

IONA SPORT

MOMENTS OF GRACE 

15 February 2023

TEAM IONA

For Iona's sports program to run effectively, we rely on many people within our community to assist. These people include our students, staff, parents, Old Boys, friends of Iona and outside bodies.

An on-going goal of the College is provide opportunities for its students to participate and enjoy the experience of playing sport. It is pleasing to see our students are making the most of these opportunities to participate, as testified by the large number of teams Iona produces in the AIC competition throughout the year.

As is the case in all AIC Colleges, the Old Boys network makes up a considerable part of the coaching cohort. The Old Boys are enthusiastic and have a deep sense of loyalty towards their College. We are certainly grateful for their efforts, as without their generosity, our students would not be playing. We ask you to support the coaches, and help lift their coaching aspirations and their willingness to give back to the College.

I take this opportunity early in the season to thank all coaches and managers of our sailing, cricket, AFL, swimming and volleyball teams, for making a substantial contribution to the Iona sports program that enables our students to enjoy all the benefits of sport. Our scorers, umpires, refs, canteen helpers, parents who prepare the 1st functions, staff who prepare the weekly swim breakfasts and many others also deserve our thanks as we all go about our duties to give of ourselves to help others. As the Iona sports program is about people, we should be mindful that we are mostly dealing with volunteers who freely give of their time. I would encourage us all to support these people and be extremely thankful to them for what they do.

Even though we are only part way through the first season of sport, the Sports Office is currently looking to cement plans for the upcoming AIC chess, cross country, rugby and football season for all students from Years 5-12. These sports will be played in Term 2 as per the College calendar. However, training and trials will begin this term.

Coming soon: We hope to release a formal online sign-on form for those interested in participating in AIC chess, cross country, rugby and football. Chess and cross country have already begun training. The respective co-ordinators have asked for expressions of interest already. We will simply ask those boys involved with chess and cross country to sign on again using the online form when it is released.

Students should complete the online sign-on form with their parents, as email addresses of both the students and parents are required. Students can participate in either rugby or football, as they are played at the same time. Students can also participate in chess and cross country on top of rugby and football. Keep a look out for this sign-on link. It will be emailed to all parents and students very soon.

Rugby and football trials will begin the week after Round 7 of AFL, cricket and volleyball – that is, the week beginning Monday 20 March (second last week of term). All age groups will trial after school and will be required to attend a further internal school trial on Saturday 25 March. Please keep this date free. A full rugby and football trial schedule will be released within the next two weeks.

Rugby 7s France Tour: Please scroll below to read about an exciting opportunity for our U15 rugby boys to trial for a chance to play Rugby 7s in France this September. Sign-ons close Monday 20 February. The first trial commences next Wednesday 22 February. All Year 7-10 families were emailed information last week.

Last weekend, Iona had a number of AIC record-breaking performances in cricket during the 1st and 10A games. Be sure to read the cricket section below for more details – it is a must read. Well done boys!

Round 3 this weekend will see Iona facing Marist College Ashgrove in most games. We should expect for all teams to be challenged. I expect all Iona teams will rise to that challenge and play with grit, determination and with no regrets. Let's keep up the great work ethic, and please remember to enjoy the challenges and time spent with your mates along the way.

Craig Stariha

Iona College Head of Sport

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

IONA SPORT SEASON PLANNER

- Thurs 16 Feb: High Performance Information Evening
 Fri 17 Feb: Rd 4 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 5 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
 Fri 3 Mar: Primary Sport Photos (Cricket & AFL)
 Fri 3 Mar: Rd 6 AIC 1st AFL vs SPLC
 Fri 3 Mar: Swim BBQ
 Sat 4 Mar: Cricket & Volleyball team photos
 Sat 4 Mar: Rd 5 AIC Cricket / Volleyball vs SPLC
 Sun 5 Mar: Team Racing Sailing
 Mon 6 Mar: QIGA Golf (Burleigh Heads)
 Tues 7 Mar: AIC Swimming (Chandler)
 Fri 10 Mar: Rd 7 AIC AFL vs Villa
 Sat 11 Mar: Cricket & Volleyball team photos
 Sat 11 Mar: Rd 6 AIC Cricket / Volleyball vs Villa
 Sun 12 Mar: Team Racing Sailing
 Fri 17 Mar: Rd 8 AIC AFL vs St Patrick's
 Sat 18 Mar: Rd 7 AIC Cricket / Volleyball vs SPC
 Sun 19 Mar: South Qld Sailing Championships

AFL

AFL Coordinator – Years 5-12

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

AFL Results Round 2

1 st	Iona 81	defeated	SEC 4
1 st	Iona 107	defeated	SPLC 9
9/10	BYE		
8A	Iona 108	defeated	SEC 7
8B	Iona 2	lost to	ATC A 85
7A	BYE		
7B	Iona 23	defeated	SEC 8
6A	Iona 6	lost to	Padua 33
6B	Iona 19	lost to	Padua 34
6C	Iona 19	lost to	Padua 26
5A	Iona 9	lost to	Padua 89
5B	Iona 27	defeated	Padua 25
5C	Iona 22	lost to	Padua 32

Progressive AFL Results – 2023

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

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 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

Team	Day	Time
1 st	Mondays	3.15pm-4.30pm
	Wednesdays	3.15pm-4pm
Years 9-10	Wednesdays	3.15pm-4.30pm
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

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 Draw

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

1 st vs Padua – Friday 17 February			
Team	Venue	Time	Oval
1 st	Leyshon Park – Cansdale St, Yeronga	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 3 Saturday 18 Feb

Round 3 vs Marist / St Patrick's – Saturday 18 February			
Team	Venue	Time	Oval
5A vs SPC	Leyshon Park – Cansdale St, Yeronga	10.30am	2
5B	BYE		
5C vs SPC	Leyshon Park – Cansdale St, Yeronga	8.30am	2
6A vs SPC	Leyshon Park – Cansdale St, Yeronga	10.30am	4
6B	BYE		
6C	BYE		
7A vs Marist	Mt Maria Playing Fields – Mott St, Gaythorne <i>See note below re parking</i>	9.15am	2
7B vs Marist	Mt Maria Playing Fields – Mott St, Gaythorne <i>See note below re parking</i>	8am	2
8A vs Marist	Iona – St Eugene's Park	9.15am	1
8B vs Marist	Iona – St Eugene's Park	8.00am	1
9/10 vs Mar	Iona – St Eugene's Park	10.30am	1

Mt Maria Parking: All cars should be parked in the area prior to the footbridge to the fields.

The boom gate to the fields should only be opened in an emergency – ambulance access.

Saturday Canteen

The Provence Centre canteen is open for coffee, drinks and food on Saturday mornings.

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 Chess Coordinator Mr Caine cainek@iona.qld.edu.au.

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 2 vs St Edmund's

What a record-breaking weekend in AIC and Iona cricket. We had players achieve the following:



Zayne Thomas's 252 not out is an AIC all-time 1st XI highest score.

Thomas' partnership of 317 with Harley Malpass (118 not out) is also a record in 1st XI cricket.



The 245 not out from Iona's Toby Collins in 10As is the highest score in a 35-over game.

Toby's partnership of 403 with Joshua Ritchie (128 not out) is an all-time run partnership record in any AIC fixture.

The Iona cricketers have worked hard in the off-season to achieve such amazing results. We also had:

- Isaac Keene took 5/13 in the 8C game
- Jackson Williams (9A) scored 59 runs
- Aden Biddle (8A) scored 82 runs

The players have experienced some early success, but there are five games to go, and the boys still need to work hard on the fundamentals and support the team. Good luck for Round 3 versus Marist Ashgrove this weekend.

Cricket Results Round 2 vs St Edmund's / supplementary

1 st	won	Iona 1/443 SEC 160	7A	lost	Iona 44 SEC 1/45
2 nd vs ATC 1 st	lost	Iona 132 ATC 1 st 4/214	7B vs ATC A	lost	Iona 6/139 ATC A 6/169
3 rd vs ATC 2 nd	won	Iona 6/111 ATC 2 nd 7/108	7C vs SEC B	lost	Iona 7/79 SEC B 80
10A vs ATC	won	Iona 1/403 ATC 7/124	7D vs Pad E	draw	Iona 2/61 Pad E 4/61
10B vs ATC	lost	Iona 9/65 ATC 123	6A vs ATC A	won	Iona 8/125 ATC 7/110
9A	won	Iona 5/183 SEC 5/93	6B vs ATC B	won	Iona 3/144 ATC 4/90
9B	won	Iona 5/125 SEC 7/124	6C vs SLC C	won	Iona 0/86 SLC C 6/76
9C vs Pad C	won	Iona 2/185 Pad C 66	5A vs ATC A	won	Iona 9/128 ATC 83
8A	won	Iona 4/171 SEC 8/64	5B vs Villa B	lost	Iona 6/152 Villa 5/172
8B vs ATC A	lost	Iona 8/66 ATC A 8/212	5C vs ATC B	won	Iona 3/68 ATC B 8/45
8C vs ATC B	lost	Iona 5/85 ATC B 9/138	5D vs Ash F	won	Iona 0/93 Ash F 5/84

Progressive Cricket Results – 2023

Team	Rd 1 vs SLC	Rd 2 vs SEC	Rd 3 vs MAR	Rd 4 vs PAD	Rd 5 vs SPLC	Rd 6 vs Villa	Rd 7 vs SPC
1 st	won	won					
2 nd	draw	lost ATC 1 st					
3 rd	draw	won ATC 2 nd					
10A	won	won ATC					
10B	won	lost ATC					

9A	won	won					
9B	won	won					
9C	won	won Pad C					
8A	won	won					
8B	lost	lost ATC A					
8C	lost	lost ATC B					
7A	won	BYE					
7B	won	lost ATC A					
7C	lost	lost SEC B					
7D	lost	Draw Pad E					
6A	won	won ATC A					
6B	won	won ATC B					
6C	won	won SLC C					
5A	won	won ATC A					
5B	won	lost Villa B					
5C	won	won ATC B					
5D	Lost v Pad E	won Ash F					

Saturday Canteen

The Provence Centre canteen is open for coffee, drinks and food on Saturday mornings.

Cricket Round 3

Round 3 vs Marist – Saturday 18 February			
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-4.00pm
10A	Iona College	Harron	8am-12.50pm
10B	Iona College	McCarthy	8am-12.50pm
9A	Marist College via Frasers Rd, Ashgrove	McMahon	8am-12.50pm
9B	Marist College via Glenlyon Dr, Ashgrove	Cameron	8am-12.50pm
9C vs SEC 9/10	Kianawah Park Wynnum Rd, Tingalpa	Field 4	10am-12.25pm
8A	Marist College via Frasers Rd, Ashgrove	McMahon	1pm-5.30pm
8B	Marist College via Glenlyon Dr, Ashgrove	Cameron	1pm-5.30pm
8C	Des Connor Park Glenlyon Dr, Ashgrove	Field B	2pm-5.00pm
7A	Marist College via Frasers Rd, Ashgrove	Hayden	1pm-5.30pm
7B	Marist College via Frasers Rd, Ashgrove	Hayden	8am-12.50pm

7C	Des Connor Park Glenlyon Dr, Ashgrove	Field B	11am-2pm
7D ATC B	Kianawah Park Wynnum Rd, Tingalpa	Field 2	1pm-4pm
6A	Kianawah Park Wynnum Rd, Tingalpa	Field 2	8am-12.30pm
6B	Kianawah Park Wynnum Rd, Tingalpa	Field 3	8am-12.30pm
6C	Kianawah Park Wynnum Rd, Tingalpa	Field 4	7.30am-9.55am
5A	Des Connor Park Glenlyon Dr, Ashgrove	Field B	7.30am-11am
5B	Des Connor Park Glenlyon Dr, Ashgrove	Field C	7.30am-11am
5C	Des Connor Park Glenlyon Dr, Ashgrove	Field A	7.30am-10am
5D vs Villa D	Kianawah Park Wynnum Rd, Tingalpa	Field 12	8am-11am

CROSS COUNTRY

Years 5-6 Coordinator

Mr Adam McClure – mccclure@iona.qld.edu.au

Years 7-12 Coordinator

Mr Brendan Merrotsy – merrotsyb@iona.qld.edu.au

Primary Cross Country Training

Training to commence later this term.

Cross Country Training –Years 7-12

Week 4

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

Week 5

Monday:	Wednesday:	Friday:
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)	6.45am-8am Time Trial at St Eugene's Park 3km: 12, 13, 14yrs 4km: 15, 16, Open	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. The E-sport that will be initially 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 15 February before school (6.30am). These will be on Dwyer Oval.

Training will then be every Wednesday afternoon 3.15pm-5.15pm.

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.

Date: Thursday, February 16

Time: 6pm - 7:15pm

Location: Iona College Lecture Theatre

Student Dress Code: Full College uniform

Parent Dress Code: Smart casual

The night is of significant relevance to representative sport and Iona first team level athletes and their parents.

Along with general information on what we offer at the College, the night will be headlined by world-renowned performance psychologist Dr Phil Jauncey, who will speak about the "power of positive doing".

I look forward to seeing many of you on the evening.

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 7-10 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

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

SPORT	AGE GROUP	DETAILS	NOMINATIONS CLOSE
Football	17-19yrs	Composite District trial	Thu Feb 16
Basketball	10-12yrs	Lytton District trial	Fri Feb 17
Golf	13-19yrs	Direct to Met East trial	Mon Feb 20
Squash	10-19yrs	Direct to Met East trial	Tues Feb 21

AFL	10-12yrs	Lytton District Trial	Wed Feb 22
Basketball	13-16yrs	Composite District trial	Wed Feb 22
Basketball	17-19yrs	Composite District trial	Thurs Feb 23
Rugby League	10-11yrs	Lytton District trial	Fri Feb 24
Rugby League	12yrs	Lytton District trial	Fri Feb 24
Rugby League	16-18yrs	Direct to Met East trial	Mon Feb 27
Hockey	13-19yrs	Direct to Met East trial	Wed Mar 1
Surfing	13-19yrs	Direct to Met East trial	Fri Mar 24

RUGBY

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

RUGBY 7S – FRANCE TOUR

Iona College is proud to offer our students the unique opportunity to represent Australia and compete on the world stage by nominating a team to compete in the Rugby Heritage Cup in France this September.

This year marks the 200th anniversary of rugby's creation, when student William Webb Ellis famously took a football in his hands and ran with it at the Rugby School in England.

To celebrate the sport's birthday, in the year of the Rugby World Cup in Paris, France is hosting the inaugural Rugby Heritage Cup as a celebration of the game, its value and diversity.

Every nation competing in the RWC has been asked to field a school-based boys team and a girls team to compete in a seven-a-side tournament to be held at the historic Pontlevoey Abbey.

Iona was personally invited by His Excellency, Mr Jean-Pierre Thébault, the French Ambassador to Australia, to represent our country at this prestigious event.

International teams, including ours are scheduled to arrive at the venue in Pontlevoey on Wednesday 30 August.

The rugby sevens tournament will then commence with an opening ceremony on Friday 1 September, before the opening matches on Saturday 2 September.

The semi-finals, final and closing ceremony will be held on Thursday 7 September, before all teams depart Pontlevoey for Paris the following day (8 September).

Iona's team will depart Brisbane on 29 August, with a scheduled return date of 11 September.

The Rugby Heritage Cup is a tournament for under-15 teams, with strict guidelines on age eligibility. To be eligible for selection, players MUST have been born between 8 September, 2008 and 7 September, 2010.

An email was sent out to all Year 7-10 students last week which included further information including the selection process. Please be aware that those who wish to nominate must complete the online sign-on link provided in the email by next Monday 20 February. The first trial session will be held next Wednesday 22 Feb from 7am-8am on Davine Oval.

SAILING

Enquiries – ionacollegesailing@gmail.com
or via Team App

Our sailors completed the Fleet Racing series of this term's racing in hot & trying conditions last Sunday. Iona performed strongly across the 15-race regatta, with the majority of our nine boats entered finishing in the top-half of the 34-boat fleet.



Congratulations go to the skipper crew combos of Jordan Barney / Kael O'Connor and Archie Willey / Hunter Phelps for finishing on the regatta podium in second and third positions. Special mention also to Sam Muir / Felix Harrison and Daniel Innes / Mason Hills for finishing fourth and sixth.

It was a great overall result, and has the team in good form for the start of the Teams Racing format this Sunday.

Schools Teams Racing Series – Round 1 Sunday 19 February – RQYS

Silver Fleet

7.45am Rigging
8.30am Race Officer briefing
8.45am Team briefing
9.30am First warning signal
1pm Anticipated time back at the ramp for de-rigging & debrief

Gold Fleet

11am Rigging
11.45am Race Officer briefing
12pm Team briefing
1pm First warning signal
4.30pm Anticipated time back at the ramp for de-rigging & debrief

Skipper / crew combos for both silver & gold fleets for Week 1 will be posted on Teamapp later in the week, after training and RQYS confirmation of fleet standings.

With our squad split between a gold and silver fleet, we will have less flexibility in moving crews between boats. It is essential that sailors please confirm availability for each week's racing by RSVPing to the racing events on Teamapp and advise of any unexpected absences as soon as possible.

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

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

Teams Racing – 19 & 26 February, 5 & 12
MarchSQ Teams Championships – 19 & 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

This Friday 17 February, Iona College will conduct the annual Swim Age Championships. These championships will help determine our Age Champions for each age group from Year 5 to Open.

Points will be awarded for each Division 1 race within the schedule. Swimmers are nominated for each of the Division 1 events held this Friday based on the times they have swum at the previous three meets held at the College. Those boys who are not nominated for the Division 1 events are still required to attend. These swimmers will swim in the Division 2 or 3 events (there are no lists for these swimmers). These times will be considered when the managers and coaches select the final team in a few short weeks.

A list of all Division 1 events is now posted on the window of the Swim Office.

Swimming Age Championship - Program

Warm Up – 3.15pm-3.30pm

Start First Race – 3:30pm. Expected Finish 5pm-5.15pm

Order of Events

Event 1 – 100m Freestyle, Year 5-Opens (one race/age)

Event 2 – 50m Breaststroke, Year 5-Opens

Event 3 – 50m Freestyle, Year 5-Opens

Event 4 – 50m Backstroke, Year 5-Open

Event 5 – 50m Butterfly, Year 5-Opens (one race/age)

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

Assistant Coach: Mr Nic Keune – keunen@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 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 Managers

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

AIC Swim Calendar (Times are approximate)

Date	Location	Time / Transport
Fri 17 Feb	Iona Swim Age Championships	3.15pm-5.30pm
Thurs 23 Feb	AIC Swim Meet at Brisbane Aquatic Centre, Chandler	Bus departs at 3.20pm. Parents to collect from venue
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

AIC Swimming Championships – Tuesday 7 March

All swimmers are required to attend the Age Championship this Friday as well as the Swim Meet held at Chandler next Thursday (23 Feb) after which we hope to select the team to compete at the AIC Swim Championships. Managers are require the support of parents to ensure boys attend these events and training when asked.

Interhouse Swimming (Years 7 - 12)

Many thanks to the parents (and students) who supported the College by ensuring their son participated in the Interhouse Swim Carnivals last week. Congratulations go to Gerard House, who were crowned the overall winner. Please see a list of winners for each respective Year Level below.

Yr 5 – McAuley

Yr6 – Anthony

Yr7 – Mazenod

Yr8 – MacKillop

Yr9 – Cebula/Chisholm

Yr10 – Mazenod

Yr 11 – Mazenod

Yr 12 – Albini

Overall House Champion – Gerard



Progressive Volleyball Results – 2023

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

VOLLEYBALL

Volleyball Coordinator

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

Round 2 Volleyball results

Iona volleyball again performed extremely well last Saturday, with 17 wins from 21 games. This coming Saturday will see us playing against Marist Ashgrove. Our boys will need to train really hard this week if we are to do well against Marist as they are a strong volleyball College.



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

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 3 vs Marist

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).

Round 3 vs Marist – Saturday 18 February			
Team	Venue	Time	Court
1st	Iona College – Provence Centre	10am Duty 12pm Game	1
2nd	Iona College – Provence Centre	11am Game 12pm Duty	1
3rd	Iona College – Provence Centre	8am Duty 9am Game	1
4th	Iona College – Provence Centre	8am Game 9am Duty	2
11A	Iona College – Provence Centre	10am Game 11am Duty	1
11B	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	Marist College, Frasers Rd, Ashgrove	12.30pm	1
9B	Marist College, Frasers Rd, Ashgrove	11.30am	1
9C	Marist College, Frasers Rd, Ashgrove	12.30pm	2
9D	BYE		
8A	Marist College, Frasers Rd, Ashgrove	10.30am	1
8B	Marist College, Frasers Rd, Ashgrove	9.30am	1
8C	Marist College, Frasers Rd, Ashgrove	8.30am	1
8D	Marist College, Frasers Rd, Ashgrove	7.30am	1
7A	Marist College, Frasers Rd, Ashgrove	10.30am	2
7B	Marist College, Frasers Rd, Ashgrove	9.30am	2
7C	Marist College, Frasers Rd, Ashgrove	8.30am	2
7D	Marist College, Frasers Rd, Ashgrove	7.30am	2

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.

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

Please note the following changes for week 5 training:

- 2nds** – Tuesday training only (Thursday training cancelled)
- 3rds** – Training moved to Tuesday for this week again.
- 11A** – Tuesday training only (Thursday training cancelled)

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}	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