



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

11 March

iRESPECT – ALWAYS LEARNING

The St Laurence's round of sport was exciting. The 1st XI won with two balls remaining, the 1st VI went down 12-15 in the deciding 5th set and the 1st XVIII lost to a strong opposition. All other games were played in good spirit within our first ever Yura Round to raise awareness for our First Nation Peoples.

Our round vs St Edmund's will see teams spread throughout Brisbane. It requires organisation and commitment. Our teams also need to successfully finish this summer season over the final two rounds by attending training and games. Our sailing boys move into State Championships.

Details of winter sport organisation will be provided at school and via next week's newsletter. Selection will be based on trial performance, training work ethic, representative performance and attitude.

AIC is now on Facebook and Instagram

- Search AIC on Facebook and like @aicsports
- Follow aic_sport on Instagram



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 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)
Sun 22 Mar	Sailing
Sat 28 Mar	Rugby / Football Intratrials
Sun 29 Mar	Sailing
Thurs 2 April	1 st XV vs Villa
Fri 3 April	Interhouse Cross Country
6 – 8 April	Ballymore Open Rugby
15 – 16 April	Roar Football Clinic

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 Round 5

5A	Won 70 vs St Patrick's 12
5B	Won 63 vs St Patrick's 13
6A	Won 70 vs St Patrick's 12
6B	Lost 42 vs St Patrick's 43
Year 7	Lost 21 vs St Laurence's 47
Years 8/9	Lost 38 vs St Laurence's 43
1 st	Lost 6 vs St Laurence's 60



Round 6, Friday 13 March

Team	Venue	Time	Field
1 st vs St Edmund's	Coorparoo AFC 33 Birubi St, Coorparoo	7.00pm	Field 1
Years 8/9 vs St Edmund's	Coorparoo AFC 33 Birubi St, Coorparoo	5.45pm	Field 2

The bus will depart Iona College at 3.15pm. Students are to meet at the cricket nets near Harron Oval.

Please note that NO bus will be returning to Iona at the conclusion of the games.

Round 6, Saturday 14 March

Team	Venue	Field	Time
Year 7 vs St Edmund's	Coorparoo AFC 33 Birubi St, Coorparoo	Field 2	10.00am
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 2	9.15am
5B vs SLC	AFLQ Carnsdale St, Yeronga	Field 2	8.00am

Cricket

Term 1, 2020 Training Schedule

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 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

Team	Training Day	Time
Year 6 (A and B only)	Thursdays	3.20pm-4.30pm
Year 6 C	Fridays	3.15pm-4.30pm
Year 6 White	Fridays	7.00am-8.00am
Year 5 (A and B only)	Tuesdays	3.20pm-4.30pm
Year 5 C	Wednesdays	3.15pm-5.00pm (Coghill Oval)

Results of Round 5 vs St Laurence's

1 st	won	Iona 9/145 SLC 10/144	6A	won	Iona 2/163 SLC 7/93
2 nd	lost	Iona 102 SLC 9/103	6B	won	Iona 1/83 SLC 5/73
3 rd	lost	Iona 139 SLC 219	6C	won	Iona 2/90 SLC 5/80
10A	lost	Iona 10/104 SLC 7/125	6 Gold	lost	Iona 6/47 SLC 6/59
10B	lost	Iona 8/20 SLC 6/110	6 White	won	Iona 3/83 Ash White 8/37
9A	won	Iona 7/149 SLC 6/101	6 Green	lost	Iona 3/57 Padua Green 3/64
9B	won	Iona 2/86 SLC 10/84	6 Blue	BYE	
9C	won	Iona 1/75 SLC 9/73	5A	won	Iona 8/174 SLC 5/159
8A	lost	Iona 121 SLC 2/134	5B	won	Iona 10/136 SLC 10/91
8B	won	Iona 8/168 SLC 141	5C	won	Iona 7/109 SLC 4/97
8C	lost	Iona 7/69 SLC 6/163	5 Gold	won	Iona 3/117 SLC 9/88
7A	won	Iona 1/80 SLC 8/78	5 White	won	Iona 100 Pad White 71
7B	lost	Iona 120 SLC 4/131	5 Green	won	Iona 5/114 Padua Green 6/97
7C	won	Iona 5/137 SLC 8/107	5 Blue	lost	Iona 60 Ash Blue 5/74
7 Gold	won	Iona 4/81 SLC 45			
7 White	lost	Iona 4/74 SLC 7/75			
7 Green	lost	Iona 4/82 Ash white 4/149			



Cricket Team Photos

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.

Round 6, Saturday 14 March

Team	Venue	Oval	Time
1 st	Tivoli Sports Complex, Church St, Tivoli.	Field 1	9.30am-5.45pm
2 nd	BYE		
3 rd vs SEC 2 nd	Tivoli Sports Complex, Church St, Tivoli.	Field 2	1.00pm-5.30pm
10A	Tivoli Sports Complex, Church St, Tivoli.	Field 2	8.15am-12.50pm
10B	BYE		
9A	Iona College	Davine	8.15am-12.50pm
9B	BYE		
9C vs Ash White	Iona College	Harron	2.30pm-5.30pm
8A	Iona College	Davine	1.00pm-5.30pm
8B	BYE		
8C vs SEC 8B	Iona College	Harron	11.15am-2.15pm
7A	Iona College	McCarthy	1.00pm-5.30pm
7B vs SLC 7B	Iona College	McCarthy	8.00am-12.50pm
7C vs SEC 7B	Iona College	Harron	8.00am-11.00am
7 Gold	BYE		
7 White vs SLC Gold	Wynnum Workers (Fielders) 35 Bognor St, Tingalpa	Field 1	12.00pm-3.00pm
7 Green vs Ash Blue	Iona College	Coghill	1.00pm-4.00pm
6A vs ATC	Ambrose Treacy College Kate St, Indooroopilly	Jack Bowers North	8.00am-11.30am
6B vs ATC	Ambrose Treacy College Kate St, Indooroopilly	Jack Bowers South	8.00am-11.30am
6C vs ATC	Bellbowrie Sport & Rec. Sugarwood St, Bellbowrie	Field 5	7.30am-10.00am
6 Gold vs Iona White	Iona College	Coghill	7.30am-10.00am
6 White vs Iona Gold	Iona College	Coghill	7.30am-10.00am
6 Green vs Iona Blue	Iona College	Coghill	10.00am-12.30pm

Team	Venue	Oval	Time
6 Blue vs Iona Green	Iona College	Coghill	10.00am-12.30pm
5A vs ATC	Kianawah Park Wynnum Rd, Tingalpa	Field 1	8.00am-11.30am
5B vs ATC	Kianawah Park Wynnum Rd, Tingalpa	Field 2	8.00am-11.30am
5C vs ATC	Kianawah Park Wynnum Rd, Tingalpa	Field 3	7.30am-10.00am
5 Gold vs ATC	Kianawah Park Wynnum Rd, Tingalpa	Field 7	7.30am-10.00am
5 White	BYE		
5 Green vs ATC	Kianawah Park Wynnum Rd, Tingalpa	Field 7	10.00am-12.30pm
5 Blue vs ATC	Kianawah Park Wynnum Rd, Tingalpa	Field 3	10.00am-12.30pm

Cross Country

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

Week 7 Training

Monday	Wednesday	Friday
6.50am-8.00am	3.15pm-4.15pm	7.00am-8.00am
Intervals IMLAH'S 400'S Meet at pool gates	Aerobic conditioning Long run local - Rambo Meet at pool gates	Cross Training Red Rover Meet at pool gates

Week 8 Training

Monday	Wednesday	Friday
6.50am-8.00am	3.15pm-4.15pm	7.00am-8.00am
Intervals Daly Meets Harron Hillfest Meet at pool gates	Aerobic conditioning Bus to Wynnum foreshore Meet at Long 1	Cross Training Boot Camp Meet at pool gates

AIC Championships are Term 2 Week 7.

See Mr Merrotsky with any questions:

merrotskyb@iona.qld.edu.au.

Years 5 and 6 Cross Country Training

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

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

Week 7 - Wednesday Afternoon	3.10pm-4.10pm
Friday Afternoon	3.10pm-4.10pm
Week 8 - Wednesday Afternoon	3.10pm-4.10pm
Friday Afternoon	3.10pm-4.10pm
Week 9 - Wednesday Afternoon	3.10pm-4.10pm
Friday Afternoon	3.10pm-4.10pm
Week 10 - Wednesday 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

High Performance

Met East Sport Trials

Mr Harron in the Sport Department is taking final nominations for:

- Composite 15 Years Touch
- Composite 19 Years Hockey

Congratulations to the following boys for their selection in Met East teams:

Met East 15 Years Rugby League: Jeremy Trappett, William Quinn, William Lane, Lehopoame Leota.

Met East Open Rugby League: Charlie Kwock-Sun Barker, Zaen Edmonds.

Terry Mackenroth Memorial Junior Sports Scholarship

The Camp Hill Carina Welfare Association in conjunction with the Carina Leagues Club is pleased to announce that applications for the 2020 Terry Mackenroth Memorial Junior Sports Scholarship are now open and will close on 30 April 2020.

The scholarship will provide an emerging athlete with up to \$10,000 in funding support to attend State, National or International events including competitions, camps or training programs for which they have been selected to attend by the specific sport's State or National governing body.

Applicants must meet the following criteria:

- Be under 18 years of age at the time of application
- Must be achieving minimum educational standards with a letter of confirmation required from the applicant's education institution
- Be a registered player with a Camp Hill Carina Welfare Association affiliated club

or

- Be a resident in the State electoral seat of Chatsworth

Mountain Biking

Mountain Biking will continue in 2020 with the focus event being the National Schools Championship in Nerang, 14-16 August.



The Rocky Trail Academy Schools Competition will also exist in 2020 with dates as follows:

Nerang: Friday 29 May
Moreton Bay: Friday 12 June
Toowoomba: Friday 17 July

Details are available via gold-coast-schools-mtb-comp (entries yet to open).

A link will be available in next week's sport newsletter for riders wishing to purchase Iona MTB clothing.

Further details are available from either:

- Mr Harron harronk@iona.qld.edu.au or
- Mr Davison davisond@iona.qld.edu.au

Sailing

Training will be as follows:

- Tuesdays for the 3^{rds} and 4^{ths}
- Wednesdays for the Nationals Training Squad
- Mondays for the 1^{sts} and 2^{nds}

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

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

The schedule for strength training at the Iona Gym is below:

Sessions in the morning begin at 6.45am.

Sessions in the afternoon begin at 3.15pm.

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

Congratulations to the following swimmers who gained Met East selection: Thomas Sullivan, Jack Sullivan, Benjamin Goedemans, Zahn Percy, Hayden Wasiak, Benjamin Garozzo, Riley Mather, Gil Griffiths, Angus Cran, Jacob Johns, Tyce Percy, Kyan Muir, Sean Jacobsen, Kai Thomas, Jack Martin.

Met East performances included:

Angus Cran won 6 events including 2 records.
 Hayden Wasiak won 4 events. Zahn Percy and Benjamin Goedemans won 2 events each and Jack Martin also won an event. This is a strong effort at regional level.

Ten College swim records fell throughout last week with Hayden Wasiak swimming the fastest 200m individual medley, 50m backstroke and 50m breaststroke ever. Benjamin Goedemans broke the long standing Open 400m freestyle record as well as the 16 years 100m freestyle record. Angus Cran broke 2 x Year 5 records and the Year 5 medley and freestyle relays and the 16 years freestyle relay also set new record times.

The Acacia Bayside Club Championships are on at Iona College on Saturday 21 March. More details are available from Iona coaches on pool deck.

Key Dates

- 23-25 March Qld Schools 10-12 Years Championships
- 26-28 March Qld Schools 13-19 Years Championships
- 5-12 August 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

Volleyball

Volleyball Results vs St Laurence's

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

10A	won	2 - 0	7A	won	2 - 1
10B	won	2 - 0	7B	won	2 - 1
10C	lost	0 - 2	7C	lost	0 - 2
9A	lost	1 - 2	7D	won	3 - 0



Volleyball Team Photos

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.

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](#)

AIC vs St Edmund's Schedule, Saturday 14 March

Please note that 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)
8.15am	8C (Duty 7D)	7C (Duty 7B)	
9.15am	8B (Duty 8A)	7B (Duty 8C)	7D (Duty 7C)
10.15am	8A (Duty 8B)	7A (Duty 9C)	
11.15am	9B (Duty 9A)	9C (Duty 7A)	
12.15pm	9A (Duty 9B)		
BYES	8D, 9D		

Venue – St Edmund's 16 Mary St, Woodend, Ipswich			
Time	Court 1	Court 2	Court 3
9.15am	3rd	10C	
10.15am	11A	10B	
11.15am	2nd	10A	
12.15pm	1st		
BYES	4 th , 11B		
Supp	11C vs Ash 11D Marist College Frasers Rd, Ashgrove 7.30am Champagnat Centre, Middle Court.		