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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

13 October

TEAM IONA

AIC Track and Field, All Schools Touch and Sailing involved numerous athletes last week. At Touch, the 13 Years team gained top 16. The 15 Years team were narrowly eliminated in the pool rounds and the Opens only lost 1 game in the pool rounds to unfortunately miss play offs.

At AIC Track and Field, the Primary team gained 2nd place in the aggregate and the senior team finished 4th. The Year 5 and 14 Years age championships were won. Our Sailing teams began their spring season last Sunday.

Our preparation for 2022 sports continues this week with Swimming, Volleyball, AFL, Cricket and Rugby Union all beginning their pre seasons. The preparation stage is important, as it is the basis for future success. Water Polo training continues each Wednesday before school and more players are needed for the AIC tournament on Sunday October 24. Strength and conditioning also begins in the Provence Centre.

Round 2 of Sailing is on Sunday at RQYS.

Iona Sport Season Planner

The below is subject to government guidelines.

- 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

AFL Coordinator Years 5 - 12	Mr Anthony Bannerman	bannermana@iona.qld.edu.au
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1st AFL Trials (current year 10 and 11 only)

1st AFL trial will continue over the following days. All students will need to ensure they attend training days.

- Thursday 14 October: 3.30pm – 4.30pm on Fuller Oval
- Monday 18 October: 3.30pm – 4.30pm on Fuller Oval
- Thursday 21 October: 3.30pm – 4.30pm on Fuller Oval

Year 9/10 AFL Trials (combined team):

Year 9/10 AFL trials will begin on the following days. All students will need to ensure they attend training days.

- Wednesday 20 October: 3.15pm – 4.30pm on Fuller Oval
- Wednesday 27 October: 3.15pm – 4.30pm on Fuller Oval

Years 5 to 8 AFL

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

Mouthguards and correct footwear are required for all training sessions.

If you are unable to attend any of the trial days, please contact Mr. Bannerman. bannermana@iona.qld.edu.au

Cricket

Open Cricket

Open training will continue this term as follows:

- Monday 6.45am – 8.00am : (Batting session)
- Tuesday 3.30pm – 5.00pm: (Fielding/Specialist discipline session)
- Wednesday 3.30pm – 5.00pm: (Match centre wicket)
- Thursday 3.30pm – 5.00pm: (Match centre wicket)

Years 5 to 10 Cricket

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

High Performance

Congratulations to Aden Biddle, Finn Haller and James Turner who were successful in being selected into the Metropolitan East 10-12 Years Boys Cricket team.

These boys will compete at the State Championships from the 14th – 18th of November in Bundaberg.

Gym Training

Runs from weeks 2 -7

- 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
- Years 9 to 12 Students session is open to any student from Years 9 to Year 12
- High Performance Groups are open to 'A' players of any sport, plus representative athletes
- Years 8 and 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 Students	Yr 9-12 Students
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	

Any queries please see Mr Biggs biggsj@iona.qld.edu.au

Rugby Union / League

Strength conditioning groups are listed on the Duhig noticeboard. Initial open rugby squad are also listed for skill training each Thursday morning 6.30am – 7.45am

Sailing

Last Sunday saw the commencement of the 2021/22 school sailing season, with round 1 of 3 of the Term 4 fleet racing series being held on Moreton Bay.

Fleet racing involves each boat sailing individually & competing for line honours in each race in a sprint format. Iona has entered 12 boats in the regatta and with some reserves rotated through, had our full team of 26 sailors on the water.

The moderate to fresh winds made for ideal sailing conditions and all 5 scheduled races for the day were able to be completed. Our team took good advantage of the conditions and while it is only early in the regatta we are well placed, with 5 boats sitting inside the top 10 after week 1.

Schools Fleet Racing Series – Round 2

Sunday 17 October – RQYS

8.00am	Rigging
8.30am	Race briefing
8.45am	Team briefing
9.45am	First warning signal

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

Training – all boats - Tuesdays – RQYS – 3.30pm

Keep an eye on TeamApp for bus availability.

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.

Racing

Fleet Racing Dates, Sundays: 17 Oct and 24 Oct

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

Congratulations to our 13's, 15's and Open Touch teams who competed at last week's Qld All Schools tournament at the Gold Coast. Many thanks to Ms Dellit, Mr Condon, Mrs Wood and Alex Condon for their assistance with the tournament and preparation.

All Schools Results

U13

- Won vs Ambrose Treacy 7 – 0
- Lost vs Keebra Park (eventual winners) 5 – 6
- Won vs Clairvaux MacKillop 8 – 1
- Won vs Pacific Pines SHS 10 – 0
- Won vs Downlands College 11 – 1
- Won vs St Andrew's Anglican 11 – 2
- Top 16 play-off vs St Mary's lost 3 – 4

U15

- Won vs Benowa SHS 6 – 2
- Drew vs St Joseph's Toowoomba 3 – 3
- Lost vs Miami SHS 2 – 5
- Won vs St Thomas More 11 – 0

Won vs Beenleigh SHS 5 – 0
 Lost vs Stretton State College 3 – 6
 4th in pool

Open

Lost vs Coombabah SHS 4 – 7
 Won vs Carmel College 3 – 1
 Won vs Rockhampton Grammar 6 – 2
 Won vs Wavell SHS 4 – 3
 Won vs Shalom College 4 – 3
 Won vs Xavier Catholic College 3 – 1
 2nd in pool



Touch Awards

Senior Player of the Year – Noah Lester
 Junior Player of the Year – Campbell Rolfe

18's

MVP – Noah Lester
 Team Contribution – Jy Bruce

15's

MVP – Campbell Rolfe
 Team Contribution – Levi Hawea

13's

MVP – Daniel Cash
 Team Contribution – Tristan Macdonald

St Laurence's Invitational Touch Tournament

Date: Saturday 23 October
 Teams: 2 x Years 8/9 (including some year 7 boys), Years 10/11
 Venue: SLC fields at Runcorn
 Other details to be confirmed.

Track and Field

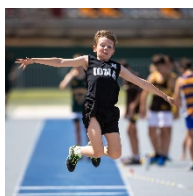
Congratulations to all involved in the annual AIC Track and Field championships. Our Primary team achieved 2nd place in the aggregate, an agonizing 5 points behind Ashgrove. Our senior team had to be satisfied with 4th place despite our team's determined effort. The Year 5 and 14 Years age level trophies were won through strong individual performances.

AIC Athletics Championships Results

<u>Years 5/6 Aggregate</u>	<u>12 Years – Open Aggregate</u>
1 st Ashgrove	1 st Ashgrove
2 nd Iona	4 th Iona

Age Level Results

Year 5	1 st Iona	
Year 6	1 st Ashgrove	2 nd Iona
12 Years	1 st Padua	6 th Iona
13 Years	1 st St Edmunds	2 nd Iona
14 Years	1 st Iona	
15 Years	1 st St Peter's	4 th Iona
16 Years	1 st St Peter's	6 th Iona
Open	1 st Ashgrove	8 th Iona



Award Winners

Congratulations to our award winners for 2021.

Senior Track and Field Athlete	Morgan Miller
Junior Track and Field Athlete	Bailey Burns
Primary Track and Field Athlete	Zane Burns / John Connolly
Open Track Champion	Charles Cole
Open Field Champion	Morgan Miller
16 Years Track Champion	Jackson McClure
16 Years Field Champion	Corey Tearle
15 Years Track Champion	Darcy Pratten
15 Years Field Champion	Connor Davidson
14 Years Track Champion	Bailey Burns
14 Years Field Champion	Bailey Burns
13 Years Track Champion	Connor Quinn
13 Years Field Champion	Alexander Harrison
12 Years Track Champion	Keaton Long
12 Years Field Champion	Winston Harrap
Year 6 Track Champion	Oliver Guinan
Year 6 Field Champion	Hugo Greer
Year 5 Track Champion	John Connolly / Zane Burns
Year 5 Field Champion	Jake Hambrook - Smith

Individual Winners at AIC Championships

Year 5

Jai Poma – 60m hurdles Div 4, 100m Div 7
 Cameron Cox - 800m Div 3
 John Connolly – 800m Div 1, 100m Div 2
 Zane Burns – 200m Div 2, 100m Div 1
 Jake Hambrook-Smith – Shot Put Div 1 (AIC & Iona Record)
 4 x 100m relay Div 1

Year 6

Hugo Greer – 200m Div 3
 Jake Ryan – 100m Div 6
 Oliver Guinan – 100m Div 1
 4 x 100m relay Div 2
 4 x 100m relay Div 1 (Iona Record)



12 Years

Keaton Long – 800m Div 2

13 Years

Conor Quinn – 90m Hurdles Div 1, 200m Div 1, 100m Div 1
 Alexander Harrison – Javelin Div 2
 Ashley Peake – 800m Div 1, 2nd in 1500m (Iona Record)

14 Years

Bailey Burns – 200m Div 1, Long Jump Div 1, 100m Div 1
 Nicholas Bragger – Long Jump Div 2, 100m Div 2
 Oscar Colbert – 100m Div 4
 Arie Van Kerkwyk – 100m Div 3
 4 x 100m relay Div 1

Open

Morgan Miller – Discus Div 1

Volleyball

Volleyball trials for term 1, 2022 AIC teams

Volleyball trials will be held every week during sport for years 6 – 10 to assist selection for the teams for the 2022 AIC season. All boys who wish to play volleyball in 2022 MUST attend the trials during sport lessons each week and the after school selection trials.

Playing volleyball in term 1 will not affect your selection in winter sport teams.

Current Year 6 Boys (2022 Year 7)

Current Iona Year 6 boys will trial along with boys who will be new to Iona in Year 7 next year on **Saturday 6 November from 9.00am - 11.00am.**

Current Year 7 Boys (2022 Year 8)

Trials will be held on the following dates in the Provence Centre

- Tuesday 26 October 3.15pm - 5.00pm
- Tuesday 2 November 3.15pm - 5.00pm
- Tuesday 9 November 3.15pm - 5.00pm

Current Year 8 Boys (2022 Year 9)

Trials will be held on the following dates in the Provence Centre

- Wednesday 27 October 3.15pm - 5.30pm
- Friday 5 November 3.15pm - 5.30pm

Current Year 9 Boys (2022 Year 10)

Trials will be held on the following dates in the Provence Centre

- Monday 1 November 3.15pm - 5.30pm
- Monday 8 November 3.15pm - 5.30pm

Current Year 10 Boys (2022 Year 11)

A trial will be held on the following dates in the Provence Centre

- Monday 25 October from 3.15pm - 5.00pm for boys wanting to trial for the 11A team.
- Thursday 4 November 3.15pm – 5.00pm (11A training 11BCD trials for those boys who missed selection in 2nds and 3rds).
- Thursday 11 November 3.15pm – 5.00pm (11A training 11BCD trials for those boys who missed selection in 2nds and 3rds).

Any current Year 10 boys who miss out on selection in the 2022 11A team are welcome to trial for 2nds and 3rds.

Current Year 10/11 Boys (2022 Open)

Trials for 2022 2nds, 3rds and 4ths volleyball teams will be held on the following dates in the Provence Centre

- Thursday 28 October from 3.15pm - 5.30pm
- Wednesday 3 November from 3.15pm - 5.30pm
- Wednesday 10 November from 3.15pm - 5.30pm

AIC Trial Matches

There will be a trial match for 2022 volleyball preparation on the following date: All selected players are expected to attend.

- **Saturday 13 November** vs Villanova

Senior Schools Cup (Year 11)

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

Training

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

Wed 20 Oct: 3.15pm - 5.00pm in The Provence Centre

Junior Schools Cup Volleyball (Year 7, Year 8)

Training

Training for the selected teams will be:

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

Thursday 14 October 3.15pm - 5.00pm in The Provence Centre

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. Training will continue every Wednesday morning 6.30am – 7.45am prior to the tournament. Attendance at training indicates the willingness to participate. More players are needed, especially at Year 7 and Open levels.

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.