



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

30 March

TEAM IONA

Rugby union, football, chess, and cross country all continue their momentum as we head to the end of Term 1.

Term 2 is the largest participant involvement of our sporting year, encompassing varied groups within our community. All will be preparing for the initial trial against Padua on 23 April and then Round 1 against Villanova College on Saturday 30 April.

Last weekend saw the final round of State team racing sailing with our 1st team finishing third and our 2nd team fourth. Our teams are strong. In swimming, the Qld Schools Championship was held with exceptional performances from: Benjamin Goedemans (five gold and a silver in the 19 Years) Jacob Johns (two breaststroke gold in the 12 Years)

Seagulls Saturday was a large event that displayed the willingness of our College to assist the Wynnum Manly community. The Seagulls won all four games and were appreciative of the day as were all visiting teams. All involved deserve a huge thank you.

Please note that rugby referees are desperately needed for the 2022 season, please contact Mr Sean Devlin devlins@iona.qld.edu.au if able to assist.

Iona College Sports Handbook link

- See link below to the Iona College Sports Handbook: It provides an overview of Iona College sport and its procedures. [Iona College Sports Handbook](#)

All Iona Sport updates / cancellations are provided via Twitter - Iona Sport [@SportIona](https://twitter.com/SportIona). It is strongly advised to use this media platform. **THIS INCLUDES WET WEATHER UPDATES.**

Iona Sport Season Planner

Fri 1 April:	Primary Interhouse Cross Country Postponed
Fri 1 April:	Year 12 Interhouse Swimming: Period 4
1 – 3 April:	Cross Country Camp
2 – 4 April:	Ballymore Cup: U13 and U15
Wed 6 April:	1 st XV and 2 nd XV vs St Patrick's (H)
11 - 18 April:	Swimming Age Nationals (Adelaide)

Fri 22 April:	AIC Chess trial vs Padua (H)
Sat 23 April:	Rugby / Football trial vs Padua (H)
Fri 29 April:	Years 5 / 6 Cricket and AFL photos (period 1)
Fri 29 April:	AIC Chess Round 1 vs Villa (H)
Sat 30 April:	AIC Rugby / Football Round 1 vs Villa (H)
Fri 6 May:	AIC Chess Round 2 vs SPC (H)
Sat 7 May:	AIC Rugby / Football Round 2 vs SPC (H)

Basketball

1st V Basketball Trials

1st V Basketball trials will take place on the dates below. Boys are expected to attend all trial sessions.

Full Iona uniform is required for these trials. No club uniforms are to be worn.

Thursday 31 March: 3.30pm – 4.45pm The Provence Centre

Chess

A big thank you to all that have participated in Chess this term, hopefully you have enjoyed the experience. Next term we gear up for AIC games and continue Chess Club.

Chess Training

Please note: Changes as of this week and continuing next term

Junior Chess (Years 5 and 6)

Junior Training and Social Chess

Day:	Thursday afternoons
Time:	3.15pm – 4.15pm
Venue:	B1
Teachers:	Mrs Stapleton and Mr Caine

Intermediate Chess (Years 7 to 9)

Intermediate Training and Social Chess

Dates:	Wednesday afternoons
Time:	3.15pm – 4.15pm
Venue:	B1

Senior Chess (Years 10 to 12)

Senior Training and Social Chess

Dates:	Wednesday afternoons
Time:	3.15pm – 4.15pm
Venue:	B1
Teachers:	Mr Cullen and Mr Caine

- Please email enquires to Mr Caine cainek@iona.qld.edu.au who will be coordinating Chess this year.



Chess Uniform: Boys wear their formal winter uniform with a Chess tie. Chess ties are available from the Uniform Shop for \$22.

Cross Country

Interhouse Cross Country

Years 5 / 6: Postponed
Years 7 to 12: Postponed

Cross Country Training - Years 7 to 12

Week 10

Monday: 6.45am-7.45am @ Wynnum Wading Pool <u>Aerobic Run</u> A minibus will depart from the Chapel at 6.30am if you cannot meet at Wynnum wading pool.	Wednesday: 6.45am-8.00am Intervals	Thursday: Interhouse Cross Country Postponed Friday: No Training (Cross Country Camp)
---	--	--

Term 2 Week 1

Monday: Cancelled Easter Monday holiday	Wednesday: 6.45am-8.00am (Pool gates) Intervals	Friday: 6.45am-8.00am (Pool gates) Ultimate
--	--	--

Primary Cross Country Training

Days: Tuesdays and Thursdays

Time: 3.15pm - 4.15pm

Attire: Boys in Years 5 and 6 will need to wear their Iona sports clothes / PE clothes and comfortable running shoes

Venue: Meet at the Primary handball courts

Football (Soccer)

Key Personnel

Years 5-8 Coordinator	Mrs Michelle Connors	connorsm@iona.qld.edu.au
Years 9-10 Coordinator	Mr Richard Beets	beetsr@iona.qld.edu.au
Open Coordinator	Mr Reece Healy	healyr@iona.qld.edu.au

Football Trials (Week 10 this term)

Team	Dates	Time	Location
Open 2 nd – 6 th	Thurs 31 Mar	3.15 – 4.45pm	All Fields
Year 10	After school trials this week have been cancelled		
Year 9	After school trials this week have been cancelled		
Year 6	After school trials this week have been cancelled		
Year 5	After school trials this week have been cancelled		

Years 5 to 10 will also have trials during their sport periods.

1st Football Trial vs Met East

The 1sts trial match vs Met East has been rescheduled to Tuesday 19 April.

Football Training Sessions Term 2 (Week 1)

Team	Days	Time	Location
1 st	Tuesday Thursday	7.00am – 8.15am 7.00am – 8.15am	Fuller Oval Fuller oval
2 nd	TBC		
3 rd	Friday	3.15pm – 4.45pm	Coghill Oval
4 th / 5 th	Monday	3.15pm – 4.45pm	Coghill Oval
10A,B	Thursday	3.15pm – 4.45pm	Fuller Oval
Year 9	Thursday	3.15pm – 4.45pm	Coghill Oval
Year 8 Trials	Wednesday	3.15pm – 4.45pm	Fuller Oval
Year 7 Trials	Wednesday	3.15pm – 4.45pm	Coghill/Dwyer
Year 6	Tuesday (1 st day of term)	3.15pm – 4.45pm	Fuller
Year 5	Tuesday (1 st day of term)	3.15pm – 4.45pm	Coghill/Dwyer

Football Training Sessions Term 2 (Week 2 onwards)

Team	Days	Time	Location
1 st	Tuesdays Thursdays	7.00am – 8.15am 7.00am – 8.15am	Fuller Oval Fuller oval
2 nd	TBC		
3 rd	Fridays	3.15pm – 4.45pm	Coghill Oval
4 th / 5 th	Mondays	3.15pm – 4.45pm	Coghill Oval
10A,B	Thursdays	3.15pm – 4.45pm	Fuller Oval
9A,C,D	Thursdays	3.15pm – 4.45pm	Coghill Oval
9B	Thursdays	7.00am – 8.15am	Coghill Oval
8AB	TBC		
8CD	Wednesdays	3.15pm – 4.45pm	Coghill
7AB	TBC		
7CD	Wednesdays	3.15pm – 4.45pm	Fuller/Coghill
6A,B,D	Tuesdays	3.15pm – 4.45pm	Fuller/Coghill
6C	Tuesdays	7.00am – 8.15am	Coghill
Year 5	Tuesdays	3.15pm – 4.45pm	Coghill/Dwyer

Football (Soccer) Uniform

Black Iona HPE shorts

Iona football jersey

Black Iona football socks

Iona sport jacket or hoodie (**no non-Iona jumpers or tracksuit pants to be worn**)

Shin guards and football boots are compulsory

Shin guards and strapping tape are available at the Uniform Shop.



High Performance

Please note the following District and Regional trial dates:

Football 10 to 12 Years: Lytton District trials are Thursday 21 April. Students interested please see Mr Bannerman. A prerequisite to being considered for the trial is you must be playing U11 or U12 FQ Academy.

Rugby Union 15 Years: Boys interested in trialling for the Composite team are asked to see Mr Harron.

Term 2 Gym Training

- All students must attend the gym in Iona sport uniform and bring a towel to train. Boys are to get changed in The Provence Centre change room.
- Years 9 to 12 student 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.

Term 2 Gym Timetable

	MON	TUES	WED	THURS	FRI
Morning1 6.45am – 7.30am	Open Rugby	Year 11 & 12 High Performance	9-12 Students	Year 10 High Performance	9-12 Students
Morning2 7.30am – 8.15am					Year 11 & 12 High Performance
Afternoon 3.15pm – 4.15pm	Year 9 High Performance	Year 10 High Performance	Open Rugby	Year 9 High Performance	

Interhouse Sport

Please note tentative dates for the following:

- Years 5 / 6 Interhouse Swimming - Has now been moved to Friday 21 October.
- Year 12 Interhouse Swimming - Friday 1 April (Period 4)
- Senior Interhouse Cross Country - Postponed
- Primary Interhouse Cross Country - Postponed

Mountain Biking

The mountain biking trials are postponed until next term. Date to be advised.

Mountain biking uniforms will be available for purchase at the Uniform Shop.

Rugby Union

Key Personnel

Years 5-8 Coordinator	Mr Sean Devlin	devlins@iona.qld.edu.au
Year 5 Coordinator	Mr Troy Condon	condont@iona.qld.edu.au
Year 6 Coordinator	Ms Gemma Tapson	tapsong@iona.qld.edu.au
Year 7 Coordinator	Mr Nick Christie	christien@iona.qld.edu.au
Year 8 Coordinator	Mr Sean Devlin	devlins@iona.qld.edu.au
Year 9 Coordinator	Mr James Cassidy	cassidyj@iona.qld.edu.au
Year 10 Coordinator	Mr Dan Sutherland	sutherlandd@iona.qld.edu.au
Open Coordinator	Mr Keith Harron	harronk@iona.qld.edu.au

Rugby Referees

Please note that rugby referees are desperately needed for the 2022 season, please contact Mr Sean Devlin devlins@iona.qld.edu.au if able to assist. There has been nil response so far this season.



Ballymore Cup

2 - 4 April at South Pine Sporting Complex.

Saturday 2 April:

U13: 9.20am vs Lindisfarne Tweed Heads Field 1
4.00pm vs Kings Christian College Field 1

U15: 11.00am vs Lindisfarne Field 1
1.30pm vs Somerset College Field 1

Game times on Sunday and Monday are dependent on Saturday results.

ALL PLAYERS MUST REGISTER VIA RUGBY EXPLORER APP.

Please note the following trial / training times:

13 Years: Thursday 31 March 7.00am – 8.00am McCarthy Oval

15 Years: Thursday 31 March 7.00am – 8.00am Davine Oval

If ovals are too wet on Thursday, the training will still go ahead in The Provence Centre. Please bring football boots and joggers.

Open Squad Training Times

Strength and conditioning has begun as outlined in High Performance information. The squad will then train as listed below.

- Tuesday 5 April 2.00pm – 5.00pm Davine Oval.
- There will be a 1st / 2nd trial in the holidays on 6 April vs St Patrick's to be held at Iona.
 - 1st XV: 3.15pm Davine Oval
 - 2nd XV squad: 2.00pm Davine Oval

Rugby Trials (Week 10 of this term)

Years 5 to 10 will also have trials during their sport periods.

Team	Dates	Time	Location
1 st /2 nd	Thurs 31 Mar Tues 5 April	3.30pm-5.00pm 2.00pm-5.00pm	Davine oval Davine oval
3 rd /4 th /5 th	After school trials this week have been cancelled		
Year 10	Thurs 31 Mar	3.20pm-4.45pm	McCarthy
Year 9	Thurs 31 Mar	3.20pm-4.45pm	Harron oval
Year 6	After school trials this week have been cancelled		
Year 5	After school trials this week have been cancelled		

Rugby Training Term 2

Team	Dates	Time	Location
1 st /2 nd	Tuesdays Thursdays	3.30pm-5.00pm 3.30pm-5.00pm	Davine oval Davine oval
3 rd	Thursdays	3.30pm-5.00pm	Davine oval
4 th /5 th	Wednesdays	3.20pm-4.45pm	Davine oval
Year 10	Thursdays	3.20pm-4.45pm	McCarthy
Year 9	Tuesdays	3.20pm-4.45pm	Harron oval
Year 8	Thursdays	3.20pm-4.45pm	Harron oval
Year 7	Tuesdays	3.20pm-4.45pm	McCarthy
Year 6	Wednesdays	3.20pm-4.45pm	McCarthy
Year 5	Wednesdays	3.20pm-4.45pm	Harron oval

Rugby Union Uniform

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, mouthguards and strapping tape are available at the Uniform Shop.



Sailing

The South Qld Schools Teams Racing Championships were concluded last weekend in conditions that varied across the day. After completion of the 11-team round robin format, Iona 1 were ranked second, finishing with the equal most number of wins, a count back determining final positions; and Iona 2 ranked fourth. It was a great overall team result.



Unfortunately, both teams were defeated in their respective semi-finals, going on to race off in the petit-final, where Iona 1 took out third place in the regatta. Both teams sailed well across both weekends of the Championship and should be very proud of their efforts, achievements, sportsmanship and teamwork.

Our overall positions within the Championship fleet and having Iona 3 winning the Silver Teams Division in the regular season, highlight the strength and depth of the entire Iona Sailing Team across the season.

Thanks and congratulations go out to Hayden Barney and his coaching team and all volunteers for their time and help in getting the boys out on the water each week over the last season.

If you'd like to know more about the Iona Sailing Program, please contact the Sailing Committee via ionacollegesailing@gmail.com

Swimming - iSWIM

Key Personnel

Swimming Coordinator	Mr Keith Harron	harronk@iona.qld.edu.au
Head Coach	Mr Zane King	kingz@iona.qld.edu.au

Queries regarding squads and fees can be directed to Head Coach Zane King kingz@iona.qld.edu.au.

Qld Schools Swimming Results

Swimmers competed at the Qld Schools Swimming and the performances were of a high standard. Congratulations to medalists:

Benjamin Goedemans: 19 Years

1st in 1500m freestyle (state record),

1st in 800m freestyle

1st in 400m freestyle (state record),

1st in 100m freestyle

1st in 200m freestyle

2nd in 50m freestyle

Jacob Johns: 12 Years

1st in 50m breaststroke

1st in 200m breaststroke

Austin King: 15 Years

2nd in 200m butterfly

Kyan Muir: 19 Years

3rd in 50m butterfly

2022 Swimming Calendar

11 to 18 April: Age Nationals (Adelaide)

Swim Training : Coaches are willing to continue Term 1 sessions.

Primary

Mondays and Wednesdays 7.00am to 8.00am

Tuesdays and Thursdays 3.15pm to 4.00pm

12 Years to Open

Tuesday and Thursday 7.00am to 8.00am

Monday and Wednesday 3.15pm to 4.00pm

Tennis

An invitation only AIC pre-season Tennis Squad has begun training. Sessions will be held at the Iona College courts from 6.30am - 8.00am each Tuesday. The training sessions will be run by a member of the Malpass Tennis staff.

Volleyball

Qld Volleyball Holiday Pirates Day Camp

Registrations are now open for Qld Volleyball's Holiday Pirates Day Camp to be held at Boondall from 5 – 8 April. The day camp is a great opportunity for students to refine their techniques, while having some fun in the school holidays.

Please note that this day camp is very popular with registrations reaching maximum capacity in only three days last year, so you will need to register straight away if you are interested.

See link below for further information:

<https://vq.majestri.com.au/autumn-pirates-camp-2022-boondall>