

IONA



SPORT

MOMENTS OF GRACE 

29 March 2023

TEAM IONA

Well done to all sailors who finished their season last Sunday. Our congratulations go to our No.1 team, who took out the South Qld Schools Teams Racing Championship by defeating some very strong competition throughout the season. This win earns the team automatic qualification into the National Schools Teams Regatta held in Adelaide later in the year. Please read further details in the report below.

Our chess and cross country programs are enjoying positive momentum and good numbers. I urge these boys to keep up their personal training over the Easter vacation period.

It is with great anticipation that most people within our community look forward to the footy season, that is, AIC rugby and football. The Trimester 2 AIC season is the greatest in terms of student participation and community engagement. We are always pleased to announce that everyone makes a team, and no one misses out. It is also a time where a significant amount of our students and parents, as well as our past families and Old Boys, can gather to support the current group of players in their respective sport.

The Sport Office and coaches have worked hard to ensure a fair trial process is followed. At the commencement of the rugby and football trials held last week, our first session concentrated on rotating all players through various skills and drills. This was an opportunity for all coaches in that year level to see all players. The Saturday session was then dedicated towards playing several internal games, again so all coaches could see all players and begin the process of drafting teams. We are asking for the patience and understanding of all players and parents as we navigate through the selection process.

Be aware that we do have a trial game against Villanova the first weekend back next term. Training will commence the first day of Term 2 on Monday 17 April, as per training schedules listed below.

Please be aware that we encourage our coaches to monitor all players from week to week throughout the entire season, and to make the necessary changes to their weekly teams based on player performance, attitude and attendance. No position in any team – from Year 5 to Firsts – is secure. This concept is not only fair, but allows for a movement of players, and rewards those who try hard.

As part of the agreement during sign-on, all players must make themselves available to participate in all training sessions and for all game days throughout the entire season. Please be aware of public holidays scheduled in Term 2. We ask all families to commit to the chess, rugby and football games before going off on any well-deserved family breaks.

I thank our families for supporting the College to ensure the correct dress standards have been upheld at both the rugby and football trainings sessions so far. Pride in the way we look helps form a positive culture which flows through to how we train and play.

Best wishes to those involved in the Ballymore Cup this weekend, and all the best to everyone for a safe, happy and Holy Easter.

Craig Stariha
Iona College Head of Sport

IONA SPORT SEASON PLANNER

Fri 31 Mar:	Interhouse Cross Country
1-3 April:	Ballymore Cup (U13, U15, Open)
Fri 14 April:	Mountain Biking (East Escarpment)
Fri 21 April:	AIC Chess Trial vs Villa (H)
Sat 22 April:	AIC Rugby / Football Trial vs Villa
23-24 April:	Cross Country Camp
Mon 24 April:	QIGA Golf (Virginia)
Fri 28 April:	AIC Round 1 Chess vs SLC (H)
Sat 29 April:	AIC Round 1 Rugby/Football vs SLC (H)
Fri 5 May:	AIC Round 2 Chess vs SEC (A)
Fri 5 May:	Mountain Biking (Toowoomba)

AIC Sports Information (via Twitter): [@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

Sat 6 May: AIC Round 2 Rugby/Football vs SEC (A)
 Wed 10 May: AIC Cross Country Trial (Curlew Park)
 Fri 12 May: AIC Round 3 Chess vs Marist (A)
 Sat 13 May: AIC Round 3 Rugby/Football vs Marist (A)

AFL

2023 Season AFL Results

Team	Iona	Premiers
1 st	6th	St Laurences/Marist
Aggregate	4th	St Laurences

BASKETBALL

1st Manager

Mr Peter Mondolo – mondolop@iona.qld.edu.au

1st Basketball Trials

(Boys in Years 10-12 are eligible to trial)

- Students must wear Iona sports clothing in order to be able to trial.

1st Trials will be held on the following dates:

Thurs 30 Mar: 3.15pm-5.30pm in Provence Centre

CHESS

Coordinator

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

This week Iona hosted the South Brisbane All Schools Primary Chess Tournament.

Congratulations to the 14 Iona students who participated.



Please note change of chess training days for Term 2:

Junior Program (Years 5-6)

Day: Thursday afternoons

Time: 3.15pm-4.15pm

Venue: B5

Teachers: Mrs Stapleton and Mr Caine

Intermediate and Senior Program (Years 7-12)

Day: Wednesday afternoons

Time: 3.15pm-4.15pm

Venue: B5

Teachers: Mr Caine

Social Chess

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

Chess Uniform

- Iona formal winter uniform
- Iona chess tie



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

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.

Some important information to mention about Primary cross country to avoid confusion:

- A small squad of runners will be selected and invited to train for the AIC Cross Country Championships after the Interhouse Cross Country at the end of this term. This will be based on performance at Interhouse Cross Country.
- The final cross country team will be selected mid-Term 2, in the lead up to the AIC Cross Country Championships. This will be based on attendance and performances at training, performances at AIC practice meets, rank position, attitude and behaviour.
- Students interested in doing cross country are still able to trial and play rugby and soccer for Term 2.

Cross Country Training – Years 7-12 Week 10

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 the pool)	6.45am-8am Intervals Meet at Junior handball courts	No Training

Term 2 Week 1

Monday:	Wednesday:	Friday:
6.40am-7.45am @ Wynnum Wading Pool <u>Aerobic Run</u> (A minibus will depart from the chapel at 6.30am or you can meet at the pool).	6.45am-8am Intervals Meet at junior handball courts.	6.45am-8am Meet at Junior handball courts Speed / games

FOOTBALL

Year 9 - Open Coordinator

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

Years 5 - 8 Coordinator

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

Football Training Uniform

- Iona black & white training shirt (preferred option) or Yura shirt for football training. **Players must not wear their Iona football jersey to training, nor the jersey from any other club or team.**
- Iona black HPE shorts
- Iona black football socks

Football Playing Uniform

- Iona football jersey
- Iona HPE shorts
- Iona black football socks

Football jersey, black sports shorts, socks, shinguards and black electrical tape are all available at the Uniform Shop.



Football Trials (Weeks 9 & 10 of Term 1)

Week 10

Team	Days	Time	Location
1 st	Thursday	7am-8.15am	Fuller Oval
2 nd – 5 th	Thursday	3.15pm-4.45pm	Coghill Oval
Year 8	Thursday	3.15pm-4.45pm	Fuller Oval
Year 7	Monday	3.15pm-4.45pm	Fuller Oval
Year 6	Tuesday	3.15pm-4.45pm	Dwyer Oval
Year 5	Wednesday	3.15pm-4.45pm	Dwyer Oval

Football Training Schedule Term 2

Please note: There will be no Year 7 or 4ths training on the first day back at school.

Team	Days	Time	Location
1 st	Tuesday Thursday	7am-8.15am	Fuller Oval
2nds	Wednesday	3.15pm-4.45pm	Coghill Oval
3rds	Thursday	3.15pm-4.45pm	Coghill Oval
4ths	Monday	3.15pm-4.45pm	Coghill Oval
5ths	Tuesday	3.15pm-4.45pm	Coghill Oval
6ths	Wednesday	7am-8.15am	Coghill Oval
Year 10	Tuesday	3.15pm-4.45pm	Fuller Oval
Year 9	Wednesday	3.15pm-4.45pm	Fuller Oval
Year 8	Thursday	3.15pm-4.45pm	Fuller Oval
Year 7	Monday	3.15pm-4.45pm	Fuller Oval
Year 6	Tuesday	3.15pm-4.45pm	Dwyer Oval
Year 5	Wednesday	3.15pm-4.45pm	Dwyer Oval

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 Strength and Conditioning program is overseen by accredited industry experts, and 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 gym for the first time must contact Mr Biggs prior to attending a session.

The timetable for Term 2 is shown below:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am – 7:30am	1sts SQUADS	1sts SQUADS	1sts SQUADS	1sts SQUADS	7:00am-8:00am
7:15am – 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
4:15pm – 5:45pm		IONA SWIMMING CLUB		IONA SWIMMING CLUB	

Please note:

- There are no sport-specific training sessions. Athletes are encouraged to complete two sessions per week from the allocation provided to them.
- 1st squad sessions are open to players currently playing in, trialling for, previously representing or likely to represent Iona in 1st 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, and include your date of birth, past playing experience and position/s for the sport you are applying for. All school-based representative sport nominations must be endorsed by the Iona Sport Department.

SPORT	AGE GROUP	DETAILS	NOMINATIONS CLOSE
Rugby Union	11-12yrs	Lytton District Trial	Thurs March 30
Rugby Union	14-15yrs	Direct to Met East trial	Wed Apr 19
Cross Country	10-12yrs	Lytton District Trial	Thur May 4
Football	10-12yrs	Lytton District Trial	Thurs Apr 18

Congratulations to the following students on recent representative sport selections:

- Joshua Cox, Dylan Heath and Adam Richter have been selected in the 13-19yrs Metropolitan East Hockey team.
- Benjamin Butko and Archie Watts have been selected in the 14-15yrs Metropolitan East AFL team.
- Samuel Colley has been selected in the 13-16yrs Metropolitan East Basketball team.
- Robert Hinkler, Zane MacRae and Charlie Short have been selected in the 16-19yrs Metropolitan East Basketball team.
- Lucas Patrick has been selected in the Australian Sailing 2023 Youth Squad to prepare for the 29er World Championships in United Kingdom later this year.

Best wishes for your upcoming competitions.

Congratulations to the following student on recent representative sport performances:

- Hugo Wheeler (pictured) won five silver and two bronze medals at the QSS 10-12yrs Swimming Championships. This is a significant achievement to perform at such a high standard across so many events in just two days of competition.



MOUNTAIN BIKING

Coordinator

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

Preparations for the mountain biking session have begun, with six events and five training sessions spread over Terms 2 and 3 this year.

A list of attendees will be finalised before the holidays for each session and emailed to families.

Upcoming Training Sessions

Fri 14 Apr : 10am-12pm or 1pm-3pm
East Escarpment

Sun 28 May: 12.30pm-2.30pm at Nerang

Upcoming Competitions

Fri 21 April: East Escarpment

Fri 5 May: Toowoomba

RUGBY

Years 7-Open Coordinator

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

Primary Coordinator

Mr Troy Condon condont@iona.qld.edu.au

Rugby Training Uniform

Iona black & white training shirt (preferred option) or Yura shirt for rugby training. **Players must not train in the Iona rugby jersey, nor the jersey from any other club or team.**

- Iona black rugby shorts
- Iona black rugby socks

Rugby Playing Uniform

- Iona rugby jersey
- Iona rugby shorts
- Iona black rugby socks



Rugby union jersey, shorts, socks, headgear, mouthguards and strapping tape all available at the Uniform Shop.

Rugby Trials (Week 10 of Term 1)

Team	Dates	Time	Location
1 st /2 nd	Tuesdays	3.15pm-4.45pm	Davine Oval
	Thursdays	3.15pm-4.45pm	Davine Oval
3rds/4ths/5ths	Wednesdays	3.15pm-4.45pm	Davine Oval
Year 10 (All) 10A/10B	Tuesdays	3.15pm-4.45pm	Harron Oval
	Thursdays	3.15pm-4.45pm	McCarthy
Year 9	Wednesdays	3.15pm-4.45pm	Harron Oval
Year 8	Thursdays	3.15pm-4.45pm	Harron Oval
Year 7	Mondays	3.15pm-4.45pm	McCarthy / Davine
Year 6	Tuesdays	3.15pm-4.45pm	McCarthy
Year 5	Wednesdays	3.15pm-4.45pm	McCarthy

Rugby Training Schedule Term 2

Team	Dates	Time	Location
1 st /2 nd	Tuesdays	3.15pm-4.45pm	Davine Oval
	Thursdays	3.15pm-4.45pm	Davine Oval
3rds/4ths/5ths	Wednesdays	3.15pm-4.45pm	Davine Oval
Year 10 (All) 10A/10B	Tuesdays	3.15pm-4.45pm	Harron Oval
	Thursdays	3.15pm-4.45pm	McCarthy
Year 9	Wednesdays	3.15pm-4.45pm	Harron Oval
Year 8	Thursdays	3.15pm-4.45pm	Harron Oval
7A, 7B	Mondays	3.15pm-4.45pm	Davine Oval
7C, 7D, 7E	Wednesdays	3.15pm-4.45pm	McCarthy
Year 6	Tuesdays	3.15pm-4.45pm	McCarthy
Year 5	Wednesdays	3.15pm-4.45pm	McCarthy

Ballymore Cup

Dates: April 1-3. (The first weekend of the school holidays)

Venue: Albany Creek Rugby club at the South Pine Sports Complex.

Training for selected squads

Open squad will train as per normal for the Open rugby squad (under the direction of the coaches)

U13 Squad will train on Thursday 30 March on Harron Oval from 7-8am.

Please contact Sean Devlin for details about the tournament.

devlins@iona.qld.edu.au

SAILING

Enquiries – ionacollegesailing@gmail.com
or via Team App

The sailing season concluded last Sunday with Day 2 of the 5th Qld Schools Teams Racing Championships. In a great result for Iona Sailing, Iona 1 sailed strongly in their remaining races and took out the Championship, winning 11 of their 12 races across the regatta. MBBC & MBC finished second and third. Iona 2 also sailed well, and improved to finish seventh in the regatta across a 13-team fleet.



This win is the equivalent of an AIC Premiership for our sailing team, and earns the team automatic qualification into the National Schools Teams Regatta in Adelaide. Iona has not taken out the title since 2019, and before that in 2013.

Congratulations to the team of Sam Muir, Jordan Barney, Jasper Vinen, Archie Willey, Zachery Patrick, Toby McDougall, Hunter Phelps and Noah Rowell and the coaching team of Old Boys Hayden Barney and Will Nobes, and Libby Kirby. A lot of hard work has gone into this achievement.

We thank Mr Stariha for venturing out on the water and supporting the team on the day.

The entire sailing team is to be congratulated on their commitment, effort, improvement, sportsmanship and teamwork over the past two terms. Thanks to all our parents and volunteers for their time and help in getting the boys out on the water each week.

We also thank outgoing Sailing Captain, Ethan Fomiatti, for his great work with the team this season and commitment to the team over many years.

SWIMMING - iSWIM

Head Coach

Mr Zane King – kingz@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – keunen@iona.qld.edu.au

All Iona Development Squad sessions will finish at the end of Term 1. Any students wanting to continue can be part of the AIC team training as set out below, or can be assessed for one of our iSWIM swim squads.

AIC Team Sprint Squad Training

This is for all swimmers wanting to make the AIC team next year.

Days: Tuesday and Thursday afternoons

Time: 3.10pm-4.10pm

Starts: Week 1, Term 2

The sessions will focus on technique, speed and power. All swimmers will need goggles, correct swimwear (no board shorts or rash shirts) and fins.

For more information email:

Mr Zane King (Head coach) at kingz@iona.qld.edu.au

Mr Nic Keune (Assistant coach) at keunen@iona.qld.edu.au

VOLLEYBALL

Volleyball Coordinator

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

Year 10 Intermediate Schools Cup

Training Sessions

Monday 17 April: 3.15pm-5pm Provence Centre

Monday 8 May: 3.15pm-5pm Oblate Hall

Monday 15 May: 3.15pm-5pm Oblate Hall

Monday 22 May: 3.15pm-5pm Oblate Hall

The Intermediate Schools Cup competition will be held on the Gold Coast from 26-28 May.