



iGROW

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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

12 October

TEAM IONA

Our Touch and Track and Field teams competed last week in strong competitions. All Touch teams reached playoff rounds at All Schools at the Gold Coast: U13 (top 8), U15 (top 16), and Opens (top 8) which is a significant achievement considering the standard of competition. At AIC Track and Field, the Primary team gained an aggregate 2nd while the Senior team achieved 5th in a close championship. The Year 6 and 15 Years teams won age divisions with Bailey Burns (15 Years) winning an incredible 5 events plus a relay win.



Last weekend, Iona College hosted the Queensland Pirates and Canberra Heat in the men's and women's Australian Volleyball League. The Provence Centre proved to be a first-class venue for elite sport. We are indeed so lucky to have a facility that we and communities use and enjoy. Many thanks to all involved in the administration, technical expertise and catering.

Swimming, Water Polo, Schools Cup Volleyball and Touch training continue. A small number of students will be offered the opportunity to participate in an AIC E-sports trial. Volleyball, Cricket and AFL trials for 2023 are also underway.

Iona Sport Season Planner

Thurs 13 Oct: Years 7 & 8 Schools Cup Volleyball vs SLC
Sun 16 Oct: Fleet Racing Sailing
21 – 23 Oct: Junior School Cup Volleyball
Sat 22 Oct: AIC Invitational Touch
Sat 22 Oct: AIC E-sports Trial (@ Villa)
Sun 23 Oct: Fleet Racing Sailing
Sun 23 Oct: AIC Invitational Water Polo
Sat 29 Oct: 2023 Year 5 and Year 7 Cricket and AFL Trials
Sat 29 Oct: 2023 Year 7 Volleyball Trials (**Current Year 6**)
Sun 30 Oct: Fleet Racing Sailing
4 – 6 Nov: Primary All Schools Touch

Sun 6 Nov: Teams Racing Sailing
Sat 12 Nov: Volleyball Trials vs Villa (2023, Years 7 – Open)
Sat 12 Nov: Cricket Trials vs Villanova: 2023, 1^{sts} and 2^{nds}
Sun 13 Nov: Teams Racing Sailing
Sun 20 Nov: Teams Racing Sailing
4 – 8 Dec: Oblate Cup Cricket (Melbourne)
5 – 10 Dec: Australian Volleyball Schools Cup (Gold Coast)
9 – 13 Jan: Brisbane Cricket Carnival

AFL

Key Personnel

Coordinator	Mr Anthony Bannerman	bannermana@iona.qld.edu.au
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Trials / training for 2023 AIC teams will be held at the following times:

1st / Open

Wednesday 12 October 3.15pm – 4.15pm Fuller Oval
Wednesday 19 October 3.15pm – 4.15pm Fuller Oval
Wednesday 26 October 3.15pm – 4.15pm Fuller Oval
Wednesday 2 November 3.15pm – 4.15pm Fuller Oval
Wednesday 9 November 3.15pm – 4.15pm Fuller Oval

Years 5 – 10 teams will trial during sport lessons in Term 4.

Athletics

AIC Athletics Championships Results

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

Age Level Results

Age Group	Aggregate Winner	Iona Position
Year 5	Villanova	Iona 4th
Year 6	Iona	Iona 1st
12 Years	Marist	Iona 8th
13 Years	Marist	Iona 6th
14 Years	St Peters	Iona 4th
15 Years	Iona	Iona 1st
16 Years	Marist	Iona 5th
Open	St Peters	Iona 7th

Award Winners

Congratulations to our award winners for 2022.

Senior Track and Field Athlete	Corey Tearle
Junior Track and Field Athlete	Bailey Burns
Primary Track and Field Athlete	Zane Burns
Open Track Champion	Zane Pearce
Open Field Champion	Corey Tearle
16 Years Track Champion	Darcy Pratten
16 Years Field Champion	Zak Norris
15 Years Track Champion	Bailey Burns
15 Years Field Champion	Bailey Burns
14 Years Track Champion	Jack Thatcher
14 Years Field Champion	Sebastian Boog
13 Years Track Champion	Harper Allen
13 Years Field Champion	Elliot Gunner
12 Years Track Champion	Ted Borg
12 Years Field Champion	Frederic Hughes
Year 6 Track Champion	John Connolly
Year 6 Field Champion	Jake Hambrook-Smith
Year 5 Track Champion	Riley Chin
Year 5 Field Champion	Jacob Francis

Individual Winners at AIC Championships

Year 5

Emmett Small – 200m (Div 8)

Oliver Owens – 100m (Div 7)

Jacob Francis – High Jump (Div 2)



Year 6

Jai Poma – 60m Hurdles (Div 2), 200m (Div 3), 100m (Div 2)

John Connolly – 100m (Div 3)

Zane Burns – Long Jump (Div 1)

Jake Hambrook-Smith – Shot Put (Div 1 – new AIC record 13.30m)

Harry Grigor – 200m (Div 8)

Colby Simpson – 200m (Div 7)

Braxton Exton – 200m (Div 4)

4 x 100m relay Div 2



13 Years

Elliot Gunner – Javelin (Div 2)

Harper Allen – 100m (Div 1)

14 Years

Hayden Wright – 100m (Div 4)

Jack Thatcher – 100m (Div 3), 400m (Div 1)

4 x 100m relay Div 1

15 Years

Bailey Burns – 100m (Div 1), 200m (Div 1), 100m Hurdles (Div 1),

Triple Jump (Div 1), Long Jump (Div 1)

Nicholas Bragger – 100m (Div 3)

4 x 100m relay Div 1

Open

Ronan Wright – 100m (Div 2)

Cricket

Key Personnel

Years 7 – 12 Coordinator	Mr Sean Devlin	Devlins@iona.qld.edu.au
Primary Coordinator	Mr Brendan Allen	allenb@iona.qld.edu.au
1 st Coach	Mr Wayne Niven	nivenw@iona.qld.edu.au

Trials for 2023 AIC cricket teams will occur during Years 5 – 10 sport lessons in Term 4.

Open Cricket trials

(These have started)
Tuesdays 3.15pm – 5.30pm (cricket nets)

Wednesdays 7.15am – 8.15am (gym session)

Thursdays 3.15pm – 5.30pm (cricket nets)

Trial vs Villanova

There will be a trial match vs Villanova for those selected in 1^{sts} and 2^{nds} squads on Saturday 12 November. Games will be played at Villanova.

Oblate Cup 2022

The Oblate Cricket Carnival will be hosted by Mazenod Victoria in Melbourne on 4 – 8 December.

There will be a 13-man squad picked from the Open training.

The Brisbane Cricket Carnival

The carnival previously known as the Christian Brothers Carnival will be held from 9 – 13 January. Iona College will be entering three teams (U/15, 1st XI and 2nd XI). The squads will be selected by Week 5 Term 4. The 1st XI and 2nd XI squad will be selected from the Open Training squad and the U/15 will be selected from the training during year level sport in Term 4.

2023 AIC Cricket

All 2023 Year 6 - 10 teams will trial during year level sport from Week 2 Term 4.

Any queries can be directed to Mr Sean Devlin

devlins@iona.qld.edu.au

High Performance

High Performance Key Personnel

Coordinator	Mr Jarrod Biggs	biggsj@iona.qld.edu.au
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Congratulations to Ryan Goakes who competed in the Australian Acrobatics Gymnastics Championships. Ryan achieved the following results:

Level 6 Tumbling: 4th

Level 5 Mixed Pair Acrobatics (with his partner Chelsea): 2nd in Balance, 1st in Dynamic, 1st Overall.



Congratulations to the following cricketers who gained Met East 15 Years regional selection: Harley Malpass, Lachlan McClure, Liam Carter.

Gym Training

This term brings an exciting new change to the Iona College Gym Programs. For the first time, high-performance students from Year 7 and up will be given the opportunity to train in our state-of-the-art facility. We will be implementing a tiered program system where athletes will progress through activities suitable for their stage of athletic development and training goals. In Term 4, players will choose programs that concentrate on strength and hypertrophy, speed or power. This new approach also sees the abolition of sport specific training groups in the senior school, with a great focus on the long-term athletic development of our athletes across a range of relevant sport specific areas.

The junior and senior high-performance athletes will be expected to attend two of the four sessions allocated to their group each week. In these sessions they will work through programs that will become more personalised as they commit to their training over time.

Gym groups:

- High Performance Gym Groups are for players that play 'A'-Level or Firsts/Seconds sport or are representative athletes.
- 9-12 General Gym Group is open to any Iona student from Years 9-12. High Performance invitees are not permitted to attend this session.

The Term 4 gym timetable is shown below:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 7:00am – 8:00am	SENIOR HIGH PERFORMANCE	SENIOR HIGH PERFORMANCE	JUNIOR HIGH PERFORMANCE	SENIOR HIGH PERFORMANCE	YEAR 9-12 GENERAL GYM TRAINING
Afternoon 3:15pm – 4:15pm	JUNIOR HIGH PERFORMANCE	JUNIOR HIGH PERFORMANCE	SENIOR HIGH PERFORMANCE	JUNIOR HIGH PERFORMANCE	
4:15pm – 5:45pm		IONA SWIMMING CLUB		IONA SWIMMING CLUB	

Sailing

Thanks to all who attended and contributed to the dinner held this week to launch the upcoming sailing season. Special thanks to Mr Caine, Karen Grifferty, Alexandra Lowson and Mr Harron for their assistance in the success of the event.

Congratulations to Ethan Fomiatti for being named Sailing Captain for the upcoming season. Congratulations also to Daniel Innes on being presented with the Spirit of Sailing Award for the previous season.



Racing - a new season of racing kicks off this **Sunday 16 October** on Moreton Bay. Sailors are to please confirm availability for each week's racing by RSVPing to the racing events on TeamApp.

Schools Fleet Racing Series – Round 1

Sunday 16 October – RQYS

7.45am Rigging
8.30am Race Officer briefing
8.45am Team briefing
9.45am First warning signal - 5 races scheduled
2.30pm Anticipated time back at the ramp for de-rigging and debrief

Time off the water will depend on weather conditions. Please watch for TeamApp notification of when the boys are heading back in.

Training (all boats) Tuesdays: RQYS – 3.30pm

Keep an eye on TeamApp for bus availability and RSVP to confirm you need a ride.

Key Dates 2022:

- Fleet racing - 16, 23 and 30 October
- Teams racing - 6, 13, 20 November
- 27 November **(Teams final)** Sunday of last week of Term 4.

Key Dates 2023:

Fleet Racing – 29 January, 5 and 12 February
Teams – 19 and 26 February, 5 and 12 March
SQ Teams Championships – 19 and 26 March

Any queries, please contact the Sailing Committee via TeamApp or 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

Swim Training

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.

The Iona College swim coaches need the 2022/2023 swim team to begin training in Term 4. The COMPULSORY SESSION (both Primary and Secondary) is held each Tuesday 6.15am – 7.45am, followed by a light breakfast in the Green Room. Swimmers are also invited to water polo training beginning Thursday Week 1 of Term 4 (6 October) from 6.30am – 7.45am and continuing for three weeks.

Eventually, beginning Week 4, the Iona swim squad will have sessions each Tuesday and Thursday morning 6.15am – 7.45am for the remainder of Term 4. Breakfast will be provided each Tuesday morning.

All other squad details are available from Head Coach, Zane King.

Iona Swim Club

Please see below the link to the Iona Swim Club calendar.

<https://tinyurl.com/3hvs64vf>



Touch

Key Personnel

Years 7 – 12 Coordinator	Miss Indiana Dellit	delliti@iona.qld.edu.au
Primary Coordinator	Mr Troy Condon	condont@iona.qld.edu.au

Primary All Schools Training Dates:

Thursday 13 October (3.15pm – 4.45pm)
Tuesday 18 October (3.15pm – 4.45pm)
Thursday 20 October (3.15pm – 4.45pm)
Tuesday 25 October (3.15pm – 4.45pm)
Thursday 27 October (3.15pm – 4.45pm)

The tournament will be held 4 – 6 November at the Cleveland Showgrounds.

Qld All Schools Results

Congratulations to our U13, U15 and U18 teams in the Gold Coast Titans All-Schools Touch Football competition last week. Both the U15 and U18 teams were able to improve their standings from the previous year, while the U13 maintain their strong final streak. The U13 and U18 teams both finished top 8, while the U15 team finished top 16. Thank you especially to Mr Troy Condon, Alex Condon, Noah Lester and Ms Ingrid Chapman for all their coaching and support over the long week.

U13

won 6 – 1 vs Mercy St Pats
won 8 – 2 vs Beaudesert SHS
won 6 – 0 vs Stretton SHS
won 9 – 1 vs Sienna
won 11 – 1 vs St Joseph's Coomera
won 6 – 0 vs Ferny Grove SHS
Top 16 won 5 – 2 vs Kirwan SHS
Top 8 lost 3-4 Miami SHS



U15

won 5 – 3 vs Pacific Pines SHS
won 13 – 1 vs Faith Lutheran
lost 3 – 5 vs Emmaus Rockhampton
won 12 – 0 vs Windaroo SHS
won 8 – 1 vs Noosa District
won 11 – 0 vs Fortitude Valley SHS
Top 16 lost 0 – 5 vs St Mary's Toowoomba



Open

won 10 – 3 vs Brisbane Adventist
won 15 – 0 vs Nerang SHS
won 5 – 4 vs St Mary's Toowoomba
won 4 – 0 vs Mueller College
drew 4 – 4 vs Kirwan
Top 8 lost 3 – 9 vs The Cathedral School, Rockhampton



2022 Touch Award Winners

Senior Player of the Year	Sage Van Balen
Junior Player of the Year	Campbell Rolfe
U18 Most Valuable	Calum Pereira
U18 Team Contribution	Jy Bruce
U15 Most Valuable	Talan Cross
U15 Team Contribution	Blaze Mohi
U13 Most Valuable	Jordan Doherty
U13 Team Contribution	Tamarley Mooney

Volleyball

Key Personnel

Coordinator	Mrs Karen Otway	otwayk@iona.qld.edu.au
Year 8 Schools Cup Coach	Mr Chris Pritchard	pritchardc@iona.qld.edu.au

Junior Schools Cup Training Sessions (selected boys only)

Year 7

Training will be held on the following dates and times:

Thurs 13 Oct: 3.15pm – 5.30pm (Game vs SLC @ Iona)
Friday 14 Oct: 3.15pm – 5.00pm in The Provenance Centre

Year 8

Thurs 15 Sept: 3.15pm – 5.30pm (Game vs ATC @ Iona)
Tuesday 11 Oct: 7.00am – 8.00am in The Provenance Centre
Thurs 13 Oct: 3.15pm – 5.30pm (Game vs SLC @ Iona)
Tuesday 18 Oct: 7.00am – 8.00am in The Provenance Centre

Volleyball Trials for 2023 AIC Teams

- Trials will be held during sport lessons for current Years 6 to 10 students. After school sessions are very important as that is when the final teams are selected by team coaches.
- After each trial session, students will be notified if they will be required to attend the next trial time.

Year 7, 2023 (Current Year 6)

During sport lessons in Week 10 and during Term 4.
Saturday 29 October 9.00am – 11.00am (This trial will also include new boys who are starting at Iona next year.)

Year 8, 2023 (Current Year 7)

Monday 17 October 3.15pm – 5.00pm The Provenance Centre
Monday 7 November 3.15pm – 5.00pm The Provenance Centre

Year 9, 2023 (Current Year 8)

Tuesday 18 October 3.15pm – 5.00pm Oblate Hall
Thursday 20 October 3.15pm – 5.00pm Oblate Hall

Year 10, 2023 (Current Year 9)

Wednesday 19 October 3.15pm – 5.00pm The Provenance Centre
Friday 28 October 3.15pm – 5.00pm The Provenance Centre
Wednesday 9 November 3.15pm – 5.00pm The Provenance Centre

1st 2023 (Current Years 10 and 11) and

Year 11A, 2023 (Current Year 10)

Boys selected in these teams are asked to attend the Australian Volleyball Schools Cup Tournament from 5 to 10 December on the Gold Coast.

1st and 11A Trials

Thursday 13 October 3.15pm – 5.00pm The Provenance Centre
Training Sessions for the Australian Schools Cup Teams will be held on Tuesday and Thursday afternoons from 3.15pm – 5.30pm.

Year 11BCD, 2023 (Current Year 10)

Wednesday 26 October 3.15pm – 5.00pm The Provenance Centre
Wednesday 2 November 3.15pm – 5.00pm The Provenance Centre

2nd/3rd/4th 2023 (Current Years 10 and 11)

Monday 24 October 3.15pm – 5.00pm The Provenance Centre
Monday 31 October 3.15pm – 5.00pm The Provenance Centre

Trial vs Villanova

All boys selected in 2023 volleyball teams are expected to attend a trial match vs Villanova on Saturday 12 November on the away schedule.

Qld Beach Volleyball Trials

Volleyball Queensland are now holding trials for athletes to represent Queensland at Volleyball Australia's Youth Beach Champs in March 2023.

Trial Information:

Date: Sunday 16 October

Location: Suttons Beach, Redcliffe

Time: 9.00am – 1.00pm

Divisions: U14 – U18

For more info and to register to trial, follow this link

<https://www.vq.org.au/play-learn/junior-qld-beach-teams/>

Water Polo

The AIC invitational is scheduled for Sunday 23 October at Somerville House.

Year Levels Played

Year 7 (am)

Years 8/9 combined (am)

Open (with no Year 12's – pm)

Training days will be:

Thursday 13 and 20 October 6.30am – 7.45am