



8 March 2023

TEAM IONA

Well done and congratulations to our AIC swim team, who competed at Chandler in the annual AIC Swimming Championships on Tuesday.

Iona placed fourth overall in both the primary and 12-Opens competitions. Many boys broke their PBs, and I believe all gave their very best on the day.

Well done to the Year 5 boys who won the Year 5 AIC Championship, with a special mention to Hugo Wheeler (Year 5), who smashed four AIC records at the championship. A marvellous performance!

Many thanks to all the coaches, managers, swimmers and parents who supported the program. As a matter of course, we will review the season and look to implement changes next season to improve our program. See the swimming section of this newsletter for more news about the day.

Please be advised that a list of all students from Years 5-12 who have signed onto to play AIC rugby and football has now been posted on the College noticeboards.

Students were asked to check that their name is registered, and to notify the Sport Office if their name needs to be added. These numbers are needed for us to prepare for the season ahead.

Given the sign-on numbers, Iona will enter many teams into the AIC competition. All boys will be guaranteed a place in a team, so parents can now purchase the full and correct uniform without hesitation.

The College seeks the support of parents to ensure that our standards of dress are to the highest standards. ALL STUDENTS who play rugby and football must train in the gear listed here.

It is not permissible for players to wear multi-coloured or club training gear to College training.

Rugby & Football Training Uniform

- Iona black & white training t-shirt ONLY for both rugby & football (not the Yura shirt). The black training shirt is designed to withstand the rigors of rugby training. **Players must not wear their Iona rugby or football jersey to training, nor the jersey from any other club or team.**
- Iona black PE shorts (for football players)
- Iona black rugby shorts (for rugby players)
- Iona black rugby / football socks (same)

Rugby & Football Playing Uniform

- Iona rugby or football jersey
- Iona PE shorts (football)
- Iona rugby shorts (rugby)
- Iona black rugby / football socks (same)

At present, we are still in need of more rugby and football coaches and referees. If you have experience and wish to assist in any of these roles, please contact the relevant coordinator below. Please help us to help your boys.

- Year 5-8 Football – Mr Anthony Bannerman bannermana@iona.qld.edu.au
- Year 9-Open Football – Mr Reece Healy healyr@iona.qld.edu.au
- Year 5&6 Rugby – Mr Troy Condon condont@iona.qld.edu.au
- Year 7-Open Rugby – Mr Sean Devlin devlins@iona.qld.edu.au

This weekend sees Iona up against Villanova in the local derby. There are many 'top of the table' clashes in cricket to be played. As always, we would expect our boys to be ready for competition and to play with great determination.

With two rounds remaining, let's make sure we finish off the season well. Enjoy!

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

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

AFL Coordinator – Years 5-12

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

AFL Results Round 5

1 st	Iona 21	lost to	Villa 38
9/10	Iona 73	defeated	SPLC 15
8A	BYE		
8B	Iona 85	defeated	SPLC A 7
7A	Iona 19	lost to	SLC 27
7B	BYE		
6A	Iona 3	lost to	Villa 63
6B	Iona 21	lost to	SLC 43
6C	Iona 18	lost to	Villa 31
5A	Iona 8	lost to	Villa 72
5B	Iona 33	lost to	SLC 60
5C	Iona 23	lost to	Villa 54

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 st	lost	won	won	lost	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	won		
8A	won	won	won	lost	Bye		
8B	won	lost ATCA	lost	won	won		
7A	lost	BYE	won	lost	lost SLC		
7B	won	won	won	won	Bye		
Team	Rd1 vs SLC	Rd2 vs Pad	Rd3 vs SPC	Rd4 vs Mar	Rd5 vs Villa	Rd6	Rd7
6A	lost	lost	won	lost	lost		
6B	lost	lost	Bye	won SPC	lost SLC		
6C	lost	lost	Bye	lost	lost		
5A	lost	lost	won	lost	lost		
5B	lost	won	Bye	won SPC	lost		
5C	won	lost	won	won	lost		

AFL Team Photos

8A: Photo will be taken on Saturday 11 March outside McCarthy 7. Boys will wear correct AFL uniform for this photo.



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
8A AFL	8.10am	8.20am	9.15am Game

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

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

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.

1 st vs St Patrick's – Friday 10 March			
Team	Venue	Time	Oval
1 st	Zillmere AFC Zillmere Rd, Zillmere	4.45pm	1

Round 6 Saturday 11 March

Round 6 vs Villa / Supp– Saturday 11 March			
Team	Venue	Time	Oval
5A vs SPC	Leyshon Park Cansdale St, Yeronga	8.30am	3
5B vs ATC A	Leyshon Park Cansdale St, Yeronga	10.30am	2
5C vs Pad	Leyshon Park Cansdale St, Yeronga	7.30am	3

6A vs SPC	Leyshon Park Cansdale St, Yeronga	9.30am	4
6B vs ATC A	Leyshon Park Cansdale St, Yeronga	10.30am	5
6C vs 3 way	Leyshon Park Cansdale St, Yeronga	7.30am	4
7A vs Villa	Coorparoo AFC 33 Birubi St, Coorparoo	9.15am	2
7B vs Villa	Coorparoo AFC 33 Birubi St, Coorparoo	8am	2
8A vs Villa	Iona College St Eugene's Park	9.15am	1
8B vs Villa	Iona College St Eugene's Park	8am	1
9/10 vs Villa	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.

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:

Tues 21 Mar	3.15pm-5.30pm in Provence Centre
Thurs 23 Mar	3.15pm-5.30pm in Provence Centre
Tues 28 Mar	3.15pm-5.30pm in Provence Centre
Thurs 30 Mar	3.15pm-5.30pm in Provence Centre

CHESS

Coordinator

Mr Kevin Caine – 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.

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

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

Results Round 5 vs St Peters

Round 5 was another tale of joy and despair.

The Year 5-10 teams won 12-16 games with all the 'A' teams winning their games. The Open teams only won one from three. The 1st and 2nd XI both lost.

The 1st XI loss was only by five runs to an impressive St Peters team. The bowlers were solid but bowled too many wides and allowed the opposition to post a good score. Harley Malpass bowled well to take 4/32. The boys were in the game until the 40th over, and needed to play patiently but were out-enthused by the opposition and were bowled out

five runs short of the target. Toby Collins (Year 10) scored a gritty 47 runs in only his second 1st XI game.

The other best performers for the day were:

- Taj Dwyer (7B) took a hat-trick
- Alexander Harrison (9A) added another solid 52 runs to his impressive season total
- Luke Biddle 52 runs and Jesse Haller 4/20 guided the 10A team to a great win

Congratulations to the Year 7C and Year 7D teams on the season so far. The boys are working hard, and we are now seeing the results. Keep working hard boys!

This week, the teams play local rivals Villanova. There are some important games regarding premierships being played this weekend. The boys need to remain focused and concentrate on the team goals and play a good team game.

Cricket Results – Round 5 vs St Peters

1 st	lost	Iona 182 SPLC 187	7A	won	Iona 1/129 SPLC 127
2 nd	lost	Iona 116 SPLC 177	7B	won	Iona 1/22 SPLC 21
3 rd	won	Iona 114 SPLC 9/109	7C	won	Iona 4/203 SPLC 5/126
10A	won	Iona 6/149 SPLC 8/130	7D Mar D	won	Iona 4/84 Mar 3/80
10B Mar C	won	Iona 3/147 Mar 6/74	6A	BYE	
9A	won	Iona 1/102 SPLC 98	6B SPLC A	lost	Iona 6/82 SPLC A 10/87
9B	won	Iona 5/122 SPLC 9/118	6C	BYE	
9C Villa C	won	Iona 3/147 Villa 3/63	5A	won	Iona 5/167 SPLC 10/104
8A	won	Iona 0/43 SPLC 42	5B	won	Iona 3/194 SPLC 8/76
8B	lost	Iona 6/94 SPLC 4/95	5C Pad D	won	Iona 3/89 SPLC 7/34
8C	lost	Iona 8/92 SPLC 4/131	5D Mar D	lost	Iona 6/78 Mar D 4/88

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	lost	lost		
2 nd	draw	lost ATC 1st	lost	lost	lost		
3 rd	draw	won ATC 2nd	lost	lost	won		
10A	won	won ATC	won	won	won		
10B	won	lost ATC	won	lost	won		
9A	won	won	won	won	won		
9B	won	won	lost	won	won		

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

Cricket Team Photos

- Teams not playing at Iona on the photo days will have their team photos taken later in the year.



Photo Schedule – Saturday 11 March

Venue: Outside McCarthy 7

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 McCarthy7	Photo Time	Game Time
10A Cricket	7.10am	7.20am	8am Game
10B Cricket	7.15am	7.25am	8am Game
1 st Cricket	8.05am	8.15am	9.30am Game
2 nd cricket	12.05pm	12.15pm	1pm Game
3 rd Cricket	12.10pm	12.20pm	1pm Game

Cricket Round 6

Round 6 vs Villanova – Saturday 11 March			
Team	Venue	Oval	Time
1 st XI	Iona College	Davine	9.30am–5.30pm
2 nd XI	Iona College	Haron	1pm–5.50pm
3 rd XI	Iona College	McCarthy	1pm–4pm
10A	Iona College	Harron	8am – 12.50pm
10B	Iona College	McCarthy	8am – 12.50pm
9A	Villanova Park Manly Rd, Tingalpa	Andrew Slack	8am-12.50pm
9B	Villanova Park Manly Rd, Tingalpa	John Seary	8am-12.50pm
9C vs Mar D	Des Connor Park via Glenlyon Dr, Ashgrove	Field B	11am-2pm

8A	Villanova Park Manly Rd, Tingalpa	Andrew Slack	1pm-5.30pm
8B	Villanova Park Manly Rd, Tingalpa	John Seary	1pm-5.30pm
8C	Kianawah Park Wynnum Rd, Tingalpa	Field 12	1pm-4pm
7A	Villanova Park Manly Rd, Tingalpa	Field 3	1pm-5.30pm
7B	Villanova Park Manly Rd, Tingalpa	Field 3	8am-12.50pm
7C	Villanova Park Manly Rd, Tingalpa	Field 4	7.30am-10am
7D	Bye		
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	Kianawah Park Wynnum Rd, Tingalpa	Field 7	8am-11.30am
5B	Kianawah Park Wynnum Rd, Tingalpa	Field 8	8am-11.30am
5C	Kianawah Park Wynnum Rd, Tingalpa	Field 11	7.30am-9.55am
5D vs Pad F	Melrose Park, 40 Roseleigh St, Wooloowin	East	7.30am-9.55am

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:

- 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 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:

Jack Thatcher – 15yrs

Nicholas Bennett – 16yrs

Da'vid McFarlane – 12yrs

Week 7

Monday: 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).	Wednesday: 6.45am-8am <u>400m team relays</u> Meet at junior handball courts.	Friday: 6.45am-8am Meet at Junior handball courts Speed / games bootcamp
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Week 8

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 the pool)	Wednesday: 6.45am-8am 5km World record attempt Meet at Junior handball courts	Friday: 6.45am-8am Meet at Junior handball courts Speed / games Red Rover
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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

1st 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 st – 5 th	Tuesday Thursday	7am-8.15am 7am-8.15am	Fuller Oval Fuller 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

Week 10

Team	Days	Time	Location
1 st	Tuesday Thursday	7am-8.15am 7am-8.15am	Fuller Oval Fuller Oval
2 nd – 5 th	Thursday	3.15pm-4.45pm	Coghill Oval
10A,B	Tuesday	3.15pm-4.45pm	Fuller Oval
10C,D	TBC		
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

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	Dwyer Oval
Year 6:	7.30am-9.30am	Dwyer Oval
Year 7:	9.30am-11.30am	Coghill Oval
Year 8:	7.30am-9.30am	Coghill Oval
Year 9:	7.30am-9.30am	Fuller Oval
Year 10:	9.30am-11.30am	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

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. 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
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 Old Boy Liam Millar, who has been selected in the "Australian Sailing Futures" team.

Congratulations to the following students on recent representative sport selections:

- Hugo Wheeler and Toby Willis have been selected in the Metropolitan East 10-12yrs Swimming team
- Liam Boseley, Connor Burgess, Levi Hamilton, Jesse Hamilton, Jack Hood, Jacob Johns, Austin King, Lawson Olsen, Tyce Percy and Cooper Townsend have been selected in the Metropolitan East 13-19yrs Swimming team

Congratulations to the following students on recent representative sport performances:

- Rhys Wellings who finished sixth in the National Downhill Mountain Biking Championships U17 Division
- Oliver Reid (pictured) and his Met East team for winning the QSS 13-19yrs Boys Softball State Championship.



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.

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 (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.

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

RUGBY

Years 7-Open Coordinator

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

Primary Coordinator

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

Pre-season training for 1st 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 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

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	Harron Oval
Year 6:	7.30am-9.30am	Harron Oval
Year 7:	9.30am-11.30am	Wynnum Bugs (Oval 2)
Year 8:	7.30am-9.30am	Wynnum Bugs (Oval 2)
Year 9:	7.30am-9.30am	Wynnum Bugs (Oval 1)
Year 10:	9.30am-11.30am	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.

Ballymore Cup

Iona College will enter the pre-season tournament for rugby union, the Ballymore Cup again this year. We are defending champions in the Under-15s, and were finalists in the Under-13 from 2022.

The tournament has only three age groups:

U13 (players from Years 7-8, born in 2010 and 2011)

U15 (players from Years 8-10, born in 2008 and 2009)

Open (under-18).

It is hosted by Albany Creek Rugby club at the South Pine Sports Complex from April 1-3. This is the first weekend of the school holidays. **All players must be available for all days of tournament.**

Trials for Ballymore Cup teams

The Open squad will be selected by our Open coaches. These boys have been training and playing already.

U15 players will trial on Thursday 16 March on Dwyer Oval from 7-8am.

U13 players will trial on Monday 13 March on Dwyer Oval from 7-8am.

Only players who potential are 'A' players (for the 2023 AIC rugby season) should trial.

Only 23 players will be selected for each squad.

Training for selected squads

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

U15 squad will train on Tuesdays 21 and 28 March on Harron Oval from 7-8am.

U13 Squad will train on Thursdays 23 and 30 March on Harron Oval from 7-8am.

Please contact Mr. Sean Devlin for details about the tournament. devlins@iona.qld.edu.au

RUGBY 7S – FRANCE TOUR

Bayside 7s @ Redlands Rugby Club – Friday 10 March

As part of the on-going selection process, the 24-man squad (which was selected and advertised last week) are to meet in front of the College Chapel at 7am this Friday. A College bus will be used to transport all players to the Redlands Rugby

Club. All boys must travel on the bus to the venue. Parents may collect their son from the venue after the final game. A return bus service to school will be available. Students must wear their full academic uniform to school and on the bus.

What to Pack

- Iona rugby jersey, shorts and socks
- Iona hat & sunscreen
- Iona black & white training t-shirt (will be used when one Iona team plays another)
- Water bottle
- Mouthguard, boots and any tape needed (head gear optional)
- Enough food for the entire day. A canteen may not be operational on this day

A full schedule of games on the day was emailed to all parents and players.

SAILING

Enquiries – ionacollegesailing@gmail.com
or via Team App

The inter-schools teams racing championship continued out of RQYS on Sunday, with some long-awaited breeze allowing all teams to be able to undergo a complete round of races. In Silver Fleet, Iona 3 took victories in four of their seven races, placing them fourth for the round of racing.



In Gold Fleet, our Iona 1 team took out all but one race for their round, placing them in joint-first position, shared with TSS. Our Iona 2 team showed improvement over last week, taking out three of their six races for the round placing them in the middle of all teams.

We would like to thank our large presence of volunteering parents and families who made themselves available to be on water for Sunday's racing.

Schools Teams Racing Series – Round 4

Sunday 12 March – RQYS

Silver Fleet

7.45am	Rigging
8.15am	Race Officer briefing
8.45am	Team briefing
9.30am	First warning signal
12.30pm	Anticipated time back at the ramp for de-rigging & debrief
1.00pm	Silver Fleet presentation on the rigging lawn

Gold Fleet

11.00am	Rigging
11.45am	Race Officer briefing
12.00pm	Team briefing
1.00pm	First warning signal
4.00pm	Anticipated time back at the ramp for de-rigging & debrief
4.30pm	Gold Fleet presentation on the rigging lawn

There is a presentation for each fleet's teams racing series at the end of racing. All sailors are requested to attend.

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 – 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

AIC Carnival

Congratulations to all swimmers in our team for their efforts at AIC this week. It is a demanding sport.

Special thanks to our coaching staff of Zane King and Nic Kuene for their guidance this season, our team managers and to Matthew von Euw, Bailey Manix and Emmett Gibson who captained our team.



Aggregate					
Senior			Primary		
1 st	St Peters	661.5	1 st	Villanova	388.5
2 nd	Marist Ashgrove	621.75	2 nd	Marist Ashgrove	335
3 rd	Villanova	440	3 rd	St Peters	327
4 th	Iona	427.25	4 th	Iona	306
5 th	St Laurence's	386	5 th	Padua	304
6 th	Padua	278.5	6 th	St Patrick's	249
7 th	Ambrose Treacy	272.5	7 th	St Laurence's	232.5
8 th	St Patrick's	224	8 th	Ambrose Treacy	191
9 th	St Edmund's	155.5			

Age Group Results		
Year 5	1 st Iona	Iona 1 st
Year 6	1 st Villanova	Iona 7 th
12 Years	1 st St Peters	Iona 7 th
13 Years	1 st St Peters	Iona 3 rd
14 Years	1 st Marist Ashgrove	Iona 4 th
15 Years	1 st Marist Ashgrove	Iona 5 th
16 Years	1 st St Peters	Iona 3 rd
Open	1 st St Peters	Iona 5 th

Congratulations to Year 5 student Hugo Wheeler, who broke the following AIC Swimming Records:

- Year 5 Div 1 100m Freestyle 1:07:44
- Year 5 Div 1 50m Breaststroke 39.25
- Year 5 Div 1 50m Butterfly 33.6
- Year 5 50m Freestyle 30.38 (1st leg 4x50m free)

Hugo also broke the following Iona College Year 5 records:

- 100m Freestyle 1:07:44
- 50m Breaststroke 39.25
- 50m Butterfly 33.6
- 50m Backstroke 37.59
- 50m Freestyle 30.38

Congratulations to the following AIC event winners:

Year 5

- Hugo Wheeler: Medley Relay, 100m Free, 50m Breast Div 1, 50m Back Div 1, 50m Fly Div 1
- Henrick Ryder: Medley Relay
- Tali Ngaluafe: Medley Relay
- Noah Troester: Medley Relay
- Taane Scheib: 50m Free Div 7
- James Draper: 50m Free Div 5

13 Years

- Lincoln Andrews: 50m Free Div 4
- Jesse Hamilton: 50m Free Div 3

14 Years

- Kobe Sergeant: 100m Free, 50m Fly Div 2

VOLLEYBALL

Volleyball Coordinator

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

Round 5 Volleyball Results

Well done to the Year 7, 8 and 9 volleyball teams, who all won last Saturday. Congratulations to the 8C team (pictured) who won their first set 25-3 – a huge achievement from the boys.



We ask all teams to work hard this Saturday so we can secure as many premierships as possible and hopefully win the aggregate. It is possible for the following teams to win premierships: 7A, 7B, 7C, 7D, 8A, 8C, 8D, 9A, 9B, 9C, 9D, 10A. Other teams can secure second with a win vs Villanova.

1 st	lost	0-3	9B	won	3-0
2 nd	lost	1-2	9C	won	3-0
3 rd	won	2-1	9D	won SPC	3-0
4 th	lost	0-2	8A	won	3-0
		Mar 5th			
11A	lost	1-2	8B	won	3-0
11B	lost	0-2	8C	won	3-0
10A	won	2-1	8D	won SLC	2-1
10B	won	2-0	7A	won	2-0
10C	lost	1-2	7B	won	2-1
		ATC B			
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 st	won	won	won	won	lost		
2 nd	won	won	lost	won	lost		
3 rd	won	won	lost	won	won		
4 th	lost	lost SPC	lost	lost	lost Mar 5th		
11A	won	won	lost	won	lost		
11B	lost	won ATC 3rd	lost	lost	lost		
10A	lost	won	won	won	won		
10B	won	lost	lost	won	won		

10C	won	won	lost	lost	lost ATC B		
9A	lost	won	won	won	won		
9B	won	won	won	won	won		
9C	won	won	lost	won	won		
9D	won	won Ash	Bye	won	won SPC		
8A	won	lost	won	won	won		
8B	won	lost	won	lost	won		
8C	won	won	won	won	won		
8D	won	won SLC	won	won	won SLC		
7A	won	won	won	won	won		
7B	won	won	won	lost	won		
7C	won	won	won	won	won		
7D	won	won	won	won	won		

Round 6 vs Villanova

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

- Please note: Year 10-Open team photos are this Saturday. See photo schedule below.

Round 6 vs Villanova – Saturday 11 March			
Team	Venue	Time	Court
1st	Iona College	10am Duty 12pm Game	1
2nd	Iona College	11am Game 12pm Duty	1
3rd	Iona College	8am Duty 9am Game	2
4th vs SPC	St Patrick's – Callan Centre 60 Park Pde, Shorncliffe.	8am Game	1
11A	Iona College	10am Game 11am Duty	1
11B	Iona College	8am Game 9am Duty	1
10A	Iona College	10am Duty 11am Game	2
10B	Iona College	9am Duty 10am Game	2
10C	Iona College	9am Game	2
9A	Villanova College Eighth Ave, Coorparoo	12.30pm	1
9B	Villanova College Eighth Ave, Coorparoo	11.30am	1
9C	Villanova College Eighth Ave, Coorparoo	11.30am	2
9D	Bye		
8A	Villanova College Eighth Ave, Coorparoo	10.30am	1
8B	Villanova College Eighth Ave, Coorparoo	9.30am	1

8C	Villanova College Eighth Ave, Coorparoo	8.30am	1
8D	Villanova College Eighth Ave, Coorparoo	7.30am	1
7A	Villanova College Eighth Ave, Coorparoo	10.30am	2
7B	Villanova College Eighth Ave, Coorparoo	9.30am	2
7C	Villanova College Eighth Ave, Coorparoo	8.30am	2
7D	Villanova College Eighth Ave, Coorparoo	7.30am	2

Please Note: This Saturday will be the last game for the 7D team as they have a bye next Saturday.

Volleyball Team Photos

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



Photo Schedule for Saturday 11 March

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 McCarthy 7	Photo Time	Game Time
11B volleyball	7.20am	7.30am	8am Game, 9am Duty
3rd volleyball	7.25am	7.35am	8am Duty, 9am Game
10C volleyball	8.25am	8.35am	9am Game
10B volleyball	8.30am	8.40am	9am Duty, 10am Game,
11A volleyball	9.25am	9.35am	10am Game, 11am Duty
10A volleyball	9.30am	9.40am	10am Duty, 11am Game
2nd volleyball	10.20am	10.30am	11am Game, 12pm Duty
1st volleyball	11.10am	11.15am	10am Duty, 12pm Game

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

1 ^{sts}	Tuesdays Thursday	3.15-5.30pm 3.15-5.30pm	Provence 1 Provence 1
2 ^{nds}	Tuesdays Thursdays	3.15-5pm 3.15-5pm	Provence 2 Oblate Hall
3 ^{rds}	Thursdays	3.15-5pm	Oblate Hall 1
4 ^{ths}	Tuesdays	2 nd Break	Provence 1
11A	Tuesdays Thursdays	3.15-5.30pm 3.15-5pm	Oblate Hall 1 Provence 2
11B	Mondays	3.15-4.30pm	Oblate Hall 2
10AB	Mondays	3.15-5pm	Provence 1
10C	Mondays	3.15-4.30pm	Oblate Hall 1
9A	Thursdays	3.15-5pm	Oblate Hall 2
9B	Mondays	3.15-5pm	Provence 2

9CD	Tuesdays	3.15-4.45pm	Oblate Hall 2
8AB	Wednesdays	3.15-5pm	Provence 1 & 2
8C	Wednesdays	3.15-5pm	Oblate Hall 1
8D	Wednesdays	3.15-4.30pm	Oblate Hall 2
7AB	Fridays	3.15-5pm	Provence 1 & 2
7C	Fridays	3.15-5pm	Oblate Hall 1
7D	Fridays	3.15-4.30pm	Oblate Hall 2