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AIC Sports Information (via Twitter): <u>osportlona</u> (includes wet weather)

Head of Sport: Assistant Head of Sport (7-12): Assistant Head of Sport (5-6): Sports Administrator:

Mr Keith Harron 0417 079 268 Mr Sean Devlin 3906 8905 3893 8869 Mr Anthony Bannerman 3893 8805 Mrs Karen Otway

27 July

TEAM IONA

Iona College wishes Old Boy Tim Howard all the best at the 2022 Birmingham Commonwealth Games. Tim will play for the Australian Kookaburras hockey team in his first Commonwealth Games. Tim represented Australia at the last Olympic Games and is a great example of having strong character strengths to achieve at elite levels of world sport.

The opening round of AIC sport was competitive against Villanova College. Both the 1st XIII and 1st IV secured wins while the 1st V basketball toiled against the competition favourites. All other games were keenly contested with Year 6, 7 and 9 tennis, all rugby league teams and 7A / 8A / 10A basketball setting up their seasons with solid performances.

The 12 Years rugby union (won 28 – 5) and 12 Years football (drew 0 - 0) games versus Scots, Sydney were rain affected.





Both teams withstood the winter conditions and should be proud of their efforts. Scots were most appreciative of our hosting.

Our golfers also participated in the final QIGA event. This saw us participate against the elite golf schools in South East Qld. Our team typically plays to the best of their ability in high standard tournaments.

This week is again busy with our junior AFL team up against Nudgee in the Qld Schools Cup knockout on Wednesday evening. Lytton District track and field was also held this week. AIC Round 2 is the St Patrick's fixtures, again on the away schedule and includes rugby league at Curlew Park, Sandgate. It will be a hard round of games with our Year 5 team playing later in the day as part of the St Patrick's Big Brother program.

Iona continues to provide numerous athletes to representative programs: 142 District, 62 Met East and 8 Qld School representatives. Numerous other athletes have represented Qld in club sport. Our High Performance program coordinates this involvement.

Please note that volunteers are required for the Provence canteen each Saturday during the basketball season. Iona College also hosts the AIC rugby league round on Saturday 6 August with two league canteens in operation – volunteers will again be needed. All volunteers must be registered. To register as a volunteer see the registration link. registration form

Iona Sport Season Planner

Wed 27 July: AFL Schools Cup Gala Day

Fri 29 July: AIC Basketball Round 2 Years 5/6 vs SPC

Sat 30 July: AIC Basketball Round 2 Years 7-Open vs SPC (A)

Sat 30 July: AIC Tennis Round 2 vs St Patrick's (A)

Sat 30 July: AIC Rugby League Round 2 vs St Patrick's

Fri 5 Aug: AIC Basketball Round 3 Years 5/6 vs SLC

Sat 6 Aug: AIC Basketball Round 3 Years 7-Open vs SLC (H)

Sat 6 Aug: AIC Tennis Round 3 vs St Laurence's (H)

Sat 6 Aug: AIC Rugby League Round 3 vs SLC (@ Iona)

Rugby League Team Photos Sat 6 aug:

Thurs 18 Aug: AIC Athletics Trial Meet @ QSAC

24-25 Aug: Met East Athletics @ QSAC

Thurs 8 Sept: AIC Athletics Trial Meet

Wed 14 Sept: AIC Athletics Trial Meet

AFL

Schools Cup

Coordinator	Mr Anthony	bannermana@iona.qld.edu.au	
	Bannerman		

AFL Schools Cup fixture for this Wednesday 27 July:

Years 7-9 at Yeronga at 5.15pm.

Athletics

Key Personnel

Primary	Mr Peter	holmesp@iona.gld.edu.au
Coordinator	Holmes	
Years 7-12	Mr Sean	devlins@iona.qld.edu.au
Coordinator	Devlin	

Composite District Trials

Composite District nominations (students born 2009 - 2004) are used to progress to the regional trials. These nominations will be organised by Mr Sean Devlin (<u>devlins@iona.qld.edu.au</u>) and are paper nominations with times/distances. These are due by Friday 5 August. The nomination form has been emailed to all students and parents.

Regional Athletics Trials (24 and 25 August @ QSAC)

Students who progressed through the Lytton and Composite trial process.

AIC Championships (6 and 7 October @ QSAC). This is for the final squad Years 5 to 12.

AIC Trial Dates

Thursday 18 August Thursday 8 September Wednesday 14 September

Years 5 to 12 AIC Squad Training Schedule

Day	Event	Time / Venue
	Shot Put/Discus	7.00 - 8.00am
		Near cricket nets
М	High Jump: Yr 5 & 6, 12 Yrs, 13 Yrs	3.15 - 4.30pm
0		Davine Oval
N	Javelin: 12 Yrs - Open	3.15 - 4.30pm
D		Harron Oval
Α	Hurdles: Yr 5 - Open	3.15 - 4.30pm
Υ		Davine Oval
	Middle Distance: 12 Yrs - Open	3.15 - 4.30pm
		Davine Oval
Т	Shot Put: Yr 5 - Open	3.15 - 4.30pm
U		Near cricket nets
Е	Sprints: Yr 5, Yr 6, 12 Yrs - Open	3.15 - 4.30pm
S		Fuller Oval
D	High Jump: 14 Yrs - Open	3.15 - 4.30pm
Α		Davine Oval
Υ		
W	Shot Put: 12 Yrs - Open	3.15 - 4.30pm
Е		Near cricket nets
D	Middle Distance: 12 Yrs - Open	3.15 - 4.30pm
N	, .	Fuller Oval
Е	Long /Triple Jump: 12 Yrs - Open	3.15 - 4.30pm
S	_	Davine Oval
D	Long Jump: Yr 5 & 6	3.15 - 4.30pm
Α		Davine Oval
Y		
T	Sprints/Relays: Year 5 - Open	3.15 - 4.30pm
Н		Davine Oval
U	Javelin: 12 Yrs - Open	3.15 - 4.30pm
R		Harron Oval
S	Middle Distance: Yr 5 & 6	3.15 - 4.30pm
		Fuller Oval

Basketball

Key Personnel

Primary	Mr Anthony	bannermana@iona.qld.edu.au
Coordinator	Bannerman	
Years 7-9	Mrs Karen	otwayk@iona.qld.edu.au
Coordinator	Otway	
Years 10-12	Mr Anthony	bannermana@iona.qld.edu.au
Coordinator	Bannerman	

Basketball Uniforms

Boys who are selected in basketball teams this year will be required to purchase a basketball playing shirt, basketball shorts and white Iona sport socks from the Uniform Shop. Playing shirts will no longer be on the hire system. All basketball players will require the full basketball uniform for games this Saturday.



- Any skins the boys wear under the shorts must be black.
- No non-lona clothing/jumpers are to be worn to games or training.
- Covered shoes must be worn at all times (no slides, thongs or crocs).
- No shirts are to be worn under the singlet.

Basketball Results vs Villanova

Results

1 st	lost	59 - 82	8A	won	21 - 14
2 nd	lost	38 - 42	8B	lost	24 - 55
3 rd	lost	36 - 41	8C	lost	18 - 57
11A	lost	32 - 79	8D	lost	14 - 47
11B	lost	38 - 58	7A	won	31 - 23
11C	lost	20 - 46	7B	lost	33 - 41
10A	won	52 - 19	7C	lost	14 - 39
10B	lost	32 - 33	7D	lost	12 - 20
10C	lost	28 - 35	6A	lost	26 - 30
9A	lost	27 - 44	6B	lost	25 - 29
9B	won	40 - 28	6C	game	cancelled
9C	won	68 - 25	6D	game	cancelled
9D	won	43 - 21	5A	lost	10 - 59
			5B	lost	8 - 32
			5C	lost	4 - 70
			5D	lost	9 - 25





Basketball Round 2 vs St Patrick's

Years 5 and 6 – Friday 29 July			
Team	Venue	Court	Time
5A	Iona College	Provence 1	4.00pm
5B	Iona College	Provence 1	4.50pm
5C	Iona College	Provence 2	4.00pm
5D	Iona College	Provence 2	4.50pm

6A	St Patrick's College	Christian	4.50pm
	60 Park Pde, Shorncliffe	Brothers	
6B	St Patrick's College	Christian	4.00pm
	60 Park Pde, Shorncliffe	Brothers	
6C	St Patrick's College	Callan	4.50pm
	60 Park Pde, Shorncliffe	Centre	
6D	St Patrick's College	Callan	4.00pm
	60 Park Pde, Shorncliffe	Centre	

Boys in the Year 6 teams will meet at the Primary handball courts at the conclusion of school. Boys will travel to St Patrick's via bus. Boys will return to the Iona bus turnaround at approx 6.30pm. Boys must be collected promptly.

Basketball Round 2 vs St Patrick's

	Years 7 to 12 – Satu	rday 30 July	
Team	Venue	Court	Time
1 st	St Patrick's College 60 Park Pde, Shorncliffe	Christian Brothers	12.00pm
2 nd	St Patrick's College 60 Park Pde, Shorncliffe	Christian Brothers	11.00am
3 rd	St Patrick's College 60 Park Pde, Shorncliffe	Callan Centre	11.00am
11A	St Patrick's College 60 Park Pde, Shorncliffe	Christian Brothers	10.00am
11B	St Patrick's College 60 Park Pde, Shorncliffe	Callan Centre	10.00am
11C	St Patrick's College 60 Park Pde, Shorncliffe	Callan Centre	9.00am
10A	St Patrick's College 60 Park Pde, Shorncliffe	Christian Brothers	9.00am
10B	St Patrick's College 60 Park Pde, Shorncliffe	Christian Brothers	8.00am
10C	St Patrick's College 60 Park Pde, Shorncliffe	Callan Centre	8.00am
9A	Iona College	Provence 1	12.00pm
9B	Iona College	Provence 1	11.00am
9C	Iona College	Provence 2	11.00am
9D	Iona College	Oblate Hall	10.00am
8A	Iona College	Provence 1	10.00am
8B	Iona College	Provence 1	9.00am
8C	Iona College	Provence 2	10.00am
8D	Iona College	Provence 2	12.00pm
7A	Iona College	Provence 1	8.00am
7B	Iona College	Provence 2	9.00am
7C	Iona College	Provence 2	8.00am
7D	Iona College	Oblate Hall	9.00am

The Provence Centre Canteen will be operational on Saturdays for AIC Basketball fixtures. If your son is playing at Home on Saturdays and you have some time you can spare either before

or after his game, our Canteen Coordinator would greatly appreciate some help.

Please note that you MUST be an approved Iona volunteer to assist in the canteen and only approved volunteers will be emailed the link to sign up. If you would like to become an approved volunteer, please complete this <u>registration form</u>.

Basketball Training Schedule

Team	Training Day	Time	Venue
5A	Tuesdays	3.15-4.30pm	Outside Oblate Hall
5B	Fridays	7.00-8.10am	Provence 1
5C / D	Thursdays	2 nd Break	Provence 2
6A	Fridays	7.00-8.10am	Provence 2
6B	During Year lev	vel sport only	
6C	Thursdays	2 nd Break	Provence 1
6D	During Year lev	vel sport only	
7A/ 7B	Wednesdays	3.15-5.00pm	Provence Crt 1
7C / 7D	Wednesdays	3.15-4.30pm	Provence Crt 2
8A / 8B	Thursdays	3.15-5.00pm	Oblate Hall
8C / 8D	Thursdays	3.15-4.30pm	Outside Oblate Hall
9A / 9B	Mondays	3.15-5.00pm	Oblate Hall
9C / 9D	Mondays	3.15-4.30pm	Provence Crt 1
10A / 10B	Thursdays	3.15-5.00pm	Provence Crt 2
10C	Wednesdays	3.15-4.30pm	Outside Oblate Hall
11A	Mondays	3.15-5.00pm	Provence Crt 2
	Wednesdays	3.15-5.00pm	Oblate Hall
11B/11C	Tuesdays	3.15-4.30pm	Oblate Hall
1 st	Tuesdays	3.15-5.00pm	Provence Crt 1
	Thursdays	3.15-5.00pm	Provence Crt 1
2 nd	Tuesdays	3.15-5.00pm	Provence Crt 2
	Thursdays	3.15-5.00pm	Provence Crt 1
3 rd	Wednesdays	7.00-8.10am	Provence Crt 1

Training for Years 5 to 10 will also be held during sport lessons.

<u>Photos</u>: It would be much appreciated if any photos taken of the AIC basketball matches could be sent to <u>otwayk@iona.qld.edu.au</u> for inclusion in the sport newsletter or College newsletter sport photo gallery.



Golf

The latest round of QIGA golf was played at Keppera Golf Club. The team did well considering the difficulty of the course, even finishing close to Hills Golf Academy in the Gross competition. Luke Biddle had his best performance for the College in his young career finishing 12th in the Nett competition. Noah Wright and Kai Schloss had a solid day as well on the greens. Thanks to the team for representing lona in the true spirit of the traditions of the ancient game.

High Performance

High Performance Key Personnel

 	•	
Coordinator	Mr Jarrod Biggs	biggsj@iona.qld.edu.au

Upcoming Met East Trials

Boys wanting to trial for the Met East Triathlon (boys born 2004 – 2010) or Met East Aquathon (boys born 2011 and 2012) are asked to see Mr Harron for more information. The Met East **Triathlon** team and Met East **Aquathlon** team are selected in October 2022, but do not compete until February 2023.

Gym Training (<u>Term 3 Gym Timetable</u>)

	MON	TUES	WED	THURS	FRI
Morning 7:00am – 8:00am	Open Rugby League	High Performance Cricket	Open Rugby League	Year 10 High Performance	9-12 Students
Afternoon 3.15pm – 4.15pm	Year 9 High Performance	Year 10 High Performance	11-12 High Performance	Year 9 High Performance	

- 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.
- Open Rugby League and High Performance Cricket session is invite only.

Interhouse Sport

Years 5/6 Interhouse Swimming – Friday 21 October.

Senior Interhouse Track and Field

Please note the following dates for senior interhouse meets:

Yr 9: Friday 12 August period 3 during sport

Yr 10: Mon 15 August period 4 during sport

Yr 8: Wed 17 August period 1 during sport

Yr 7: Wed 17 August period 2 during sport

Yr 11 and 12: Fri 16 September (last day and time TBC)

Mountain Biking

Key Personnel

Coordinator	Mr Daniel	davisond@iona.qld.edu.au
	Davison	

Due to the weather the Rocky trail event Scheduled for 22 July was postponed. This event has been rescheduled to Friday 5 August. All entries will automatically be transferred to the new date.

Alternatively your options are to

email <u>ride@rockytrailentertainment.com</u> to either Request a transfer to another Rocky Trail event or request a refund.

Important Dates

Fri 5 Aug: Rocky Trail Academy Event at Nerang Fri 19 Aug: Rocky Trail Sunshine Coast (Caloundra) Fri 26 Aug: Rocky Trail Brisbane (East Escarpment)

1 - 4 Sept: Auscycling Nationals (Nerang)

Mountain Biking Training Dates

Sun 31 July: 12.30pm - 2.30pm @ Nerang Sat 6 Aug: @ Caloundra (split groups)

Sun 14 Aug: 12.30pm - 2.30pm East Escarpment

Rugby League

Key Personnel

Coordinator	Mr Jarrod Biggs	biggsj@iona.qld.edu.au

Rugby League Team Photos

League team photos will be taken on Saturday 5 August.



Venue for photos is the primary covered handball courts. There will be a photo schedule in next week's sport newsletter.

League Uniform

- Iona Rugby League shorts.
- Iona Rugby League socks (same as union, AFL and football).
- Boys will be given a hire jersey which needs to be returned at the end of the season. A \$20 hire fee will be added to College fees.
- No non-lona clothing/jumpers are to be worn to games.
- Covered shoes must be worn at all times.
- Any skins worn under the shorts must be black.

Action Photos: It would be much appreciated if any action photos taken of the Saturday rugby league matches could be sent to otwayk@iona.qld.edu.au for inclusion in the sport newsletter or College newsletter sport photo gallery.



League Round 1 vs Villanova

Results

Year 5	lost	0 - 24
Year 6	won	16 - 12
Year 7	won	24 - 8
Year 8	won	16 - 8
Year 9	won	14 - 0
Year 10	won	28 - 8
2 nd XIII	BYE	
1 st XIII	won	34 - 4









League Round 2 vs St Patrick's

Saturday 30 July						
Venue – St Patrick's Playing Fields (Curlew Park)						
	Curlew St, Shorncliffe					
Year	Year Time Field					
Level						
Year 6	8.00am	Rugby 1				
Year 7	9.00am	Rugby 1				
Year 8	10.00am	Rugby 1				
Year 9	11.00am	Rugby 1				
Year 10	12.00pm	Rugby 1				
Year 5	1.00pm	Rugby 1				
2 nd XIII	2.00pm	Rugby 1				
1 st XIII	3.15pm	Rugby 1				

AIC League Squads - Term 3 Training

Venue	Tuesdays 3.15-4.45pm	Wednesdays 3.15-4.45pm	Thursdays 3.15-4.45pm
Davine Oval	1 st / 2 nd	Year 9 Year 10	1 st / 2 nd
McCarthy	Year 7	Year 5	
Oval	Year 8	Year 6	

CHANGES to the training schedule are as follows:

Week 5

- No after-school training for **ALL TEAMS** on any day

Swimming - iSWIM

Key Personnel

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

Swim Training

Swim training will continue throughout Term 3. It is important that all squad members endeavour to attend any of the sessions available.

Information regarding squads and when to attend are available from Head Coach, Zane King kingz@iona.qld.edu.au.

Further details are available from iSWIM via Stack Team App.

Tennis

Key Personnel

Coordinator	Mr Paul Cook	cookp@iona.qld.edu.au

AIC Tennis Managers for 2022

Year 5: Gemma Tapson
Year 6: Kevin Caine
Year 7: Richard Cook
Year 8: Tania Cooper
Year 9: Michael Cook
Year 10: Catherine Ward
2nd & 3rd IV: Daniel Davison
1st IV: Paul Cook

Year 5: Gemma Tapson
tapsong@iona.qld.edu.au
cookr@iona.qld.edu.au
cookm@iona.qld.edu.au
wardc@iona.qld.edu.au
davisond@iona.qld.edu.au
cookp@iona.qld.edu.au

Iona Tennis Uniform

- Iona College polo shirt
- Iona HPE shorts
- Iona white sports socks
- No non-lona clothing/jumpers are to be worn to games or training
- Iona I cap or Iona hat.

Wet weather training details

Tennis training will not be called off if the courts are too wet. If ever there is wet weather, and the courts are not safe to play on, training will still go ahead.

All students are to meet in the undercover Canteen area above the tennis courts where you will be taken to Daly 8 for a theory session that involves tactics, court play, positioning, etc. A couple of reminders for the season.

- All players need to play by the AIC Code of Conduct. This
 code can be found on page 92 of your son's student
 diary. We play hard but fair. Disrespectful play and poor
 sportsmanship during matches are not "Ionian" traits
 and not tolerated at Iona.
- 2. All contact concerning AIC tennis should now be directed to your son/s manager.
- 3. All players are to play in the Iona sports uniform with "I" Cap or Iona hat.
- 4. Players to be dropped off at each venue at least 15 minutes prior to the start of play.

Tennis Results vs Villanova

Well done to all teams on Saturday. We shared the day with Villanova which included our first tie for the year, 10A Tie 4(24)-4(24). Yet again, the Year 6 teams had impressive wins. The 7A boys fought hard to scrape a win (by games) 4(29)-4(24) as did the 9B team 4(38)-4(36). This highlights the importance of winning as many games as possible if you are not able to beat your opponent.

The First IV team won a nervous first round match 5-3 and are looking to build on this victory against St Patrick's College this Saturday.

1 st	won	5 - 3	8A	lost	2 - 6
2 nd	lost	3 -5	8B	lost	1 - 7
3 rd	lost	1 - 7	7A	won	4(29) – 4(24)
10A	draw	4(24) – 4 (24)	7B	won	6 - 2
10B	lost	0 - 8	6A	won	8 - 0
9A	won	6 - 2	6B	won	7 - 1
9B	won	4(38) – 4(36)	5A	lost	1 - 7
			5B	lost	1 - 7







Tennis Round 2 Saturday 30 July vs St Patrick's

Team	Venue	Time
5A/B	Wynnum Tennis Centre Colina St, Wynnum	7.45am - 10.00am
6A/B	Wynnum Tennis Centre Colina St, Wynnum	10.15am - 12.30pm
7A/B	Iona College Tennis Centre	7.45am - 10.00am
8A/B	Iona College Tennis Centre	10.15am - 12.30pm
9A/B	Sandgate Tennis Centre Board St, Deagon	7.45am - 10.00am
10A/B	Sandgate Tennis Centre Board St, Deagon	10.15am - 12.30pm
1 st IV	Coops Tennis Centre Beams Rd, Carseldine	7.45am - 12.30pm
2 nd	Coops Tennis Centre Beams Rd, Carseldine	7.45am - 10.00am
3 rd	Coops Tennis Centre Beams Rd, Carseldine	7.45am - 10.00am

<u>Photos</u>: It would be much appreciated if any photos taken of the Saturday tennis matches could be sent to <u>otwayk@iona.qld.edu.au</u> for inclusion in the sport newsletter or College newsletter sport photo gallery.



Term 3 Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6.30am	6.30am	6.30am	6.30am	6.30am
Yrs 5-7	Yrs 11- Open	Years 8-10	Yrs 7-10 B Teams	Yrs 6-10 A Teams & $1^{st} / 2^{nd}$

All students are expected to play each Saturday.

Touch

Touch Football All-Schools Nominations

If you are interested in trialling for a spot in the U13, U15 or U18 Touch Football All-Schools squad, please complete the sign on link: https://forms.office.com/r/VNEWRaG8ik

Trial Dates:

U13: Wednesday 3 August 3.30pm – 4.45pm on Dwyer Oval Any boys who play Year 7 basketball and have a clash with Iona basketball training can trial for touch on Friday 19 August.

U15: Friday 5 August 3.30pm – 4.45pm on Dwyer Oval

U18: Friday 12 August 3.30pm – 4.45pm on Dwyer Oval

Training Dates: (All training is on Dwyer Oval)

U13 & U15

Friday 19 August 3.15pm – 4.30pm

Friday 26 August 3.15pm - 4.30pm

Friday 2 September 3.15pm – 4.30pm

Friday 9 September 3.15pm - 4.30pm

Tuesday 4 October 3.15pm - 4.30pm

<u>U18</u>

Wednesday 7 September 3.15pm – 4.30pm

Wednesday 14 September 3.15pm – 4.30pm

Tuesday 4 October 3.15pm - 4.30pm

Competition Details:

The event is on the following dates during Week 1 of Term 4:

U13's: 5 October - 7 October. Finals on 8 October U15's: 5 October - 7 October. Finals on 8 October

U18's: 7 October - 8 October. Finals on 9 October

All games will be played at Gold Coast Performance Centre, Runaway Bay. Buses will transport students to and from the venue Wednesday, Thursday and Friday.

Students will be required to make their own transport arrangements Saturday and Sunday (if playing).

The most up-to-date information can be found on the following

website: https://qldallschools.com.au/

Volleyball

Junior Schools Cup (Years 7 and 8)

Junior Schools Cup will be held on the Gold Coast from 21 - 23 October. We will be sending one Year 7 team and one Year 8 team to this competition. The College will provide transport to and from the Gold Coast on Friday. Transport to and from the Competition on the Saturday and Sunday is the responsibility of parents.

Year 7

Boys interested in trialling for the Year 7 team need to attend the following trials and email Mrs Otway of their intention to trial.

<u>Trial Dates:</u> (Trials will be held in Oblate Hall)

Friday 5 August 3.15pm - 5.00pm Friday 12 August 3.15pm - 5.00pm

Training will then be held on Friday afternoons for the selected boys.

Year 8

Boys interested in trialling for the Year 8 team need to attend the following trials and email Mr Pritchard of their intention to trial.

Trial Dates: (Trials will be held in Oblate Hall)

Tuesday 2 August 7.00am - 8.15am

Tuesday 9 August 7.00am - 8.10am

Training will then be held on Tuesday mornings before school for the selected boys.