



ALWAYS LEARNING

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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 0417 079 268
Assistant Head of Sport (9-12): Mr Sean Devlin 3906 8905
Assistant Head of Sport (5-8): Mr Chris Pritchard 3893 8869
Sports Administrator: Mrs Karen Otway 3893 8805

29 January

iRESPECT

Welcome to 2020 Iona College Sport

2020 Iona College sport will very much get underway this week. An exciting year lies ahead and the preparation in our initial weeks will be crucial. Immediate organisation includes:

- Numerous trials and trainings for AFL, volleyball and cricket.
- Swim training continuing and a trial evening this Friday.
- AFL (Years 8/9 and 1st), volleyball (all teams) and cricket (no Year 5) trials versus Marist College Ashgrove this weekend.
- Sailing training beginning this week and weekend activities planned.

It is a large program and all involved are reminded to be patient, respectful and abundant in character strengths. It has taken years of hard work by many to build Iona College Sport and that collective effort needs to continue.

Communication

The Newsletter, Twitter and the Daily Bulletin (for students) are the main forms of sporting communication. Please read them.

Home and Away Games Explained

SEASON DRAW

Due to the complexity of the sports draw each week, an exact full season draw with times is not available. However, please note that the opposing school and whether it is a home or away game for sport is published each week in the College calendar and College diary. Venues and game times for term sports are published in the College Sport Newsletter each Wednesday.

Cricket - The (H) home weeks are when Years 6, 10, and Open teams play at Iona venues and Years 5, 7, 8 and 9 play at the opposing school's venues. On the (A) away weeks, the opposite occurs.

Volleyball - The (H) home weeks are when Years 10, 11 and 12 play at Iona venues and Years 7, 8 and 9 play at the opposing school's venues. On the (A) away weeks, the opposite occurs.

AFL

- Years 8/9 and 1st AFL is played on Friday afternoons and evening at various venues.
- Year 7 AFL is played on Saturday mornings at St Laurence's Fields (Nathan Road, Runcorn).
- Years 5/6 AFL is played on Saturday mornings at AFLQ Fields (Cansdale Street, Yeronga).

Please make sure that all boys have a way of getting home as soon as afternoon training is finished. It is not acceptable to expect coaches to wait for boys to be collected.

Key Personnel for 2020, Term 1 Sport

General Enquiries Yrs 7-12	Mr Keith Harron	harronk@iona.qld.edu.au
General Enquiries Primary	Mr Chris Pritchard	pritchardc@iona.qld.edu.au
AFL Primary	Mr Andrew Ferguson	fergusona@iona.qld.edu.au
AFL Yrs 7-12	Mr Anthony Bannerman	bannermana@iona.qld.edu.au
Cricket Primary	Mr Brendan Allen	allenb@iona.qld.edu.au
Cricket Yrs 7-12	Mr Sean Devlin	devlins@iona.qld.edu.au
Volleyball Yrs 7-9	Mrs Karen Otway	otwayk@iona.qld.edu.au
Volleyball Yrs 10-12	Mr Chris Pritchard	pritchardc@iona.qld.edu.au
Swimming Primary	Mr Peter Holmes	holmesp@iona.qld.edu.au
Swimming Yrs 7-12	Mr Keith Harron	harronk@iona.qld.edu.au
Sailing	Mr Alex Dunstan	alexander_dunstan@hotmail.co.uk

Date Claimers

Fri 31 Jan Iona Swim Trials (Years 5 – Open)
Fri 31 Jan Years 8/9, 1st AFL Trial
Sat 1 Feb Volleyball Trial vs Ashgrove (H)
Sat 1 Feb Cricket Trial vs Ashgrove (H) (no Year 5)

Sat 1 Feb	AFL Years 5, 6 and 7 intra trials
Sun 2 Feb	Sailing
Fri 7 Feb	Primary Interhouse Swimming
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
Fri 21 Feb	AIC Years 8/9 and Open AFL vs Villa
Fri 21 Feb	Iona Swimming Age Championships
Sat 22 Feb	AIC Cricket Years 5 – Open vs Villa (A)
Sat 22 Feb	AIC Volleyball Years 7 – Open vs Villa (A)
Sat 22 Feb	AIC AFL Years 5 – 7 vs Villa

AFL

2020 AFL Uniforms

Boys who are selected in AFL teams for 2020 will need to purchase AFL shorts \$35, playing jersey \$60 and socks \$16 from the Uniform Shop.



Year 5 Trials

Year 5 trials will be held on Wednesday 29 January and Thursday 30 January during school time.

Term 1, 2020 Training Schedule

All training sessions will be held on Fuller Oval. There will be no Years 8/9 before school training in Week 1. Training will also be held during sport lessons for Years 5 - 10.

Team	Day	Time
Year 5 A/B	Thursdays	3.15pm – 4.30pm (Starts Week 1)
Year 6 A/B	Thursdays	7.00am – 8.00am (Starts Week 1)
Year 7	Wednesdays	3.15pm – 4.30pm (Starts Week 1)
Years 8/9	Mondays	7.00am – 8.00am (Starts Week 2)
Open	Tuesdays Thursdays	3.15pm – 4.30pm 7.00am – 8.00am (Both trainings start week 1)

Trial Match vs Ashgrove Friday 31 January

Team	Venue	Time
1 st	Morningside AFC, Park St, Hawthorne	5.30pm – 6.30pm
Years 8/9	Morningside AFC, Park St, Hawthorne	4.30pm – 5.30pm

The bus will depart Iona College at 3.15pm. Students are to meet at the cricket nets near Harron Oval. **Please note that there will NOT be a bus returning to Iona.**

Internal Trials Saturday 1 February

Team	Venue	Field	Time
Year 5 Internal Trial	Iona College	Fuller	7.30am – 8.50am
Year 6 Internal Trial	Iona College	Fuller	9.00am – 9.50am
Year 7 Internal Trial	Iona College	Fuller	10.00am – 10.50am

Chess

AIC Chess 2020 Trials

Any students wishing to try out for AIC Chess in 2020, please note the trial dates below. You should attend both dates for your respective age group. If you have any issues with attendance but still wish to try-out, please get in touch with Mr Collyer ASAP.

Seniors - Years 10-12 – **held in B3**

Week 3 - February 12 and 13

Intermediates - Years 7-9 **held in B3**

Week 4 - February 19 and 20

Juniors - Years 5-6 **held in Sherman 4**

Week 5 - February 26 and 27

Cricket

Cricket Training Schedule Term 1, 2020

All teams are to meet at the [cricket nets](#) for all training sessions.

Week 1, 2020 Training Schedule

1 st	Tuesday 28 January Thursday 30 January	3.20pm – 4.30pm 3.20pm – 4.30pm
2 nd	Thursday 30 January	3.20pm – 4.30pm
3 rd / 4 th	Training starts in Week 2	
Year 10	Thursday 30 January	During Sport
Year 9	Thursday 30 January	During Sport
Year 8	Thursday 30 January Friday 31 January	3.20pm – 4.30pm During Sport
Year 7	Wednesday 29 January	3.20pm – 4.30pm
Year 6	Training commences in Week 2	
Year 5	Wednesday 29 January Thursday 30 January	During School Time During School Time

Weeks 2 – 8 Training Schedule

Team	Training Day	Time
1 st / 2 nd	Tuesdays Thursdays	3.20pm – 4.30pm 3.20pm – 4.30pm
3 rd / 4 th	Tuesdays	3.20pm – 4.30pm
Year 10	Tuesdays	3.20pm – 4.30pm
Year 9	Wednesdays	3.20pm – 4.30pm
Year 8	Thursdays	3.20pm – 4.30pm
Year 7	Wednesdays	3.20pm – 4.30pm
Year 6 (A and B only)	Thursdays	3.20pm – 4.30pm
Year 5 (A and B only)	Tuesdays	3.20pm – 4.30pm

Trial Match vs Ashgrove Schedule (Saturday 1 February, 2020)

Team	Venue	Oval	Time
1 st	Iona College	Davine	9.30am-5.15pm
2 nd	Iona College	McCarthy	1.00pm-5.30pm
3 rd	Iona College	Harron	1.00pm-5.30pm
4 th	Kianawah Park, Wynnum Rd, Tingalpa	Field 7	1.00pm-5.30pm
10A	Iona College	McCarthy	8.00am-12.30pm
10B	Iona College	Harron	8.00am-12.30pm
9A	Marist College, Frasers Rd, Ashgrove	McMahon	8.00am-12.30pm
9B	Marist College, Frasers Rd, Ashgrove	Hayden	8.00am-12.30pm
9C vs Iona 9D	Iona College	Coghill	8.00am-11.00am
9D vs Iona 9C	Iona College	Coghill	8.00am-11.00am
8A	Marist College, Frasers Rd, Ashgrove	McMahon	1.00pm-5.30pm
8B	Marist College, Frasers Rd, Ashgrove	Cameron	1.00pm-5.30pm
8C	Des Connor Park, Grevillea Rd, Ashgrove	Flat 5	11.15am-2.15pm
7A	Marist College, Frasers Rd, Ashgrove	Hayden	1.00pm-5.30pm
7B	Marist College, Frasers Rd, Ashgrove	Cameron	8.00am-12.30pm
7C	Des Connor Park, Grevillea Rd, Ashgrove	Flat 6	11.15am-2.15pm
7 Gold vs Iona White	Iona College	Coghill	11.15am-2.15pm
7 White vs Iona Gold	Iona College	Coghill	11.15am-2.15pm
6A	Kianawah Park Wynnum Rd, Tingalpa	Field 1	8.00am-11.30am
6B	Kianawah Park Wynnum Rd, Tingalpa	Field 2	8.00am-11.30am
6C	Kianawah Park Wynnum Rd, Tingalpa	Field 3	7.30am-9.55am
6 Gold	Kianawah Park Wynnum Rd, Tingalpa	Field 3	10am-12.25pm
6 White vs Iona Green	Kianawah Park Wynnum Rd, Tingalpa	Field 7	7.30am-9.55am
6 Green vs Iona White	Kianawah Park Wynnum Rd, Tingalpa	Field 7	7.30am-9.55am
Year 5	No Saturday Trial		

Now in stock at the Uniform Shop:

Abdominal guards (box for cricket) - \$8.00

Football

Roar Active Clinic

Pre-season football camp held at Iona, hosted by Brisbane Roar. Please sign on and pay via the link below to enrol.

For: Enthusiastic Iona boys looking to develop their football skills

Venue: Iona College

Dates: 15 and 16 April

Time: 9.00am – 12.00pm each day

Year Levels: 5 – 9

Cost: \$90.00

Registrations: [Registration Link](#)

Contact: Andy Pinches apinches@brisbaneroar.com.au
Ph – 0402 634 774

High Performance

High Performance Sports Information Evening

There is a High Performance Sports Information Evening on Tuesday 18 February in the Lecture Theatre at 7.00pm. Parents and students of Iona are welcome to attend. Please email Mr Nalatu nalatur@iona.qld.edu.au if you are likely to attend.

Met East Sport Trials

Boys wanting to nominate for the following trials need to see Mr Harron in the Sport Office.

- Met East 12-14 Years and 15-18 Years Baseball (Nominations were taken Term 4, 2019)
- Met East 13 – 19 Years Tennis

Sailing

With the introduction of a combined Terms 1 and 4 season in regards to registrations, sailing is ready to go. If you are no longer interested in sailing please send Alex Dunstan an email alexander_dunstan@hotmail.co.uk and we will make sure sailing doesn't appear on your school fees for Term 1.

Training will commence as follows:

28 January for the 3rds and 4ths

29 January for the Nationals Training Squad

3 February for the 1sts and 2nds

Iona will not be competing in fleet racing this term so instead we will be running Teams training for all teams on the weekends that RQ have elected to run fleet racing. The dates for this are as follows:

9 – 16 February will be Team training on a Sunday

23 February – 8 March will be Teams racing on a Sunday

15 – 22 March will be Teams Racing States

For students who were only competing in Fleet in Term 4 last year, please email Alex Dunstan

alexander_dunstan@hotmail.co.uk so that you can be placed in a

If you have any questions please email Alex Dunstan or check the Iona College Sailing Manual or Fact Sheet which can be found under the documents section of Team App.

Key Contacts

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

Coordinator (Program & Coaching): Mr Alexander Dunstan
alexander_dunstan@hotmail.co.uk

Registration: ionacollegesailing@gmail.com

Key Sailing Dates 2020

Sunday 23 February, 1 March, 8 March – Teams Sailing
Sunday 15 March – Team Sailing States RQYS
Wednesday 25 March – Sailing Term 1 General Parent Meeting
Team Sailing Nationals (selected students) – May 2020 TBC

Strength Training at Iona

STRENGTH TRAINING at the Iona Gym will commence in Week 2. The schedule is below.

Sessions in the morning begin at 6.45am.

Sessions in the afternoon begin at 3.15pm.

Please email Mr Nalatu by the end of the week if you are going to attend the allocated sessions.

Day	Mon	Tues	Wed	Thurs	Fri
Before School	Football	Year 11	Football	Year 11	Individuals
After School	Year 12s	Year 10	Year 12s	Year 10	Individuals

Swimming

Swimming has gone through significant change over the past 12 months with the pool heating installed, Michael Lewandowski and Josh Sinclair appointed as Iona College staff members within the iSWIM program and Acacia Bayside Swim Club now being based at Iona College. It will make our swim program strong.

Training Structure 2020

Swimming operates at 3 levels:

- Iona squad
- Iona development (non AIC squad)
- Acacia squad

Swimmers are spread throughout the three squads, with Iona swimmers being in either squad or development. Sessions are available according to the table below. Our squad will be named after the trial on Friday, 31 January – those not selected move into the various non AIC squads. Payment details will be provided soon. iSWIM updates can be found via Team App: Iona Swim Squads.

Compulsory Squad Training

(Selection will be posted after Friday trials.)

Primary 6.30am Tuesdays

Senior 6.00am Wednesdays

During Year level sport

All other training times are also available.

Key Dates

Fri 31 Jan Year 5 swimming during school time
Fri 31 Jan Swim Trials at Iona (after school Yrs 5 – Open)
Fri 7 Feb Swim Meet at Ashgrove (after school)

Fri 14 Feb Lytton District Swimming (10 – 12 Years)
Fri 14 Feb Swim Meet vs Villa at Iona (after school)
Fri 21 Feb Iona Age Swimming Championships 3.30pm
Fri 28 Feb Iona Swim BBQ (after school)
Mon 2 Mar AIC Swimming Championships
Tue 3 Mar Met East Swimming (10 Years – Open)
23 – 25 Mar Qld Schools 10-12 Years Championships
26 – 28 Mar Qld Schools 13-19 Years Championships
5 – 12 Aug Australian Schools Championships

Details - Friday 31 January

Trials will be held straight after school.

100m Freestyle 12 Years – Open

50m Breaststroke Years 5 - Open

50m Freestyle Years 5 – Open

50m Backstroke Years 5 – Open

50m Butterfly Years 5 – Open

The meet should be finished by 4.45pm. Parents are welcome to act as timekeepers.

Interhouse Swimming Meets

All these are participation carnivals in which all students score points for their house in the pursuit of the Oblate Trophy. Parents do not attend the Year level meets but are welcome to attend the Years 5/6 carnival.

Years 5/6 Friday 7 February (All day)

Year 7 Week 3 (During Sport)

Year 8 Week 3 (During Sport)

Year 9 Week 3 (During Sport)

Year 10 Week 3 (During Sport)

Year 11 TBC

Year 12 TBC

Iona Swimming Training

Please contact Iona Head Swimming Coach, Mr Michael Lewandowski for an enrolment form and assessment:

lewandowskim@iona.qld.edu.au Ph – 0424 198 734

Iona College Pool – Ph 3906 8965

Iona Swimming Training Times Term 1		
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	3.30pm-5.00pm	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

- There is no Friday PM training until Week 6.

Volleyball

AIC Volleyball Training

Week 1, 2020 Training Schedule

Wed 29 Jan	3.15pm-4.45pm	2 nd / 3 rd / 4 th
Wed 29 Jan	During 2 nd Break	9C
Thurs 30 Jan	During Sport	Year 9, Year 10
Thurs 30 Jan	During 2 nd Break	8C / 8D
Thurs 30 Jan	3.15pm-5.00pm	1 st / 11A
Thurs 30 Jan	3.15pm-4.30pm	7D / 7E
Fri 31 Jan	During Sport	Year 8
Fri 31 Jan	3.15pm-4.45pm	10B / 11B / 10C / 9D
Fri 31 Jan	During 2 nd Break	11C

Sat 1 Feb - Trial Match vs Ashgrove for all volleyball teams. See schedule below for game times and venues.

Weeks 2 – 8 Training Schedule

Team	Session 1	Session 2
1 st	Tuesdays 3.15pm-5.00pm	Thursdays 3.15pm-5.00pm
2 nd	Wednesdays 3.15pm-4.45pm	
3 rd	Wednesdays 3.15pm-4.45pm	
4 th	Wednesdays 3.15pm-4.45pm	
11A	Mondays 3.15pm-5.00pm	Thursdays 3.15pm-5.00pm
11B	Fridays 3.15pm-4.45pm	
11C	Mondays 2 nd 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	Wednesdays 7.00am-8.15am
9B	Wednesday 7.00am-8.15am	
9C	Tuesdays 2 nd Break	
9D	Fridays 3.15pm-4.45pm	
8A	Mondays 3.15pm-4.45pm	Tuesdays 7.00am-8.15am
8B	Mondays 3.15pm-4.45pm	
8C	Thursdays 2 nd Break	
8D	Thursdays 2 nd Break	
7A	Mondays 7.00am-8.15am	Tuesdays 7.00am-8.15am
7B	Mondays 7.00am-8.15am	
7C	Mondays 7.00am-8.15am	
7D	Thursdays 3.15pm-4.30pm	
7E	Thursdays 3.15pm-4.30pm	

Volleyball Uniform

- For the trial match – Teams who have not been given their playing shirts are asked to wear their black Iona training shirt.

All boys must wear black HPE shorts and white Iona sports socks which can be purchased from the Uniform Shop.

- For Round 1, all teams will be given playing shirts which must be returned after the last game. A \$20 hire fee for the playing shirts will be included on the College fees.

AIC Trial Match vs Ashgrove Schedule (Saturday 1 February)

Venue – Iona College, 85 North Road, Lindum			
Time	Oblate Hall Court 1	Oblate Hall Court 2	Outdoor Court
8.00am	11B (Duty 3 rd)	4 th (Duty 11C)	
9.00am	3 rd (Duty 2 nd)	10C (Duty 11B)	11C (Duty 4 th)
10.00am	11A (Duty 1 st)	10B (Duty 10C)	
11.00am	2 nd (Duty 11A)	10A (Duty 10B)	

12.00pm	1 st (Duty 10A)		
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Venue – Marist Ashgrove, Frasers Rd, Ashgrove			
Time	Champagnat Court 1	Champagnat Court 2	Champagnat Middle Court
8.00am	8C	7C	
9.00am	8B	7B	7D
10.00am	8A	7A	8D
11.00am	9B	9C	9D
12.00pm	9A		

NOTE: 7E team no longer has a game vs Ashgrove on Saturday 1 February but they will still have training on Thursday after school this week.

Canteen Sign up Link

Parents of Years 10 - 12 boys are required to assist in the volleyball canteen this Saturday. Please use the following link to sign up for a time that suits you.

[Sign Up Link](#)

