

# IONA SPORT

MOMENTS OF GRACE 

15 March 2023

## TEAM IONA

I wish all teams the very best this weekend as we approach the final round of AIC cricket, AFL and volleyball. Many teams across the College are having a good season with great results produced most weeks.

The positive culture we look to create within our school can go a long way to enhance our sports program, and vice versa. Supporting our teammates and other teams; showing good work ethic at training; respecting the coach; wanting to be involved and personally improve; being resilient and shrugging off setbacks (which come everyone's way from time to time); and having total pride in oneself, the school and the jersey – to mention a few – are all positive attributes we are looking to instil in our boys.

Building and maintaining this type of culture within our students may give them the confidence to back themselves, and to put in that little bit extra when the going gets tough. It is not always going to go our way on the sports field. Sometimes we need to show grit and determination.

It is essential that we assist our students to develop a real sense of pride in themselves and their school. In turn, our school culture will flourish. If we do this, we will go a long way to equip our boys with the right mindset to tackle situations when things get tough.

In preparation for the upcoming rugby and football seasons, I ask all parents to assist the College by reiterating to your son the points listed below regarding the College's approach to training. It will make a difference if you do.

### 'The Iona Way – How We Approach Training'

- Make sure you turn up to training well before the start time. If it is a 6.45am start, arrive at 6.30am to start training at 6.45am.
- Eat the correct foods before training.
- Wear the correct uniform to training to show you are part of a team – the Iona team!

- Bring and wear all safety equipment including mouthguards (compulsory for rugby), shinguards, headgear and boots. This allows all players to participate in all activities planned.
- Bring a water bottle, have it filled with water and place it nearby when training for quick and easy access. Having boys run off to join a lengthy line at a tap for water breaks the momentum of training, and wastes valuable time.
- Be attentive to coaches. Listen, learn and try to improve. Do not kick balls or throw passes when a coach speaks.
- Be respectful to coaches, and do your part to ensure the team does likewise. If you have an issue, speak to the coach about it.
- Be a team player and think of what is best for the team. You may be a good second-rower, but if it is better for the team to play you at flanker, play there.
- Always thank the coach after training with a handshake.
- Enjoy playing for Iona, and always have pride in the jersey!

Please take the time to read the information further in this newsletter about rugby and football trials commencing next week.

As we approach Round 7, we do have many teams who are currently undefeated and are looking to finish the season on a high.

This will be the final time many of our Year 12 students will play their respective sports representing Iona. I thank them for their efforts, and wish them all the best as they look to bow out of schoolboy AFL, cricket and volleyball on a high – regardless of the score.

Enjoy the last round all!

**Craig Stariha**  
Iona College Head of Sport

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

# IONA SPORT SEASON PLANNER

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  
 Fri 24 Mar: Chess Trial vs St Peters  
 Sat 25 Mar: 1<sup>st</sup>/2<sup>nd</sup> Rugby and Football vs St Peters  
 Sat 25 Mar: Internal Rugby and Football Trials  
 Tues 28 Mar: Brisbane South Primary Zone Chess Tournament  
 Fri 31 Mar: Interhouse Cross Country  
 1-3 April: Ballymore Cup (U13, U15, Open)  
 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)  
 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

AFL Coordinator – Years 5-12

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

### AFL Results Round 6

1 <sup>st</sup>	Iona 23	lost to	SPC 54
9/10	Iona 27	lost to	Villa 46
8A	Iona 7	lost to	Villa 35
8B	Iona 53	defeated	Villa 13
7A	Iona 8	lost to	Villa 49
7B	Iona 17	defeated	Villa 7
6A	Iona 34	lost to	SPC 46
6B	Iona 14	lost to	ATC A 40
6C	Iona	won	2 x 3 way games
5A	Iona 40	defeated	SPC 16
5B	Iona 52	defeated	ATC A 7
5C	Iona 19	lost to	Padua 60



## Progressive AFL Results – 2023

Team	Rd1 vs SLC	Rd2 vs SPLC	Rd3vs SEC	Rd4vs Pad	Rd5vs Mar	Rd6vs Villa	Rd7vs SPC
1 <sup>st</sup>	lost	won	won	lost	lost	lost	lost
Team	Rd1 vs SLC	Rd2 vs SEC	Rd3vs MAR	Rd4vs PAD	Rd5vs SPLC	Rd6vs Villa	Rd7vs SPC
9/10	lost	BYE	won	lost	won	lost	
8A	won	won	won	lost	Bye	lost	
8B	won	lost ATC A	lost	won	won	won	
7A	lost	BYE	won	lost	lost SLC	lost	
7B	won	won	won	won	Bye	won	
Team	Rd1 vs SLC	Rd2 vs Pad	Rd3vs SPC	Rd4vs Mar	Rd5vs Villa	Rd6 SPC	Rd7 Mar
6A	lost	lost	won	lost	lost	lost	
6B	lost	lost	Bye	won SPC	lost SLC	lost ATC A	
6C	lost	lost	Bye	lost	lost	won	
5A	lost	lost	won	lost	lost	won	
5B	lost	won	Bye	won SPC	lost	won ATC A	
5C	won	lost	won	won	lost	lost Pad	

### 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
5A/5B/5C	Thursdays	3.15pm-4.15pm

### AFL Draw

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

#### 1<sup>st</sup> vs Ambrose Treacy – Friday 17 March

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

#### Round 7 vs SPC / Marist – Saturday 18 March

Team	Venue	Time	Oval
5A vs Mar	Leyshon Park Cansdale St, Yeronga	9.30am	3
5B vs Mar	Leyshon Park Cansdale St, Yeronga	10.30am	2
5C vs Villa	Leyshon Park Cansdale St, Yeronga	7.30am	3

6A vs Mar	Leyshon Park Cansdale St, Yeronga	9.30am	4
6B vs Mar	Leyshon Park Cansdale St, Yeronga	10.30am	5
6C vs SLC	Leyshon Park Cansdale St, Yeronga	7.30am	4
7A vs SPC	Zillmere AFC, Zillmere Rd Zillmere	10.30am	1
7B vs SPC	Zillmere AFC, Zillmere Rd Zillmere	9am	1
8A vs SPC	Iona College St Eugene's Park	9.15am	1
8B vs SPC	Iona College St Eugene's Park	8am	1
9/10 vs SPC	Iona College St Eugene's Park	10.30am	1

### Saturday Canteen

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

## BASKETBALL

### 1st Manager

Mr Peter Mondolo – [mondolop@iona.qld.edu.au](mailto: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 Provenance Centre
Thurs 23 Mar	3.15pm-5.30pm in Provenance Centre
Tues 28 Mar	3.15pm-5.30pm in Provenance Centre
Thurs 30 Mar	3.15pm-5.30pm in Provenance Centre

## CHESS

### Coordinator

Mr Kevin Caine – [cainek@iona.qld.edu.au](mailto:cainek@iona.qld.edu.au)

Iona College is hosting the Brisbane South Primary all school's chess tournament, run by Gardeners Chess, on Tuesday 28 March. This is an all-day event where students participate individually and in teams of four against a diverse range of schools from around South Brisbane.

I would like to extend an invitation to our Year 5 and 6 students interested in playing in the tournament to contact Mr Caine via email (address above), and I strongly encourage all students wishing to play in AIC next term to participate.

The cost of the event will be \$22 per student.

## Brisbane South Primary Zone Chess Tournament

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

### Chess Uniform

- Iona formal winter uniform
- Iona chess tie



### 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

### 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.

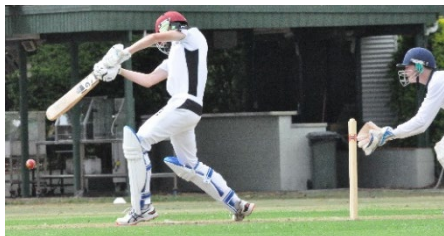
Team	Day	Venue	Time
Year 5	Thursdays	Lindum Oval	3.30pm-4.30pm
Year 7	Thursdays	McCarthy Oval	3.30pm-4.30pm
Year 8	Thursdays	Harron Oval	3.30pm-4.30pm
Year 9	Wednesdays	Harron Oval	3.30pm-4.30pm
Year 10	Tuesdays	McCarthy Oval	3.30pm-4.30pm
3 <sup>rd</sup>	Wednesdays	McCarthy Oval	3.30pm-4.30pm
1 <sup>st</sup> /2 <sup>nd</sup>	Tuesdays Thursdays	Harron Oval Davine Oval	3.30pm-5pm 3.30pm-5pm

### Results Round 6 vs Villanova

It was a tough weekend of cricket against Villanova, the top two schools this season. There were several tight contests, and unfortunately, Iona was on the receiving end of some very close losses.

The 1<sup>st</sup> XI lost a close game under the Duckworth Lewis system. The boys were leading the game at the last drinks

break, but some power hitting from Villanova and loose balls from Iona ultimately decided the result. Both Liam Johns and Harley Malpass scored 63 runs to set a formidable total of 7/211.



Harley has been the best performing batsman all season.

I hope the boys perform well this weekend to celebrate the final game for Iona for the Year 12 players in the team.

Congratulations to the 10A, 8B, 9C, 8C, 7B and 7C who all recorded victories. The 10A, 8A and 7B will be playing for a premiership this weekend. The 7A, 9A and 9B will playing for a top-two finish.

Top performers last weekend:

Joshua Ritchie (10A) 54 runs  
 Alexander Harrison (9A) 5 wickets  
 Calean Gullo (9B) 64 not out  
 Will Qureshi (8B) 51 runs  
 Henry Bader (8A) 50 runs



There are many important games to be played against St Patrick's, and the teams need to finish the season strongly. Batting the overs and reducing wides are the keys to victory.

Good luck to all teams this weekend!!

### Cricket Results – Round 6 vs Villanova

1 <sup>st</sup>	lost	Iona 7/211 Villa 5/188 DL method	7A	lost	Iona 98 Villa 2/101
2 <sup>nd</sup>	lost	Iona 6/195 Villa 3/110 Run rate	7B	won	Iona 120 Villa 101
3 <sup>rd</sup>	lost	Iona 74 Villa 7/94	7C	won	Iona 8/73 Villa 8/71
10A	won	Iona 6/114 Villa 113	7D		Bye
10B	lost	Iona 9/90 Villa 8/91	6A	lost	Iona 11/70 Villa 3/124
9A	lost	Iona 7/129 Villa 8/130	6B	lost	Iona 70 Villa 155
9B	lost	Iona 8/131 Villa 5/134	6C	lost	Iona 10/42 Villa 5/119
9C vs Mar D	won	Iona 5/152 Mar D 7/81	5A	lost	Iona 7/74 Villa 5/121
8A	lost	Iona 9/130 Villa 2/131	5B	lost	Iona 8/119 Villa 3/139
8B	won	Iona 7/152 Villa 107	5C	won	Iona 4/83 Villa 6/41
8C	won	Iona 1/135 Villa 8/105	5D Pad F		Game cancelled

### 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	lost	lost	
2 <sup>nd</sup>	draw	lost ATC 1st	lost	lost	lost	lost	
3 <sup>rd</sup>	draw	won ATC 2nd	lost	lost	won	lost	
10A	won	won ATC	won	won	won	won	
10B	won	lost ATC	won	lost	won	lost	
9A	won	won	won	won	won	lost	
9B	won	won	lost	won	won	lost	
9C	won	won Pad	won SEC Mar	won	won	won	
8A	won	won	won	won	won	lost	
8B	lost	lost ATC A	lost	won	lost	won	
8C	lost	lost ATC B	lost	won	lost	won	
7A	won	BYE	won	won	won	lost	
7B	won	lost ATC A	won	won	won	won	
7C	lost	lost SEC B	won	won	won	won	
7D	lost	draw Pad E	lost ATC B	won	won	Bye	
6A	won	won ATC	lost	draw	Bye	lost	
6B	won	won ATC	lost	lost	lost	lost	
6C	won	won SLC	lost	lost	Bye	lost	
5A	won	won ATC	won	won	won	lost	
5B	won	lost Villa	lost	won	won	lost	
5C	won	won ATC B	won	won	won	won	
5D	Lost v Pad E	won Ash F	won	won Pad G	won	No game	

### Cricket Round 7

Round 7 vs St Patrick's – Saturday 18 March			
Team	Venue	Oval	Time
1 <sup>st</sup> XI	Iona College	Davine	9.30am–5.15pm
2 <sup>nd</sup> XI	Iona College	Harron	1pm–5.50pm
3 <sup>rd</sup> XI	Iona College	McCarthy	1pm–4pm
10A	Iona College	Harron	8am–12.50pm
10B	Iona College	McCarthy	8am–12.50pm
9A	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	Field 1	8am–12.50pm
9B	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	Field 2	8am–12.50pm
9C vs SPC 9/10	St John Fisher School John Fisher Dr, Bracken Ridge	Field 1	8am–11am
8A	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	Field 1	1pm–5.30pm
8B	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	Field 2	1pm–5.30pm

8C	St John Fisher School John Fisher Dr, Bracken Ridge	Field 1	1pm-4pm
7A	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	Field 3	1pm-5.30pm
7B	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	Field 3	8am-12.50pm
7C	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	Field 4	11.30am-2pm
7D	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	P and F 1	11.30am-2pm
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	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	Field 4	8am-11.30am
5B vs Mar B	Des Connor Park, Glenlyon Dr Ashgrove	Field C	7.30am-11am
5C vs SPC B	SPC Playing Fields. Curlew Park. Curlew St, Shorncliffe	P and F 1	8am-10.30am
5D vs Mar E	Kianawah Park Wynnum Rd, Tingalpa	Field 4	10am-12.25pm

- 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:

12 Years: Alex Schultz

15 Years: Ryan Catalano

16 Years: Jackson Williams

#### Week 8

<b>Monday:</b> <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 the pool)	<b>Wednesday:</b> <b>6.45am-8am</b>  5km World record attempt  Meet at Junior handball courts	<b>Friday:</b> <b>6.45am-8am</b>  Meet at Junior handball courts  Speed / games Red Rover
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#### Week 9

<b>Monday:</b> <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>Wednesday:</b> <b>6.45am-8am</b>  <u>Time Trial</u> <u>3km: 12,13,14yrs</u> <u>4km: 15,16,Open</u> Meet at junior handball courts.	<b>Friday:</b> <b>6.45am-8am</b>  Meet at Junior handball courts  Speed / games Ultimate Vortex
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## 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

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.

## 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)

### Football Training Uniform

- Iona black & white training shirt ONLY for football training (not the Yura shirt). **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 9

Team	Days	Time	Location
1 <sup>st</sup> – 5 <sup>th</sup>	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 <sup>st</sup>	Tuesday Thursday	7am-8.15am 7am-8.15am	Fuller Oval Fuller Oval
2 <sup>nd</sup> – 5 <sup>th</sup>	Thursday	3.15pm-4.45pm	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

## 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

## 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
Surfing	13-19yrs	Direct to Met East trial	Fri Mar 24
Rugby Union	11-12yrs	Lytton District Trial	Fri March 30
Cross Country	10-12yrs	Lytton District Trial	Thur May 4

Congratulations to the following students on recent representative sport selections:

- Thomas Sullivan has been selected in the Metropolitan East 13-19yrs Swimming team
- Seth Woolgar and Mitch Price have been selected in the 12-15yrs Metropolitan East Volleyball team
- Caleb Ryan has been selected in the 16-19yrs Metropolitan East Volleyball team
- Ben Cutler and Noah Wright have been selected in the 13-19yrs Metropolitan East Golf team

- Lynton Close, Ezekiel Jones and Conor Quinn have been selected in the Metropolitan East 14-15yrs Rugby League team
- William Lane has been selected in the Metropolitan East 16-18yrs Rugby League team
- Samuel Colley has been selected in the Metropolitan East 13-16yrs Basketball team
- Benjamin Spall and Cameron Medley have been selected in the Metropolitan East 13-19yrs Water Polo team

Best wishes for your upcoming competitions.

Congratulations to the following students on recent representative sport performances:

- Jack Bannister won three silver medals in International Open Judo events in Canberra and Sydney

- Jackson Treacy (pictured) and his Metropolitan East team won the QSS 13-19yrs Tennis State Championship.



Jackson was announced equal-QLD Champion after making it to the final of the individual event, which was unfortunately cancelled due to time constraints.

- Samuel Allen, Henry Baker, Bailey Burns, Zane Burns, Noah Carter, John Connolly, Hamish Cox, Nicholas Delamere, Sean Moroney and Ethan Tearle for competing 2023 Queensland Athletics Championships.

A special congratulations to those students who won medals at the athletics event:

Samuel Allen – 1<sup>st</sup> 100m PA u17, 1<sup>st</sup> 200m PA u17  
 Bailey Burns – 2<sup>nd</sup> Triple Jump u17  
 John Connolly – 3<sup>rd</sup> 400m u14  
 Ethan Tearle – 1<sup>st</sup> Hammer u17, 2<sup>nd</sup> Shot Put u17, 3<sup>rd</sup> Discuss u17

## 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.

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

## RUGBY

### Years 7-Open 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)

### Rugby Training Uniform

Iona black & white training shirt ONLY for rugby training (not the Yura shirt). The black training shirt is designed to withstand the rigors of rugby training. Players must not wear their Iona rugby jersey to training, 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 (Weeks 9 & 10 of Term 1)

Team	Dates	Time	Location
1 <sup>st</sup> /2 <sup>nd</sup>	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

## 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-13s 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 Thursday 23 March on Harron 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 Mondays 20 and 27 March on Harron Oval from 7-8am.

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

Please contact Mr. Sean Devlin for details about the tournament. [devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au)

## RUGBY 7S – FRANCE TOUR

This Friday, the College hopes to announce the 12 man squad that will be invited to represent Iona (and Australia) at the Rugby Heritage World Cup held in France.



## SAILING

Enquiries – [ionacollegesailing@gmail.com](mailto:ionacollegesailing@gmail.com)  
or via Team App

The overcast conditions last Sunday meant no breeze for our silver fleet sailors in the last round of the inter-schools teams racing series. After initially being held ashore, racing commenced in light challenging breeze, with 50 per cent of the round able to be completed. Iona 3 finished the season with two wins from their four races, and we congratulate them on the improvement made through the season.

Dramatic weather changes saw the gold fleet head out in sunshine and good breeze, with 60 per cent of their round able to be completed before ominous clouds travelled over Manly towards the fleet. Our coaches made the call to bring the teams in, quickly supported by the other competing schools, concerned for sailors and boat safety. Iona 1 recorded three wins, and Iona 2 scored two from the four races held before the downpour hit.

With the weather postponing the series presentations, full results to come in next week's newsletter.

The focus for the next two weeks is the Sth Qld Championships, in an attempt to qualify for the National Schools Regatta. Iona has entered two teams, and we wish them luck as the best of the region battle it out.

### South Qld Schools Teams Racing Championships – Day 1 Sunday 19 March – RQYS

8.15am	Rigging
9.00am	Race Officer briefing
9.30am	Team briefing
10.30am	First warning signal

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

Sailors are to please advise of any unexpected absences as soon as possible.

### Key Dates:

SQ Teams Championships – 19 & 26 March





# VOLLEYBALL

## Volleyball Coordinator

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

### Round 6 Volleyball Results

Our volleyball teams continue to do very well. Half of the Iona teams still have a chance to finish with a premiership.

We have a very good chance of winning the aggregate, as long as we do well this weekend. Special mention of Da'Vid McFarlane from the 7B volleyball team, who served 17 times in a row last Saturday. A fabulous achievement by Da'Vid and the 7B team. Good luck to those Year 12 students who will be playing their very last volleyball game for Iona.



1 <sup>st</sup>	won	3-2	9B	won	2-0
2 <sup>nd</sup>	lost	0-2	9C	won	2-1
3 <sup>rd</sup>	won	2-0	9D	Bye	
4 <sup>th</sup>	won	2-0	8A	won	2-1
11A	lost	0-2	8B	lost	1-2
11B	lost	0-2	8C	won	3-0
10A	lost	1-2	8D	won	3-0
10B	lost	0-2	7A	won	3-0
10C	won	2-0	7B	won	3-0
9A	won	2-0	7C	won	2-1
			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	lost	won	
2 <sup>nd</sup>	won	won	lost	won	lost	lost	
3 <sup>rd</sup>	won	won	lost	won	won	won	
4 <sup>ths</sup>	lost	lost SPC	lost	lost	lost Mar 5 <sup>th</sup>	wonvs SPC	
11A	won	won	lost	won	lost	lost	
11B	lost	won ATC 3 <sup>rd</sup>	lost	lost	lost	lost	
10A	lost	won	won	won	won	lost	
10B	won	lost	lost	won	won	lost	

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

### Round 7 vs St Patrick's

Round 7 vs St Patrick's – Saturday 18 March			
Team	Venue	Time	Court
1 <sup>st</sup>	Iona College	10am Duty 12pm Game	1
2 <sup>nd</sup>	Iona College	11am Game 12pm Duty	1
3 <sup>rd</sup>	Iona College	8am Duty 9am Game	1
4 <sup>th</sup>	Iona College	7.30am Duty 8.15am Game	2
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	10am Game 11am Duty	2
10C	Iona College	8.15am Duty 9am Game	2
9A	St Patrick's 60 Park Pde, Shorncliffe	12pm	Christian Brothers 1
9B	St Patrick's 60 Park Pde, Shorncliffe	11am	Christian Brothers 1
9C	St Patrick's 60 Park Pde, Shorncliffe	11am	Callan 2
9D vs SLC	Iona College Provence Centre	7.30am	Court 2
8A	St Patrick's 60 Park Pde, Shorncliffe	10am	Christian Brothers 1
8B	St Patrick's 60 Park Pde, Shorncliffe	9am	Christian Brothers 1

8C	St Patrick's 60 Park Pde, Shorncliffe	8am	Christian Brothers 1
8D	St Patrick's 60 Park Pde, Shorncliffe	8am	Callan 2
7A	St Patrick's 60 Park Pde, Shorncliffe	10am	Callan 1
7B	St Patrick's 60 Park Pde, Shorncliffe	9am	Callan 1
7C	St Patrick's 60 Park Pde, Shorncliffe	8am	Callan 1
7D	Bye		

### 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