

IONA SPORT

MOMENTS OF GRACE 

22 February 2023

TEAM IONA

Traditionally, the round against Marist College Ashgrove in any AIC sport proves to be one of our toughest rounds of the season. I was extremely impressed with our results last weekend as Iona managed to take out most wins across AFL, cricket and volleyball. Our 1st volleyball and 1st cricket teams had two very good wins against Marist. Unfortunately, our 1st AFL went down in a very tight game against Padua.

Against quality opposition, our boys did extremely well and we should feel proud of our efforts. We had several teams on the weekend who had narrow losses and had cause to wonder 'what might have been'. Our 1st AFL team kicked 13 behinds. If more were slotted between the middle posts, it would have been a different result. There are many stories across the fields which recount good wins, narrow losses, stories of missed opportunity and so on. If the boys leave the ground feeling as though they have given their best, we should feel happy with the result. Furthermore, if our boys enjoyed the experience and conducted themselves in keeping with our school values, we must be content with that. Wins are great, losses are not. Either way, it is schoolboy sport – let's all move on from the result and try for the win next weekend.

From time to time, our players, spectators – and sometimes our coaches – can get it wrong. This happens at all AIC schools. When we do get it wrong, we will own our behaviour and we will make the necessary improvements the following week. As we reach Round 4, the halfway point of the season, I must say I am very happy with the conduct of our teams and the efforts put in by all players and coaches. Well done to everybody for your part in making the sporting experience positive for all.

I urge all swimmers to keep up their training in readiness for the annual AIC Swimming Championships, which will be held at Chandler on Tuesday 7 March – less than two weeks away. We ask all swimmers to give swimming their full priority over the next two weeks. Attendance at the swim meet held

this Thursday is compulsory, as it will be the last opportunity for boys to post a time to make the team.

Please be advised that any student from Year 5-12 who wants to represent Iona by playing AIC rugby, football, cross country and chess next term must register their interest by using this online sign link:

<https://iona.iotform.com/team/sport/2023-term-2-sport-sign-on>

All students and parents were emailed the sign-on link earlier in the week, which included further information about the sign-on process. Rugby and football trials will begin the week after Round 7 AFL, cricket and volleyball – that is, the week beginning Monday 20 March (second-last week of Term 1). 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 in next week's sport newsletter.

Round 4 this weekend sees Iona College face Padua College in the main draw. After a big round, it is common for teams to 'drop off' in performance the next week. With many teams in premiership contention and Iona in good standing for the overall cricket and volleyball aggregates, I urge players and coaches to keep focussed, and to keep up the great work ethic at training and back themselves on game day. Please enjoy!

Craig Stariha

Iona College Head of Sport

IONA SPORT SEASON PLANNER

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 1 st AFL vs SPLC

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

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 3

1 st	Iona 34	lost to	Marist 37
9/10	Iona 53	defeated	Marist 24
8A	Iona 74	defeated	Marist 13
8B	Iona 26	lost to	Marist 31
7A	Iona 50	defeated	Marist 3
7B	Iona 30	defeated	Marist 19
6A	Iona 35	defeated	SPC 33
6B	BYE		
6C	BYE		
5A	Iona 36	defeated	SPC 17
5B	BYE		
5C	Iona 77	defeated	SPC 13

Progressive AFL Results – 2023

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

AFL Team Photos

1st Team photo will be taken on Friday 3 March during home room. Photo will be taken on the primary handball courts. Boys will wear formal uniform for this photo.



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

7A, 8B, 9/10: Photos will be taken on Saturday 4 March outside McCarthy 7. Schedule for photos will be in the sports newsletter. Boys will wear correct AFL uniform for this photo.

8A Photo will be taken on Saturday 11 March outside McCarthy 7. Schedule for photo will be in the sports newsletter. Boys will wear correct AFL uniform for this photo.

7B Photo will be taken on the co-curricular photo days later in the year. Boys will wear formal grey uniform for this photo.

AFL Training Times Venue: St Eugene's Park

Team	Day	Time
1 st	Mondays Wednesdays	3.15pm-4.30pm 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.

1st vs Marist – Friday 24 February

Team	Venue	Time	Oval
1 st	Iona College – St Eugene's Park	4.45pm	1

Round 4 Saturday 25 Feb

Round 4 vs Padua / Marist – Saturday 25 February

Team	Venue	Time	Oval
5A vs Marist	Leyshon Park – Cansdale St, Yeronga	10.30am	2
5B vs SPC	Leyshon Park – Cansdale St, Yeronga	9.30am	2
5C vs Marist	Leyshon Park – Cansdale St, Yeronga	8.30am	2
6A vs Marist	Leyshon Park – Cansdale St, Yeronga	10.30am	4
6B vs SPC	Leyshon Park – Cansdale St, Yeronga	9.30am	4
6C vs Marist	Leyshon Park – Cansdale St, Yeronga	7.30am	2
7A vs Padua	Mt Maria Playing Fields – Mott St, Gaythorne <i>See note below re parking</i>	9.15am	2
7B vs Padua	Mt Maria Playing Fields – Mott St, Gaythorne <i>See note below re parking</i>	8am	2
8A vs Padua	Iona – St Eugene's Park	9.15am	1
8B vs Padua	Iona – St Eugene's Park	8am	1
9/10 vs Pad	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 boomgate 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.

Results Round 3 vs Marist Ashgrove

What a great weekend of cricket! Iona won 12 games and lost 10. The College won 6 of 7 'A' games, which is a record best for the Iona cricket program against Marist.

The 1st XI won a thriller. Marist scored 272 runs after 50 overs, and at one stage Iona were 4/48 after 15 overs but then showed tremendous grit and resilience to claw back the deficit to eventually win the game in the 48th over.

The standout players were Harley Malpass (87 off 80 balls), Adam Richter (82 off 62 balls), Lachlan Bragger (31) and Hamish McKeon (39 off 41 balls). Special congratulations to Harley Malpass, who originally retired with severe cramps to come back and anchor the innings.

It was a great team effort, and leaves the 1st XI undefeated after three rounds.

Other notable performers for the round were:

Isaac Da Costa (7A) 5/25, Aden Biddle (8A) 65 runs, Zachary Holley (10B) 76 runs, Joshua Ritchie (10A) 67 not out, and Benjamin Colrain (3rd XI) 89 not out.

An interesting statistic is that from 1986-2019, Iona cricket had 28 century makers. Since 2020, we have 20 players who have scored a ton (including two double centuries).

The assistance from the Dudgeon Cricket Academy during our sport program has been invaluable in developing our cricketers. The players have worked really hard, and results are showing in our performances.

This weekend, we play Padua on the away schedule. The boys can enjoy the results from last week, but must be quick to refocus for the challenge of a new week!



Cricket Results – Round 3 vs Marist Ashgrove

1 st	won	Iona 7/275 Mar 5/272	7A	won	Iona 5/87 Mar 85
2 nd	lost	Iona 7/211 Mar 4/214	7B	won	Iona 8/124 Mar 9/123
3 rd	lost	Iona 1/152 Mar 2/153	7C	won	Iona 7/88 Mar 49
10A	won	Iona 4/165 Mar 6/163	7D vs ATC B	lost	Iona 4/49 ATC B 1/50
10B	won	Iona 6/149 Mar 148	6A	lost	Iona 8/127 Mar 3/151
9A	won	Iona 1/81 Mar 7/80	6B	lost	Iona 9/87 Mar 4/130
9B	lost	Iona 6/103 Mar 4/104	6C	lost	Iona 3/50 Mar 2/143
9C SEC	won	Iona 3/83 SEC 9/81	5A	won	Iona 9/99 Mar 10/56
8A	won	Iona 7/138 Mar 88	5B	lost	Iona 8/78 Mar 10/99
8B	lost	Iona 82 Mar 7/103	5C	won	Iona 7/85 Mar 7/82
8C	lost	Iona 7/69 Mar 80	5D vs Villa D	won	Iona 5/80 Villa 8/72

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	won				
2 nd	draw	lost ATC 1st	lost				
3 rd	draw	won ATC 2nd	lost				
10A	won	won ATC	won				
10B	won	lost ATC	won				
9A	won	won	won				
9B	won	won	lost				
9C	won	won Pad	won SEC				
8A	won	won	won				
8B	lost	lost ATC A	lost				
8C	lost	lost ATC B	lost				
7A	won	BYE	won				
7B	won	lost ATC A	won				
7C	lost	lost SEC B	won				
7D	lost	Draw Pad E	lost ATC B				
6A	won	won ATC	lost				
6B	won	won ATC	lost				
6C	won	won SLC	lost				
5A	won	won ATC	won				
5B	won	lost Villa	lost				
5C	won	won ATC B	won				
5D	lost v Pad E	won Ash F	won				

Cricket Round 4

Round 4 vs Padua – Saturday 25 February			
Team	Venue	Oval	Time
1 st XI	Padua Fields 222 Elliot Rd, Banyo	Field 1 (T)	9.15am-5.30pm
2 nd XI	Padua Fields 222 Elliot Rd, Banyo	Field 2 (T)	1pm-5.50pm
3 rd XI	Padua Fields 222 Elliot Rd, Banyo	Field 3 (T)	1pm-4.00pm
10A	Padua Fields 222 Elliot Rd, Banyo	Field 2 (T)	8am-12.50pm
10B	Padua Fields 222 Elliot Rd, Banyo	Field 3 (T)	8am-12.50pm
9A	Iona College	Davine	8am-12.50pm
9B	Iona College	Harron	8am-12.50pm
9C vs Mar C	Kianawah Park Wynnum Rd, Tingalpa	Field 2	1pm-4pm
8A	Iona College	Davine	1pm-5.30pm
8B	Iona College	McCarthy	1pm-5.30pm
8C	Kianawah Park Wynnum Rd, Tingalpa	Field 3	1pm-4pm
7A	Iona College	Harron	1pm-5.30pm
7B	Iona College	McCarthy	8am-12.30pm
7C	Kianawah Park Wynnum Rd, Tingalpa	Field 4	10.30am-1.30pm
7D	Kianawah Park Wynnum Rd, Tingalpa	Field 4	2pm-5pm
6A	Marchant Park 1105 Gympie Rd, Aspley	Field 3	8am-11.30am
6B	Padua College 80 Turner Rd, Kedron	Assisi	8am-11.30am
6C	Boyd Park 11 Boyd Rd, Nundah	Field 1	7.30am-10am
5A	Kianawah Park Wynnum Rd, Tingalpa	Field 2	8am-12.30pm
5B	Kianawah Park Wynnum Rd, Tingalpa	Field 3	8am-12.30pm
5C	Kianawah Park Wynnum Rd, Tingalpa	Field 4	7.30am-9.55am
5D vs Pad G	Padua College – Corner of Turner & Broughton Rds, Kedron	Greccio	10am-12.30pm

CROSS COUNTRY

Years 5-6 Coordinator

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

Years 7-12 Coordinator

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

Primary Cross Country Training

Training will start in Week 6.

Tuesday and Thursday afternoons 3.15pm-4.15pm

All boys are to meet at the Primary handball courts.

Boys are to wear their Iona sports uniform and comfortable running joggers. Boys must be collected promptly at 4.15pm.

Cross Country Training –Years 7-12

Top Trainers of Week 4 were:

Open: Thomas O'Brien

13 Years : Curtis Lockhart, Jacob Lockhart

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: 7am-8am <u>Time Trial</u> Meet at junior handball courts. 3km: 12, 13, 14yrs 4km: 15, 16, Open	Friday: 6.45am-8am Meet at Junior handball courts Speed / games
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Week 6

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 Daly Hill Repeats Session	Friday: 6.45am-8am Meet at Junior handball courts Speed / games
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FOOTBALL

Year 9 – Open Coordinator

Mr Reece Healy – healyr@iona.qld.edu.au

1st Football Training

Training will be every Wednesday afternoon, between 3.15pm-5pm on Dwyer Oval.

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

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
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

Congratulations to the following students on recent representative sport selections:

- Cameron Jagga (u15) and Mitch Price (u16) have been selected in Queensland Beach Volleyball teams
- Luka Ouimette has been selected in the Australian Under-18 Ice Hockey Team to compete at the World Cup in Bulgaria

- Seth Woolgar & Sebastian Boog have been invited to attend the Volleyball Australia National Development Program Selection Camp
- Blake Roberts has been selected in the Metropolitan East 12-14yrs Baseball team
- Oliver Reid has been selected in the Metropolitan East 13-19yrs Softball team
- Jackson Treacy has been selected in the Metropolitan East 13-19yrs Tennis team
- Harley Malpass has been selected in the Metropolitan East 16-19yrs Cricket team
- Liam Carter, Harley Malpass and Lachlan McClure have been selected in Southern Queensland cricket teams to compete at the u16 State Championships

MOUNTAIN BIKING

Coordinator

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

Preparations for the mountain biking season will begin later this term, with six events and five training sessions spread over Terms 2 and 3.

An information session for new and returning riders will be held this Friday 24 February at morning tea in the Lecture Theatre.

Boys will be given a take-home pack which will include a calendar and sign-up link.

We looking forward to seeing this sport grow in 2023!

For further information, please contact Mr. Davison davisond@iona.qld.edu.au

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

Selection Dates

We ask all players to arrive by 6.45am for a 7am start please. Sessions will be conducted on Davine Oval. **Please note:** We may take the March 6&8 training sessions to the Wynnum Bugs ground. This will be conformed next week.

- Wednesday 1 March – Second trial session. Squad will be cut to 24 players. Two teams of 12 will then be entered into a Bayside Q7 tournament to act as the official selection trials.
- Monday 6 March – First training session
- Wednesday 8 March – Second training session
- Friday 10 March – Bayside Q7 tournament at Redlands. Final squad of 12 will be selected after this event.

SAILING

Enquiries – ionacollegesailing@gmail.com
or via Team App

Last Sunday saw Teams racing kick off in less-than-ideal conditions. No wind delayed Silver Fleet for two hours until conditions were suitable, cutting short the available racing time and not enabling a full round to be completed. Iona 3 had two skippers on debut in Teams racing and much was learnt.



The wind got stronger as the day went on for Iona 1 and Iona 2 competing in Gold Fleet. With some new crew combos being trialled, both teams battled the conditions and chalked up wins. MBBC & TSS proved strong across the session and lead us into the next round, to be held this Sunday.

Schools Teams Racing Series – Round 2

Sunday 26 February – RQYS

Silver Fleet

7.45am Rigging
8.15am 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

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 – 26 February, 5 & 12 March
SQ 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

There is an AIC swim meet at Chandler this Thursday, 23 February. A bus will depart at 3.20pm after school on Thursday to take the squad to Chandler. Warm up will occur between 4pm-4.30pm. The first event starts at 4.30pm, with approximate time of finish is 6.45pm. Please be aware that there will be no return bus service this Thursday. Parents must collect their son/s from Chandler afterwards please.

It is imperative that all swimmers are wearing the Iona togs and swim cap. **No colours please!** (If your son wears special race togs, please ask him to see Mr Stariha or Mr King). All swimmers will swim in at least three events. We intend to submit two relay teams per age group, so we need all squad members in attendance. The Swim Coaches and Managers plan to select the Iona swim team to compete at the AIC Swim Championship after this Thursday meet, using all the times recorded throughout the entire season. The College staff needs the continued support of the parents to ensure that all boys attend the remaining swim events and training.

Iona College Swim Age Championships

Many thanks to the students and families who supported the Swim Age Championships held last Friday afternoon. All Age Champions are listed below. Well done boys!

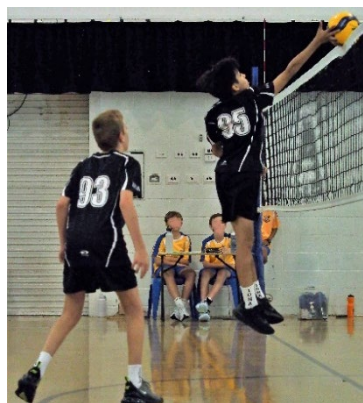
Age Group	1st	2nd	3rd
Yr 5	Hugo Wheeler	Tali Ngaluafe	Ryder Henrick Aidan Johns
Yr 6	Boston Deane	Darcy Still	Emmett Gibson
12 Yrs	Toby Willis	Cooper Parker	Alexander Pond
13 Yrs	Cooper Townsend Jacob Johns	-	Jesse Hamilton
14 Yrs	Connor Burgess	Kobe Sergeant	Levi Hamilton
15 Yrs	Jack Sullivan	Hunter Cushway	Luka Boban
16 Yrs	Austin King	Liam Boseley	Jack Hood
Open	Thomas Sullivan	Lachlan Catingub	Benjamin Gahan

AIC Swim Calendar (Times are approximate)

Date	Location	Time / Transport
Thurs 23 February	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

7B	won	won	won			
7C	won	won	won			
7D	won	won	won			



VOLLEYBALL

Volleyball Coordinator

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

Round 3 Volleyball results

It was another fantastic week of volleyball against Marist College Ashgrove. Iona won 8 out of 12 aggregate games. Congratulations must go to the Year 7 and 8 teams, who all had wins. Our 1sts played extremely well to win 3-0 and remain undefeated so far this season.

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

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	won				
2 nd	won	won	lost				
3 rd	won	won	lost				
4 ^{ths}	lost	lost SPC	lost				
11A	won	won	lost				
11B	lost	won ATC 3rd	lost				
10A	lost	won	won				
10B	won	lost	lost				
10C	won	won	lost				
9A	lost	won	won				
9B	won	won	won				
9C	won	won	lost				
9D	won	won Ash	Bye				
8A	won	lost	won				
8B	won	lost	won				
8C	won	won	won				
8D	won	won SLC	won				
7A	won	won	won				

Round 4 vs Padua

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 4 vs Padua – Saturday 25 February

Team	Venue	Time	Court
1st	Padua College 80 Turner Rd, Kedron	12pm	1
2nd	Padua College 80 Turner Rd, Kedron	11am	1
3rd	Padua College 80 Turner Rd, Kedron	9am	1
4th	Padua College 80 Turner Rd, Kedron	8am	2
11A	Padua College 80 Turner Rd, Kedron	10am	1
11B	Padua College 80 Turner Rd, Kedron	8am	1
10A	Padua College 80 Turner Rd, Kedron	11am	2
10B	Padua College 80 Turner Rd, Kedron	10am	2
10C	Padua College 80 Turner Rd, Kedron	9am	2
9A	Iona College – Provence Centre	11am Duty 12pm Game	1
9B	Iona College – Provence Centre	11am Game 12pm Duty	1
9C	Iona College – Provence Centre	11am Game 12pm Duty	2
9D	Iona College – Provence Centre	11am Duty 12pm Game	2
8A	Iona College – Provence Centre	9am Duty 10am Game	1

8B	Iona College – Provence Centre	9am Game 10am Duty	1
8C	Iona College – Provence Centre	7.30am Duty 8.15am Game	1
8D	Iona College – Provence Centre	7.30am Game 8.15am Duty	1
7A	Iona College – Provence Centre	9am Duty 10am Game	2
7B	Iona College – Provence Centre	9am Game 10am Duty	2
7C	Iona College – Provence Centre	7.30am Duty 8.15am Game	2
7D	Iona College – Provence Centre	7.30am Game 8.15am Duty	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