



85 North Road
Lindum QLD 4178
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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

6 October

TEAM IONA

It is another large week of Iona College sport with All Schools Touch, AIC track and field, sailing, water polo, volleyball and swimming all underway. Trials for our 2022 summer teams will also be held during sport lessons from Year 5 through to Year 10 age levels. This process continues all term. It involves many participants and needs “movement from the willing”.

Iona’s long tradition in track and field will continue this week – it is a sport that has seen much team and individual success – TAS, CIC and AIC aggregates and national standard performances. Both our primary and senior teams are aiming for “top 3” finishes in aggregates in 2021. The College wishes all athletes the very best in their endeavours.

The Sport Department is currently examining our 1st team performances over recent years. It appears that we need a unified 1st team culture that promotes behaviour which brings success. Our coaching needs to be more professional in structure and delivery to promote appropriate engagement. Our players, most importantly, need to work harder within teams and as individuals – the work needs to be way beyond “just selection”. Implementing these expectations will be the future challenge.

Finally, best of luck to Wynnum Manly Seagulls rugby league teams who play in the Intrust Super Cup grand finals this weekend. Both the 1st grade and Colts teams will play at Redcliffe. Iona College currently holds a strong community connection with the Seagulls.

Iona Sport Season Planner

The below is subject to government guidelines.

- Thurs 7 Oct: Track and Field Team photos for Years 5/6 (taken on Daly steps during Homeroom)
- Fri 8 Oct: AIC Track and Field Carnival (twilight)
- Sat 9 Oct: AIC Track and Field Carnival (all day)
- 6 - 10 Oct: Qld All Schools Touch (Gold Coast)
- Tues 12 Oct: Track and Field Team photos 12 years - Open (taken on Daly steps during Homeroom)
- Wed 13 Oct: Years 7, 8 and 11 Volleyball vs Redlands College
- 22 – 24 Oct: Senior & Junior Schools Cup Volleyball (Gold Coast)
- Sat 23 Oct: St Laurence’s Touch Invitational Yr 7, Yr 8/9, Yr 10/11)

- Sun 24 Oct: AIC Water Polo Tournament
- Sat 6 Nov: 2022 Years 5 and 7 volleyball/cricket/AFL trials
- Sat 13 Nov: Years 7 to 12 Volleyball Trial vs Villanova
- Sat 13 Nov: 1st / 2nd Cricket Trial vs Villanova

AFL

1st AFL trials (current year 10 and 11 only)

1st AFL trials will begin next week. All students wishing to trial must attend the following trial dates:

- Monday 11 October - 3.15pm - 4.30pm
- Thursday 14 October - 3.15pm - 4.30pm

Any information please contact Mr. Bannerman (bannermana@iona.qld.edu.au)

All other year level AFL trial information will be sent out shortly.

Cricket

Open Cricket

Open training will continue this term as follows:

- Monday 6.45am – 8.00am : (Batting session)
- Tuesday 3.30pm – 4.45pm: (Fielding/Specialist discipline session)
- Wednesday 3.30pm – 4.45pm: (Match centre wicket)
- Thursday 3.30pm – 4.45pm: (Match centre wicket)

Full details to be advised at this week’s sessions on Wednesday and Thursday afternoons.

Years 5 to 10 Cricket

Training will be held during sport lessons. Information about trials will be given at a later date.

High Performance

Gym Training

Starts in week 2 (Monday 11 October)

- All students must attend the gym in Iona sports uniform and bring a towel to train
- All students must get changed in the Provence Centre change room
- Year 9 to 12 Students session is open to any student from Year 9 to Year 12

- High Performance Groups are open to 'A' players of any sport, plus representative athletes
- Year 8 & 9 Rugby / League is open to those that played in the 'A' teams of those sports in 2021
- AFL and Open Rugby Squads are by selection only

DAY	MON	TUES	WED	THURS	FRI
Morning 1 6.45am – 7.30am	Open Rugby Black	Yr 9-12 Students	Open Rugby White	Yr 9-12 Student	Yr 9-12 Student
Morning 2 7.30am – 8.15am	Open Rugby White	Yr 10/11 High Performers	Open Rugby Black	Yr 8/9 Rugby & League	AFL
Afternoon 3.15pm – 4.15pm	Yr 8/9 Rugby & League	Yr 8/9 High Performers	Yr 10/11 High Performers	Yr 8/9 High Performers	

Rugby Union / League

Strength conditioning groups will be listed on the Duhig noticeboard early next week. Initial open rugby squad will also be listed for skill training beginning next week for each Thursday morning 6.30am – 7.45am

Sailing

A new season of racing kicks off this **Sunday 10 October** on Moreton Bay. Sailors to meet at the rigging lawn at RQYS at **8.00am to have boats rigged for an 8.30am race briefing.**

Sailors - Please confirm availability for each week's racing by RSVPing to the racing events on TeamApp.

Parents & Guardians - The volunteer roster has been put on TeamApp. You'll see each role for each week by clicking the clipboard icon called 'Duty Roster' in the Event for that week. You can see what roles are filled and what roles still need to be filled. When you volunteer, you'll see that role marked in green to remind you.

Please look for any vacant roles over the next couple of weeks and help out where you can. We still have lots of gaps and we know everyone will jump in to fill them so we can give the boys safe and efficient time on the water and let them focus on sailing fast. If you have any questions about the use of TeamApp for parents or sailors, please contact the Sailing Committee via ionacollegesailing@gmail.com.

Training

Term 4 training will commence on the first day back from holidays, **Tuesday 5 October**, 3.30pm at RQYS.

Team members who are unable to make any sessions are requested to advise Hayden via TeamApp or ionacollegesailing@gmail.com.

Racing

Fleet Racing Dates Sundays: 10 Oct, 17 Oct, 24 Oct

Teams Racing Dates Sundays: 31 Oct, 7 Nov, 14 Nov, 21 Nov

Should there be any queries about the College sailing program, please contact the Sailing Committee via ionacollegesailing@gmail.com.

Swimming

Key Personnel

Swimming Coordinator	Mr Keith Harron	harronk@iona.qld.edu.au
Head Coach	Mr Michael Lewandowski	lewandowskim@iona.qld.edu.au

Iona College swimming moves to full training this term. Copies of the training schedule and fee structure are available from Michael Lewandowski lewandowskim@iona.qld.edu.au or hard copies are available from the swimming office or Mr Harron.

Queries regarding squads and fees can be directed to Mr Harron harronk@iona.qld.edu.au or Head Coach Michael Lewandowski lewandowskim@iona.qld.edu.au.

Touch

Qld Primary All school's touch trials.

8.00 am – 10.00 am Saturday 16 October will be a trial to select an initial training squad. The trials will be held on Fr Dwyer Oval.

After this, training for the squad will be:

Tuesday and Thursday week 3

Tuesday and Thursday week 4

After these training dates, two final teams will be named and training for them will be: Tuesday and Thursday week 5.

At this stage, the Carnival will be held November 5,6 & 7 at Cleveland Showgrounds.

Gold Coast Titans All Schools

Date: Wednesday 6 October to Sunday 10 October

Venue: Gold Coast Performance Centre, Sports Drive, Runaway Bay

Please note:

The bus departure times from the venue will change to **3.00pm on Wednesday and 4.00pm on Thursday** (earlier than stated on the permission form).

All Schools Draw

U13 Boys	Time	Field	Opposition
Wed 6 Oct	9.00am	10	Ambrose Treacy
Wed 6 Oct	11.00am	1	Keebra Park SHS
Wed 6 Oct	1.00pm	20	Clairvaux MacKillop
Thurs 7 Oct	9.00am	14	Pacific Pines SHS
Thurs 7 Oct	1.00pm	9	Downlands College
Thurs 7 Oct	3.00pm	9	St Andrew's Anglican
Sat 9 Oct	9.30am		Quarter finals
Sat 9 Oct	11.30am		Semi finals
Sat 9 Oct	1.30pm		Grand final

U15 Boys	Time	Field	Opposition
Wed 6 Oct	9.30am	8	Benowa SHS
Wed 6 Oct	12.00pm	5	St Joseph's Toowoomba
Wed 6 Oct	2.00pm	11	Miami SHS

Thurs 7 Oct	10.30am	13	St Thomas More
Thurs 7 Oct	12.30pm	15	Beenleigh SHS
Thurs 7 Oct	3.00pm	22	Stretton State College
Sat 9 Oct	9.00am		Final 16 playoff rounds
Sat 9 Oct	11.00am		Quarter finals
Sat 9 Oct	12.30pm		Semi finals
Sat 9 Oct	2.30pm		Grand final

U18 Boys	Time	Field	Opposition
Fri 8 Oct	10.30am	6	King's College
Fri 8 Oct	12.30pm	5	Coombabah SHS
Fri 8 Oct	3.00pm	13	Carmel College
Sat 9 Oct	10.30am	7	Rockhampton Grammar
Sat 9 Oct	1.00pm	18	Wavell SHS
Sat 9 Oct	3.00pm	9	Shalom College
Sat 9 Oct	5.00pm	6	Xavier Catholic
Sun 10 Oct	9.00am		Quarter finals
Sun 10 Oct	10.30am		Semi finals
Sun 10 Oct	12.00pm		Grand final

St Laurence's Invitational Touch Tournament

Date: Saturday 23 October
 Teams: Year 7, Years 8/9, Years 10/11
 Venue: SLC fields at Runcorn
 Other details to be confirmed.

Track and Field

AIC Athletics

The AIC Athletics Championships will be on Friday 8 October (in the afternoon only) and Saturday 9 October (all day).

AIC Athletics Championships Organisation

Friday 8 October

Event Time: 1.15pm - 5.00pm
 Bus Departs Iona: 11.30am
 Bus Arrives Back: Approximately 5.45pm
 Who attends: Only athletes competing on the day.

Schedule of Field Events (Friday 8 Oct)

Time	Event	Age Group
1.15pm	Long Jump	Year 5
	Long Jump	Year 6
2.00pm	High Jump	12 Years
	Discus	13 Years
	Triple Jump	14 Years
	Shot Put	15 Years
	Long Jump	16 Years
	Javelin	Opens
3.00pm	Javelin	12 Years
	High Jump	13 Years
	Discus	14 Years
	Triple Jump	15 Years
	Shot Put	16 Years
	Long Jump	Open
4.00pm	Long Jump	12 Years
	Javelin	13 Years
	High Jump	14 Years
	Discus	15 Years
	Triple Jump	16 Years
	Shot Put	Open

Schedule of Track Events (Friday 8 Oct)

Time	Event
2.15pm	60m Hurdles (Years 5 & 6)
	90m Hurdles (12 & 13 Years)
	100m Hurdles (14 & 15 Years)
	110m Hurdles (16 Yrs and Open)
3.00pm	800m (Years 5 & 6)
4.00pm	1500m (12 Years – Open)

What to wear to school

School uniform to school and get changed on the bus into sport uniform.

What to compete in

Iona athletics singlet and Iona shorts (athletics shorts, rugby shorts or HPE shorts). White Iona socks.

Can parents pick you up from the venue?

Yes, but only from a specified point nominated by AIC.

Saturday 9 October

Event Time: 8.45am - 1.30pm
 Bus Departs Iona: 7.30am
 Bus Arrives Back: Approximately 2.30pm
 Who attends: All members of the athletics squad including reserves and those students not chosen to compete.

Schedule of Track Events (Saturday 9 Oct)

Time	Event
8.45am	3000m (Open)
9.05am	200m (Year 5 – Open)
9.50am	800m (12 Years – Open)
10.35am	100m (Year 5 – Open)
12.00pm	400m (12 Years – Open)
12.20pm	6 x 400m Relay
12.30pm	4 x 100m Relay (Year 5 – Open)

Schedule of Field Events (Saturday 9 Oct)

Time	Event	Age Group
9.00am	Shot Put	12 Years
	Long Jump	13 Years
	Javelin	14 Years
	High Jump	15 Years
	Discus	16 Years
	Triple Jump	Opens
10.00am	Shot Put	Year 5
	High Jump	Year 6
	Triple Jump	12 Years
	Shot Put	13 Years
	Long Jump	14 Years
	Javelin	15 Years
11.00am	High Jump	16 Years
	Shot Put	Open
	Discus	Year 5
	Triple Jump	Year 6
	Shot Put	12 Years
	High Jump	13 Years
1.30pm	Shot Put	14 Years
	Long Jump	15 Years
	Javelin	16 Years
	High Jump	Open
	Discus	
	Presentations	

What to wear to school

Your sport uniform.

What to compete in

Iona athletics singlet and Iona shorts (athletics shorts, rugby shorts or HPE shorts). White Iona socks.

Can parents pick you up from the venue?

Yes, but only from a specified point nominated by AIC.

Any queries, please contact Sean Devlin
(devlins@iona.qld.edu.au) or 0418 199 400.

Volleyball

Senior Schools Cup (Year 11)

This competition will now run alongside the Junior Schools Cup from 22 - 24 October.

Training

Wed 6 Oct: 4.00pm - 6.00pm in Oblate Hall (after Year 11 Catholic Immersion)

Wed 13 Oct: 3.15pm - 5.00pm game vs Redlands College at Redlands College

Wed 20 Oct: 3.15pm - 5.00pm

Junior Schools Cup Volleyball (Year 7, Year 8)

Training

Training for the selected teams will be:

Wednesday 6 October 3.15pm - 5.00pm in The Provence Centre (Year 7 only)

Thursday 7 October 3.15pm - 5.00pm in The Provence Centre

Wednesday 13 October 3.15pm - 5.00pm (game vs Redlands)

Thursday 14 October 3.15pm - 5.00pm in Oblate Hall

Thursday 21 October 3.15pm - 5.00pm in The Provence Centre

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

Water Polo

The annual AIC tournament is scheduled for Sunday 24 October at Somerville House. The first training session will be held in Term 4, first Wednesday back, 6.30am - 7.45am. Training will continue every Wednesday morning prior to the tournament. Attendance at training indicates the willingness to participate.

Three teams will be selected:

Year 7, Years 8/9 and Open

Any queries can be directed to Mr Keith Harron, Head of Sport

harronk@iona.qld.edu.au.