

# IONA



# SPORT

MOMENTS OF GRACE 

1 March 2023

## TEAM IONA

The current trimester of sport is continuing along very well. The results from the volleyball and cricket programs have placed our College in very good standing for the respective overall aggregates. Put simply, the 'aggregate' is a calculation of the best overall school in each AIC sport. The aggregate is a way to compare our overall programs against other schools.

I need to be clear on this point: Our priority remains for our boys to become involved and enjoy the experience of playing sports. But this must be done in conjunction with a sense of pride and integrity. Pride in themselves, their team and their College as they compete; and having integrity to give their best, always displaying good sportsmanship.

A high priority is a ongoing commitment to your son's studies as well. Keeping a balanced approach to both is ideal.

I make no bones about it, if there are premierships and aggregates on offer, I will encourage our boys to go for them. But it must be done in a measured and sensible manner. Likewise, if we lose (or win), we remain humble and we move on with our lives without fuss.

Our AFL teams are playing with good spirit and are encouraged to keep the efforts up. The mighty 7B team are our best performers, and are currently undefeated.

The latest statistics show that 1352 students across the College have completed the online sign-on form to register their interest to participate in Term 2 sport. We will now close the sign-on link. All sign-on lists from Year 5-12 in both footy codes will be posted on the College noticeboard. We ask boys to check that their name is listed. If it is not, they did not complete the form, and they are asked to come to the Sports Office to enter their name.

This information is vital for our office to adequately plan and prepare for the season ahead.

Cross-country and chess have commenced their pre-season schedules already as per details below. Rugby and football (soccer) will commence their training/trials the very next week after Round 7 of the current season – that is, Week 9 this term. Please scroll below to view all the important training and trial dates for rugby and football, including an internal trial planned for Saturday 25 March. Please be advised that both the rugby and football 1<sup>st</sup> and 2<sup>nd</sup> teams will have a trial game played away against St Peters on the same day. It is vital for families to keep this date free.

On behalf of the College, we wish our AIC swim squad the very best at the AIC Swimming Championships held next Tuesday at Chandler. I have much admiration for those families who support their son/s in their swimming endeavours. Many early mornings, a lot of hard work and, for some, they may only be a reserve or swim in one event. We believe that everyone in our squad is important, and contributes towards the College. It may very well be that a boy who did not get a swim pushed others in front of him to be better, and for Iona to be better. In any case, many thanks and best wishes go to our entire swim squad and I know everyone is behind you.

This weekend Iona will face St Peters in the main draw as well as Villanova, in some games, in the AFL draw. With three rounds remaining, let's have no regrets, train hard, play hard and – most importantly – let's enjoy the time spent playing with your mates, no matter the result!

**Craig Stariha**

**Iona College Head of Sport**

## IONA SPORT SEASON PLANNER

Fri 3 Mar:	Primary Sport Photos (Cricket & AFL)
Fri 3 Mar:	Rd 6 AIC 1 <sup>st</sup> 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

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

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  
 Sat 25 Mar: Internal Rugby and Football Trials



### AFL Team Photos

1<sup>st</sup> 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.

### Photo Schedule for Saturday 4 March

The photo schedule is very tight. **Boys need to arrive at McCarthy 7 at the 'arrival time' below.** Arriving at the 'photo time' will mean boys may miss their photo.

Team	Arrival Time at McCarthy 7	Photo Time	Game Time
7A AFL	7.10am	7.20am	8am Game
8B AFL	8.10am	8.20am	9.15am Game
9/10 AFL	9.30am	9.40am	10.30am Game

## AFL

AFL Coordinator – Years 5-12  
 Mr Anthony Bannerman: [bannermana@iona.qld.edu.au](mailto:bannermana@iona.qld.edu.au)

### AFL Results Round 4

1 <sup>st</sup>	Iona 15	lost to	Marist 25
9/10	Iona 19	lost to	Padua 142
8A	Iona 27	lost to	Padua 78
8B	Iona 35	defeated	Padua 13
7A	Iona 11	lost to	Padua 28
7B	Iona 18	defeated	Padua 14
6A	Iona 5	lost to	Marist 44
6B	Iona 55	defeated	SPC 14
6C	Iona 16	lost to	Marist 91
5A	Iona 22	lost to	Marist 66
5B	Iona 36	defeated	SPC 12
5C	Iona 50	defeated	Marist 42

### Progressive AFL Results – 2023

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

### AFL Training Times Venue: St Eugene's Park

- Please note that in week 8 there will be no Year 6 AFL training due to the year 6 camp.

Team	Day	Time
1 <sup>st</sup>	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](mailto:bannermana@iona.qld.edu.au)

### AFL Draw

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

1 <sup>st</sup> vs Villanova – Friday 3 March			
Team	Venue	Time	Oval
1 <sup>st</sup>	Iona College – St Eugene’s Park	4.45pm	1

### Round 5 Saturday 4 March

Round 5 vs Villa / SPLC / Supp– Saturday 4 March			
Team	Venue	Time	Oval
5A vs Villa	Leyshon Park Cansdale St, Yeronga	10.30am	2
5B vs SLC	Leyshon Park Cansdale St, Yeronga	10.30am	1
5C vs Villa	Leyshon Park Cansdale St, Yeronga	8.30am	2
6A vs Villa	Leyshon Park Cansdale St, Yeronga	10.30am	4
6B vs SLC	Leyshon Park Cansdale St, Yeronga	8.30am	5
6C vs Villa	Leyshon Park Cansdale St, Yeronga	7.30am	2
7A vs SLC	Iona College St Eugene’s Park	8am	1
7B	Bye		
8A	Bye		
8B vs SPLC A	Iona College St Eugene’s Park	9.15am	1
9/10 vs SPLC	Iona College St Eugene’s Park	10.30am	1

### 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](mailto:cainek@iona.qld.edu.au)

### Brisbane South Primary Zone Chess Tournament

- **When:** Tuesday 28 March
- **Where:** Iona College, Oblate Hall
- **Who:** Primary students
- **Time:** Registration from 8.30am to 9.15am. Start at 9.30am and finish around 2.15pm

Please see Mr Caine if you are interested in participating.

### 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](mailto: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](mailto:allenb@iona.qld.edu.au)

### Years 7-12 Coordinator

Mr Sean Devlin – [devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au)

### Cricket Training Times

- Please note that in Week 8 there will be no Year 6 cricket training due to the Year 6 camp.

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 <sup>rd</sup>	Wednesdays	McCarthy Oval	3.30pm-4.30pm
1 <sup>st</sup> /2 <sup>nd</sup>	Tuesdays Thursdays	Harron Oval Davine Oval	3.30pm-5pm 3.30pm-5pm

### Results Round 4 vs Padua

It was a weekend of agony and ecstasy for the Iona cricket program. The agony of the 1<sup>st</sup> XI losing their first game of the season, and the ecstasy of winning 16 from 22 games between Years 5-12.

The 1<sup>st</sup> XI was bowled out for 156 in the 40<sup>th</sup> over. Harley Malpass scored a tough 70 runs, and he was supported by Hamish McKeon with 38. It was an unexpected result, considering the team were 6/152 and lost the last five wickets for four runs. The boys did force the game to the 45<sup>th</sup> over, but too many wide deliveries and no-balls were very

costly. The team will regroup and build to a better performance against St Peters this weekend.

The 10A, 9A, 9C and 8A remain undefeated for the season.

Standout individual performances were:

- Jackson Williams, who is in Year 9 and played in the 10A team last weekend, scored 74 not out. A great prospect for the future.
- Joshua Ritchie (10A) 60 runs, and continues to average well above 50 for the season. He is putting our current 1<sup>st</sup> XI players on notice.
- Alex Harrison (9A) scored 116 and shared a 150+ run stand with Joshua Midanowicz (66 not out).
- Charles Murphy (9B) 5/13 and Quinn Davidson (7A) 5/8 (his second five-wicket haul this season).
- Harvey Curyer (8A) 59 runs, Sam McKennariey (8A) 66 runs and William Qureshi (8B) 50 not out.

We experienced the highs and lows of cricket last weekend, and now set ourselves for St Peters this weekend. Good luck to all teams.



### Cricket Results – Round 4 vs Padua

1 <sup>st</sup>	lost	Iona 156 Pad 5/160	7A	won	Iona 2/53 Pad 50
2 <sup>nd</sup>	lost	Iona 7/140 Pad 6/144	7B	won	Iona 3/72 Pad 68
3 <sup>rd</sup>	lost	Iona 6/127 Pad 2/131	7C	won	Iona 0/137 Pad 3/105
10A	won	Iona 4/179 Pad 114	7D	won	Iona 5/79 Pad 4/72
10B	lost	Iona 9/158 Pad 6/164	6A	drew	Iona 10/77 Pad 5/77
9A	won	Iona 4/252 Pad 59	6B	lost	Iona 8/63 Pad 7/98
9B	won	Iona 6/161 Pad 33	6C	lost	Iona 3/50 Pad 2/86
9C vs Mar	won	Iona 4/134 Mar 5/130	5A	won	Iona 2/137 Pad 7/99
8A	won	Iona 5/213 Pad 9/110	5B	won	Iona 7/111 Pad 10/41
8B	won	Iona 8/195 Pad 82	5C	won	Iona 5/73 Pad 6/49
8C	won	Iona 7/106 Pad 9/55	5D vs Pad G	won	Iona 2/87 Pad G 3/83

### 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 <sup>st</sup>	won	won	won	lost			
2 <sup>nd</sup>	draw	lost ATC 1 <sup>st</sup>	lost	lost			
3 <sup>rd</sup>	draw	won ATC 2 <sup>nd</sup>	lost	lost			
10A	won	won ATC	won	won			
10B	won	lost ATC	won	lost			
9A	won	won	won	won			
9B	won	won	lost	won			
9C	won	won Pad	won SEC	Won Mar			
8A	won	won	won	won			
8B	lost	lost ATC A	lost	won			
8C	lost	lost ATC B	lost	won			
7A	won	BYE	won	won			
7B	won	lost ATC A	won	won			
7C	lost	lost SEC B	won	won			
7D	lost	draw Pad E	lost ATC B	won			
6A	won	won ATC	lost	draw			
6B	won	won ATC	lost	lost			
6C	won	won SLC	lost	lost			
5A	won	won ATC	won	won			
5B	won	lost Villa	lost	won			
5C	won	won ATC B	won	won			
5D	Lost v Pad E	won Ash F	won	won Pad G			

### 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.

### Photo Schedule – Saturday 4 March

The photo schedule is very tight. **Boys need to arrive at McCarthy 7 at the 'arrival time' below.** Arriving at the 'photo time' will mean boys may miss their photo.

Team	Arrival Time at McCarthy 7	Photo Time	Game Time
9A Cricket	7.15am	7.25am	8am game
9B Cricket	7.20am	7.30am	8am game
7B Cricket	7.25am	7.35am	8am game

8A Cricket	12.05pm	12.15pm	1pm game
8B Cricket	12.10pm	12.20pm	1pm Game
7A Cricket	12.15pm	12.25pm	1pm Game

## Cricket Round 5

Round 5 vs St Peters – Saturday 4 March			
Team	Venue	Oval	Time
1 <sup>st</sup> XI	St Peters via Indooroopilly Rd, Indooroopilly	Mayer	9.30am–5.30pm
2 <sup>nd</sup> XI	Bellbowrie Sports Complex, Sugarwood St, Bellbowrie	Main	1pm–5.30pm
3 <sup>rd</sup> XI	St Peters via Lambert Rd, Indooroopilly	Stolz	1pm–4pm
10A	Bellbowrie Sports Complex, Sugarwood St, Bellbowrie	Main	8am – 12.50pm
10B vs Mar C	Marchant Park Cnr Murphy & Gympie Rds, Chermside	Oval 4	2pm-5pm
9A	Iona College	Davine	8am-12.50pm
9B	Iona College	Harron	8am-12.50pm
9C vs Villa 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 vs Mar D	Kianawah Park Wynnum Rd, Tingalpa	Field 4	2pm-5pm
6A	Bye		
6B vs SPLC A	St Peters via Lambert Rd, Indooroopilly	Stolz	8am-12.30pm
6C	Bye		
5A	Kianawah Park Wynnum Rd, Tingalpa	Field 2	8am-12.30pm
5B	Kianawah Park Wynnum Rd, Tingalpa	Field 3	8am-12.30pm
5C vs Pad D	Kianawah Park Wynnum Rd, Tingalpa	Field 4	7.30am-9.55am
5D vs Mar D	Des Connor Park via Glenlyon Dr, Ashgrove	Field D	7.30am-10am

## CROSS COUNTRY

### Years 5-6 Coordinator

Mr Adam McClure – [mcclurea@iona.qld.edu.au](mailto:mcclurea@iona.qld.edu.au)

### Years 7-12 Coordinator

Mr Brendan Merrotsy – [merrotsyb@iona.qld.edu.au](mailto: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.

## Some important information to mention about Primary Cross Country to avoid confusion:

- We are only training at the moment. No team or squad has been selected.
- A talent Identification run has been done to identify runners who may be interested in doing cross country. This was NOT a selection process for any team at all – just an opportunity to identify runners at this early stage.
- 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 lead-up meets, rank position, attitude and behaviour.
- All interested students who have running ability are welcome to attend training.
- 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

### Top Trainers of the week were:

Open: Nate Green

16 Years: Ryan Siebel

14 Years: Hamish Cox

### Week 6

Monday:	Wednesday:	Friday:
<b>6.40am-7.45am</b> @ 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)	<b>6.45am-8am</b>  Daly Hill Repeats Session	<b>6.45am-8am</b>  Meet at Junior handball courts  Speed / games

### Week 7

Monday:	Wednesday:	Friday:
<b>6.40am-7.45am</b> @ Wynnum Wading Pool <u>Aerobic Run</u> (A minibus will depart from the chapel at 6.30am or you can meet at the pool.	<b>6.45am-8am</b>  <u>400m team relays</u> Meet at junior handball courts.	<b>6.45am-8am</b>  Meet at Junior handball courts  Speed / games bootcamp

## FOOTBALL

### Year 9 – Open Coordinator

Mr Reece Healy – [healyr@iona.qld.edu.au](mailto:healyr@iona.qld.edu.au)

### Years 5 – 8 Coordinator

Mr Anthony Bannerman [bannermana@iona.qld.edu.au](mailto:bannermana@iona.qld.edu.au)

### 1<sup>st</sup> Football Pre-season Training

Training will be every Wednesday afternoon, between 3.15pm-5pm on Dwyer Oval up until Week 8.

### Football Trials (Weeks 9 & 10 of Term 1)

#### Week 9

Team	Days	Time	Location
1 <sup>st</sup> – 5 <sup>th</sup>	Tuesdays	7am-8.15am	Fuller Oval
	Thursdays	7am-8.15am	Fuller Oval
Year 10	Tuesdays	3.15pm-4.45pm	Fuller Oval
Year 9	Wednesdays	3.15pm-4.45pm	Fuller Oval
Year 8	Thursdays	3.15pm-4.45pm	Fuller Oval
Year 7	Mondays	3.15pm-4.45pm	Fuller Oval
Year 6	Tuesdays	3.15pm-4.45pm	Dwyer Oval
Year 5	Wednesdays	3.15pm-4.45pm	Dwyer Oval

#### Week 10

Team	Days	Time	Location
1 <sup>st</sup>	Tuesdays	7am-8.15am	Fuller Oval
	Thursdays	7am-8.15am	Fuller Oval
2 <sup>nd</sup>	Wednesdays	3.15pm-4.45pm	Coghill Oval
3 <sup>rd</sup>	TBC		
4 <sup>th</sup>	Mondays	3.15pm-4.45pm	Coghill Oval
5 <sup>th</sup>	Wednesdays	7am-8.15am	Fuller Oval
10A,B	Tuesdays	3.15pm-4.45pm	Fuller Oval
10C,D	TBC		
Year 9	Wednesdays	3.15pm-4.45pm	Fuller Oval
Year 8	Thursdays	3.15pm-4.45pm	Fuller Oval
Year 7	Mondays	3.15pm-4.45pm	Fuller Oval
Year 6	Tuesdays	3.15pm-4.45pm	Dwyer Oval
Year 5	Wednesdays	3.15pm-4.45pm	Dwyer Oval

### Saturday 25 March (Internal Trials)

There will also be a football trial for Years 5-10 on Saturday 25 March at the following times. All players are expected to attend this Saturday trial.

Year 5: 9.30-11.30am on Dwyer Oval

Year 6: 7.30am-9.30am on Dwyer Oval

Year 7: 9.30am-11.30am on Coghill Oval

Year 8: 7.30am-9.30am on Coghill Oval

Year 9: 7.30am-9.30am on Fuller Oval

Year 10: 9.30am-11.30am on Fuller Oval

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

## HIGH PERFORMANCE

### Coordinator

Mr Jarrod Biggs – [biggsj@iona.qld.edu.au](mailto: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](mailto:repsport@iona.qld.edu.au). Please include in your email 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 College Sports Department.

SPORT	AGE GROUP	DETAILS	NOMINATIONS CLOSE
Water Polo	13-19yrs	Direct to Met East trial	Mon Mar 6
Rugby Union	17-18yrs	Direct to Met East trial	Wed Mar 8
Touch	13-15yrs	Composite District trial	Thur Mar 9

Touch	16-18yrs	Composite District trial	Thur Mar 9
Surfing	13-19yrs	Direct to Met East trial	Fri Mar 24

Congratulations to the following student on recent representative sport selections:

- Quinn Davidson has been selected in the Metropolitan East 10-12yrs Cricket team

## MOUNTAIN BIKING

### Coordinator

Mr Daniel Davison – [davisond@iona.qld.edu.au](mailto: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.

There was great attendance at the information session held on Friday, Week 5. Enter the link below to access the information pack distributed to students if you were unable to attend, or require an additional copy. It includes expectations, an FAQ, and an event calendar.

Link: [shorturl.at/dxCJM](http://shorturl.at/dxCJM) (copy and paste into browser)

Included in the information is a sign-up link if you wish to join the team after speaking with your parents. We look forward to seeing this sport grow in 2023!

For further information, please contact Mr Davison [davisond@iona.qld.edu.au](mailto:davisond@iona.qld.edu.au)

## RUGBY

### Year 10 – Open Coordinator

Mr Craig Stariha [starihac@iona.qld.edu.au](mailto:starihac@iona.qld.edu.au)

### Years 7-9 Coordinator

Mr Sean Devlin [devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au)

### Primary Coordinator

Mr Troy Condon [condont@iona.qld.edu.au](mailto:condont@iona.qld.edu.au)

Pre-season training for 1<sup>st</sup> rugby will continue on Dwyer Oval on Wednesday and Friday mornings from 6.30-7.30am until Week 8.

### Rugby Trials (Weeks 9 & 10 of Term 1)

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

## Saturday 25 March (Internal Trials)

There will also be a rugby trial for Years 5-10 on Saturday 25 March at the following times. All players are expected to attend this Saturday trial.

Year 5: 9.30-11.30am on Harron Oval

Year 6: 7.30am-9.30am on Harron Oval

Year 7: 9.30am-11.30am at Wynnum Bugs (Oval 2)

Year 8: 7.30am-9.30am at Wynnum Bugs (Oval 2)

Year 9: 7.30am-9.30am at Wynnum Bugs (Oval 1)

Year 10: 7.30am-9.30am at Wynnum Bugs (Oval 1)

Wynnum Bugs Address: Elanora Park, Granada St, Wynnum

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

## 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 confirmed.

- 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](mailto:ionacollegesailing@gmail.com)  
or via Team App

The 3-on-3 match racing format of sailing known as Teams Racing continued on Moreton Bay last Sunday. Silver Fleet experienced a slow start again due to a lack of wind.

Congratulations go out to Iona 3, who scored wins in all three races they were able to complete.



Gold Fleet were again able to complete a full round in the afternoon breeze. Iona 1, scoring five wins from six races, were joint winners of the round with MBC. Iona 2 sailed well and showed improvement, winning two from six. With promotion and relegation between fleets occurring at the end

of each round, both Iona 1 and Iona 2 have maintained their standings in Gold Fleet for next weekend.

### Schools Teams Racing Series – Round 3

Sunday 5 March – 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 – 5 & 12 March

SQ Teams Championships – 19 & 26 March

## SWIMMING - iSWIM

#### Swimming Coordinator

Mr Craig Stariha – [stariha@iona.qld.edu.au](mailto:stariha@iona.qld.edu.au)

#### Head Coach

Mr Zane King – [kingz@iona.qld.edu.au](mailto:kingz@iona.qld.edu.au)

#### Assistant Coach

Mr Nic Keune – [keunen@iona.qld.edu.au](mailto:keunen@iona.qld.edu.au)

**HOT OFF THE PRESS!** – Due to unforeseen circumstances, a number of changes have been made to Iona's AIC swim team. Mr Stariha will send an email to all families today (Wednesday 1 March) with the updated team list. Please keep an eye out for this.

By this stage, all squad members and their families should have received an email outlining all the arrangements put in place for the up-coming AIC Swimming Championships. This includes the squad list, team list, events

list, venue map and an information note. Please check your email if you haven't done so already.

Despite who swims on the day, everyone who has trained and has attended the meets is considered an integral part of our squad and is required to attend all of the events below, including the squad photo. May I please ask all families to ensure your son wears the full and correct swim uniform listed below, particularly as we plan to take our squad photo before departing on the day of the Championships.

On behalf of the College, we wish all the squad the very best!

**Swim Uniform** (All swimmers must wear the full and complete uniform below, all items are available from the Uniform Shop (Open Monday, Wednesday and Friday only)

- Iona swim togs (it is permissible for some of our swimmers to wear their specialised racing togs)
- Iona black & white training T-shirt (not the Yura shirt)
- Iona black PE shorts
- Iona sports socks
- Iona swim cap

#### Timeline of Events

##### Thursday 2 March

- Final training session

##### Friday 3 March

- All squad members to meet in Green Room at 3.15pm sharp
- Presentation of Open shirts/caps with Open parents in front of the entire squad 3.15-3.30pm. Open parents will be invited to attend – a formal invitation will be sent out next Monday.
- Running of the Gaffney and Sacre (Top 8 Year 7-12 swimmers, and Top 8 Year 5-6 swimmers).
- Zane & Nic – continue with starts, finishes, relay change-overs etc (30min)
- A BBQ will be provided to the squad after this short session. Approx. 4.30pm finish

##### Tuesday 7 March (AIC Swim Championships)

- Entire squad meets in the pool stands at 6.30am for roll call and team talk. All members must catch the bus – no one drives!
- Team photo at 6.45am (venue TBC). It is essential that all swimmers are wearing the uniform as listed above.
- Buses depart for Chandler at 7am from bus turnaround.
- Buses depart Chandler for return to College at 1.40pm (swimmers may go home with their parents, but they must travel on the bus. This includes the Opens).
- Parents are welcome to attend the Championships



# VOLLEYBALL

## Volleyball Coordinator

Mrs Karen Otway – [otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au)

### Round 4 Volleyball Results

It was another amazing round of volleyball last Saturday against Padua. Iona won 10 of the 12 aggregate games and 16 of the 21 games overall. We have many teams still in



contention for premierships, including the 1sts who remain undefeated. It is the premiership game this Saturday for our 1sts, and I ask that as many people as possible head to St Peters for the 12pm match to support our boys in their quest for the 1<sup>st</sup> volleyball premiership.

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

### 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 <sup>st</sup>	won	won	won	won			
2 <sup>nd</sup>	won	won	lost	won			
3 <sup>rd</sup>	won	won	lost	won			
4ths	lost	lost SPC	lost	lost	Mar 5th		
11A	won	won	lost	won			
11B	lost	won ATC 3rd	lost	lost			
10A	lost	won	won	won			
10B	won	lost	lost	won			
10C	won	won	lost	lost	ATC		
9A	lost	won	won	won			
9B	won	won	won	won			
9C	won	won	lost	won			
9D	won	won Ash	Bye	won			
8A	won	lost	won	won			
8B	won	lost	won	lost			
8C	won	won	won	won			
8D	won	won SLC	won	won			
7A	won	won	won	won			
7B	won	won	won	lost			
7C	won	won	won	won			
7D	won	won	won	won			

### Round 5 vs SPLC

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

- Please note: Year 7-9 team photos are this Saturday. See photo schedule below.

### Round 5 vs St Peters – Saturday 4 March

Team	Venue	Time	Court
1st	St Peters Lutheran College Lambert Rd, Indooroopilly	12pm	1
2nd	St Peters Lutheran College Lambert Rd, Indooroopilly	11am	1
3rd	St Peters Lutheran College Lambert Rd, Indooroopilly	9am	2
4th vs Mar 5 <sup>th</sup>	Marist College Frasers Rd, Ashgrove	7.30am	2
11A	St Peters Lutheran College Lambert Rd, Indooroopilly	10am	1
11B	St Peters Lutheran College Lambert Rd, Indooroopilly	9am	1
10A	St Peters Lutheran College Lambert Rd, Indooroopilly	11am	2
10B	St Peters Lutheran College Lambert Rd, Indooroopilly	10am	2
10C vs ATC B	Ambrose Treacy College, Kate St Indooroopilly. St Francis Xavier Centre	11am	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 vs SPC	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 vs SLC	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

Boys are asked to wear the **WHITE** Iona sports socks for volleyball games and 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.

### Photo Schedule for Saturday 4 March

As you can see, the schedule is very tight. **Boys need to arrive at McCarthy 7 at the 'arrival time' below.** Arriving at the 'photo time' will mean boys may miss their photo.

Team	Arrival Time at McCarthy7	Photo Time	Game Time
8D volleyball	6.55am	7am	7.30 Game, 8.15am duty
7D volleyball	7am	7.05am	7.30 Game, 8.15am duty
8C volleyball	7am	7.10am	7.30 duty, 8.15am game
7C volleyball	7.05am	7.15am	7.30 duty, 8.15am game
8B volleyball	8.15am	8.25am	9am Game, 10am Duty
8A volleyball	8.20am	8.30am	9am Duty, 10am Game
7A volleyball	8.25am	8.35am	9am Duty, 10am Game
7B volleyball	8.30am	8.40am	9am Game, 10am Duty
9B volleyball	10.20am	10.30am	11am Game, 12pm Duty
9C volleyball	10.25am	10.35am	11am Game, 12pm Duty
9A volleyball	10.30am	10.40am	11am Duty, 12pm Game
9D volleyball	10.35am	10.45am	11am Duty, 12pm Game

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

1 <sup>sts</sup>	Tuesdays Thursday	3.15-5.30pm 3.15-5.30pm	Provence 1 Provence 1
2 <sup>nds</sup>	Tuesdays Thursdays	3.15-5pm 3.15-5pm	Provence 2 Oblate Hall
3 <sup>rds</sup>	Thursdays	3.15-5pm	Oblate Hall 1
4 <sup>ths</sup>	Tuesdays	2 <sup>nd</sup> 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