	200m

Schedule of Field Events for Friday 11 October

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

Term 4 Athletics Training (Years 5 and 6)

Event	Day(s)	Training Venue & Time
Sprints / 800m	Tuesdays and Thursdays	Davine Oval 3.15pm – 4.15pm
Hurdles & Long Jump	Wednesdays	Davine Oval 3.15pm – 4.15pm
High Jump	Wednesdays	Davine Oval 3.15pm – 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

Term 4 Athletics Training (Years 7 – 12)

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

Cricket

Oblate Cup Cricket

The trials for the Open Oblate Cup cricket tour to Melbourne will be conducted on the following dates: Tuesday 15/10, Thursday 17/10, Tuesday 22/10, Thursday 24/10, Tuesday 29/10 and Thursday 31/10.

The trials will be at the Iona cricket nets from 3.15pm – 5.00pm. All players are expected to provide their own equipment. Any queries to Mr Wayne Niven: nivenw@iona.qld.edu.au.

2020 AIC Cricket Trials

Years 5-10 trials will commence in Week 4 during year level sport. After school trials will be clarified in the next week (including the Open trials). Any queries to:

Mr Sean Devlin (Years 7-12) devlins@iona.qld.edu.au

Mr Brendan Allen (Years 5 & 6) allenb@iona.qld.edu.au

Football

Open Football Trials (2020 1sts and 2nds only)

There will be two Open Football trials in Weeks 1 and 2 of Term 4 for anyone in Years 10 or 11 that is interested in playing in the 1st or 2nd Football (soccer) squad in 2020. These will take place on Coghill Oval on Wednesdays from 3.15pm to 4.45pm. There will be further trials in Term 1, 2020 for other Open teams.

Wed 9 Oct Year 10 trials

Wed 16 Oct Year 11 trials

Wed 23 Oct Selected players from the trials in Weeks 1 and 2 will be emailed to play in a practice game.

Elite Football

A number of our elite players have gained valuable opportunity throughout 2019. Congratulations to:

- Jaimie Cogman who is currently playing with Cardiff City U18 team in Wales.
- James Taylor (Year 12) who has secured a two year academy contract with the Central Coast Mariners FC.

Sailing

The College would like to thank all involved in the Sailing Gala evening held on 21 September at RQYS. Special thanks to our sailing committee, Mr Ken Gargan, Commodore John Warlow and Iona Old Boy of 1979 and key note speaker Bob Thomas who won the 1998 Sydney to Hobart. The wonderful organisation and sponsorship raised considerable funds that will assist sailing capital funds.

Key Contacts

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

Coordinator (Program & Coaching): Mr Alexander Dunstan

Registration: Mrs Tracey Lucock ionacollegesailing@gmail.com

Key Dates

Week 1 Term 4 Sailing Training Commences
 Wed 16 Oct Sailing Committee meeting – 6.00pm RQYS
 Wed 20 Nov Sailing End of Term General Parent Meeting

Training

1sts /2nds Sailing Teams Mondays 3.30pm – 6.00pm
 3rds/4ths/Fleet Sailing Teams Tuesdays 3.30pm – 6.00pm

Training times and racing are weather dependent. Please see updates on Team App. Assume training is on regardless of weather as off water training will be conducted.

Please RSVP for all racing in Team App events.

Reminder for all sailors to complete season registration with RQYS by 24 October. [Sailing Registration Link](#)

Fleet Sailing Dates

Sun 27 Oct, Sun 3 Nov, Sun 10 Nov

Teams Sailing Dates:

Sun 17 Nov, Sun 24 Nov, Sun 1 Dec

Strength Training

Strength training in the gym for interested boys in Years 9 – 12 will start Week 3. Weekly schedule to be advised. If you have any questions please contact Mr Nalatu: nalatur@iona.qld.edu.au.

Swimming

Please contact Iona head swimming coach, Mr Michael Lewandowski for an enrolment form:

lewandowskim@iona.qld.edu.au

Iona College Pool – Ph 3906 8965

There will be NO after school swimming training on the following Wednesdays due to water polo training:

Wed 9 Oct, Wed 16 Oct, Wed 23 Oct

Iona Swimming Training Times Term 4

Days	Times	Term Fees
Mini Squad and Junior Squad		
Monday – Friday	3.30pm-4.30pm	AIC Squad - Free Non AIC Squad - \$216 Future Iona Student - \$216 Visitors / Old Boys - \$363
Cadet Squad		
Monday – Friday	3.30pm-4.45pm	AIC Squad - Free Non AIC Squad - \$216 Future Iona Student - \$216 Visitors / Old Boys - \$363
Intermediate Squad		
Monday - Thursday	4.30pm-6.00pm	AIC Squad - Free
Tuesday & Thursday	5.45am-7.30am	Non AIC Squad - \$252
Friday	3.30pm-5.00pm	Future Iona Student - \$252
Saturday	6.00am-8.00am	Visitors / Old Boys - \$441
Senior Squad		
Mon/Tues/Thurs/Fri	5.30am-7.30am	AIC Squad - Free
Monday – Thursday	4.30pm-6.30pm	Non AIC Squad - \$252
Saturday	6.00am-8.30am	Future Iona Student - \$252 Visitors / Old Boys - \$441

Touch

Queensland All Schools Touch

Transportation as follows:

- **Wednesday (U13s and U15s only)** – U13s and U15s will depart the College on a bus at 12.00pm. No return bus will be provided and students will need to be picked up from Whites Hill.
- **Thursday (U13s and U15s only)** – All boys will need to arrive at Whites Hill (not Iona College) by the following times:
 - U13s will need to arrive at Whites Hill by 9.00am. A staff member will be at Whites Hill from 7.00am for supervision. Students will need to be picked up from Whites Hill at the conclusion of the day.
 - U15s will need to arrive at Whites Hill by 7.15am. A staff member will be at Whites Hill from 7.00am for supervision. Students will need to be picked up from Whites Hill at the conclusion of the day.
- **Friday (Opens only)** – Opens will depart the College on a bus at 12.30pm. No return bus will be provided and students will need to be picked up from Whites Hill.

All Schools Touch Draw (Note: Some Changes)

U13 Boys	Time	Field	Opposition
Wednesday	1.30pm	17	Benowa SHS
Wednesday	3.00pm	6	Bribie Island SHS
Thursday	10.00am	16	Wellington Point SHS
Thursday	2.00pm	6	St Andrew's Anglican
Thursday	4.00pm	19	Centenary Heights SHS
Thursday	6.00pm	6	Emmaus (Rockhampton)
Saturday	8.30am	TBC	Final 16
Saturday	10.30am	TBC	Quarter Finals
Saturday	12.30pm	TBC	Semi Finals
Saturday	2.00pm	TBC	Grand Final

Volleyball

Schools Cup Volleyball

Please see the table below for training sessions in preparation for the upcoming Schools Cup Volleyball Competitions. All sessions will run from 3.30pm – 5.00pm in Oblate Hall. If you have any questions, please email Mr Pritchard:

pritchardc@iona.qld.edu.au

Week	Day	Team
Term 4 Week 1	Tuesday	Nationals Squads Year 11 Div 1, Years 9/10 Team
Term 4 Week 2	Tuesday	Nationals Squads Year 11 Div 1, Years 9/10 Team
	Wednesday	Year 7 / Year 8 Training
	Thursday	Year 7 / Year 8 Training
Term 4 ongoing	Friday-Sunday	Qld Schools Cup @ Gold Coast: Years 7/8
	Tuesday	Nationals Squads Year 11 Div 1, Years 8/9/10 Team, Year 7 Team

2020 Preparation

Years 7 - 10 will have training during year level sport all term.

Water Polo

AIC has decided to alter the format of its water polo competition with a tournament to replace its weekly games. The date is Sunday 27 October at Somerville House with Years 7/8 and Years 9/10 playing in the morning and 1sts in the afternoon.

Training and Trial Dates as follows:

Wednesday 9 October	Trials	3.30pm – 4.30pm
Wednesday 16 October	Training	3.30pm – 4.30pm
Wednesday 23 October	Training	3.30pm – 4.30pm
Sunday 27 October	AIC Tournament	

U15 Boys	Time	Field	Opposition
Wednesday	2.30pm	13	Centenary Heights SHS
Wednesday	4.00pm	9	Shalom College
Wednesday	6.00pm	5	Cleveland SHS
Thursday	8.00am	7	St Andrew's Lutheran
Thursday	10.30am	4	Noosa District
Thursday	3.30pm	13	Brisbane Adventist College
Saturday	9.30am	TBC	Final 16
Saturday	11.30am	TBC	Quarter Finals
Saturday	1.30pm	TBC	Semi Finals
Saturday	3.00pm	TBC	Grand Finals

U18 Boys	Time	Field	Opposition
Friday	2.00pm	10	Centenary Heights SHS
Friday	4.00pm	12	Upper Coomera State College
Friday	6.00pm	10	Kirwan SHS
Friday	8.00pm	5	Ambrose Treacy College
Saturday	11.00am	12	Helensvale SHS
Saturday	2.00pm	11	Beaudesert SHS
Saturday	4.00pm	3	Roma State College
Sunday	12.30pm	TBC	Quarter Finals
Sunday	1.30pm	TBC	Semi Finals
Sunday	3.00pm	TBC	Grand Finals

If you have any queries or concerns, please contact Miss Delliti:
delliti@iona.qld.edu.au.

Primary All Schools Touch Trial / Training

Trial Date

- Monday 28 October 3.00pm – 4.30pm

Primary Touch Training

- Tuesday 29 October 3.00pm – 4.30pm
- Thursday 31 October 3.00pm – 4.30pm
- Tuesday 5 November 3.00pm – 4.30pm
- Thursday 7 November 3.00pm – 4.30pm

Qld Primary All Schools Touch Football Competition

Date: 9 - 10 November

Venue: Redlands Touch Fields

If you have any queries or concerns, please contact Troy Condon:
condont@iona.qld.edu.au.