



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

19 February

iRESPECT – ALWAYS LEARNING

Commitment to the College, to a sport and to a team is the lifeblood of Iona College sport. It is the action that binds an individual to a greater obligation. It follows that attendance at games and training is crucial to commitment – excuses are the leaks that eventually sink the sporting boat.

Rain has played havoc with interschool sport over the past two weeks. Nevertheless, interhouse swimming, as well as a swim meet with Villanova and AIC volleyball were held. There were also eye-catching performances at the Lytton District swimming for 10-12 year olds.

This week sees a High Performance Sports Information evening on Tuesday, age swim championships Friday afternoon and a round of AFL, volleyball, cricket and sailing over the weekend. With many games against Villanova College, it will be competitive and exciting.

Please note - Lytton District and Met East Regional trial attendance requires a new online payment system. Selected players will be informed. Our Lytton payment code is 5295.

AIC is now on Facebook and Instagram

- Search AIC on Facebook and like @aic sports
- Follow aic_sport on Instagram



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 7-12	Mrs Karen Otway	otwayk@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
Cross Country Yrs 7-12	Mr Brendan Merrotsy	merrotsyb@iona.qld.edu.au
Cross Country Yrs 5-6	Mr Adam McClure	mccclurea@iona.qld.edu.au

Date Claimers

Fri 21 Feb	AIC Years 8/9 and Open AFL
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 Padua
Sun 23 Feb	Sailing
Fri 28 Feb	AIC AFL Years 8/9 and Open
Fri 28 Feb	AIC Swim BBQ
Sat 29 Feb	AIC AFL Years 5-7
Sat 29 Feb	AIC Cricket Years 5-Open vs SPC (A)
Sat 29 Feb	AIC Volleyball Years 7-Open vs SPC (A)
Sun 1 Mar	Sailing
Mon 2 Mar	AIC Swimming Championships
Tues 3 Mar	Met East Regional Swimming
Fri 6 Mar	AIC AFL Years 8/9 and Open
Sat 7 Mar	AIC AFL Years 5-7
Sat 7 Mar	AIC Cricket Years 5-Open vs SLC (H)
Sat 7 Mar	AIC Volleyball Years 7-Open vs SLC (H)
Sat 7 Mar	Volleyball and Cricket Team Photos (for those teams playing at Iona)

Sun 8 Mar	Sailing
Fri 13 Mar	AIC Years 8/9 and Open AFL
Sat 14 Mar	AIC Cricket Years 5-Open vs SEC (A)
Sat 14 Mar	AIC Volleyball Years 7-Open vs SEC (A)
Sat 14 Mar	AIC AFL Years 5-7
Sun 15 Mar	Sailing
Fri 20 Mar	AIC AFL Years 8/9 and Open
Sat 21 Mar	AIC AFL Years 5-7
Sat 21 Mar	AIC Cricket Years 5-Open vs Ashgrove (A)
Sat 21 Mar	AIC Volleyball Years 7-Open vs Ashgrove (A)
Sat 21 Mar	Volleyball and Cricket Team Photos (for those teams playing at Iona)

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

Draw - Friday 21 February

Team	Venue	Time	Field
1 st vs Villa	Coorparoo AFC 33 Birubi St, Coorparoo	5.45pm	Field 2
Years 8/9 vs Villa	Coorparoo AFC 33 Birubi St, Coorparoo	4.30pm	Field 2

There will be a 1st XVIII jersey presentation for the parents and players of the team. It will be held at Coorparoo AFC 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 a bus will be returning to Iona at the conclusion of the games.

Draw - Saturday 22 February

Team	Venue	Field	Time
Year 7 vs Villa	Coorparoo AFC		10.00am
6A vs Padua	AFLQ Carnsdale St, Yeronga	Field 3	10.30am
6B vs Padua	AFLQ Carnsdale St, Yeronga	Field 4	10.30am
5A vs Padua	AFLQ Carnsdale St, Yeronga	Field 3	9.15am
5B vs Padua	AFLQ Carnsdale St, Yeronga	Field 3	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.

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

Week 4 - February 19 and 20 (3.15pm-4.15pm)

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

Week 5 - February 26 and 27 (3.15pm-4.15pm)

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 st / 2 nd	Tuesdays Thursdays	3.20pm-4.30pm 3.20pm-4.30pm
3 rd	Wednesdays	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 A/B/C	Wednesdays	3.20pm-4.30pm
Year 7 Gold	Mondays	3.20pm-4.30pm
Year 6 (A and B only)	Thursdays	3.20pm-4.30pm
Year 6 White	Fridays	7.00am-8.00am
Year 5 (A and B only)	Tuesdays	3.20pm-4.30pm
5C	Wednesdays	3.15pm-5.00pm (Coghill Oval)

Cricket Team Photos

Saturday 7 March - Outside McCarthy 7
Cricket - Teams who are playing at Iona.

Saturday 21 March - Outside McCarthy 7
Cricket - Teams who are playing at Iona.



Teams not playing at Iona on the photo days will have their team photos taken later in the year.

There will be a photo schedule published in the sport newsletter on the Wednesday before each photo day.

Matches vs Villanova

(Saturday 22 February, 2020)

Team	Venue	Oval	Time
1 st	Villanova Park Manly Rd, Tingalpa	Andrew Slack	9.30am-5.30pm
2 nd	Villanova Park Manly Rd, Tingalpa	Fr John Seary	1.00pm-5.30pm
3 rd	Villanova Park Manly Rd, Tingalpa	Field 3	1.00pm-5.30pm

Team	Venue	Oval	Time
10A	Villanova Park Manly Rd, Tingalpa	Fr John Seary	8.00am-12.45pm
10B	Villanova Park Manly Rd, Tingalpa	Field 3	8.00am-12.45pm
9A	Iona College	Harron	8.00am-12.50pm
9B	Iona College	McCarthy	8.00am-12.50pm
9C	Kianawah Park Wynnum Rd, Tingalpa	Field 8	1.00pm-4.00pm
8A	Iona College	Harron	1.00pm-5.30pm
8B	Iona College	Davine	1.00pm-5.30pm
8C	Kianawah Park Wynnum Rd, Tingalpa	Field 12	1.00pm-4.00pm
7A	Iona College	McCarthy	1.00pm-5.30pm
7B	Iona College	Davine	8.00am-12.50pm
7C	Kianawah Park Wynnum Rd, Tingalpa	Field 7	10.15am-1.15pm
7 Gold	Kianawah Park Wynnum Rd, Tingalpa	Field 7	1.30pm-4.30pm
7 White vs Iona Green	Wynnum Workers (Fielders) 35 Bognor St, Tingalpa	Field 1	1.00pm-4.00pm
7 Green vs Iona White	Wynnum Workers (Fielders) 35 Bognor St, Tingalpa	Field 1	1.00pm-4.00pm
6A	Kianawah Park Wynnum Rd, Tingalpa	Field 9	8.00am-11.30am
6B	Kianawah Park Wynnum Rd, Tingalpa	Field 11	8.00am-11.30am
6C	Kianawah Park Wynnum Rd, Tingalpa	Field 8	7.30am-10.00am
6 Gold vs Villa White	Kianawah Park Wynnum Rd, Tingalpa	Field 12	7.30am-10.00am
6 White vs SPC Gold	SPC playing fields Curlaw St, Shorncliffe	P and F 1	11.00am-1.30pm
6 Green	Kianawah Park Wynnum Rd, Tingalpa	Field 8	10.00am-12.30pm
6 Blue	Kianawah Park Wynnum Rd, Tingalpa	Field 12	10.00am-12.30pm
5A	Kianawah Park Wynnum Rd, Tingalpa	Field 1	8.00am-11.30am
5B	Kianawah Park Wynnum Rd, Tingalpa	Field 2	8.00am-11.30am
5C	Kianawah Park Wynnum Rd, Tingalpa	Field 3	7.30am-9.55am
5 Gold	Kianawah Park Wynnum Rd, Tingalpa	Field 3	10.00am-12.55pm
5 White	Kianawah Park Wynnum Rd, Tingalpa	Field 7	7.30am-10.00am

Team	Venue	Oval	Time
5 Green vs Iona Blue	Iona College	Iona Training Field	8.00am-11.00am
5 Blue vs Iona Green	Iona College	Iona Training Field	8.00am-11.00am

Cross Country

Years 7-12 Cross Country 2020: 'Fuelled on Discipline!'

Week 4 Training / Time Trials

Wednesday: 3.15pm-4.15pm	Friday: 7.00am-8.00am
Time trial 12, 13, 14 Yrs: 2km 15, 16, 17 Yrs: 3km Meet on Fuller Oval (Soccer fields)	Time trial 12, 13, 14 Yrs: 2km 15, 16, 17 Yrs: 3km Meet on Fuller Oval (Soccer fields)

Week 5 Training

Monday: 6.50am-8.00am Grimace session Devil's 1km loops Meet at pool gates	Wednesday: 3.15pm-4.15pm Aerobic conditioning Bus to Lota Trails Meet at Long 1	Friday: 7.00am-8.00am Speed work Red Rover Meet at pool gates
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AIC Championships are Term 2 Week 7.

See Mr Merrotsy with any questions:

merrotsyb@iona.qld.edu.au

Years 5 and 6 Cross Country Training

Boys are to meet the coaches at the undercover handball courts.

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.

See Mr McClure with any questions. mccclurea@iona.qld.edu.au

Week 4 - Wed Afternoon	3.10pm-4.10pm
Week 5 - Wed Afternoon	3.10pm-4.10pm
Week 6 - Wed Afternoon	3.10pm-4.10pm
Fri Afternoon	3.10pm-4.10pm
Week 7 - Wed Afternoon	3.10pm-4.10pm
Fri Afternoon	3.10pm-4.10pm
Week 8 - Wed Afternoon	3.10pm-4.10pm
Fri Afternoon	3.10pm-4.10pm
Week 9 - Wed Afternoon	3.10pm-4.10pm
Fri Afternoon	3.10pm-4.10pm
Week 10 - Wed Afternoon	3.10pm-4.10pm

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

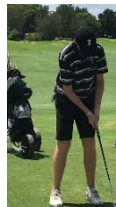
Year Levels: 5-9

Cost: \$90.00

Registrations: [Registration Link](#)

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

Golf



The first round of the QIGA golf season got underway on the tough Indooroopilly golf course. The team was excited to start the season and it showed with their strong performance by finishing 4th



in the Nett competition. The team was well led by their captain, Isaac Curyer, who shot a very good Nett 69. Congratulations to Luke Biddle and Kai Schloss who made their debut. Ryan Ward and Mitchell Brown rounded out the team, the improvement in these two young men's golf game is exciting to see. The next event is in Term 2 on the Gold Coast.

High Performance

Met East Sport Trials

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

- Composite 17-19 Years Football
- Composite 13-16 Years Football
- Composite 13-14 Years AFL
- Composite 16-18 Years Basketball
- Composite U15 Years Volleyball
- Composite U19 Years Volleyball

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

Session Times: Sunday 23 February
U12-U14 8.00am-10.00am
U15 + 9.30am-11.30am

Oblate Trophy

Interhouse Swimming Winners	
Year 5	Mazenod
Year 6	Cebula
Year 7	Mazenod
Year 8	Grandin
Year 9	Gerard
Year 10	Gerard



Current Points – Swimming

1 st Mazenod	36.5	5 th Charlebois / Albini	25
2 nd Grandin	28.5	7 th Cebula	21.5
3 rd Anthony / Gerard	30	8 th MacKillop	19

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
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
15-22 March - 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**.

All boys who use the Iona Gym need to review the NEW schedule for Term 1. Please note the allocated sessions – Football, Rugby 1, Rugby 2. Any boy who is not a member of these groups needs to train on Monday/Wednesday and/or Friday (morning/afternoon). Please see Mr Nalatu in the Sport Office if you have any questions.

Day	Mon	Tues	Wed	Thurs	Fri
Before School	Football	Rugby 1	Individuals	Rugby 2	Catch ups / Individuals
After School	Individuals	Rugby 2	Individuals	Rugby 1	Individuals

Swimming

The Lytton District trials and the meet against Villanova provided opportunity for swimmers to establish times relevant for eventual selection in the AIC Championship on Monday 2 March, 1.30pm-6.30pm. Details of Met East regional swimming will be provided prior to this event on Tuesday 3 March.

Iona Age Championships

3.15pm Warm up
3.30pm Meeting for timekeepers and officials
3.45pm 200m Ind Medley Open
3.50pm 100m Freestyle All ages (one race / age)
4.05pm 50m Breastroke All ages
4.35pm 200m Freestyle 15 Years and Under

4.40pm 50m Freestyle All ages
 5.10pm 50m Backstroke All ages
 5.35pm 400m Freestyle Open
 5.45pm 50m Butterfly All ages (one race / age)

Compulsory Squad Training

Primary 6.30am Tuesdays
 Senior 6.00am Wednesdays
 During year level sport for Years 5-9 (not Year 10)
 All other training times are also available.

Key Dates

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

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 or 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

2nd / 3rd / 4th volleyball training during Week 4 will be on Friday morning 7.00am-8.15am.

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 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 Results vs St Peters

The 1st VI won a competitive game while all our senior teams led the way with team efforts. A strong College performance is required this week to regain the lead in the AIC Volleyball aggregate.

1 st	won	3 - 1	9B	lost	0 - 3
2 nd	won	2 - 0	9C	lost	1 - 2
3 rd	won	2 - 1	9D	won	2 - 1
4 th	won	2 - 0	8A	won	3 - 0
11A	won	2 - 0	8B	won	3 - 0
11B	won	2 - 0	8C	won	2 - 0
11C	lost	0 - 2	8D	won	3 - 0
10A	won	2 - 0	7A	lost	1 - 2
10B	lost	1 - 2	7B	won	3 - 0
10C	won	2 - 0	7C	won	2 - 0
9A	lost	0 - 3	7D	won	3 - 0



Volleyball Team Photos



Saturday 7 March - Outside McCarthy 7
 Years 10, 11 and Open teams who are playing at Iona.

Saturday 21 March - Outside McCarthy 7
 Years 7, 8 and 9 teams who are playing at Iona.

Teams not playing at Iona on the photo days will have their team photos taken later in the year.

There will be a photo schedule published in the sport newsletter on the Wednesday before each photo day.

AIC vs St Peters Schedule (Saturday 22 February)

Please note that all boys in Years 7-9 volleyball teams are required to do a duty this week.

Venue – Iona College, 85 North Road, Lindum			
Time	Oblate Hall Court 1	Oblate Hall Court 2	Covered Outdoor (Allan Court)
8.00am	8C (Duty 7D)	7C (Duty 7B)	
9.00am	8B (Duty 8A)	7B (Duty 7C)	7D (Duty 8C)
10.00am	8A (Duty 8B)	7A (Duty 9C)	8D (Duty 9D)
11.00am	9B (Duty 9A)	9C (Duty 7A)	9D vs SPC (Duty 8D)
12.00pm	9A (Duty 9B)		

Venue – Villanova College Eighth Ave, Coorparoo		
Time	Goold Court 1	Goold Court 2
8.00am	11B	
9.00am	3rd	10C
10.00am	11A	10B
11.00am	2nd	10A
12.00pm	1st	
Supp Games	4 th vs St Patrick's @ St Patrick's Entry via Yundah St or Pier Ave, Shorncliffe. Callen Centre Court 2, 10.15am	
	11C vs St Laurence's 11D @ SLC 82 Stephen's Rd, South Brisbane. Court 3, 7.45am	

Canteen Sign Up Link

Parents of Years 7-9 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

Be part of the Black and White in 2020!

IONA SUPPORTER GEAR

- \$75 - GORILLA JERSEY S - 3XL
- \$50 - GORILLA SHORTS XS - 2XL
- \$45 - B/W STRIPE POLO XS - 3XL
- CAPS FROM \$20
- \$70 - PINK JERSEY SHORT SLEEVE 8 - 24 / 2XS - 4XL

PH: 07 3893 8863
UNIFORMSHOP@IONA.BLD.EDU.AU

Special Offer – ends Friday 21 February

Buy any supporter polo or supporter jersey and receive a free Gary Gorilla keyring.



Gorilla Swimwear and Hooded Towels

Check out our gorilla swimwear and hooded towels.

- Iona Hooded Towels - \$50 (Sizes S, M, L)
- Gorilla Swimwear - \$50 (Sizes 26, 28, 30 and 36)

