



# IONA SPORT



**LIVE LEARN LEAD SERVE**

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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 (7-12):	Mr Sean Devlin	3906 8905
Assistant Head of Sport (5-6):	Mr Chris Pritchard	3893 8869
Sports Administrator:	Mrs Karen Otway	3893 8805

## 27 May

The Associated Independent Colleges have released the new 2020 season draw. After much collaboration, Term 3 will be divided into two “short and sharp” seasons to allow all players to experience their chosen sports. At Iona College, we will plan and implement so as to be competitive in the new AIC format. Our strength of character has always allowed our sports teams and individuals to cope with what is challenging. Amidst the health directives, it will be different but exciting and enjoyable. It will be played in pools with cross pool grand finals.

Iona has drawn St Patrick’s, Villanova and St Peters in basketball and tennis in the first season. In the second season of rugby union, football and chess, Iona has drawn St Peters, Villanova and St Laurence’s. Years 5 and 6 will play a four round season without grand finals. See date claimers for exact scheduling.

## Sports Sign On

All boys will be sent an email on Wednesday 27 May with a link to sign on for some sports in Term 3.

Boys can sign on for one sport in each block.

Block 1 will be for Basketball and Tennis.

Block 2 is for Rugby Union and Football.

Chess trials were held in Term 1 so sign on for chess is not required.

All boys are expected to fill in the sign on survey by Monday 1 June, even if they do not want to play sport.

- Track and Field and Cross Country selections will be done through trial meets to be confirmed at a later date.
- Rugby League is likely to be played either at the start of the Term 3 vacation or early Term 4.
- Further information will be provided for swimming, track and field, golf, water polo, touch and mountain biking.

## Date Claimers

**Fri 17 July:** Round 1 of Years 5 and 6 AIC Basketball vs St Patrick’s (A)

**Sat 18 July:** Round 1 of AIC Basketball and Tennis vs St Patrick’s (A)

**(The above games are the last Friday and Saturday of the student vacation, so all in our community need to be aware of this commitment.)**

**Fri 24 July:** Round 2 of Years 5 and 6 AIC Basketball vs Villanova (A)

**Sat 25 July:** Round 2 of AIC Basketball and Tennis vs Villanova (A)

**Fri 31 July:** Round 3 of Years 5 and 6 AIC Basketball vs St Peters (H)

**Sat 1 Aug:** Round 3 of AIC Basketball and Tennis vs St Peters (H)

**Fri 7 Aug:** Round 4 of Years 5 and 6 AIC Basketball vs Ashgrove (H)

**Fri 7 Aug:** 1<sup>st</sup> V Basketball Grand Final cross overs: 1vs1, 2vs2, 3vs3, 4vs4 at St Laurence’s (Evening games TBC)

**Sat 8 Aug:** Grand Final cross overs: 1vs1, 2vs2, 3vs3, 4vs4

**Wed 12 Aug:** AIC Cross Country - depending on government gathering numbers allowed

**14 - 16 Aug:** Is now the Ekka break weekend

**Fri 21 Aug:** Round 1 of AIC Chess vs St Peters (A)

**Sat 22 Aug:** Round 1 of AIC Rugby Union and Football vs St Peters (A)

**Fri 28 Aug:** Round 2 of AIC Chess vs Villanova (H)

**Sat 29 Aug:** Round 2 of AIC Rugby Union and Football vs Villanova (H)

**Fri 4 Sept:** Round 3 of AIC Chess vs St Laurence’s (A)

**Sat 5 Sept:** Round 3 of AIC Rugby Union and Football vs St Laurence’s (A)

**Fri 11 Sept:** AIC Chess Grand Final cross overs: 1vs1, 2vs2, 3vs3, 4vs4 (venue TBC)

**Sat 12 Sept:** AIC Rugby Union and Football Grand Final cross overs: 1vs1, 2vs2, 3vs3, 4vs4

## Gathering / Training

Government directives provide gathering and training restrictions. The Sports Department will monitor this aspect of sport, including the use of PE and sports curriculum lessons as being assistance to sports preparation. All are requested to be patient as we weave our way through a new program.

### Key Personnel for Term 2, 2020

Head of Sport	Mr Keith Harron	<a href="mailto:harronk@iona.qld.edu.au">harronk@iona.qld.edu.au</a>
General Enquiries Years 7-12	Mr Sean Devlin	<a href="mailto:devlins@iona.qld.edu.au">devlins@iona.qld.edu.au</a>
General Enquiries Primary	Mr Anthony Bannerman	<a href="mailto:bannermana@iona.qld.edu.au">bannermana@iona.qld.edu.au</a>
High Performance	Mr Rick Nalatu	<a href="mailto:nalatur@iona.qld.edu.au">nalatur@iona.qld.edu.au</a>
Open Rugby	Mr Ben Devlin Mr James Cassidy	<a href="mailto:devlinb@iona.qld.edu.au">devlinb@iona.qld.edu.au</a> <a href="mailto:cassidyj@iona.qld.edu.au">cassidyj@iona.qld.edu.au</a>
Open Football	Mr James Townsend	<a href="mailto:townsendj@iona.qld.edu.au">townsendj@iona.qld.edu.au</a>
Cross Country Years 7-12	Mr Brendan Merrotsy	<a href="mailto:merrotsyb@iona.qld.edu.au">merrotsyb@iona.qld.edu.au</a>
Cross Country Years 5-6	Mr Adam McClure	<a href="mailto:mcclurea@iona.qld.edu.au">mcclurea@iona.qld.edu.au</a>
Tennis Years 5-12	Mr Paul Cook	<a href="mailto:cookp@iona.qld.edu.au">cookp@iona.qld.edu.au</a>
Basketball Years 10-12	Mr Anthony Bannerman	<a href="mailto:bannermana@iona.qld.edu.au">bannermana@iona.qld.edu.au</a>
Basketball Years 7-9	Mrs Karen Otway	<a href="mailto:otwayk@iona.qld.edu.au">otwayk@iona.qld.edu.au</a>
Basketball Years 5-6	Mr Stewart Greenbank	<a href="mailto:greenbanks@iona.qld.edu.au">greenbanks@iona.qld.edu.au</a>
Chess	Mr Matt Collyer	<a href="mailto:collyerm@iona.qld.edu.au">collyerm@iona.qld.edu.au</a>

## Basketball

### Rebooting Iona Basketball

Fitness sessions for 1<sup>st</sup> basketball will be on Tuesdays and Thursdays from 3.15pm – 4.15pm starting Week 7. Students involved will be notified by Mr Bannerman.

## Chess

### Rebooting Iona Chess

Information on restarting will be provided by Mr Collyer and Mrs Stapleton.

## Cross Country

### Rebooting Iona Cross Country

- AIC cross country is scheduled for Wednesday 12 August.

Gatherings will begin as follows in groups of 10 (with assisting coaches).

### Primary Cross Country (Meet at Handball Courts)

Week 7 fitness sessions for Years 5 and 6 selected runners are:

Year 6 – Tuesday 2 June 3.15pm – 4.30pm

Year 5 – Thursday 4 June 3.15pm – 4.30pm

## Years 7 – 12 Cross Country

Week 6 Gatherings (Meet at McCarthy Oval)

<b>Wednesday 26 May</b> 3.15pm - 4.15pm	<b>Friday 29 May</b> 7.00am - 8.00am
14 Years and 15 Years runners	12 Years and 13 Years runners

Week 7 Gatherings (Meet at McCarthy Oval)

<b>Monday 1 June</b> 7.00am – 8.00am	<b>Wed 3 June</b> 3.15pm - 4.15pm	<b>Friday 5 June</b> 7.00am - 8.00am
16 Years and Open Age runners	14 Years and 15 Years runners	12 Years and 13 Years runners

Due to the current restrictions, we can only provide one session per week at school. It is hoped that all runners will continue with the at home sessions as well.

### At Home Training Sessions

#### Years 7-12 Cross Country Training Sessions – Week 6

Session 1	Session 2	Session 3
<b>Intervals</b> Use an oval / park and complete 7-10 laps with walk recovery.	<b>4-10 km base run</b> Find a flat track, park or path. Pace is just under race pace.	<b>Broken 5 km</b> At race pace: Run 1500m Rest 3 min Run 1000m Rest 2 min Run 1500m Rest 3 min Run 1000m Rest 2 min

#### Years 7-12 Cross Country Training Sessions – Week 7

Session 1	Session 2	Session 3
<b>Intervals</b> Use an oval / park and complete 7-10 laps with walk recovery.	3 km (12/13/14 Yrs) or 5 km time trial (15/16/17 Yrs)	<b>Hills</b> Find some gentle hills, 30 seconds long. 10 - 15 reps.

## Football

### Rebooting Iona Football

1<sup>st</sup> squad fitness sessions will continue on Thursdays from 4 June from 3.15pm – 4.45pm on Dwyer Oval. Mr Townsend will contact those students involved.

Other ages will be advised when training begins.

## Golf

### Rebooting Iona Golf

Our progression is pending updates from governing bodies.

## Mountain Biking

### Rebooting Iona Mountain Biking

Our progression is pending updates from governing bodies.

## Rugby Union / Rugby League

### Rebooting Iona Rugby Union

1<sup>st</sup> squad fitness sessions in groups of 10 will begin on Thursday 28 May. Further details will be provided by Mr Ben Devlin or Mr Cassidy.

Other ages will be advised when training begins.

## Tennis

### Rebooting Iona Tennis

Our Open squad will continue private gatherings. All other ages will be notified of future trials / age championships organisation.

Next week, an opportunity to meet will be given to tennis players willing to play AIC competition of a Saturday.

## Swimming

### Rebooting Iona Swimming

Step 2 of pool use still involves reduced numbers in the pool at the same time. Swim staff have rebooted swimming with our Senior and Intermediate squads. Cadet squads will be gradually introduced via coach invitation. It will involve groups in the pool and on land. Social distancing applies and showers are not to be used.

#### Sessions

Mornings	Mondays, Tuesdays, Thursdays and Fridays	Time depends on group allocation.
	Saturdays	Time depends on group allocation.
Afternoons	Monday - Friday	Time depends on group allocation.

Any correspondence can be directed to Iona College swim coordinator, Mr Keith Harron [harronk@iona.qld.edu.au](mailto:harronk@iona.qld.edu.au), or swim coach, Mr Michael Lewandowski [lewandowskim@iona.qld.edu.au](mailto:lewandowskim@iona.qld.edu.au).