



**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

20 November

## iSPORT 1958 – 2019: Play Your Role

Our Volleyballers, 1<sup>st</sup> / 2<sup>nd</sup> Cricket squads and team racing Sailors competed well last weekend. It is all about preparation for next year in what will be a demanding but enjoyable year of sport. All involved will need to “show up”, “do the work” and “improve” – it is how you get selected and how you perform well. Year 7 and Year 9/10 volleyballers competing at Nationals had trial matches after school this week.

Twelve swimmers aged 10 – 12 Years will compete in the Qld Primary relays this Friday evening. The 1<sup>st</sup> XI squad play St Peters in preparation for the Oblate Cup in Melbourne. Our team racing sailors will again be out on the bay this Sunday.

Our swim squad will be provided details of vacation training and dates for next year. Success will be based on effort in the pool – a sport where the hard work of December, January and February works for AIC performance on March 2.

Please note that the College preference is that students do not leave the College grounds after morning training and prior to afternoon training.

### Key Personnel for 2019, Term 4 Sport

General Enquiries Years 7-12	Mr Keith Harron	<a href="mailto:harronk@iona.qld.edu.au">harronk@iona.qld.edu.au</a>
General Enquiries Years 5-6	Mr Brendan Allen	<a href="mailto:allenb@iona.qld.edu.au">allenb@iona.qld.edu.au</a>
Volleyball	Mr Chris Pritchard	<a href="mailto:pritchardc@iona.qld.edu.au">pritchardc@iona.qld.edu.au</a>
Sailing	Mr Alex Dunstan	<a href="mailto:alexander_dunstan@hotmail.co.uk">alexander_dunstan@hotmail.co.uk</a>

### Key Personnel for 2020, Term 1 Sport

AFL Primary	Mr Andrew Ferguson	<a href="mailto:fergusona@iona.qld.edu.au">fergusona@iona.qld.edu.au</a>
AFL Years 7-12	Mr Anthony Bannerman	<a href="mailto:bannermana@iona.qld.edu.au">bannermana@iona.qld.edu.au</a>
Cricket Primary	Mr Brendan Allen	<a href="mailto:allenb@iona.qld.edu.au">allenb@iona.qld.edu.au</a>

Cricket Years 7-12	Mr Sean Devlin	<a href="mailto:devlins@iona.qld.edu.au">devlins@iona.qld.edu.au</a>
Volleyball Years 7-9	Mrs Karen Otway	<a href="mailto:otwayk@iona.qld.edu.au">otwayk@iona.qld.edu.au</a>
Volleyball Years 10-12	Mr Chris Pritchard	<a href="mailto:pritchardc@iona.qld.edu.au">pritchardc@iona.qld.edu.au</a>
Swimming Primary	Mr Peter Holmes	<a href="mailto:holmesp@iona.qld.edu.au">holmesp@iona.qld.edu.au</a>
Swimming Years 7-12	Mr Keith Harron	<a href="mailto:harronk@iona.qld.edu.au">harronk@iona.qld.edu.au</a>
Sailing	Mr Alex Dunstan	<a href="mailto:alexander_dunstan@hotmail.co.uk">alexander_dunstan@hotmail.co.uk</a>

## Date Claimers

Thurs 21 Nov	High Performance Nutrition Walk
Fri 22 Nov	10 –12 Yrs QSS Swimming Relay Championship
Sat 23 Nov	1 <sup>st</sup> Cricket Trial vs SPLC (H)
Sun 24 Nov	Teams Sailing
Sun 1 Dec	Teams Sailing
7 – 14 Dec	National Schools Volleyball Cup
8 – 12 Dec	Oblate Cup Cricket
20 – 21 Jan	20/20 Cricket (Open)
Fri 31 Jan	Iona Swim Trials (Years 5 – Open)
Sat 1 Feb	Volleyball / Cricket / AFL Trial vs Ashgrove (H)
Fri 7 Feb	AIC Years 8/9 and Open AFL vs Padua
Fri 7 Feb	AIC Swim Meet at Ashgrove
Sat 8 Feb	AIC Cricket Years 5 – Open vs Padua (H)
Sat 8 Feb	AIC Volleyball Years 7 – Open vs Padua (H)
Sat 8 Feb	AIC AFL Years 5 – 7 vs Padua
Sun 9 Feb	Sailing
Fri 14 Feb	Lytton District Swimming (10 – 12 Years)
Fri 14 Feb	Swim Meet vs Villanova at Iona
Fri 14 Feb	AIC AFL Years 8/9 and Open BYE
Sat 15 Feb	AIC Cricket Years 5 – Open vs SPLC (H)
Sat 15 Feb	AIC Volleyball Years 7 – Open vs SPLC (H)
Sat 15 Feb	AIC AFL Years 5 – 7 vs SPLC
Sun 16 Feb	Sailing
Tues 18 Feb	High Performance Sports Information Evening

## AFL

### 2020 AIC AFL Trials

Years 5- 7: Trials will be during year level sport.  
Years 8/9: Mon 25 Nov 7.00am – 8.00am Fuller Oval  
Open: Thurs 21 Nov 3.15pm – 4.30pm Fuller Oval

All boys, please ensure you have the correct playing attire (boots, mouthguards, etc). If you are unable to attend please contact Mr Bannerman.

## Cricket

### Cricket Trial vs Villanova

Both our 1<sup>st</sup> and 2<sup>nd</sup> XI squads played well against Villanova in the trial match last Saturday. The 1sts lost too many wickets in their run chase and did not bat out their overs. The 2nds just failed in their run chase by 8 runs in a spirited game that augurs well for 2020. Lachlan Norrish top scored with 72 off 76 balls.

### Results

1<sup>st</sup> lost 138 - 185  
2<sup>nd</sup> lost 174 - 182

### 1<sup>st</sup> Cricket Trial vs SPLC

Date: Saturday 23 November  
Venue: Iona College (Davine Oval)  
Time: 9.30am – 5.15pm

## Football

### Wynnum Wolves FC

#### NPL U13 2020 Positions Available

Continuing Trials: Monday & Wednesday nights up until 13 Dec

Time: 6.15pm -7.30pm

Venue: Carmichael Park, Boundary Street, Tingalpa

Please register interest for all NPL Junior sessions here:

<https://www.surveymonkey.com/r/2B2HLRQ>

Contact Technical Director Ken Mitchell

[technicaldirector@wolvesfc.com.au](mailto:technicaldirector@wolvesfc.com.au) if you have questions.

## High Performance

The Sports Department is currently accepting nominations for Met East 2020 12 – 14 Years and 15 – 18 Years baseball trials. Please see Mr Harron if interested.

## Sailing

This week was the start of teams racing. We are very fortunate to have 4 teams registered to sail and a 5<sup>th</sup> knocking at the door wanting to get in! In a new format this season RQ has set up three divisions, Gold, Silver and Bronze. Unfortunately, we were only allowed to place our first team in the Gold fleet and they came away with 5 wins from 5 starts. Well done! In the Silver division we have our 2<sup>nds</sup> and 3<sup>rd</sup> s. With 2 of our 2<sup>nd</sup> skippers unavailable on the day with other commitments we were able to put together our 5<sup>ths</sup>. These boys had a long and enjoyable day

on the water, training in the morning and racing in the afternoon in Silver fleet! A big thank you to the boys and their parents. Our 3<sup>rd</sup>s got to race the 5<sup>ths</sup> and whilst they got the win they had to work for it. They came away with 2 points before the weather caused the remainder of the afternoon to be cancelled and are currently tied with BGS (B) for first. Our 4<sup>ths</sup> took out the morning competition with 3 wins from 3 starts. Well done all. A big thanks as always to all those involved on the day. These things don't happen without you. We look forward to doing it all again next Sunday.



### Key Contacts

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

Coordinator (Program & Coaching): Mr Alexander Dunstan  
[alexander\\_dunstan@hotmail.co.uk](mailto:alexander_dunstan@hotmail.co.uk)

Registration: Mrs Tracey Lucock [ionacollegesailing@gmail.com](mailto:ionacollegesailing@gmail.com)

### Key Dates 2019

Wednesday 20 November - End of Term General Parent Meeting

### Training

1<sup>sts</sup> / 2<sup>nds</sup> Sailing Teams Mondays 3.30pm – 6.00pm

### Teams Sailing Dates:

Sunday 24 November, Sunday 1 December

### Out There Sailing Vacation Program

Venue: RQYS

For Details: Contact the Sailing Academy on 3396 8666 or email [sailingacademy@rqys.com.au](mailto:sailingacademy@rqys.com.au)

### Key Dates 2020

Week 1 Term 1 2020 - Sailing Training Commences TBC

Sun 2<sup>nd</sup> Feb, 9<sup>th</sup> Feb, 16<sup>th</sup> Feb Fleet Sailing

Sun 23<sup>rd</sup> Feb, 1<sup>st</sup> Mar, 8<sup>th</sup> Mar – Teams Sailing

Team Sailing States RQYS – 15<sup>th</sup> March

Wed 25<sup>th</sup> March 2020 - Sailing Term 1 General Parent Meeting

Team Sailing Nationals (selected students) – May 2020 TBC

## Swimming

### 10-12 Years Qld School Sport Relays

Good luck to the boys competing in the swimming relays this Friday night at Chandler.

Gates Open at 5.30pm and swimmers are to report to the coaches in Section 9 of the Eastern Grandstand. First event marshalling is at 6.10pm with racing beginning at 6.30pm. Approximate finish time is 10.00pm. All swimmers have been provided details.

## 2020 Squad Members

All 2020 squad members were provided vacation and 2020 season details this week. "Hard Work Works".

### Key Dates for 2020

Mon 6 January	Training Resumes
Mon 20 January	AIC Swim Squad Training Starts
20, 21, 23 January 7.30am – 8.30am	Compulsory sessions for AIC swim team members (Breakfast Provided)
Fri 31 January	Swim Trials at Iona (After school)
Fri 7 February	Swim Meet at Ashgrove (After school)
Fri 14 February	Lytton District Swimming (10 – 12 Years)
Fri 14 February	Swim Meet vs Villa at Iona (After school)
Fri 21 February	Iona Age Swimming Championships 3.30pm
Fri 28 February	Iona Swim BBQ (After school)
Mon 2 March	AIC Swimming Championships
Tues 3 March	Met East Swimming (10 Years – Open)
23 – 25 March	Qld Schools 10 – 12 Years Champs
26 – 28 March	Qld Schools 13 – 19 Years Champs
5 – 12 August	Australian Schools Championships

### Iona Swimming Training

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

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

Iona College Pool – Ph 3906 8965

Iona Swimming Training Times Term 4		
Days	Times	Term Fees
<b>Mini Squad and Junior Squad</b>		
Monday–Friday	3.30pm-4.30pm	AIC Squad - Free Non AIC Squad - \$216 Future Iona Student - \$216 Visitors / Old Boys - \$363
<b>Cadet Squad</b>		
Monday–Friday	3.30pm-4.45pm	AIC Squad - Free Non AIC Squad - \$216 Future Iona Student - \$216 Visitors / Old Boys - \$363
<b>Intermediate Squad</b>		
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
<b>Senior Squad</b>		
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

All squads continue to train until Friday 6 December inclusive. The senior squad continues to train until Friday 13 December inclusive. Some of the senior squad will then move into State Age involvement from Saturday 14 to Friday 20 December.

## Tennis

Just a reminder that this is the last week for Social Tennis and Fixtures. It is returning Term 2, 2020.

## Volleyball

### Trial Match vs Villanova

#### Results

1st	won	9B	lost
2nd	won	9C	lost
3rd	won	8A	won
11A	won	8B	won
11B	won	8C	won
10A	won	8D	won
10B	won	7A	lost
10C	lost	7B	lost
9A	won	7C	won
		7D	won



### Results of Nationals Teams Trial Matches

Year 7 won 2 – 1 vs Bris Christian College

Year 10 lost 1 – 2 vs Bris Christian College



### National Schools Cup Volleyball

Training Times (All training games are at Iona)

#### Year 7

Thurs 21 Nov 3.15pm – 4.45pm

Fri 29 Nov 3.15pm – 4.45pm (During Holiday)

Mon 2 Dec 3.15pm – 4.45pm (During Holiday)

#### Year 8

Thurs 21 Nov 3.15pm – 4.45pm

Fri 29 Nov 3.15pm – 4.45pm (During Holiday)

Mon 2 Dec 3.15pm – 4.45pm (During Holiday)

#### Year 9/10

Thurs 28 Nov 4.00pm – 5.30pm Game vs Citipointe

Wed 4 Dec 3.15pm – 4.45pm (During Holiday)

Thurs 5 Dec 3.15pm – 4.45pm (During Holiday)

#### Year 11

Wed 20 Nov 3.15pm – 4.45pm

Wed 27 Nov 3.15pm – 4.45pm

Wed 4 Dec 4.00pm – 5.30pm Game vs Easts (During Holiday)

Thurs 5 Dec 3.15pm – 4.45pm (During Holiday)

### AIC Trial Match vs Ashgrove

There will be a trial match vs Ashgrove for all Volleyball teams on Saturday 1 February, 2020. Years 7 – 9 teams will be playing at Ashgrove and Year 10 – Open teams will be playing at Iona.

### 2020 Volleyball Training

#### Week 1, 2020 Training Schedule

Tues 28 January	Period 4	Year 7 (Finalising teams)
Wed 29 January	3.15pm – 4.45pm	2 <sup>nd</sup> / 3 <sup>rd</sup> / 4 <sup>th</sup>
Thurs 30 January	During Sport	Year 9, Year 10
Thurs 30 January	During 2 <sup>nd</sup> Lunch	8C / 8D
Thurs 30 January	3.15pm – 5.00pm	1 <sup>st</sup> / 11A
Fri 31 January	During Sport	Year 8
Fri 31 January	Time - TBC	7D
Fri 31 January	3.15pm – 4.45pm	10B / 11B / 10C / 9D

Weeks 2 – 8 Training Schedule

2020 VOLLEYBALL TRAINING SCHEDULE		
TEAM	SESSION 1	SESSION 2
1 <sup>st</sup>	Tuesdays 3.15 – 5.00pm	Thursdays 3.15 – 5.00pm
2 <sup>nd</sup>	Wednesdays 3.15pm – 4.45pm	
3 <sup>rd</sup>	Wednesdays 3.15pm – 4.45pm	
4 <sup>th</sup>	Wednesdays 3.15pm – 4.45pm	
11A	Mondays 3.15pm – 5.00pm	Thursdays 3.15pm – 5.00pm
11B	Fridays 3.15pm – 4.45pm	
11C	Wednesdays 2 <sup>nd</sup> Break	
10A	Mondays 3.15pm – 5.00pm	Tuesdays 3.15pm – 5.00pm
10B	Fridays 3.15pm – 4.45pm	
10C	Fridays 3.15pm – 4.45pm	
9A	Tuesdays 7.00am – 8.15am	Wednesday 6.45am – 8.00am
9B	Wednesday 7.00am-8.15am	
9C	Tuesdays 2 <sup>nd</sup> Break	
9D	Fridays 3.15pm – 4.45pm	
8A	Mondays 3.15pm – 4.45pm	Tuesdays 6.45am – 8.00am
8B	Mondays 3.15pm – 4.45pm	
8C	Thursdays 2 <sup>nd</sup> Break	
8D	Thursdays 2 <sup>nd</sup> Break	
7A	Mondays 7.00am – 8.15am	Tuesdays 6.45am – 8.00am
7B	Mondays 7.00am – 8.15am	
7C	Mondays 7.00am – 8.15am	
7D	Fridays (Time TBC)	