



**LET YOUR LIGHT SHINE**

**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

**4 August**

Iona College played 36 games against St Patrick's College last weekend. Unfortunately, lockdown saw a rapid cancellation of the games post 11am. We managed 20 wins, one draw and 15 losses in a competitive day with the 1<sup>st</sup> IV tennis leading the way in another strong performance. Our Years 7/8/10 basketball teams also played solidly, as did our Years 6 and 7 rugby league teams. Intercollegiate golf also saw action last week.

All within our community are reminded to stay active during lockdown. There are numerous online sites available that are able to professionally engage our boys in activity that will provide positive outcomes. Be smart, be healthy, be safe. See home training activities for basketball, rugby league and tennis in this newsletter.

There is no Iona College sport this week.

**Iona Sport Season Planner**

The below is subject to government guidelines.

- 13 - 15 Aug: Senior Schools Cup Volleyball (Gold Coast)
- 18 - 19 Aug: Co-curricular Photos
- Thurs 19 Aug: AIC Track and Field Meet (SAF)
- Fri 20 Aug: AIC Basketball Years 5/6 vs ATC Round 4
- Sat 21 Aug: AIC Tennis/Basketball/Rugby League vs SEC
- 26 - 27 Aug: Met East Track and Field
- Fri 27 Aug: AIC Basketball Years 5/6 vs Ash Round 5
- Sat 28 Aug: AIC Tennis/Basketball/Rugby League vs Ash Round 5
- Sat 28 Aug: Basketball Team Photos for those teams playing at Iona
- Thurs 2 Sept: AIC Track and Field Meet (SAF)
- Fri 3 Sept: AIC Basketball Years 5/6 vs Padua Round 6
- Sat 4 Sept: AIC Tennis/Basketball/Rugby League vs Padua Round 6
- Sat 4 Sept: Basketball Team Photos for those teams playing at Iona
- Thurs 9 Sept: AIC Track and Field Meet (SAF)
- Fri 10 Sept: Catch up Sport Team Photos Years 5/6 (P2&P3)
- Fri 10 Sept: AIC Basketball Years 5/6 vs St Peters Round 7
- Sat 11 Sept: Rugby League – BYE
- Sat 11 Sept: AIC Tennis/Basketball vs St Peters Round 7

**Basketball**

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 Anthony Bannerman	<a href="mailto:bannermana@iona.qld.edu.au">bannermana@iona.qld.edu.au</a>

**Round 2 vs St Patrick's**

**Results**

1 <sup>st</sup>		cancelled	8A	won	47 - 32
2 <sup>nd</sup>		cancelled	8B	won	59 - 25
3 <sup>rd</sup>		cancelled	8C		cancelled
4 <sup>th</sup>		cancelled	8D	won	44 - 9
11A	lost	28 - 36	7A	won	43 - 37
11B	lost	15 - 24	7B	won	37 - 30
11C	won	39 - 26	7C	lost	26 - 55
11D	won	29 - 17	7D	lost	13 - 28
10A	won	81 - 42	6A	lost	25 - 29
10B	won	53 - 26	6B	lost	13 - 24
10C	won	25 - 13	6C	lost	19 - 24
10D	won	42 - 32	6D	won	21 - 19
9A		cancelled	5A	won	20 - 19
9B		cancelled	5B	won	19 - 2
9C		cancelled	5C	draw	9 - 9
9D	won	43 - 23	5D	won	20 - 2



**Basketball Team Photos** are scheduled to be taken on the following dates outside McCarthy 7.



Saturday 28 August – Years 10, 11 and Open teams

Saturday 4 September – Years 7, 8 and 9 teams

### Training At Home

Boys of Iona. Here are some drills that can be done at home at any time. They can be done with variations and at different capacities depending on YOUR skill level. Hope you find one or two of them challenging and always strive to get to that next level.

### HoopsAtHome series of videos from Basketball Queensland

[Shooting Drills](#)    [Passing Drills](#)    [Ball Handling Drills](#)

The link below will help improve your basketball fundamentals whilst at home.

[Basketball Drills at Home](#)

### Shooting (if you have access to a hoop or court)

Start by standing two metres from the rim, try and make five in a row without hitting the rim. This will get you to think about form and follow-through.

**Progress** by taking a couple of steps back and repeat each time until you reach the three point line. Repeat this on either side of the hoop, making it out to the corner and both wings.

### Ball Handling

Try the below link for some challenging individual ball handling drills.

[Individual Ball Handling Drills](#)

### Term 3 Training Times - Training will resume after lockdown

- Years 5 to 10 teams will also train during their sport period each week.
- Training venues may change when the Provence Centre is open.

Term 3 Training Times			
Team	Days	Time	Court
5A	Wednesdays	3.15pm-4.30pm	North Rd Courts
5B	Fridays	7.00am-8.00am	Outside Oblate Hall
6A	Tuesdays	3.15pm-4.30pm	North Rd Courts
7A, 7B	Wednesdays	3.15pm-4.30pm	Outside Oblate Hall
7C, 7D	Wednesdays	3.15pm-4.30pm	North Rd Courts
8A, 8B	Mondays	3.15pm-4.30pm	Outside Oblate Hall
8C, 8D	Mondays	7.00am-8.00am	Oblate Hall
9A, 9B	Mondays	3.15pm-5.00pm	Oblate Hall
9C, 9D	Tuesdays	3.15pm-4.30pm	North Rd Courts
10A	Wednesdays	3.15pm-4.30pm	Oblate Hall
10B	Thursdays	3.15pm-4.30pm	Outside Oblate Hall
10C, 10D	Thursdays	3.15pm-4.30pm	North Rd Courts
11A	Tuesdays	3.15pm-4.30pm	Outside Oblate Hall
11B, 11C	Tuesdays	7.00am-8.00am	Oblate Hall
11D	Tuesdays	7.00am-8.00am	Outside Oblate Hall
3 <sup>rd</sup> , 4 <sup>th</sup>	Wednesdays	7.00am-8.00am	Oblate Hall
2 <sup>nd</sup>	Tuesdays	3.15pm-5.00pm	Oblate Hall
	Thursdays	3.15pm-5.00pm	Oblate Hall
1 <sup>st</sup>	Thursdays	3.15pm-5.00pm	Oblate Hall
	Fridays	7.00am-8.00am	Oblate Hall

## High Performance

Tim Howard (2013) has played magnificently in the Australian men's hockey team at the Olympics in Tokyo. His work in defence and under pressure is elite and wonderful.

Swimmer Benjamin Goedemans and Head Coach Mick Lewandowski have been selected in a Swimming Queensland training camp to be held in Cairns, 15-21 August. This is a significant opportunity under the guidance of Swimming Queensland Head Coach, Drew McGregor.

Representative sport has seen numerous elite athletes gain selection in district, state and national squads/teams: 2021 Met East regional schools (58 athletes) and 2021 Queensland schools/club selection (14 athletes).

### Term 3 Gym

Term 3 Gym will be in the existing location and transition to the new gym in the Provence Centre when the facility opens. A and B level athletes from Year 9 are strongly encouraged to take up the opportunity to begin strength training in our gym with highly qualified and experienced coaches.

Please contact Mr Biggs ([biggsj@iona.qld.edu.au](mailto:biggsj@iona.qld.edu.au)) if you are interested in attending gym.

### Gym Program will continue after lockdown

DAY	MON	TUES	WED	THURS	FRI
Before School		Years 11/12	Track & Field	Years 11/12	Years 9-12
After School	1 <sup>sts</sup> & 2 <sup>nds</sup> League	Years 9/10	1 <sup>sts</sup> & 2 <sup>nds</sup> League	Years 9/10	

A reminder that information regarding the High Performance Sport Program can be found on the College website at the following URL: <https://www.iona.qld.edu.au/co-curricular/sport/high-performance-sports-program/>

## Mountain Biking

### Training Session

Saturday 21 August, 2pm - 4pm at Sugar Bag Rd, Caloundra.

Please direct questions to Mr Davison

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

### Team App

'Iona MTB' has their own smartphone app which is FREE to join. It will keep you updated with all the latest news, events, schedules and much more.

### Remaining Events

Sunshine Coast Schools Comp: Caloundra, Friday 27 August

Moreton Bay Cup: Moreton Bay Boys College, Saturday 28 August.

## Oblate Trophy

See below the latest Oblate Trophy results. Congratulations to MacKillop who have surged from their improved academics and sport lesson results.

	Mr Dimento ALBINI	Mr Doyle ANTHONY	Mr Cook CEBULA	Mr Pritchard CHARLEBOIS	Mrs Sullivan GRANDIN	Mr Beets GERARD	Mr Mackillop MACKILLOP	Mr Hill MAZENOD
Swimming	10	50	70	40	30	60	20	80
Merit	60	80	30	20	50	40	70	10
Cross Country	50	40	80	25	10	25	60	70
Academics	15	75	60	30	50	40	75	15
Theatre- sports	5	15	10	20	40	25	35	30
Interhouse 5-10	80	25	25	50	60	10	40	70
Points	220	285	275	185	240	200	300	275
Place	6th	2nd	=3rd	8th	5th	7th	1st	=3rd

## Rugby League

### Round 2 vs St Patrick's

Congratulations to those who won Man of the Match awards sponsored by QRL clubs.  
 Year 7: Brodie Stefanski  
 Year 6: Harrison Cameron  
 Year 5: Tom Keough



### Results vs St Patrick's

Year 5	lost	14 - 18
Year 6	won	28 - 0
Year 7	won	76 - 0
Year 8	cancelled	
Year 9	cancelled	
Year 10	cancelled	
2 <sup>nd</sup> XIII	cancelled	
1 <sup>st</sup> XIII	cancelled	

### AIC League Squads

#### Term 3 Training

Training will continue after lockdown

Venue	Tuesdays 3.15-4.45pm	Wednesdays 3.15-4.45pm	Thursdays 3.15-4.45pm
Fuller Oval	1 <sup>sts</sup> & 2 <sup>nds</sup>	Year 5	1 <sup>sts</sup> & 2 <sup>nds</sup>
Coghill Oval	Year 7 & Year 10	Year 6	Year 8 & Year 9

### At Home Training

There are numerous ways to keep prepared for rugby league. The following is a general outline that players could use:

### Warm Up – via dynamic flexibility in a small space.

It could involve jogging on the spot, walking on balls of feet, ankle flicks, stretches of knee to chest, skipping, ice skating action, walking marches with high extended step, walking lunges, twisting while standing, leg swings, arm and neck circles.

### Bodyweight Exercises

There are numerous YouTube videos and apps available that provide visuals and explanations.

Try the link below:

[Killer 10 min Bodyweight Workout](#)

### Ball Handling Drills

The below links have solo and partner ball handling drills.

See how well you can do.

- [12 min Individual Ball Handling Session](#)
- [Solo Handling Drills](#)
- [Partner Passing Session](#)

### Rugby League Agility Training

The below link will assist with improving your agility. This video uses an agility ladder. If you do not have an agility ladder, you can use cones, rulers, shoes, rolled up towels or other things you will have at home.

[Rugby Agility Training](#)

### Rugby League Skills Training

The below link to the Footy From Home YouTube channel has videos on spiral passing, catching, grip and goal kicking.

[Footy From Home Youtube channel](#)

### Warm Down

Jogging, walking and stretching plus hydration.

## Swimming

### Key Personnel

Swimming Coordinator	Mr Keith Harron	<a href="mailto:harronk@iona.qld.edu.au">harronk@iona.qld.edu.au</a>
Head Coach	Mr Michael Lewandowski	<a href="mailto:lewandowskim@iona.qld.edu.au">lewandowskim@iona.qld.edu.au</a>

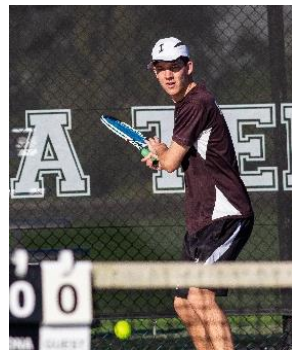
The College pool is currently being renovated and a select group of junior and senior swimmers have been training at Chandler prior to lock down.

Queries regarding after school training and elite training can be directed to Mr Harron [harronk@iona.qld.edu.au](mailto:harronk@iona.qld.edu.au) or head coach Michael Lewandowski [lewandowskim@iona.qld.edu.au](mailto:lewandowskim@iona.qld.edu.au).

## Tennis

### Results vs St Patrick's

1 <sup>st</sup>	won	8 - 0	8A	incomplete	3 - 1
2 <sup>nd</sup>	lost	1 - 7	8B	incomplete	1 - 3
3 <sup>rd</sup>	won	5 - 3	7A	lost (24-29)	4 - 4
11A	incomplete	2 - 0	7B	lost	0 - 8
10A	incomplete	3 - 1	6A	incomplete	3 - 1
10B	incomplete	1 - 3	6B	incomplete	1 - 3
9A	lost (26-30)	4 - 4	5A	lost	2 - 6
9B	lost	1 - 7	5B	Lost (26-34)	4 - 4



A couple of reminders for the season.

1. All contact concerning AIC tennis should now be directed to your son's manager.
2. All players are to play in the Iona tennis uniform with I-Cap or Iona hat.
3. Players to be dropped off at each venue **at least 15 minutes** prior to the start of play. Earlier would be better.

### AIC Tennis Contacts

The 2021 AIC Tennis Managers are listed below. Please contact your relevant Manager with all matters relating to AIC Tennis and your son's age group.

YEAR 5: Georgie McGearry [mcgearyg@iona.qld.edu.au](mailto:mcgearyg@iona.qld.edu.au)

YEAR 6: Gemma Tapson [tapsong@iona.qld.edu.au](mailto:tapsong@iona.qld.edu.au)

YEAR 7: Tania Cooper [coopert@iona.qld.edu.au](mailto:coopert@iona.qld.edu.au)

YEAR 8: Michael Cook [cookm@iona.qld.edu.au](mailto:cookm@iona.qld.edu.au)

YEAR 9: Andrew Ferguson [ferguson@iona.qld.edu.au](mailto:ferguson@iona.qld.edu.au)

YEAR 10: Anna Cornish [cornisha@iona.qld.edu.au](mailto:cornisha@iona.qld.edu.au)

YEAR 11: Katie Wood [woodk@iona.qld.edu.au](mailto:woodk@iona.qld.edu.au)

2<sup>ND</sup> / 3<sup>RD</sup> IV: Daniel Davison [davisond@iona.qld.edu.au](mailto:davisond@iona.qld.edu.au)

1<sup>ST</sup> IV: Paul Cook [cookp@iona.qld.edu.au](mailto:cookp@iona.qld.edu.au)

### Social Tennis: Term 3 (Postponed until after lockdown)

Beginner - Intermediate level  
Wednesdays 3.15pm - 5.00pm

Social tennis is for boys developing skills, growing confidence, and learning game play. It includes group mini lessons and some game play. Students are expected to wear full sport uniform. Nomination forms are at Student Reception.

### At Home Training

See the below links for "skill practice at home videos" that will assist working out at home.

[Doubles – Movement at Net and Poaching](#)

[5 Ways to Improve your Tennis at Home](#)

[Tennis At Home Challenges](#)

[How to Train for Tennis on a Wall](#)

[Serving Exercises at Home](#)

[Tennis Footwork Drills](#)

[Tennis Fitness Challenge](#)



### Term 3 Training Schedule - Training will continue after lockdown

Monday 6.30am	Tuesday 6.30am	Wednesday 6.30am	Thursday AFTER SCHOOL	Friday 6.30am
Yrs 5, 6, 7	Yr 11, 2 <sup>nd</sup> , 3 <sup>rd</sup> 1 <sup>st</sup>	Yrs 8, 9,10	2 <sup>nd</sup> & 3 <sup>rd</sup>	1 <sup>st</sup> , 11s & Development Squad

## Touch

### All Schools Touch

Training for U13 / U15 / U18

Training will continue after lockdown.

Fridays from 3.15pm to 4.30pm. Meet your coach on Dwyer Oval.

### Gold Coast Titans All Schools

Date: Wednesday 6 October to Sunday 10 October  
Venue: Gold Coast Performance Centre,  
Sports Drive, Runaway Bay

At this stage, chartered buses will depart and return to the College on Wednesday, Thursday and Friday. Students will need to organise their own transport Saturday and Sunday. Families are welcome to book accommodation down the Coast and organise their own transport to and from the venue each day.

## Track and Field

The interhouse carnivals are as follows:

Years 5 and 6 Friday 13 August (all day)  
Year 7 Thursday 12 August Period 4  
Year 8 Tuesday 10 August Period 1  
Year 9 Monday 9 August Period 4  
Year 10 Wednesday 11 August Period 4  
The Years 11 and 12 carnivals will be later in the term.

Parents do not attend the Years 7 to 12 carnivals.

### Track and Field Training

Training for Years 5 and 6 will start in Week 5.  
Training will begin after lockdown for Years 7 to 12.

### Years 7 to 12 Track and Field Training Schedule

Event	Day(s)	Training Venue/Time
Sprints	Mondays	Davine Oval 3.15pm - 4.30pm
Javelin	Mondays and Wednesdays	McCarthy Oval 3.15pm - 4.30pm
Middle Distance	Tuesdays and Wednesdays	Davine Oval 3.15pm - 4.30pm
Discus	Tuesdays and Wednesdays	Harron Oval 3.15pm - 4.30pm
High Jump	Wednesdays	Davine Oval 3.15pm - 4.30pm
Shot Put	Tuesdays and Wednesdays	Behind Cricket Nets 3.15pm - 4.30pm
Long Jump	Tuesdays	Davine Oval 3.15pm - 4.30pm
Triple Jump	Wednesdays	Davine Oval 3.15pm - 4.30pm
Hurdles	Wednesdays	Davine Oval 3.15pm - 4.30pm
Relay Training	Thursdays	Davine Oval 7.00am - 8.00am

If boys have a clash with other Term 3 sports, please notify Mr Devlin [devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au) to organise alternative arrangements.

Students who train with a private coach outside school hours are not required to attend school training (except for relay practice which will be compulsory) but are required to attend the AIC trials meets.

AIC trial meet dates:

Thursday 19 August @ QSAC or SAF

Thursday 2 September @ QSAC or SAF

Thursday 9 September @ QSAC or SAF

## Volleyball

### Senior Schools Cup (Year 11)

Practice Game

vs Redlands College – Postponed until Tuesday 10 August at Redlands College

Senior Schools Cup volleyball will be held at the Gold Coast from 13 to 15 August.

### Junior Schools Cup (Year 7, Year 8)

Trials

Year 8 team – Tuesday 24 August 3.15pm - 5.00pm

Year 7 team – Monday 23 August 3.15pm - 5.00pm

Junior Schools Cup is from 22 - 24 October on the Gold Coast.

### Australian Schools Volleyball Cup (Year 7, Year 8, Year 9, Year 11)

Australian Schools Volleyball Cup is from 6 - 11 December on the Gold Coast.