



**ALWAYS LEARNING**

**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 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

5 February

## iRESPECT

The trial against Marist College Ashgrove and internal trials prepared our teams for this weekend's AIC opening round of fixtures. It hopefully provided learning experiences that will improve our teamwork throughout the sporting season. The highlight of the trial round was the performance of our Years 8/9 and 1<sup>st</sup> AFL teams at Morningside AFC on Friday evening with action aplenty in front of a supportive crowd. The enthusiasm of our younger swimmers at the Friday time trial was also an indication of potential. "A" level cricket was also strong.

The AIC Ecumenical Service, Primary interhouse swimming, Round 1 of AIC fixtures plus sailing on Sunday will consume the sporting week. Our 1sts players will also receive congratulations via traditional gatherings. It will be large – please be mindful of:

- Being punctual in correct attire.
- Being safe by following staff and parent guidance.
- Playing and supporting in a positive manner.
- Showing gratitude and always learning.

**Please note - Met East Regional trial attendance requires a new online payment system. Selected players will be informed.**

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	<a href="mailto:harronk@iona.qld.edu.au">harronk@iona.qld.edu.au</a>
General Enquiries Primary	Mr Chris Pritchard	<a href="mailto:pritchardc@iona.qld.edu.au">pritchardc@iona.qld.edu.au</a>
AFL Primary	Mr Andrew Ferguson	<a href="mailto:fergusona@iona.qld.edu.au">fergusona@iona.qld.edu.au</a>
AFL Yrs 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 Yrs 7-12	Mr Sean Devlin	<a href="mailto:devlins@iona.qld.edu.au">devlins@iona.qld.edu.au</a>

Volleyball Yrs 7-12	Mrs Karen Otway	<a href="mailto:otwayk@iona.qld.edu.au">otwayk@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 Yrs 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

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

### Term 1, 2020 Training Schedule

All training sessions will be held on Fuller Oval.

Training will also be held during sport lessons for Years 5 - 10.

Team	Day	Time
Year 5 A/B	Thursdays	3.15pm – 4.30pm
Year 6 A/B	Thursdays	7.00am – 8.00am
Year 7	Wednesdays	3.15pm – 4.30pm
Years 8/9	Mondays	7.00am – 8.00am
Open	Tuesdays Thursdays	3.15pm – 4.15pm 7.30am – 8.15am

## Results of Trial vs Ashgrove

Years 8/9	Iona 13.11.89	defeated	Ash 3.3.21
1 <sup>st</sup>	Iona 9.6.60	defeated	Ash 2.5.17

Both teams began their seasons with solid football. The College is very much appreciative of Morningside AFL for hosting the fixtures. The College is also thankful to Wynnum Vikings AFL for allowing our teams to use their facility for training in the vacation period. The real challenge begins this week with our Primary teams facing St Laurence's and the Senior teams up against Padua.

### Match - Friday 7 February vs Padua

Team	Venue	Time	Field
1 <sup>st</sup>	Kedron AFC 78 Sixth Ave, Kedron	5.45pm	Field 1
Years 8/9	Kedron AFC 78 Sixth Ave, Kedron	4.30pm	Field 1

There will be a 1<sup>st</sup> XVIII jersey presentation for the parents and players of the team. It will be held at Kedron FC at 4.30pm this Friday.

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 be a bus returning to Iona after the matches.

### Match - Saturday 8 February

TEAM	VENUE	Field	TIME
Year 7 vs Padua	SLC Fields Nathan Rd Runcorn	Field 4	8.00am
6A vs SLC	AFLQ Carnsdale St, Yeronga	Field 1	10.30am
6B vs SLC	AFLQ Carnsdale St, Yeronga	Field 2	10.30am
5A vs SLC	AFLQ Carnsdale St, Yeronga	Field 1	9.15am
5B vs SLC	AFLQ Carnsdale St, Yeronga	Field 1	8.00am

## 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.

Team	Training Day	Time
1 <sup>st</sup> / 2 <sup>nd</sup>	Tuesdays Thursdays	3.20pm – 4.30pm 3.20pm – 4.30pm
3 <sup>rd</sup> / 4 <sup>th</sup>	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
6 White	Fridays	7.00am - 8.00am
Year 5 (A and B only)	Tuesdays	3.20pm – 4.30pm

### Results of Trial vs Ashgrove

1 <sup>st</sup>	lost	7 White	IntraTrial
2 <sup>nd</sup>	lost	7 Green	No game
3 <sup>rd</sup>	won	6A	won
10A	lost	6B	lost
10B	lost	6C	lost
9A	won	6 Gold	lost
9B	won	6 White	won
9C	IntraTrial	6 Green	lost
8A	won	6 Blue	bye
8B	lost	5A	IntraTrial
8C	lost	5B	IntraTrial
7A	won	5C	IntraTrial
7B	won	5Gold	IntraTrial
7C	won	5 White	IntraTrial
7 Gold	IntraTrial	5 Green	IntraTrial

### Presentation of 1sts Caps

There will be a 1<sup>st</sup> XI cap presentation for the parents and players of the team. It will be held in the Green (FitzPatrick) Room at 8.30am this Saturday.

### Match vs Padua Schedule (Saturday 8 February, 2020)

Team	Venue	Oval	Time
1 <sup>st</sup>	Iona College	Davine	9.30am-5.15pm
2 <sup>nd</sup>	Iona College	Harron	1.00pm-5.30pm
3 <sup>rd</sup>	Iona College	McCarthy	1.00pm-4.00pm
10A	Iona College	Harron	8.00am-12.30pm
10B vs Ash	Iona College	McCarthy	8.00am-12.30pm
9A	Padua Fields 222 Elliott Rd, Banyo	Field 1	8.15am-12.45pm
9B	Padua Fields 222 Elliott Rd, Banyo	Field 2	8.15am-12.45pm
9C	Gibson Park 352 Stafford Rd, Stafford	North	8.00am-11.00am

Team	Venue	Oval	Time
8A	Padua Fields 222 Elliott Rd, Banyo	Field 1	1.00pm-5.30pm
8B	Padua Fields 222 Elliott Rd, Banyo	Field 3	1.00pm-5.30pm
8C	Padua College 80 Turner Rd, Kedron	Assisi	11.30am-2.30pm
7A	Padua Fields 222 Elliott Rd, Banyo	Field 2	1.00pm-5.30pm
7B	Padua Fields 222 Elliott Rd, Banyo	Field 3	8.15am-12.45pm
7C	Gibson Park 352 Stafford Rd, Stafford	South	8.00am-11.00am
7 Gold	Boyd Park 11 Boyd Rd, Nundah	Field 1	1.00pm-4.00pm
7 White	BYE		
7 Green vs Pad White	Melrose Park Cnr Roseleigh St and Rose St ,Wooloowin	East	1.00pm-4.00pm
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 Villa White	Carina State School Creek Rd, Carina	Field 1	8.00am-11.00am
6 Green vs Pad White	Kianawah Park Wynnum Rd, Tingalpa	Field 7	7.30am-9.55am
6 Blue vs Villa Green	Belmont State School Bridgenorth St, Carindale	Top Oval	7.30am-10.00am
5A	Padua College 80 Turner Rd, Kedron	Assisi	8.00am-11.30am
5B	Padua Primary Cnr Turner & Broughton Rds, Kedron	Greccio	8.00am-11.30am
5C	Boyd Park 11 Boyd Rd, Nundah	Field 1	7.30am-10.00am
5 Gold	Boyd Park 11 Boyd Rd, Nundah	Field 1	10am-12.30pm
5 White	Melrose Park Cnr Roseleigh St and Rose St ,Wooloowin	East	7.30am-10.00am
5 Green	Melrose Park Cnr Roseleigh St and Rose St ,Wooloowin	East	10am-12.30pm
5 Blue vs ATC	Kianawah Park Wynnum Rd, Tingalpa	Field 7	10am-12.30pm

## Cross Country

### Years 7- 12 Cross Country 2020: 'Fuelled on Discipline!' Pre-season time trial.

All students are welcome to attend, regardless of previous experience or current fitness levels.

Wednesday 12 February 7.00am or 3.15pm on Fuller Oval  
12, 13, 14 years – 2km  
15, 16, 17 years – 3km

Training Starts Week 4 (see below):

Mondays 6.50am – 8.00am (McCarthy Oval)	Wednesdays 3.15pm – 4.30pm (Pool gates or Long 1)	Fridays 7.00am – 8.00am (McCarthy Oval)
Lactate threshold, intervals fartlek, race pace	Aerobic conditioning, long steady tempo runs	Core, strength, speed, games, testing

AIC Championships are Term 2 Week 7, so training begins now...  
See Mr Merrotsy with any questions:

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

## 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](mailto:apinches@brisbaneroar.com.au)  
Ph – 0402 634 774

### Wynnum Wolves FC

- The club is still looking for a number of players for their U13NPL squad and interested persons can contact TD Ken Mitchell [technicaldirector@wdscwolvesfc.com.au](mailto:technicaldirector@wdscwolvesfc.com.au) (also 1 for U14NPL & 1 for U15NPL)
- Divisional trials for U13 and U14 continue to take place – for more information use [this link](#).

## 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](mailto: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 13 – 19 Years Tennis
- Regional 13 – 19 Years Squash
- Met East 13 – 19 Years Softball
- Met East 13-19 Years Golf
- South/Composite 14 – 15 Years Rugby League
- South/Composite 16 – 18 Years Rugby League
- Composite 17 – 19 Years Football
- Composite 13 – 16 Years Football
- Met East 13 – 19 Years Water Polo

Congratulations to Daniel Innes who achieved 8<sup>th</sup> from a fleet of 77 at the Optimists Nationals of sailing.

The C2K Rugby Academy is again running sessions at Ballymore throughout February. These clinics involve elite coaches.

Session Times: Sundays February 9, 16, 23  
U12 – U14 8.00am – 10.00am  
U15 + 9.30am – 11.30am

## Sailing

### Training will be as follows:

Tuesdays for the 3rds and 4ths

Wednesdays for the Nationals Training Squad

Mondays for the 1sts and 2nds

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](mailto:cainek@iona.qld.edu.au)

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

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

### Key Sailing Dates 2020

9 – 16 February will be Team training on a Sunday

Sunday 23 February, 1 March, 8 March – Teams Sailing

Sunday 15 March – Team Sailing States RQYS

15 – 22 March will be Teams Racing States

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

The schedule is below.

Sessions in the morning begin at 6.45am.

Sessions in the afternoon begin at 3.15pm.

Please email Mr Nalatu 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 12	Year 10	Year 12	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 three 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 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
Tues 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 7 February Meet @ Marist College Ashgrove

Please note Years 5 and 6 are not to attend this meet

Bus departs from cricket nets straight after school.

Swim meet @ Ashgrove 4.30pm – 6.15pm.

Bus will return to Iona approx. 7.15pm. Swimmers may return home with parents.

### Interhouse Swimming Meets

All of 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)

Years 7, 8, 9, 10 Week 3 (during sport)

Years 11 and 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](mailto: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
<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	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
<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

- There is no Friday PM training until Week 6.

## Volleyball

### AIC Volleyball Training

Team	Session 1	Session 2
1 <sup>st</sup>	Tuesdays 3.15pm-5.00pm	Thursdays 3.15pm-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	Mondays 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	Wednesdays 7.00am-8.15am
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 7.00am-8.15am
8B	Mondays 3.15pm-4.45pm	
8C	Thursdays 2 <sup>nd</sup> Break	
8D	Thursdays 2 <sup>nd</sup> Break	
7A	Mondays 6.45am-8.00am	Tuesdays 6.45am-8.00am
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

All boys must wear black HPE shorts and white Iona sport 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.

### Volleyball Results vs Ashgrove

1 <sup>st</sup>	lost	1 - 3	9B	lost	1 - 2
2 <sup>nd</sup>	draw	1 - 1	9C	won	3 - 0

3 <sup>rd</sup>	draw	1 - 1	9D	won	3 - 0
4 <sup>th</sup>	lost	1 - 2	8A	won	2 - 1
11A	draw	1 - 1	8B	won	2 - 1
11B	won	2 - 0	8C	won	2 - 1
11C	won	2 - 0	8D	lost	0 - 3
10A	draw	1 - 1	7A	won	3 - 0
10B	lost	1 - 2	7B	won	3 - 0
10C	lost	1 - 2	7C	lost	1 - 2
9A	lost	1 - 2	7D	lost	1 - 2



### AIC vs Padua Schedule (Saturday 8 February)

There will be a 1<sup>st</sup> VI playing shirt presentation for the parents and players of the team. It will be held in the Green (FitzPatrick) Room at 9.30am this Saturday.

The blessing and naming of the outside court will be held at 8.45am.

Venue – Iona College, 85 North Road, Lindum			
Time	Oblate Hall Court 1	Oblate Hall Court 2	Outdoor Court
8.00am	11B (Duty 3 <sup>rd</sup> )	4 <sup>th</sup> (Duty 11C)	
9.00am	3 <sup>rd</sup> (Duty 2 <sup>nd</sup> )	10C (Duty 11B)	11C (Duty 4 <sup>th</sup> )
10.00am	11A (Duty 1 <sup>st</sup> )	10B (Duty 10C)	
11.00am	2 <sup>nd</sup> (Duty 11A)	10A (Duty 10B)	
12.00pm	1 <sup>st</sup> (Duty 10A)		

Venue – Padua College 80 Turner Road, Kedron			
Time	La Cordelle Court 1	La Cordelle Court 2	Greccio Padua Primary Broughton Rd, Kedron
8.00am	8C	7C	7D
9.00am	8B	7B	8D
10.00am	8A	7A	9D
11.00am	9B	9C	
12.00pm	9A		

### 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](#)



## Uniform Shop

### Special Offer - Limited Time Only

Buy any supporter polo or supporter jersey and receive a free Gary Gorilla keyring. Offer valid for two weeks only until end of Week 4.

