



IONA SPORT



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

3 June

This newsletter contains important information on how Iona College Sport will reboot in Terms 2 and 3. The season planner is included and all involved should familiarise themselves with these dates and guidelines. As mentioned last week, it will be different but exciting and enjoyable.

Once the short and sharp seasons get underway, our teams will be motivated by the phrase "every point counts". In the reduced formats, there will be little room for poor performance and all teams will need to make the most of opportunity – thus, "every point counts".

Many thanks to all the students who have signed on to play sport over the next seasons. Please be patient in the current health environment as restrictions will limit what we are able to do as a community.

Sport Uniforms / Gear Requirements

The below items are all available from the Uniform Shop. **Please wait until selections are made prior to purchasing any uniforms.**

Basketball

- Iona basketball shorts
- White Iona sport socks
- Iona basketball singlet (hired to students and a \$20 hire fee is added to College fees)
- Iona sport jacket or hoodie (No non-Iona jumpers or track suit pants to be worn)



Tennis

- White Iona polo shirt
- Black Iona HPE shorts
- White Iona sport socks
- Iona I-cap
- Iona sport jacket or hoodie (No non-Iona jumpers or track suit pants to be worn)



Cross Country

- Black Iona athletics shorts or Iona HPE shorts
- Black Iona athletics singlet
- White Iona sport socks
- Iona I-cap
- Iona sport jacket or hoodie (No non-Iona jumpers or track suit pants to be worn)



Rugby Union

- Iona rugby union shorts
- Iona rugby union jersey
- Black Iona football socks
- Iona sport jacket or hoodie (No non-Iona jumpers or track suit pants to be worn)
- **Mouthguards and football boots are compulsory**
- Headgear and mouthguards available at Uniform Shop



Football (Soccer)

- Black Iona HPE shorts
- Iona football jersey
- Black Iona football socks
- Iona sport jacket or hoodie (No non-Iona jumpers or track suit pants to be worn)
- **Shin guards and football boots are compulsory**
- Shin guards available at Uniform Shop



Chess

- Iona formal winter uniform
- Iona chess tie



Talent Identification

Through our sport curriculum program, those athletes with cross country and track and field talent are currently being identified. In cross country, congratulations to all primary runners who ran last week.

Cross Country House Points: Anthony leads overall

Year Level	1st	2nd	3rd	4th	5th	6th	7th	8th
Yr 5	Ant	Maz	Cha	Alb	Ceb	Mac	Gra	Ger
Yr 6	Alb	Mac	Ant	Maz	Ceb	Ger	Gra	Cha
5/6 overall	Ant	Maz	Alb	Mac	Ceb		Gra	Ger

Track and Field House Points: Mazenod leads overall

Year Level	1st	2nd	3rd	4th	5th	6th	7th	8th
Yr 7	Maz	Mac	Ger	Ant	Alb	Cha	Gra	Ceb
Yr 8	Maz	Gra	Mac	Ant	Ceb	Cha	Alb	Ger
Yr 9	Ceb	Ger	Ant	Maz	Cha	Alb	Gra	Mac
Yr 10	Mac	Alb	Ant	Ger	Ceb	Maz	Cha	Gra

Iona Sport Season Planner

All subject to change based on government guidelines

Term 2: Weeks 7 - 10

Phase 2 of sport with groups of 20 allowed and some school swim training allowed. Normal P.E. classes allowed with physical distancing promoted.

This will involve:

- Selective senior and intermediate swimming gatherings.
- 1st IV tennis, 1st XV rugby, 1st XI football and 1st V basketball squad gatherings plus cross country gatherings in groups of 20.
- Talent identification for cross country, track and field, basketball, tennis, rugby union and football through P.E. and sport curriculum lessons.
- Wed 10 June: 3rds/4ths/Year 11 basketball gathering 3.15pm - 4.30pm
- Tues 16 June: Year 7 cross country time trial (during sport)
- Sat 20 June: Iona Tennis Championships (in small groups)

Vacation

Friday 10 July sees community sport move to phase 3 involving:

- A maximum of 100 people and contact allowed.
- Spectator arrangements to be confirmed.

15 - 17 July: Iona Tennis Clinic

Fri 17 July:

- Tennis training for Years 5 - Open AIC teams.
- Basketball training for all Years 7 - Open AIC teams.
- **Round 1 of Years 5 & 6 AIC Basketball** vs St Patrick's (A)
- Regular basketball and tennis training begins.

Sat 18 July:

- **Round 1 of AIC Basketball and Tennis** vs St Patrick's (A)

(The above Round 1 games are the last Friday and Saturday of the student vacation, so all in our community need to be aware of this commitment.)

Term 3: Weeks 1 - 10

- Chess and cross country training continues.
- Years 5 & 6 football and rugby trials will be held during sport lessons.

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) (Years 7-9 Basketball team photos)

Mon 27 July: Rugby / Football internal trials (Open, Yr 10, Yr 7) 3.15pm - 4.30pm (to be confirmed)

Wed 29 July: Rugby / Football internal trials (Years 8 and 9) 3.15pm - 4.30pm (to be confirmed)

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) (Years 10 - Open Basketball team photos)

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

Fri 7 Aug: 1st V Basketball Grand Final cross overs 1vs1, 2vs2, 3vs3, 4vs4 at St Laurence's (evening games TBC)

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

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

Thurs 13 Aug: Tentative rugby trial for 1st squad

14 - 16 Aug: Ekka break weekend

Normal Chess, Rugby, Football training begins.

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

- Please note that dates for interhouse cross country (Years 8 - 12) and interhouse track and field (Years 5 - 6, Years 11 - 12) are yet to be decided.
- Rugby League likely to be played in September vacation and early Term 4.
- Touch, mountain biking, golf, some tennis fixtures and volleyball tournaments yet to be decided.

Key Personnel for Term 2, 2020

Head of Sport	Mr Keith Harron	harronk@iona.qld.edu.au
General Enquiries Years 7-12	Mr Sean Devlin	devlins@iona.qld.edu.au
General Enquiries Primary	Mr Anthony Bannerman	bannermana@iona.qld.edu.au
High Performance	Mr Rick Nalatu	nalatur@iona.qld.edu.au
1st Rugby	Mr Ben Devlin Mr James Cassidy	devlinb@iona.qld.edu.au cassidyj@iona.qld.edu.au
1st Football	Mr James Townsend	townsendj@iona.qld.edu.au
Cross Country Years 7-12	Mr Brendan Merrotsy	merrotsyb@iona.qld.edu.au
Cross Country Years 5-6	Mr Adam McClure	mcclurea@iona.qld.edu.au
Tennis Years 5-12	Mr Paul Cook	cookp@iona.qld.edu.au
Basketball Years 10-12	Mr Anthony Bannerman	bannermana@iona.qld.edu.au
Basketball Years 7-9	Mrs Karen Otway	otwayk@iona.qld.edu.au
Basketball Years 5-6	Mr Stewart Greenbank	greenbanks@iona.qld.edu.au
Chess	Mr Matt Collyer	collyerm@iona.qld.edu.au

Basketball

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

- Wed 10 June: 3rds/4ths/Year 11 basketball gathering 3.15pm-4.30pm (groups of 20)
- Trials for Years 5 - 10 basketball will be during sport sessions.
- **Fri 17 July** Round 1 (Years 5 and 6)
- **Fri 17 July** training for all selected Years 7 - Open Basketball teams. Times TBC.
- **Sat 18 July** Round 1 (Years 7 - Open)

Please note that Round 1 games are on the last weekend of the school holidays. All players are expected to attend the holiday training session and matches.

- Fri 24 July: Round 2 (Years 5 and 6)
- Sat 25 July: Round 2 (Years 7 - Open)
- Sat 25 July: Years 7 - 9 Basketball team photos
- Fri 31 July: Round 3 (Years 5 and 6)
- Sat 1 Aug: Round 3 (Years 7 - Open)
- Sat 1 Aug: Years 10 - Open Basketball team photos
- Fri 7 Aug: Round 4 (Years 5 and 6)
- Fri 7 Aug: 1st V Basketball Grand Final cross overs 1vs1, 2vs2, 3vs3, 4vs4 at St Laurence's (evening games TBC)
- Sat 8 Aug: Grand Final cross overs (Years 7 - Open)

Chess

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

- Fri 21 Aug: Round 1 of AIC Chess vs St Peters (A)
- Fri 28 Aug: Round 2 of AIC Chess vs Villanova (H)
- Fri 4 Sept: Round 3 of AIC Chess vs St Laurence's (A)
- Fri 11 Sept: AIC Chess Grand Final cross overs: 1vs1, 2vs2, 3vs3, 4vs4 (venue TBC)

Cross Country

- Tues 16 June: Year 7 cross country time trial (during sport)
- Wed 12 August: AIC Cross Country
- Please note that dates for interhouse cross country (Years 8 - 12) are yet to be decided.

Primary Cross Country (meet at Handball Courts)

Fitness sessions in groups of 20 for Years 5 and 6 selected runners are:

Week 7 Year 6: Tuesday 2 June 3.10pm - 4.15pm
Year 5: Thursday 4 June 3.10pm - 4.15pm

Weeks 8 - 10

Years 5 and 6 Tuesdays and Thursdays 3.10pm - 4.15pm

Years 7 - 12 Cross Country (in groups of 20)

Week 7 Gatherings (meet at McCarthy Oval)

Monday 1 June 6.50am - 8.00am	Wednesday 3 June 3.15pm - 4.15pm	Friday 5 June 7.00am - 8.00am
16 Years and Open age runners	14 Years and 15 Years runners	12 Years and 13 Years runners

Week 8 Gatherings

Monday 8 June 6.50am - 8.00am	Wednesday 10 June 3.15pm - 4.15pm	Friday 12 June 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 7

Session 1	Session 2	Session 3
Intervals 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)	Hills Find some gentle hills, 30 seconds long. 10 - 15 reps.

Years 7-12 Cross Country Training Sessions – Week 8

Session 1	Session 2	Session 3
Hill Repeats Find a hill, any size. 8-10 repeats with walk back recovery.	4-10k m Base Run Find a flat track, park or path. Pace is just slower than race pace	High 5 Tempo Run 5 mins on, 2 mins off 5 sets!

Football

1st squad fitness sessions will continue on Wednesdays from 3 June from 3.15pm - 4.45pm on Dwyer Oval. Mr Townsend will contact those students involved.

Mon 27 July: Football internal trials (Open, Year 10, Year 7) 3.15pm - 4.30pm (to be confirmed)

Wed 29 July: Football internal trials (Years 8 and 9) 3.15pm - 4.30pm (to be confirmed)

Years 5 and 6 trials will be held during sport lessons.

Sat 22 Aug: Round 1 of AIC Football vs St Peters (A)

Sat 29 Aug: Round 2 of AIC Football vs Villanova (H)

Sat 5 Sept: Round 3 of AIC Football vs St Laurence's (A)

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

Golf

Our progression is pending updates from governing bodies.

High Performance

District, regional, state and national representative sport are all currently postponed. The Iona weights room will reopen next week for groups of 20, with government restrictions being slowly lifted. Strict hygiene needs to be followed by all users. Initial access will be allowed for the Open rugby squad via directives from Mr Nalatu. Any queries regarding High Performance can be directed to Mr Nalatu nalatur@iona.qld.edu.au.

Mountain Biking

Our progression is pending updates from governing bodies.

Rugby Union

1st squad fitness sessions in groups of 20 will continue on Thursdays. Further details will be provided by Mr Ben Devlin or Mr Cassidy.

Mon 27 July: Rugby internal trials (Open, Year 10, Year 7)
3.15pm - 4.30pm (to be confirmed)

Wed 29 July: Rugby internal trials (Years 8 and 9)
3.15pm - 4.30pm (to be confirmed)

Years 5 and 6 trials will be held during sport lessons.

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

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

Sat 5 Sept: Round 3 of AIC Rugby Union vs St Laurence's (A)

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

Those in our community willing to referee rugby in Term 3, please contact Mr Sean Devlin devlins@iona.qld.edu.au.

Tennis

With the tennis season fast approaching, our preparations have begun. Below is some information about Terms 2 and 3.

Sign up occurred in Term 2 Week 6. Due to necessary reorganisation, training for tennis will be different this year.

In signing up, students are committing to training in Weeks 7 - 10 inclusive in preparation for the College Tennis Championships.

Training / Trialling

- Years 5 - 10 will have sessions during sport lessons.
- Development Squad / Opens and Year 11s will have sessions on Wednesday mornings from 6.30am.
- Development Squad has started already. This is an invitation only squad of students who are likely to play in the First IV team either this year or in future years.

Iona Tennis Championships

Championships will be run on Saturday 20 June from 8am, only semi-finals and finals for each age group will be played on this day. Students who nominate to play in their relevant Age Championship will play pool games during session times. The Championships support us in understanding skill level, game play and then placing students in the appropriate team and player order and it is therefore important that students attend.

Holiday Clinic

Students can sharpen their skills and game play prior to the start of the season at the Iona Tennis Clinic held at the College from 15 - 17 July. More information about the Clinic will be available before the end of Term 2. The clinic will be held in groups of 20.

AIC Matches

- Sat 18 July Round 1

Please note that Round 1 games are on the last weekend of the school holidays. All players are expected to attend the holiday match.

- Sat 25 July: Round 2
- Sat 1 Aug: Round 3
- Sat 8 Aug: Grand Final cross overs

Students are expected to play each Saturday. In the event we have more than the four students in each team (A and B), students may share doubles and singles play as per the AIC guidelines or we will run a roster system.

Swimming

Phase 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, or swim coach, Mr Michael Lewandowski lewandowskim@iona.qld.edu.au.