

IONA SPORT

MOMENTS OF GRACE 

8 February 2023

TEAM IONA

I was very happy with the AIC cricket, volleyball and AFL results v St Laurence's last weekend. Overall, Iona took out the day in cricket and volleyball, winning the majority of games played. Full credit is given to St Laurence's, who did the same in AFL.

Not only were the results favourable against formidable opposition, I was also impressed by the grit and determination shown by a number of teams. It was a pleasure for me to sit through the entire 1st and 2nd volleyball games. When the chips are down, that's when we really see what we are made of. Mental toughness and pride in the jersey were demonstrated by both of these teams on the weekend. The 2nds had their backs to the wall on several occasions. They could have given up (the easy option) but they chose to bond together as a team to get themselves out of deficit and went on to win the game. It's not about winning or losing. I was more impressed by the attitude and spirit shown. So many life lessons can be learnt whilst playing sport. The value of teamwork, not giving up easily, resilience, self-belief were



among the traits on display. Well done boys!

As part of the ongoing and far-reaching learning process at

Iona, we do require our students to take responsibility. When a student commits himself to a team, the College expects that he makes every effort to attend all training sessions and games throughout the season within reason. It is not the responsibility of a student to pick and choose which sessions they would like to attend. When players are missing, it does upset the balance of the team and their preparations. However, we do understand from time to time that important family matters take priority. Please understand that if a student's training schedule conflicts with any other Iona co-

curricular commitment we will be more than happy to negotiate an alternative schedule.

I must congratulate the many coaches and players who represented the College in cricket, swimming, sailing, AFL and volleyball over the weekend. We hope the new boys enjoyed the experience of being involved, despite the results. To move the 'sporting elephant' we need many hands-on deck to ensure that all Iona teams are well-prepared and organised. I thank the many people who have assisted the sports program so far by fulfilling the various roles needed for things to run smoothly.

Iona heads into Round 2 of competition this weekend v St Edmund's College (SEC). Please note we will play a variety of schools this weekend as our team numbers do not match. If you are travelling away to Ipswich, please allow enough time for travel and to find the venue so that you arrive 30min before the game and NEVER take the opposition lightly.

Iona will host a head-to-head swim meet v Villanova College this Friday. I urge all swimmers to keep up their training and attend the weekly meets to post good times in the hope to make the final team to compete at the AIC Swim Championships later in the season.

As always, to gain good results we must put a substantial effort into our training. I ask all coaches and players to focus on what they need to do at each training session each week so that improvements can be made. The next challenge is put this into action on game day. The fact is we need to train hard and play hard every week to gain positive results. Pride in the jersey, leaving nothing in the tank and giving our best to our College and to our mates is what we want, no matter the result. Good luck to all this weekend and most of all – enjoy!

IONA SPORT SEASON PLANNER

6-10 Feb: Years 7-12 Interhouse Swimming
Fri 10 Feb: Rd 2 AIC 1st AFL vs St Edmund's
Fri 10 Feb: AIC Swim Meet vs Villa (H)

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 Otway – 3893 8805

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

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

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)
 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 Team Photos

Years 5 and 6: Photos will be taken on Friday 3 March during Period 1. Boys will wear formal grey uniform for these photos.



Years 7-10: Photos will be taken on the co-curricular photo days later in the year.

AFL

AFL Coordinator – Years 5-12

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

AFL Results Round 1

| | | | |
|-----------------|---------|----------|----------|
| 1 st | Iona 20 | lost to | SLC 52 |
| 9/10 | Iona | lost to | SLC |
| 8A | Iona | defeated | SLC |
| 8B | Iona | defeated | SLC |
| 7A | Iona 21 | lost to | SLC 31 |
| 7B | Iona | defeated | SLC |
| 6A | Iona | lost to | SLC |
| 6B | Iona | lost to | Villa |
| 6C | Iona | lost to | SLC |
| 5A | Iona 19 | lost to | SLC 57 |
| 5B | Iona 22 | lost to | Villa 24 |
| 5C | Iona 39 | defeated | SLC 18 |

Progressive AFL Results – 2023

| Team | Trial vs SPLC | Rd1 vs SLC | Rd2 vs SEC | Rd3 vs MAR | Rd4 vs PAD | Rd5 vs SPLC | Rd6 vs Villa | Rd7 vs SPC |
|-----------------|---------------------|------------------|------------------|------------------|------------------|-------------------|--------------------|------------------|
| 1 st | won | lost | | | | | | |
| 9/10 | won | lost | | | | | | |
| 8A | won | won | | | | | | |
| 8B | - | won | | | | | | |
| 7A | - | lost | | | | | | |
| 7B | - | won | | | | | | |
| 6A | - | lost | | | | | | |
| 6B | - | lost | | | | | | |
| 6C | - | lost | | | | | | |
| 5A | - | lost | | | | | | |
| 5B | - | lost | | | | | | |
| 5C | - | won | | | | | | |

AFL Coaches

| AFL Coaches | | Contact Emails |
|--------------------|-------------------|--|
| 1 st XI | Leigh Harding | hardingl@iona.qld.edu.au |
| | Clint Watts | |
| | Anthony Bannerman | bannermana@iona.qld.edu.au |
| 9/10 | Clint Watts | bannermana@iona.qld.edu.au |
| | Scott Milner | |
| 8A | Byron Hudghton | bannermana@iona.qld.edu.au |
| 8B | Baden Corke | bannermana@iona.qld.edu.au |
| 7A | Daniel Mulhern | bannermana@iona.qld.edu.au |
| 7B | Max Dillon | dillonm@iona.qld.edu.au |
| | Liam Bleaney | |
| 6A | Ryan Cole | bannermana@iona.qld.edu.au |
| | Charlie Cole | |
| 6B | Jeremy Gregg | bannermana@iona.qld.edu.au |
| 6C | Anthony Bannerman | bannermana@iona.qld.edu.au |
| 5A | Matthew Murray | murraym@iona.qld.edu.au |
| 5B | Matthew Dolling | bannermana@iona.qld.edu.au |
| 5C | Anthony Bannerman | bannermana@iona.qld.edu.au |

AFL Training Times Venue: St Eugene's Park

- Please note – There will be no Year 9/10 training this week due to the 1sts game on Wednesday.

| Team | Day | Time |
|-----------------|-----------------------|-----------------------------|
| 1 st | Mondays Wednesdays | 3.15pm-4.30pm 3.15pm-4pm |
| Yrs 9/10 | Wednesdays | N/A this week |
| Year 8 | Thursdays | 3.15pm-4.15pm |
| 7A | Wednesdays | 7am-8am |
| 7B | Thursdays | 7am-8am |
| 6A / 6C | Tuesdays | 3.15pm-4.30pm |
| 6B | Wednesdays | 7am-8am |
| 5A/5B/5C | Thursdays | 3.15pm-4.15pm |

AFL Umpiring Course

AFL Qld will be running an umpiring course during term 1. The course runs for seven weeks, and commenced on Saturday 4 February. There are still places available in this course. It is fine to join the course and start on Saturday 11 February at Yeronga AFC from 9am to 11am. Please use the link below to sign up.

[AFL Umpiring Course sign up link](#)

Goal Umpires are needed for all AFL matches. Any parents who are able to assist, please contact Anthony Bannerman bannermana@iona.qld.edu.au

AFL Round 2 vs St Edmund's / Padua / supplementary

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

| vs St Peters – Wednesday 8 February | | | |
|-------------------------------------|--------------------------------|--------|------|
| Team | Venue | Time | Oval |
| 1 st | Iona College, St Eugene's Park | 4.45pm | 1 |

1st parents are invited to attend a jersey presentation on Wednesday at 3.50pm in the Green Room.

| vs St Edmund's – Friday 10 February | | | |
|-------------------------------------|--|--------|------|
| Team | Venue | Time | Oval |
| 1 st | Coorparoo AFC. 33 Birubi St, Coorparoo | 4.45pm | 1 |

Students will depart Iona College at 3.15pm via bus from Harron Oval cricket nets. There will not be a bus returning to Iona at the conclusion of the game. Students with a driver's licence need to arrange travel with Mr Bannerman.

Round 2 Saturday 11 Feb

| Round 2 vs St Edmund's / Padua – Saturday 11 February | | | |
|---|-------------------------------------|---------|------|
| Team | Venue | Time | Oval |
| 5A vs Pad | Leyshon Park – Cansdale St, Yeronga | 10.30am | 2 |
| 5B vs Pad | Leyshon Park – Cansdale St, Yeronga | 9.30am | 2 |
| 5C vs Pad | Leyshon Park – Cansdale St, Yeronga | 8.30am | 2 |
| 6A vs Pad | Leyshon Park – Cansdale St, Yeronga | 10.30am | 4 |
| 6B vs Pad | Leyshon Park – Cansdale St, Yeronga | 9.30am | 4 |
| 6C vs Pad | Leyshon Park – Cansdale St, Yeronga | 7.30am | 2 |
| 7A | Bye | | |
| 7B vs SEC | Iona – St Eugene's Park | 10.30am | 1 |

| | | | |
|-----------|-------------------------|--------|---|
| 8A vs SEC | Iona – St Eugene's Park | 9.15am | 1 |
| 8B vs ATC | Iona – St Eugene's Park | 8am | 1 |
| 9/10 | Bye | | |

CHESS

Coordinator

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

Junior Program (Years 5-6)

Day: Wednesday afternoons
Time: 3.15pm-4.15pm
Venue: B5
Teachers: Mrs Stapleton and Mr Caine

Intermediate and Senior Program (Years 7-12)

Day: Thursday afternoons
Time: 3.15pm-4.15pm
Venue: B5
Teachers: Mr Caine

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

Social Chess

All ages in the Hub from 3.15pm-4.15 pm on Wednesday afternoons with Mrs Adey.

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

Cricket Training Times

| 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 | Wednesdays | McCarthy Oval | 3.30pm-4.30pm |
| 1 st /2 nd | Tuesdays Thursdays | Harron Oval Davine Oval | 3.30pm-5pm 3.30pm-5pm |

Cricket Team Photos

Saturday 4 March – Outside McCarthy 7

Cricket teams who are playing at Iona.



Saturday 11 March – Outside McCarthy 7

Cricket teams who are playing at Iona.

Years 5 and 6 Cricket: Photos will be taken on Friday 3 March during Period 1. All boys will wear their formal grey uniform for the cricket photo.

- Teams not playing at Iona on the photo days will have their team photos taken later in the year.
- There will be a photo schedule published in the sport newsletter on the Wednesday before each photo day.

Cricket Coaches

| Cricket Coaches | | Contact Emails |
|--------------------|------------------|--|
| 1 st XI | Wayne Niven | nivenw@iona.qld.edu.au |
| 2 nd XI | Matthew McNamara | devlins@iona.qld.edu.au |
| | Tristan Neave | |
| | Ryan Homes | |
| 3 rd XI | Michelle Morris | morrism@iona.qld.edu.au |
| | Sam Thompson | |
| 10A | Adam Woodall | woodalla@iona.qld.edu.au |
| 10B | Sean Pearce | pearces@iona.qld.edu.au |
| 9A | Brayden Teece | teeceb@iona.qld.edu.au |
| | Luke Furjes | |
| 9B | Phil Quaile | devlins@iona.qld.edu.au |
| 9C | Michael Cook | cookm@iona.qld.edu.au ; |
| | Richard Cook | cookr@iona.qld.edu.au |
| 8A | Ben Stace | devlins@iona.qld.edu.au |
| | Matt Martin | |
| 8B | Finn Johnstone | devlins@iona.qld.edu.au |
| 8C | Liam Jenkins | devlins@iona.qld.edu.au |
| | Harry Bath | |
| 7A | Stuart Booth | booths@iona.qld.edu.au |
| 7B | Finn Buxton | devlins@iona.qld.edu.au |
| 7C | Lachlan Brown | devlins@iona.qld.edu.au |
| | Riley Sadlier | |
| 7D | Patrick Sullivan | sullivanr@iona.qld.edu.au |
| | Rebecca Sullivan | |

Results Round 1 vs St Laurence's

Thank you to everyone who contributed to the first round of the AIC cricket season. All the teams represented the College with distinction. Thank you especially to the new students to the College who were representing Iona for the first time.

The 1st XI scored their first win of the new season. The game was rain-interrupted, but the Iona team set an original target of 186. Due to the bad weather, the total was reduced to 145 off 32 overs.

The opening pair of Zayne Thomas and Liam Johns set the standard with a opening partnership of 129. This was supported by Harley Malpass and Harrison Smith taking 3 wickets each.

It was a "hot" weekend of cricket for all teams and a solid set of results achieved.

Highlights of the weekend:

- All the "A" teams won including the 1st XI.
- We won 17 from 22 games from Year 5-12.
- 2 centuries were scored – Henry Bader (8A) and Caelan Gullo (9B).
- A hat-trick was taken by Caleb Christensen in the 7B game and Quinn Davidson took 5 wickets in the 7A game.
- Top scorers on the weekend: Cooper Charles (10B) 69 not out, James Turner (9A) 76, Josh Ritchie (10A) 92, Will O'Neill (3rd XI) 54 and Milo Plastow (3rd XI) 71 not out.
- Sam Carter took 4/8 in the 10B game.



Round 2 - we play St Edmund's. Be aware that St Edmund's only have a limited number of teams, therefore not all Iona teams will play St Edmund's. Parents/players must be sure to check the venue/opponent and playing times carefully this week.

Cricket Results Round 1

| | | | | | |
|-----------------|------|-------------------------|----------------|------|-------------------------|
| 1 st | won | Iona 185 SLC 8/123 | 7A | won | Iona 5/166 SLC 86 |
| 2 nd | | washout | 7B | won | Iona 2/130 SLC 83 |
| 3 rd | | washout | 7C | lost | Iona 81 SLC 6/100 |
| 10A | won | Iona 7/148 SLC 5/78 | 7D | lost | Iona 7/55 SLC 79 |
| 10B | won | Iona 3/136 SLC 9/67 | 6A | won | Iona 7/153 SLC 9/127 |
| 9A | won | Iona 7/180 SLC 5/125 | 6B | won | Iona 7/105 SLC 8/84 |
| 9B | won | Iona 4/233 SLC 108 | 6C | won | Iona 9/85 SLC 9/78 |
| 9C | won | Iona 3/142 SLC 3/59 | 5A | won | Iona 144 SLC 75 |
| 8A | won | Iona 4/185 SLC 6/109 | 5B | won | Iona 7/89 SLC 9/76 |
| 8B | lost | Iona 100 SLC 7/101 | 5C | won | Iona 10/62 SLC 5/58 |
| 8C | lost | Iona 6/110 SLC 4/118 | 5D vs Pad E | lost | Iona 5/80 Pad 5/85 |

Progressive Cricket Results – 2023

| Team | Trial vs SPL C | Rd1 vs SLC | Rd2 vs SEC | Rd3 vs MA R | Rd4 vs PAD | Rd5 vs SPL C | Rd6 vs Villa | Rd7 vs SPC |
|-----------------|-------------------------|------------------|------------------|----------------------|------------------|-----------------------|--------------------|------------------|
| 1 st | won | won | | | | | | |
| 2 nd | won | draw | | | | | | |
| 3 rd | won | draw | | | | | | |
| 10A | won | won | | | | | | |
| 10B | won | won | | | | | | |
| 9A | won | won | | | | | | |
| 9B | won | won | | | | | | |
| 9C | won | won | | | | | | |
| 8A | won | won | | | | | | |
| 8B | won | lost | | | | | | |
| 8C | won | lost | | | | | | |
| 7A | lost | won | | | | | | |
| 7B | won | won | | | | | | |
| 7C | won | lost | | | | | | |
| 7D | won | lost | | | | | | |
| 6A | - | won | | | | | | |
| 6B | - | won | | | | | | |
| 6C | - | won | | | | | | |
| 5A | - | won | | | | | | |
| 5B | - | won | | | | | | |
| 5C | - | won | | | | | | |
| 5D | - | Lost v Pad | | | | | | |

| Round 2 vs St Edmund's / ATC – Saturday 11 February | | | |
|---|--|-------------------|--------------------|
| Team | Venue | Oval | Time |
| 1 st XI | Iona College | Davine | 9.30am-5.15pm |
| 2 nd XI ATC 1 st | Iona College | Harron | 1.00pm-5.50pm |
| 3 rd XI vs ATC 2 nd | Iona College | McCarthy | 1.00pm-4.00pm |
| 10A vs ATC | Iona College | Harron | 8am-12.50pm |
| 10B vs ATC | Iona College | McCarthy | 8am-12.50pm |
| 9A | Tivoli Sport Complex. Church St, Tivoli | Field 1 | 8am-12.50pm |
| 9B | Tivoli Sport Complex. Church St, Tivoli | Field 2 | 8am-12.50pm |
| 9C vs Pad C | Kianawah Park Wynnum Rd, Tingalpa | Field 3 | 1pm-4pm |
| 8A | Tivoli Sport Complex. Church St, Tivoli | Field 1 | 1pm-5.30pm |
| 8B vs ATC A | Shaw Park 151 Shaw Rd, Kedron | Alan Pettigrew | 7.30am- 11.30am |
| 8C vs ATC B | Shaw Park 151 Shaw Rd, Kedron | Geoff Dymock | 8am-11am |
| 7A | Tivoli Sport Complex. Church St, Tivoli | Field 2 | 1pm-5.30pm |

| | | | |
|------------------|--|---------|---------------|
| 7B vs ATC A | Col Westaway Oval. Priors Pocket Rd, Moggill | Field 1 | 8am-11.30am |
| 7C vs SEC B | St Edmund's College. Mary St, Woodend | Morgan | 8am-12.30pm |
| 7D vs Pad E | Kianawah Park Wynnum Rd, Tingalpa | Field 2 | 1pm-4pm |
| 6A vs ATC A | Kianawah Park Wynnum Rd, Tingalpa | Field 2 | 8am-12.30pm |
| 6B vs ATC B | Kianawah Park Wynnum Rd, Tingalpa | Field 3 | 8am-12.30pm |
| 6C vs SLC C | Kianawah Park Wynnum Rd, Tingalpa | Field 4 | 7.30am-9.55am |
| 5A vs ATC A | Jack Bowers Oval. Kate St, Indooroopilly | Field 1 | 8am-12.30pm |
| 5B vs Villa B | Kianawah Park Wynnum Rd, Tingalpa | Field 8 | 8am-11.30am |
| 5C vs ATC B | Jack Bowers Oval. Kate St, Indooroopilly | Field 2 | 8am-11am |
| 5D vs Ash F | Kianawah Park Wynnum Rd, Tingalpa | Field 4 | 10am-12.25pm |

CROSS COUNTRY

Primary Cross Country Training

Training to commence later this term.

Cross Country Training –Years 7-12

Week 4

| | | |
|--|---|---|
| Monday: 6.40am-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-8am Meet at junior handball courts Interval session | Friday: 6.45am-8am Meet at Junior handball courts Speed / games |
|--|---|---|

Week 5

| | | |
|--|--|---|
| Monday: 6.40am-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-8am Time Trial at St Eugene's Park 3km: 12,13,14yrs 4km:15,16,Open | Friday: 6.45am-8am Meet at Junior handball courts Speed / games |
|--|--|---|

E-SPORTS

Iona is gearing up for our debut trial of E-sports within the College. E-sports (or 'electronic sports'), involves students engaging in team-based competitive video game challenges and tasks. It has shown great growth, popularity and opportunity for students all across Australia and the world, and Iona will look to join those leagues this year. Our initial E-sport that will be offered is Minecraft Education Edition: Capture the Flag, with the goal of training and preparing teams to compete in internal and inter-school competitions. If you enjoy team-based activities and a friendly yet competitive atmosphere, then you might be interested!

We are aiming to hold weekly sessions for practice and training which will occur during the break periods in the school day, with occasional afternoon sessions to prepare for upcoming competitions such as the AIC E-sports.

To register your interest, please visit the link below and fill out the form before Friday, Week 4. Interest has been high, and available spots are limited, so get in quickly!

[E-sports Registration Link](#)

If you have further questions about E-sports, please contact Mr. Eades via eadesc@iona.qld.edu.au

FOOTBALL

1st Football trials

The 1st XI football trials will be on Wednesday 8 and Wednesday 15 February after school. These will be on Dwyer Oval. Trials will finish by 5pm.

If there are any questions, please contact Mr Reece Healy at healyr@iona.qld.edu.au

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

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 CLOSE |
|----------------|-----------|---|-------------------|
| Volleyball | 12-15yrs | Composite District | Thurs 9 Feb9 |
| Football | 13-16yrs | Composite District trial | Wed 8 Feb |
| AFL | 13-15yrs | Composite District trial | Fri 10 Feb |
| Swimming | 10-12yrs | Direct to Met East trial (qualifying times apply) | Fri 10 Feb |
| Touch Football | 10-12yrs | Lytton Trial | Mon 13 Feb |
| Swimming | 13-19yrs | Direct to Met East trial (qualifying times apply) | Tues 14 Feb |
| Rugby League | 14-15yrs | Composite District trial | Wed 15 Feb |
| Football | 17-19yrs | Composite District trial | Thu 16 Feb |
| Basketball | 10-12 Yrs | Lytton District trial | Fri 17 Feb |
| Golf | 13-19yrs | Direct to Met East trial | Mon 20 Feb |
| Squash | 10-19yrs | Direct to Met East trial | Tues 21 Feb |
| Rugby League | 16-18yrs | Direct to Met East trial | Mon 27 Feb |
| Hockey | 13-19yrs | Direct to Met East trial | Wed 1 Mar |
| Surfing | 13-19yrs | Direct to Met East trial | Fri 24 Mar |

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.

RUGBY

Pre-season training for 1st rugby will continue on Dwyer Oval on Wednesday and Friday mornings from 6.30-7.30am.

SAILING

Enquiries – ionacollegesailing@gmail.com
or via Team App

Our sailors were greeted with ideal conditions on Moreton Bay last weekend for Round 2 of the South Qld Schools Fleet Racing competition, with another five races held in the



series. In what has turned into a two-horse race between Iona and Brisbane Grammar School, Iona has maintained a strong position in the overall standings, with four boats inside the top-10 and several knocking on the door.

The final five races of the series will be held this Sunday and with conditions forecast to be variable across the day, consistent boat handling will go towards a strong finish in the regatta.

Schools Fleet Racing Series – Round 3

Sunday 12 February – 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
2.30pm Anticipated time of Fleet series presentations

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.

There will be a presentation held on the Rigging Lawn for the Fleet Racing series at the end of racing.

All Iona sailors are requested to attend, with a change back into sports uniform required for the presentation.

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 – 12 February
- Teams Racing – 19 & 26 February, 5 & 12 March
- SQ Teams Championships – 19 & 26 March

SWIMMING - iSWIM

Swimming Coordinator

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

Head Coach

Mr Zane King – kingz@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – keunen@iona.qld.edu.au

Iona had another solid hit out in the pool last Friday as we hosted Villanova and St Patrick's. As mentioned previously, times are recorded and will be used to select the final team that will represent Iona at the AIC Swim Championship on Tuesday 7 March.

This Friday, Iona will have a head-to-head meet v Villanova. Please see the program below. We request that parents ensure their sons attend this Friday's meet please.

Again, IT IS NOT TOO LATE TO JOIN. Please email Mr King or Mr Stariha if you wish to be involved.

Swim Meet – Friday 10 February, 2023

Venue: Iona College Pool

ORDER OF EVENTS

- 1 200m IM (one race) Open
- 2 100 metres Freestyle (one race per age group)
Year 5 to Opens
- 3 50 metres Breaststroke (unlimited)
Year 5 to Opens
- 4 50 metres Backstroke (unlimited)
Year 5 to Opens
- 5 50 metres Freestyle (unlimited)
Year 5 to Opens
- 6 50 metres Butterfly (unlimited)
Year 5 to Opens

Warm Up – 4.00pm-4.20pm

Start first race: 4.25pm. Expected finish: 5.20pm

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 |

Swim Coaches and Managers

Head Coach: Mr Zane King – kingz@iona.qld.edu.au

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 McGearry – 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 Managers

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

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

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

AIC Swim Calendar (Times are approximate)

| Date | Location | Time / Transport |
|-----------------|--|--|
| 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.

Interhouse Swimming (Years 5/6)

On Friday February 3, our Primary School was able to gather for their annual Swimming Carnival.

This is a day where many of our newest Ionians are able to represent their House for the very first time.

In what was a very hot day, staff, students and parents manage the heat and all thoroughly enjoyed the day.

Many thanks must go to our awesome Primary staff, Mr Glucina, Mr Robba and their grounds team, Year 13 students, Senior school House leaders, parents and most importantly the students.

Congratulations to:

McAuley for claiming Year 5 Champion House.

Anthony was crowned Year 6 Champion House.

Overall Carnival Winners were Anthony House.

Many thanks must go to staff, parents and students for a wonderful day.

Interhouse Swimming (Years 7-12)

The Year 7-12 Interhouse Swimming Carnivals have been running all week and will conclude this Friday. A full report of results will be posted in next week's newsletter.

VOLLEYBALL

Volleyball Coordinator

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

Round 1 Volleyball results

Last Saturday, Iona won 17 from 21 volleyball games. That is an incredible achievement against St Laurence's, who are traditionally a strong volleyball school. We also won 10 of the 12 Aggregate games. What a fantastic start to the AIC volleyball season.



| | | | | | |
|-----------------|------|-------|----|-----|-------|
| 1 st | won | 3 - 1 | 9B | won | 2 - 0 |
| 2 nd | won | 2 - 0 | 9C | won | 2 - 1 |
| 3 rd | won | 2 - 1 | 9D | won | 3 - 0 |
| 4 th | lost | 0 - 2 | 8A | won | 2 - 0 |
| 11A | won | 2 - 1 | 8B | won | 3 - 0 |
| 11B | lost | 1 - 2 | 8C | won | 3 - 0 |
| 10A | lost | 0 - 2 | 8D | won | 2 - 1 |
| 10B | won | 2 - 1 | 7A | won | 3 - 0 |
| 10C | won | 2 - 0 | 7B | won | 2 - 1 |
| 9A | lost | 0 - 2 | 7C | won | 3 - 0 |
| | | | 7D | won | 3 - 0 |



Progressive Volleyball Results – 2023

| Team | Trial v SPLC | Rd1 v SLC | Rd2 v SEC | Rd3 v MAR | Rd4 v PAD | Rd5 v SPLC | Rd6 v Villa | Rd7 v SPC |
|------------------|---------------------|-----------------|-----------------|-----------------|-----------------|------------------|-------------------|-----------------|
| 1 st | lost | won | | | | | | |
| 2 nd | lost | won | | | | | | |
| 3 rd | lost | won | | | | | | |
| 4 ^{ths} | lost lona 10C | lost | | | | | | |
| 11A | lost | won | | | | | | |
| 11B | lost | lost | | | | | | |
| 10A | won | lost | | | | | | |
| 10B | won | won | | | | | | |
| 10C | won lona 4ths | won | | | | | | |
| 9A | won | lost | | | | | | |
| 9B | won | won | | | | | | |
| 9C | won | won | | | | | | |
| 9D | won lona 8D | won | | | | | | |
| 8A | won | won | | | | | | |
| 8B | won | won | | | | | | |
| 8C | won | won | | | | | | |
| 8D | lost lona 9D | won | | | | | | |
| 7A | won | won | | | | | | |
| 7B | won | won | | | | | | |
| 7C | won | won | | | | | | |
| 7D | won | won | | | | | | |

Volleyball Team Photos

Saturday 4 March – Outside McCarthy 7
Year 7-9 Volleyball teams who are playing
at Iona.



Saturday 11 March – Outside McCarthy 7
Year 10-12 Volleyball teams who are playing at Iona.

Volleyball Coaches

| | | | |
|-----------------|-----------------|----|------------------------------------|
| 1 st | Rolf Vogelbusch | 9C | Dino Lambe |
| 2 nd | Nic Vardanega | 9D | Adrian Mastromichele |
| 3 rd | Nic Vardanega | 8A | Jack McIntosh |
| 4 th | Indiana Dellit | 8B | Max Jolly-Perrett Angus Davison |
| 11A | Mark McDuff | 8C | Daniel Otway |
| 11B | Liam Bigler | 8D | Kate Tosello |
| 10A | Dylan McIntosh | 7A | Dakota Russell |
| 10B | Dylan McIntosh | 7B | Daniel Otway |
| 10C | Ben Collett | 7C | Kezia Herrick Andy Russell |
| 9A | Dakota Russell | 7D | Nathan Hill |
| 9B | Sam Rhodes | | |

Round 2 vs Edmund's

All boys playing at Iona MUST attend their team's duty.

- Boys are asked to arrive at their playing venue no later than 30 mins before their game start time or duty time (whichever is first).
- A reminder that boys are not to miss Iona volleyball training or Saturday games due to club sport.

| Round 2 vs St Edmund's – Saturday 11 February | | | |
|---|---|------------------------|-----------------|
| Team | Venue | Time | Court |
| 1 st | Iona College – Provence Centre | 10am Duty 12pm Game | 1 |
| 2 nd | Iona College – Provence Centre | 11am Game 12pm Duty | 1 |
| 3 rd | Iona College – Provence Centre | 8am Duty 9am Game | 1 |
| 4 th vs SPC | Iona College – Provence Centre | 8am Game 9am Duty | 2 |
| 11A | Iona College – Provence Centre | 10am Game 11am Duty | 1 |
| 11B vs ATC 3 rd | Iona College – Provence Centre | 8am Game 9am Duty | 1 |
| 10A | Iona College – Provence Centre | 10am Duty 11am Game | 2 |
| 10B | Iona College – Provence Centre | 10am Game 11am Duty | 2 |
| 10C | Iona College – Provence Centre | 8am Duty 9am Game | 2 |
| 9A | St Edmund's College Mary St, Woodend, Ipswich. | 12pm Game | 1 |
| 9B | St Edmund's College Mary St, Woodend, Ipswich. | 11am Game | 1 |
| 9C | St Edmund's College Mary St, Woodend, Ipswich. | 11am Game | 2 |
| 9D vs Ash | Marist College Frasers Rd, Ashgrove. Champagnat Centre | 8.30am Game | Middle court |
| 8A | St Edmund's College Mary St, Woodend, Ipswich. | 10am Game | 1 |
| 8B | St Edmund's College Mary St, Woodend, Ipswich. | 9am Game | 1 |
| 8C | St Edmund's College Mary St, Woodend, Ipswich. | 8am Game | 1 |
| 8D vs SLC | St Laurence's 82 Stephen's Rd, South Brisbane | 7.30am Game | 1 |
| 7A | St Edmund's College Mary St, Woodend, Ipswich. | 10am Game | 2 |
| 7B | St Edmund's College Mary St, Woodend, Ipswich. | 9am Game | 2 |

| | | | |
|----|---|-----------|---|
| 7C | St Edmund's College Mary St, Woodend, Ipswich. | 8am Game | 2 |
| 7D | St Edmund's College Mary St, Woodend, Ipswich. | 12pm Game | 2 |

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

Please note: 11B training in week 4 will be Tuesday lunchtime instead of Monday afternoon.

| | | | |
|------------------|-----------------------|----------------------------|-----------------------------|
| 1 ^{sts} | Tuesdays Thursday | 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} | Thursdays | 3.15-5pm | Oblate Hall 1 |
| 4 ^{ths} | Tuesdays | 2 nd Break | Provence 1 |
| 11A | Tuesdays Thursdays | 3.15-5.30pm 3.15-5pm | Oblate Hall 1 Provence 2 |
| 11B | Mondays | 3.15-4.30pm | 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 | 3.15-4.45pm | 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 |