

IONA SPORT

MOMENTS OF GRACE 

25 January 2023

TEAM IONA

Over the course of 2023, all students will be given the opportunity to represent Iona in many different sporting areas. It's pleasing to see we have many students throughout the College who have already commenced training and trials for the various sports on offer, resulting in Iona nominating many teams into the AIC cricket, volleyball and AFL competitions this term. On top of this, we have many students swimming and being involved with numerous development squads in readiness for the seasons ahead.

Sport is very popular at Iona. The College has many proud sporting traditions and we have had many great successes in sport over many years. This all starts with a strong emphasis placed on participation and enjoyment at Iona. However, participation and enjoyment is not enough. A third ingredient is needed in the mix to bring out our best, that is – school pride. Pride encompasses a whole range of ideals.

The way we look and wear our uniform; the way we act and conduct ourselves at school and in public; the way we play with grit and determination; the way we train; the attitude that we must give our very best each week and to work hard for the wins, and the way we cheer and support each other are important. All these things encompass school pride.

Those who possess school pride do so not because they have been asked. They have school pride because they have developed a strong connection with their school, they want the best for their school and are willing to go above and beyond to make Iona a better place. My hope is that every boy is able to develop a sense of school pride and make a positive contribution towards the Iona community for the many years to come.

When other schools play Iona, they should know they will be up against a spirited school whose students give their very best and don't give up if things get tough. Therefore, I encourage all boys to give their very best throughout the year in whatever sport they play. I encourage the boys to play

hard but play fairly, and always in good spirit. I encourage our boys to go for the win, be hungry to succeed and be determined to come out on top. But I don't want them to win at all costs. Sportsmanship is key.

Mostly importantly, I encourage our boys to get involved, enjoy the game they choose to play and the time spent with their mates. Finally, I encourage them to conduct themselves in the appropriate way which shows everybody how much pride they have in themselves and the College. When you put on the black and white, you not only represent yourself, you represent our whole community – past, present and future.

This weekend marks the first official AIC trial round of the year. Most teams will play St Peters across the College. Some teams will play internals or supp games against other colleges, but every team has a 'hit out' this weekend. Please arrive at least 30min prior to the commencement of your game (unless otherwise stated by the coach) and don't take the opposition lightly. We want to get off to a good start this weekend to set the standard of how we prepare and play for the rest of the season. Turn up, be switched on, listen to your coach, give your best and enjoy!

IONA SPORT SEASON PLANNER

Fri 27 Jan:	1st AFL Trial vs St Peters
Sat 28 Jan:	Cricket/Volleyball/AFL Trials vs SPLC
Sun 29 Jan:	Fleet Sailing (RQYS)
Fri 3 Feb:	Primary Inter-House Swimming
Fri 3 Feb:	Rd 1 AIC 1st AFL vs St Laurence's
Fri 3 Feb:	AIC Swim Meet vs Villa / SPC
Sat 4 Feb:	Rd 1 AIC Cricket/Volleyball vs SLC (A)
Sat 4 Feb:	Rd 1 AIC Years 5-10 AFL
Sun 5 Feb:	Fleet Sailing (RQYS)
6-10 Feb:	Years 7-12 Inter house Swimming
Fri 10 Feb:	Rd 2 AIC 1st AFL vs St Edmund's
Fri 10 Feb:	AIC Swim Meet vs Villa (H)
Sat 11 Feb:	Rd 2 AIC Cricket, Volleyball vs SEC (H)
Sat 11 Feb:	Rd 2 AIC Years 5-10 AFL
Sun 12 Feb:	Fleet Sailing (RQYS)

AIC Sports Information (via Twitter): [@SportIona](https://twitter.com/SportIona) (includes wet weather updates)

Head of Sport: Mr Craig Stariha – 3893 8851

Sports Administrator: Mrs Karen Orway – 3893 8805

Assistant Head of Sport (7-12): Mr Sean Devlin – 3906 8905

Assistant Head of Sport (5-6): Mr Anthony Bannerman – 3893 8869

Thurs 16 Feb: High Performance Information Evening
 Fri 17 Feb: Rd 3 AIC 1st AFL vs Marist
 Sat 18 Feb: Rd 3 AIC Cricket / Volleyball vs Marist
 Sat 18 Feb: Rd 3 AIC Years 5-10 AFL
 Sun 19 Feb: Team Racing Sailing (RQYS)
 Thurs 23 Feb: AIC Swim Meet @ Chandler
 Fri 24 Feb: Round 4 AIC 1st AFL vs Padua
 Sat 25 Feb: Rd 4 AIC Cricket / Volleyball vs Padua
 Sat 25 Feb: Rd 4 AIC Years 5-10 AFL
 Sun 26 Feb: Team Racing Sailing (RQYS)
 Tues 28 Feb: Met East Swimming

AFL

AFL Coordinator – Years 5-12

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

AFL Week 1 Training Times

1st XVIII

Wednesday 25 January: 3.15pm-4.15pm

Year 9-10

Wednesday 25 January: 3.15pm-4.15pm

Year 8

No training on Australia Day.

Year 7

Wednesday 25 January: 7am-8am

Year 6

6A / 6C Tuesday 24 January: 3.30pm-4.30pm

6B Wednesday 25 January: 7am-8am

Year 5

No training on Australia Day.

AFL uniforms

The AFL uniform (guernsey, shorts and socks) is able to be purchased from the Uniform Shop. Students are not to purchase a guernsey until teams have been finalised at the end of Week 1. Students will be given a guernsey for trial games this weekend if required.

Trial Match vs St Peters

All selected boys are expected to play in the trial match. Goal umpires are needed for all AFL matches. Any parents who are able to assist, please contact Anthony Bannerman bannermana@iona.qld.edu.au

All players are to arrive 30 minutes prior to their start time.

Trial Match vs St Peters – Friday 27 January

Team	Venue	Time	Oval
1 st	St Eugene's Park	4.15pm	1

Trial Match vs St Peters – Saturday 28 January

Team	Venue	Time	Oval
Year 5	St Eugene's Park (Internal game)	7.30-8.50am	1
Year 6	St Eugene's Park (Internal game)	7.30-8.50am	2
Year 7A/B	St Eugene's Park (Internal game)	9am-9.45am	1
8A	St Eugene's Park (3 way game vs SPLC & Iona 8B)	10am-10.45am	1
8B	St Eugene's Park (3 way game vs SPLC & Iona 8A)	10.25-11.10am	1
9/10	St Eugene's Park	11.30-12.45pm	1

Training times (Weeks 2-8)

Team	Day	Venue	Time
1 st	Mondays	St Eugene's Park	3.15pm-4.30pm
	Wednesdays	St Eugene's Park	3.15pm-4pm
Yrs 9/10	Wednesday	St Eugene's Park	3.15pm-4.30pm
Year 8	Thursdays	St Eugene's Park	3.15pm-4.30pm
7A	Wednesdays	St Eugene's Park	7am-8am
7B	Tuesdays	St Eugene's Park	3.15pm-4.30pm
6A / 6C	Tuesdays	St Eugene's Park	3.15pm-4.30pm
6B	Wednesdays	St Eugene's Park	7am-8am
Year 5	Thursdays	St Eugene's Park	3.15pm-4.30pm

CHESS

Coordinator

Mr Kevin Caine – cainek@iona.qld.edu.au

There will be a meeting next Wednesday, 1 February, at first break in B5 for all persons interested in playing chess in any capacity this year. If you are interested, but unable to attend, please email Mr Caine. cainek@iona.qld.edu.au

Agenda items: I would like to sort out availability for training and which afternoons will suit for social club, junior AIC and senior AIC. We will also need to organize AIC trials.

At this stage we hope to commence training starting in Week 2 of our return to school.

The Junior Program (Years 5-6)

Day: Wednesday afternoons (Starting 15 February)
 Time: 3.30pm-4.30pm
 Venue: B4
 Teachers: Mrs Stapleton and Mr Caine

The Intermediate and Senior Program (Years 7-12)

Day: Thursday afternoons (Starting 16 February)
 Time: 3.30pm-4.30pm
 Venue: B4
 Teachers: Mr Cullen and Mr Caine

Please email expressions of interest or enquires to Mr Caine cainek@iona.qld.edu.au who will be coordinating chess this year.

CRICKET

Years 5-6 Coordinator

Mr Brendan Allen – allenb@iona.qld.edu.au

Years 7-12 Coordinator

Mr Sean Devlin – devlins@iona.qld.edu.au

T-20 Tournament Results

Iona competed in two T20 tournaments in the week before the students returned. The Open squad played on Monday January 16 and Tuesday January 17 at Padua, and the Year 10s played Thursday January 19 and Friday January 20 at Ashgrove. The results were the following:

Open

Day 1 Iona 5/160 defeated Padua 8/133
 Iona 112 defeated St Laurence's 110

Day 2 Iona 1/107 defeated Ambrose Treacy 106
 Final: Iona 145 defeated Villanova 120

Year 10

Day 1 Iona 6/76 defeated Padua 73
 Ashgrove 1/98 defeated Iona 3/94

Day 2 Iona 6/86 defeated St Edmund's
 Villanova 7/113 defeated Iona 6/100

Both tournaments were a great learning experience for both teams, particularly the Year 10 team as Iona played a mixture of Year 8, 9 and 10 players.

Congratulations to the Open team who won the AIC T20 tournament.

2023 AIC Cricket

Training Weeks 1-8 schedule below (No training will be held on Australia Day)

PLEASE NOTE: Year 7 and 8 Cricket training changes for this week, as no training is held this Thursday afternoon.

The Year 7 and 8 cricket training has been moved to Friday (27 January) this week due to the public holiday. There is a clash with the Iona swimming trials.

If there is a clash between students involved in cricket and swimming, we would like them to go to the swimming trials this Friday as the priority. The cricket teams will be emailed to players/parents on Wednesday to confirm teams for the weekend trial this Saturday.

Team	Day	Venue	Time
Year 5	Thursdays	Lindum Oval	3.30pm-4.30pm
Year 6	Tuesdays	Lindum Oval	3.30pm-4.30pm
Year 7	Thursdays	McCarthy Oval	3.30pm-4.30pm
Year 8	Thursdays	Harron Oval	3.30pm-4.30pm
Year 9	Wednesdays	Harron Oval	3.30pm-4.30pm
Year 10	Tuesdays	McCarthy Oval	3.30pm-4.30pm
3 rd /4 th	Wednesdays	McCarthy Oval	3.30pm-4.30pm
1 st /2 nd	Tuesdays Thursdays	Harron Oval Davine Oval	3.30pm-5pm 3.30pm-5pm

Trial Match vs St Peters

There will be a trial match vs St Peters on Saturday 28 January. All selected boys are expected to play in the trial match.

Trial vs St Peters Saturday 28 January			
Team	Venue	Oval	Time
1 st XI	Iona College	Davine	9.30am-5.15pm
2 nd XI	Iona College	Harron	1pm-5.50pm
3 rd XI	Iona College	McCarthy	1pm-4pm
4 th XI	Kianawah Park Wynnum Rd, Tingalpa	Field 2	1pm-4pm
10A	Iona College	Harron	8am-12.50pm
10B	Iona College	McCarthy	8am-12.50pm
9A	St Peters College via Indooroopilly Rd	Mayer	8am-12.50pm
9B	Jack Speare Oval Fairley St, Indooroopilly	Jack Speare	7.30am-12pm

9C vs SLC 10C	Kianawah Park Wynnum Rd, Tingalpa	Field 3	10am-1pm
8A	St Peters College via Indooroopilly Rd	Mayer	1pm-5.30pm
8B	Bellbowrie Sports Oval 70 Sugarwood St, Bellbowrie	Turf Oval	1pm-5.30pm
8C	Bellbowrie Sports Oval 70 Sugarwood St, Bellbowrie	Oval 1	1pm-4pm
7A	St Peters College via Lambert Rd, Indooroopilly	Stolz	1pm-5.30pm
7B	Bellbowrie Sports Oval 70 Sugarwood St, Bellbowrie	Turf Oval	8.15am-12.45pm
7C	Brookfield Showground, 550 Brookfield Rd	Turf Oval	8am-11.30am
7D vs SPLC 8D	Bellbowrie Sports Oval 70 Sugarwood St, Bellbowrie	Oval 5	1pm-4pm
6A vs Iona 6B	Kianawah Park Wynnum Rd, Tingalpa	Field 2	8am-12.30pm
6C vs Iona 6D	Kianawah Park Wynnum Rd, Tingalpa	Field 3	7.30am-9.55am
All Year 5	Iona College	Cricket nets	7.30am -8.30am

On Saturday, Year 5 students will need to bring:

- Iona cricket uniform (or Iona sport uniform if not yet purchased)
- Water bottle
- Cricket equipment (some equipment can be supplied)

Uniforms

Cricket uniforms can be purchased from the Uniform Shop.

HIGH PERFORMANCE
Coordinator Mr Jarrod Biggs – biggsj@iona.qld.edu.au

The High Performance Sport Information Evening will be held on the evening of Thursday, 16 February in the Iona College Lecture Theatre. The night is a great opportunity for our Iona College athletes to gain awareness of the various way in which the College can assist them in their sporting journey.

In 2022, Iona College had over 80 regional and state representatives, and 2023 should prove just as successful. All school-based representative sport information will be published in this section of the newsletter. Additionally, we encourage students and parents to keep us updated via email on state and national-level sporting selections and achievements in the club sport realm as we endeavor to offer the best possible support to all our high-performing athletes.

Iona Strength and Conditioning

The Iona Gym will begin operation on Monday, January 30. Strength and conditioning training is an important phase in the development of young athletes. The Iona College Strength and Conditioning program is overseen by accredited industry experts, and is guided by the ASCA Position Stand on Resistance Training for Children and Youth. The sequential programs also closely align to long-term athletic development principles. Any student wishing to attend the Iona College gym for the first time must contact Mr Biggs prior to attending a session.

The timetable for Term 1 is shown below:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45am – 7:30am	1sts SQUADS	1sts SQUADS	1sts SQUADS	1sts SQUADS	1sts SQUADS
7:30am – 8:15am	YEAR 9 & 10 HIGH PERFORMANCE	YEAR 9 & 10 HIGH PERFORMANCE	YEAR 9 & 10 HIGH PERFORMANCE	YEAR 9 & 10 HIGH PERFORMANCE	INTRODUCTION TO GYM TRAINING
3.15pm – 4.15pm	YEAR 7 & 8 HIGH PERFORMANCE	YEAR 7 & 8 HIGH PERFORMANCE	YEAR 7 & 8 HIGH PERFORMANCE	YEAR 7 & 8 HIGH PERFORMANCE	CLOSED

Please note:

- There are no sport specific training sessions. Athletes are encouraged to complete two sessions per week from the allocation provided to them.
- 1sts squad sessions are open to players currently playing in, trialling for, previously representing or likely to represent Iona in 1sts sport in 2023.
- The 'high performance' sessions for Year 7 to 10 students are for those students that played A-level sport in 2022/2023.
- Places are also allocated to other representative athletes. Please contact Mr Biggs to enquire about the most suitable sessions.

District And Regional Sport Trials

Sport	Age Group	Details	Nominations Due
Aquathlon/Triathlon	10-19yrs		CLOSED IN 2022
Baseball	13-19yrs		CLOSED IN 2022
Cricket	16-19yrs		CLOSED IN 2022
Softball	13-19yrs	Direct to Met East trial	Fri, 27 Jan
Cricket	10-12yrs	Lytton District trial	Tues, 31 Jan
Tennis	13-19yrs	Direct to Met East trial	Tues, 31 Jan
Swimming	10-12yrs	Direct to Met East trial (qualifying times apply)	Fri, 10 Feb
Swimming	13-19yrs	Direct to Met East trial (qualifying times apply)	Tues, 14 Feb
Squash	10-19yrs	Direct to Met East trial	Tues, 21 Feb

Surfing	13-19yrs	Direct to Met East trial	Fri, 24 Mar
Volleyball	16-19yrs	Composite trial	Tues, 7 Feb

For further information and to register your interest in any of the above listed trials, please email repsport@iona.qld.edu.au. All school-based representative sport nominations must be endorsed by the Iona College Sports Department.

SAILING

Enquiries – ionacollegesailing@gmail.com
or via Team App

This term's season of racing kicks off this Sunday 29 January on Moreton Bay, with Round 1 of 3 of the South Qld Schools Fleet Racing competition:

Schools Fleet Racing Series – Round 1

Sunday 29 January: RQYS

7.45am	Rigging
8.30am	Race Officer briefing
8.45am	Team briefing
9.45am	First warning signal – 5 races scheduled
2.00pm	Anticipated time back at the ramp for de-rigging & debrief

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

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

An information session for parents new to the sailing program will also be held at RQYS on the first day of racing, Sunday 29 January. Meet at 9.15am in the covered BBQ area next to the Junior Rigging Lawn, enter via RQYS reception.

Training (all boats) Tuesdays: 3.30pm @ RQYS

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

Key Dates

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

SWIMMING - iSWIM

Swimming Coordinator

Mr Craig Stariha – starihac@iona.qld.edu.au

Head Coach

Mr Zane King – kingz@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – keunen@iona.qld.edu.au

We invite all students from Years 5-12 who can swim at a competent and competitive level to join the AIC Iona College Swim Squad in 2023, or to consider joining our Development Squad Program.

Boys who are keen to become involved are to commit to at least two sessions per week. Those who have other Iona commitments and cannot attend the two sessions must speak to the Swim Manager assigned to their age level (listed below) to confirm an alternative personalised schedule.

All training sessions are held at the Iona College pool. We expect that all AIC squad members will make themselves available to attend the weekly Friday afternoon/evening AIC Swim Meets. This is necessary to ensure swimmers gain race practice and can record times in each of the strokes. From these times, the Iona Swim Team will be selected. The swim team will then compete at the annual AIC Swim Championships, which are held at the Brisbane Aquatic Centre, Sleeman Sports Complex, Chandler on Tuesday 7 March 2023.

Please find the AIC Swimming Training Schedule below. Be advised that the entire Years 5-12 squad train on the same days. The squad will also compete at all Friday afternoon AIC Invitational Meets held throughout the season as listed below. All sessions are free of charge to all Iona students.

Please note that the sessions are for competent squad members who are keen to represent Iona at the AIC Swimming Championships. They are not 'learn to swim' classes. Those who wish to join the AIC swim program are asked to arrive at the pool at least 10 minutes before the start of training to sign in with the teacher/coach on pool deck. It is preferred (not compulsory) for the squad members to bring their own flippers to training. Kick boards and pool buoys are supplied.

AIC Swim Training Schedule

Day	Students in Years 5-12 in 2023
Tuesday	6.15am-7.45am (Followed by a team breakfast)
Thursday	6.15am-7.45am
Friday	Weekly afternoon AIC Swim meet

Students who are not confident nor competent enough to participate in the AIC Swim training program on Tuesday and Thursday mornings may choose to join the Development Squad Program held in the afternoons. The hope is for those who are in this development program to become confident and competent enough to step up into the AIC Swim training program in the future. Those who wish to join this squad are to contact the Head Coach :

Mr Zane King – kingz@iona.qld.edu.au

The sessions times for the Development Squad Program are Monday and Wednesday 3.15-4pm.

Those who are extremely confident and competent swimmers are encouraged to join the iSwim Club program. These sessions times can be assessed from iSwim via the Stack Team App or simply contact the Head Coach:

Mr Zane King – kingz@iona.qld.edu.au

Important Information for Year 5 Students

Year 5 swim trials will occur during the first week of school on Friday 27 January. The Head Swim Coach, the Year 5&6 Managers and Mr Anthony Bannerman will be selecting and encouraging students to join the Iona AIC Swim squad based on their times at these trials. Students who have been training since Term 4 at Iona should continue to train as normal as they are considered to be squad members already.

Swim Coaches and Managers

Listed below are the names of the AIC coaches and managers. Families should contact the relevant Swim Manager regarding any enquires, including confirmation that your son wishes to be involved in the program. The Head Swim Coach – Mr Zane King, may also be contacted regarding the specifics of the program as well.

Swimming Managers (all enquiries regarding confirmation of inclusion, absenteeism etc. should be directed to the relevant swim managers below)

Years 5-6 Managers

Mr Peter Holmes – HolmesP@iona.qld.edu.au

Mr Connor Russell – russellc@iona.qld.edu.au

12-13 Years Managers

Mr Kevin Caine – CaineK@iona.qld.edu.au

Ms Georgie McGeary – mcgearyg@iona.qld.edu.au

14-15 Years Managers

Ms Kerry Sadleir – SadleirK@iona.qld.edu.au

Mr Brian Robbins – RobbinsB@iona.qld.edu.au

16 Years & Opens

Mr Liam Nugent – NugentL@iona.qld.edu.au

Mr Kevin O'Brien – obrienk@iona.qld.edu.au

Mr Craig Stariha – starihac@iona.qld.edu.au

Boys who are already heavily committed to the iSwim or other club programs are encouraged to continue their training within these programs. However, we ask that these swimmers notify the Head Swim Coach and the respective manager to inform them of their training program and to confirm their availability to attend any of the Iona AIC training sessions offered. We are happy to work in with other clubs and

coaches. However, it is necessary that students spend time with the Iona College squad to build a positive team culture, therefore, we ask that the **Tuesday morning session is compulsory for all Iona squad members**. After this session, a breakfast will be available for all swimmers commencing from Week 2, that is, Tuesday 31 January onwards.

AIC Swim Calendar (Times are approximate)

Date	Location	Transport
Fri 27 Jan	Iona College Time Trials Iona College Pool	3.15pm-4.30pm
Fri 3 Feb	AIC Swim Meet (Iona/Villa/SPC) Iona College Pool	4pm-5.45pm
Fri 10 Feb	AIC Swim Meet – Iona/Villa) – Iona College Pool	4pm-5.45pm
Fri 17 Feb	Iona Swim Age Championships	3.15pm-5.30pm
Thurs 23 Feb	AIC Swim Meet at Brisbane Aquatic Centre Chandler	Bus provided to and from the Chandler. Times TBA
Fri 3 Mar	AIC Swim Team BBQ Iona College Pool	3.15pm-4.30pm Team BBQ 4.30pm-5pm
Tues 7 Mar	AIC Swimming Championships	Bus provided to and from the Championships. Times TBA

Please note that the specific times and race programs for all meets will be advertised via the newsletter weekly. Parents are most welcome to attend the swim meets. The managers will require the assistance of parents to record, and time keep. If you can do so, please notify one of our Swim Managers. Your help will be appreciated. This week's event is a simple time trial at the College pool from 3.15-4.30pm.

VOLLEYBALL

Volleyball Coordinator

Mrs Karen Otway – otwayk@iona.qld.edu.au

Purchase of volleyball shirts

The selected boys will be told when they are able to purchase a volleyball shirt. Please do not go to the Uniform Shop to buy a volleyball shirt before final teams have been named as they will not be able to sell you a shirt until they have been given the final list of players for each team as we need to make sure there are no shirt number clashes. Those without shirts can wear their Iona training shirt for the trial match this Saturday.

Trial Match vs St Peters (Saturday 28 January)

There will be a trial match vs St Peters on Saturday 28 January. All selected boys are expected to attend this match. All boys playing at Iona MUST attend their team's duty.

- Boys are asked to arrive at their playing venue no later than 20mins before their game start time or duty time. (whichever is first)

Trial Match vs St Peters – Saturday 28 January

Team	Venue	Time	Court
1st	Iona College	10am Duty 12pm Game	Provence 1
2nds	Iona College	11am Game 12pm Duty	Provence 1
3rds	Iona College	8am Duty 9am Game	Provence 1
4ths	Iona College (vs Iona 10C)	8am Game 9am Duty	Provence 2
11A	Iona College	10am Game 11am Duty	Provence 1
11B	Iona College	8am Game 9am Duty	Provence 1
10A	Iona College	10am Duty 11am Game	Provence 2
10B	Iona College	10am Game 11am Duty	Provence 2
10C	Iona College (vs Iona 4ths)	8am Game	Provence 2
9A	St Peters Lutheran College Lambert Rd, Indooroopilly	12pm Game	Court 1
9B	St Peters Lutheran College Lambert Rd, Indooroopilly	11am Game	Court 1
9C	St Peters Lutheran College Lambert Rd, Indooroopilly	12pm Game	Court 2
9D	Iona College (vs Iona 8D)	9am Game	Provence 2
8A	St Peters Lutheran College Lambert Rd, Indooroopilly	10am Game	Court 1

8B	St Peters Lutheran College Lambert Rd, Indooroopilly	9am Game	Court 1
8C	St Peters Lutheran College Lambert Rd, Indooroopilly	8am Game	Court 1
8D	Iona College (vs Iona 9D)	9am Game	Provence 2
7A	St Peters Lutheran College Lambert Rd, Indooroopilly	11am Game	Court 2
7B	St Peters Lutheran College Lambert Rd, Indooroopilly	10am Game	Court 2
7C	St Peters Lutheran College Lambert Rd, Indooroopilly	9am Game	Court 2
7D	St Peters Lutheran College Lambert Rd, Indooroopilly	8am Game	Court 2

2023 Volleyball Training Times (Term 1, Weeks 2-8)

1 ^{sts}	Tuesdays Thursdays	3.15-5.30pm 3.15-5.30pm	Provence 1 Provence 1
2 ^{nds}	Tuesdays Thursdays	3.15-5pm 3.15-5pm	Provence 2 Oblate Hall
3 ^{rds}	Tuesdays Thursdays	7.00-8.10am 3.15-5pm	Oblate Hall 1 Oblate Hall 1
4 ^{ths}	Wednesdays	2 nd Break	Oblate Hall
11A	Tuesdays Thursdays	3.15-5.30pm 3.15-5pm	Oblate Hall 1 Provence 2
11B	Tuesdays	7.00-8.10am	Oblate Hall 2
10AB	Mondays	3.15-5pm	Provence 1
10C	Mondays	3.15-4.30pm	Oblate Hall 1
9A	Thursdays	3.15-5pm	Oblate Hall 2
9B	Mondays	3.15-5pm	Provence 2
9CD	Tuesdays	3.15-4.30pm	Oblate Hall 2
8AB	Wednesdays	3.15-5pm	Provence 1 & 2
8C	Wednesdays	3.15-5pm	Oblate Hall 1
8D	Wednesdays	3.15-4.30pm	Oblate Hall 2
7AB	Fridays	3.15-5pm	Provence 1 & 2
7C	Fridays	3.15-5pm	Oblate Hall 1
7D	Fridays	3.15-4.30pm	Oblate Hall 2