

# SPORT

MOMENTS OF GRACE



22 March 2023

## **TEAM IONA**

Last weekend marked the last round of the AIC cricket, AFL and volleyball seasons for 2023. Much planning and preparation goes into each season to give each player an opportunity to develop their skills and enjoy the experience of playing schoolboy sport. Naturally the boys and their coaches are competitive, and we as a College certainly do encourage all team members (players and coaching staff) to be the best they can be and to aim towards taking out premierships or aggregates if on offer.

Overall, our teams performed with great spirit and enthusiasm throughout the season. At any level in sport, it is ideal for all players, coaches and supporters to take their wins and losses gracefully. During this past term, we had many teams who were able to go through undefeated. We had some teams who were middle-of-the-road in terms of results, and some that struggled on the scoreboard. We congratulate and thank all those who participated and represented their College during the term.

With regards to results, Iona won the volleyball aggregate by a huge margin, and managed to take out nine premierships. Iona were third in the cricket aggregate, with a total of three premierships and one undefeated team. The AFL aggregate is yet to be finalised, but Iona did manage two premierships.

My personal belief is that the true success of a schoolboy sport season is gauged on the enjoyment experienced by each player, and the relationship that each player has formed with his fellow teammates and coaches whilst participating (as well as skill development).

Just as one season ends, the next starts. In fact, the preparations for the up-coming chess, cross country, rugby and football seasons have been in the pipeline for many months, most spanning back into 2022. The Sports Office has advertised the important dates and information regarding Term 2 sport for many weeks.

A complete set of internal rugby and football trials for all teams for Years 5-10, will be held this weekend. Our chess players, and 1<sup>st</sup> and 2<sup>nd</sup> rugby and football teams will have trials v St Peters Lurheran College this weekend.

As part of the agreement during sign-on, all players must make themselves available to participate in all training sessions and on game days throughout the entire season. I thank all those people within our community who are heavily involved in the coaching and officiating roles at these events. It certainly does take the effort of many people to ensure our boys are getting the opportunity to play sport and to represent their College. Thanks to you all, and best wishes for the up-coming chess/rugby/football/cross country seasons!

Craig Stariha
Iona College Head of Sport

## **IONA SPORT SEASON PLANNER**

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 14 April: Mountain Biking (East Escarpment)

Fri 21 April: AIC Chess Trial vs Villa (H)

Sat 22 April: AIC Rugby / Football Trial vs Villa

23-24 April: Cross Country Camp Mon 24 April: QIGA Golf (Virginia)

Fri 28 April: AIC Round 1 Chess vs SLC (H)

Sat 29 April: AIC Round 1 Rugby/Football vs SLC (H)

Fri 5 May: AIC Round 2 Chess vs SEC (A)
Fri 5 May: Mountain Biking (Toowoomba)

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)

AIC Sports Information (via Twitter): <a>@Sportlona</a> (includes wet weather updates)

AFL Coordinator – Years 5-12

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

## AFL Results Round 7

| 1 st | lona 61 | defeated | ATC 31    |
|------|---------|----------|-----------|
| 9/10 | lona 62 | defeated | SPC 27    |
| 8A   | Iona 71 | defeated | SPC 15    |
| 8B   | lona 64 | defeated | SPC 1     |
| 7A   | Iona 40 | defeated | SPC 1     |
| 7B   | lona 68 | defeated | SPC 7     |
| 6A   | lona 1  | lost to  | Marist 64 |
| 6B   | lona 25 | lost to  | Marist 29 |
| 6C   | lona 17 | lost to  | SLC 26    |
| 5A   | lona 15 | lost to  | Marist 23 |
| 5B   | lona 25 | lost to  | Marist 26 |
| 5C   | Iona 7  | lost to  | Villa 61  |

## Progressive AFL Results - 2023

| Team | Rd1 vs | Rd2 vs        | Rd3vs | Rd4vs      | Rd5vs       | Rd6vs         | Rd7vs SPC     |
|------|--------|---------------|-------|------------|-------------|---------------|---------------|
|      | SLC    | SPLC          | SEC   | Pad        | Mar         | Villa         | Rd8vs ATC     |
| 1 st | lost   | won           | won   | lost       | lost        | lost          | lost, won     |
| Team | Rd1 vs | Rd2 vs        | Rd3vs | Rd4vs      | Rd5vs       | Rd6vs         | Rd7vs         |
|      | SLC    | SEC           | MAR   | PAD        | SPLC        | Villa         | SPC           |
| 9/10 | lost   | BYE           | won   | lost       | won         | lost          | won           |
| 8A   | won    | won           | won   | lost       | Вуе         | lost          | won           |
| 8B   | won    | lost<br>ATC A | lost  | won        | won         | won           | won           |
| 7A   | lost   | BYE           | won   | lost       | lost<br>SLC | lost          | won           |
| 7B   | won    | won           | won   | won        | Вуе         | won           | won           |
| Team | Rd1 vs | Rd2 vs        | Rd3vs | Rd4vs      | Rd5vs       | Rd6           | Rd7           |
|      | SLC    | Pad           | SPC   | Mar        | Villa       | SPC           | Mar           |
| 6A   | lost   | lost          | won   | lost       | lost        | lost          | lost          |
| 6B   | lost   | lost          | Вуе   | won<br>SPC | lost<br>SLC | lost<br>ATC A | lost          |
| 6C   | lost   | lost          | Вуе   | lost       | lost        | won           | lost vs SLC   |
| 5A   | lost   | lost          | won   | lost       | lost        | won           | lost          |
| 5B   | lost   | won           | Вуе   | won<br>SPC | lost        | won<br>ATC A  | lost          |
| 5C   | won    | lost          | won   | won        | lost        | lost<br>Pad   | lost vs Villa |

| 2023 Season AFL Results |               |           |  |  |  |
|-------------------------|---------------|-----------|--|--|--|
| Team                    | lona          | Premiers  |  |  |  |
| 1 st                    | TBC           | TBC       |  |  |  |
| Years 9/10              | /10 4th Padua |           |  |  |  |
| 8A                      | 2nd           | Padua     |  |  |  |
| 8B                      | 1 st          | lona      |  |  |  |
| 7A                      | 4th           | Villanova |  |  |  |
| 7B                      | 1 st          | lona      |  |  |  |
| Aggregate               | TBC           | TBC       |  |  |  |





|               | 2023 AFL Awards                |   |  |  |  |
|---------------|--------------------------------|---|--|--|--|
| Senior Pla    | yer of the Year                | Zane Pearce   |  |  |  |
| Junior Play   | ver of the Year                | Benjamin Lillico  |  |  |  |
| Primary Pl    | ayer of the Year               | Jack Hildebrandt  |  |  |  |
| Year          | MVP Awards                     | Team Contribution   |  |  |  |
| 1 st          | Robert Hinkler<br>Damon Dunlop | Lachlan Sey   |  |  |  |
| Years<br>9/10 | Cooper Biddles                 | Riley Muir  |  |  |  |
| Year 8        | Ricardo Bird                   | 8A – Spencer Bennett<br>8B – Teyk Corten  |  |  |  |
| Year 7        | Aiden Levitt                   | 7A – Tyler Kinzett<br>7B – Curtis Lockhart  |  |  |  |
| Year 6        | Flynn Rowell                   | 6A – Liam Doyle<br>6B – Layton Callander<br>6C – Joel Schubert, Eddie<br>Schubert |  |  |  |
| Year 5        | Noah Troester                  | 5A – Jack Shelton<br>5B – Zachary Garside<br>5C – Samuel Ladlow                   |  |  |  |

# 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 <u>lona sports clothing</u> in order to be able to trial.

## 1st Trials will be held on the following dates:

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.ald.edu.au

#### Chess Trial vs St Peters

Date: Friday 24 March (all teams)

Venue: St Peters Lutheran College

Thiele House - Senior Study Centre

Time: 4pm

A bus will depart from the Iona cricket nets around 3:20pm. ALL primary students are to meet with Ms Stapleton outside Mr Overland's classroom. She will then bring you down. The bus will return to Iona bus turnaround at approximately 5.45pm.

## 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

• Cost: \$22 per student.

## 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

Time: 3.15pm.
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

**Years 7-12 Coordinator** 

Mr Sean Devlin - <u>devlins@iona.gld.edu.au</u>

## Round 7 Results vs St Patrick's

The last round against St Patrick's was a hard-fought day. Iona had the opportunity to win four premierships, and ended the day with three. The 10A, 7B and 9C teams completed the season at the top of the table. The 5C team has also remained undefeated. Well done to these teams.

Best performers for the weekend were:

Joshua Ritchie (10A) 108 off 72 balls. Joshua has averaged 104 for the season. This is possibly the best batting performance for an underage player in lona cricket.

Cooper Charles (10B) 80 and Max Barbouttis (10B) 72.

Alexander Harrison (9A) 65 not out and Benjamin Brookwell (9A) 4/10.

Charlie Short (3<sup>rd</sup> XI) 76 runs.

Iona finished third in the cricket aggregate – a good performance from the whole program.

The 1<sup>st</sup> XI recorded a strong win in the last round. They bowled St Patrick's out for 126 in the 42<sup>nd</sup> over, and reached the total (2/127) by the 25<sup>th</sup> over. It was a great team performance, with Adam Richter and Lachlan McClure claiming four wickets each. Liam Johns (51) and Liam Carter (45) guided the team home.

Thank you to the departing Year 12s in all the open teams. Your contribution to the cricket program was appreciated.

Thanks to all the coaches, parents, and players for the season. The program is moving forward, and we hope to have all the players back for the 2024 season.

## Cricket Results - Round 7 vs St Patrick's

| 1 st            | won  | lona 2/127 | 7A    | lost | lona 9/140  |
|-----------------|------|------------|-------|------|-------------|
|                 |      | SPC 128    |       |      | SPC 3/181   |
| 2 <sup>nd</sup> | won  | lona 156   | 7B    | won  | lona 2/61   |
|                 |      | SPC 138    |       |      | SPC 60      |
| $3^{rd}$        | won  | lona 6/192 | 7C    | lost | lona 2/123  |
|                 |      | SPC 124    |       |      | SPC 3/146   |
| 10A             | won  | lona 4/227 | 7D    | lost | lona 6/107  |
|                 |      | SPC 144    |       |      | SPC 3/114   |
| 10B             | won  | lona 5/212 | 6A    | lost | Iona 8/116  |
|                 |      | SPC 166    |       |      | SPC 3/199   |
| 9A              | won  | 2/147      | 6B    | lost | lona 10/120 |
|                 |      | SPC 9/142  |       |      | SPC 3/168   |
| 9B              | lost | lona 113   | 6C    | lost | Iona 8/30   |
|                 |      | SPC 5/170  |       |      | SPC 2/141   |
| 9C              | won  | lona 4/74  | 5A    | won  | lona 5/169  |
|                 |      | SPC 69     |       |      | SPC 11/159  |
| 8A              | lost | lona 123   | 5B vs | lost | Iona 7/90   |
|                 |      | SPC 4/149  | Mar B |      | Marist 9/93 |
| 8B              | lost | lona 85    | 5C vs | won  | lona 4/123  |
|                 |      | SPC 1/86   | SPC B |      | SPC B 6/44  |
| 8C              | lost | lona 6/148 | 5D vs | won  | lona 4/75   |
|                 |      | SPC 5/160  | Mar E |      | Marist 3/70 |



## Progressive Cricket Results - 2023

| Team            | Rd1             | Rd 2            | Rd 3          | Rd 4         | Rd 5    | Rd 6       | Rd 7 vs   |
|-----------------|-----------------|-----------------|---------------|--------------|---------|------------|-----------|
|                 | vs SLC          | vs SEC          | vs MAR        | vs PAD       | vs SPLC | vs Villa   | SPC       |
| 1 st            | won             | won             | won           | lost         | lost    | lost       | won       |
| 2 <sup>nd</sup> | draw            | lost<br>ATC 1st | lost          | lost         | lost    | lost       | won       |
| 3 <sup>rd</sup> | draw            | won<br>ATC 2nd  | lost          | lost         | won     | lost       | won       |
| 10A             | won             | wonATC          | won           | won          | won     | won        | won       |
| 10B             | won             | lost ATC        | won           | lost         | won     | lost       | won       |
| 9A              | won             | won             | won           | won          | won     | lost       | won       |
| 9B              | won             | won             | lost          | won          | won     | lost       | lost      |
| 9C              | won             | won Pad         | won SEC       | won<br>Mar   | won     | won        | won       |
| 8A              | won             | won             | won           | won          | won     | lost       | lost      |
| 8B              | lost            | lost<br>ATC A   | lost          | won          | lost    | won        | lost      |
| 8C              | lost            | lost<br>ATC B   | lost          | won          | lost    | won        | lost      |
| 7A              | won             | BYE             | won           | won          | won     | lost       | lost      |
| 7B              | won             | lost<br>ATC A   | won           | won          | won     | won        | won       |
| 7C              | lost            | lost<br>SEC B   | won           | won          | won     | won        | lost      |
| 7D              | lost            | draw<br>Pad E   | lost<br>ATC B | won          | won     | Вуе        | lost      |
| 6A              | won             | won atc         | lost          | draw         | Вуе     | lost       | lost      |
| 6B              | won             | won atc         | lost          | lost         | lost    | lost       | lost      |
| 6C              | won             | won SLC         | lost          | lost         | Вуе     | lost       | lost      |
| 5A              | won             | won atc         | won           | won          | won     | lost       | won       |
| 5B              | won             | lost Villa      | lost          | won          | won     | lost       | lost Mar  |
| 5C              | won             | won<br>ATC B    | won           | won          | won     | won        | won SPC B |
| 5D              | Lost v<br>Pad E | won<br>Ash F    | won           | won<br>Pad G | won     | No<br>game | won Mar E |

|                    | 2023 Season Cricket Results |              |           |      |            |  |
|--------------------|-----------------------------|--------------|-----------|------|------------|--|
| Team               | lona                        | Premiers     | Team      | lona | Premiers   |  |
| 1 <sup>st</sup> XI | 3rd                         | Marist       | 7A        | 3rd  | Villanova  |  |
| 2 <sup>nd</sup> XI | 6th                         | Villanova    | 7B        | 1 st | Iona/Villa |  |
| 3 <sup>rd</sup> XI | 3rd                         | Marist       | 7C        | 3rd  | SPC/Mar    |  |
| 10A                | 1 st                        | lona         | 7D        |      |            |  |
| 10B                | 3rd                         | Marist       | 6A        |      |            |  |
| 9A                 | 2nd                         | Villanova    | 6B        |      |            |  |
| 9B                 | 4th                         | Villanova    | 6C        |      |            |  |
| 9C                 | 1 st                        | lona         | 5A        |      |            |  |
| 8A                 | 3rd                         | St Patrick's | 5B        |      |            |  |
| 8B                 | 4th                         | St Patrick's | 5C        | Un   | defeated   |  |
| 8C                 | 5th                         | SLC / SPC    | 5D        |      |            |  |
|                    |                             |              | Aggregate | 3rd  | Villanova  |  |

| 2023 Cricket Awards          |                     |   |  |  |
|------------------------------|---------------------|---|--|--|
| Senior Cricketer of the Year |                     | Harley Malpass  |  |  |
| Junior Cric                  | keter of the Year   | Joshua Ritchie  |  |  |
| Primary Cri                  | icketer of the Year | Baxter Taylor   |  |  |
| Year                         | MVP Awards          | Team Contribution   |  |  |
| ] st                         | Adam Richter        | 1 <sup>st</sup> – Zayne Thomas<br>2 <sup>nd</sup> – Lucas Kenny<br>3 <sup>rd</sup> – Thomas Hoelscher |  |  |
| Year 10                      | Toby Collins        | 10A – Jesse Haller<br>10B – Max Barbouttis  |  |  |
| Year 9                       | Alex Harrison       | 9A – Jackson Williams<br>9B – Caelan Gullo<br>9C – Dominic Hewitt                                     |  |  |
| Year 8                       | Aden Biddle         | 8A – Finn Haller<br>8B – William Qureshi<br>8C – Isaac Keene  |  |  |
| Year 7                       | Quinn Davidson      | 7A – Isaac da Costa<br>7B – Taj Dwyer<br>7C – Max Urquhart<br>7D - Ryan Kirby                         |  |  |
| Year 6                       | Baxter Taylor       | 6A –Percy Gibson<br>6B – Mason Hoy Poy<br>6C – Lachlan Beckinsale                                     |  |  |
| Year 5                       | Zachary Taylor      | 5A – Harrison Gehrke<br>5B – Quaden Van der Merwe<br>5C – Julian Walsh<br>5D - Leo Ah Wong            |  |  |

## **CROSS COUNTRY**

**Years 5-6 Coordinator** 

Mr Adam McClure - mcclurea@iona.ald.edu.au

**Years 7-12 Coordinator** 

Mr Brendan Merrotsy – <u>merrotsyb@iona.qld.edu.au</u>

## **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 lona sports uniform and comfortable running joggers. Boys must be collected promptly at 4.15pm.

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

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

## Cross Country Training – Years 7-12

Top Trainers of the week were:

Luke Szilagyi – 16yrs Benjamin Milner – 15yrs Lachlan Clarke – 14yrs

#### Week 9

| Monday:  | Wednesday:  | Friday:   |
|--|---|---|
| 6.40am-7.45am  | 6.45am-8am  | 6.45am-8am  |
| @ Wynnum Wading Pool <u>Aerobic Run</u> (A minibus will depart from the chapel at 6.30am or you can meet at the pool). | Time Trial 3km: 12,13,14yrs 4km: 15,16,Open Meet at junior handball courts. | Meet at Junior<br>handball courts<br>Speed / games<br>Ultimate Vortex |

## Week 10

| Monday:<br>6.40am-7.45am<br>@ Wynnum Wading   | Wednesday:<br>6.45am-8am                       | Friday:<br>No Training |
|---|--|------------------------|
| Pool  Aerobic Run  (A minibus will depart from the chapel at 6.30am if you cannot meet at the pool) | Intervals<br>Meet at Junior<br>handball courts |                        |

## FOOTBALL

Year 9 – Open Coordinator

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

Years 5 - 8 Coordinator

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

## Football Trial vs St Peters (1st XI and 2nd XI)

Date: Saturday 25 March

Venue: St Peters Lutheran College

Harts Rd Oval, Harts Rd, Indooroopilly

Time: 2nds - 9.30am

1sts - 11am

## Football Training Uniform

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

## Football Playing Uniform

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

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



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

#### Week 9

| Team       | Days      | Time          | Location    |
|------------|-----------|---------------|-------------|
| 1 st - 5th | Tuesday   | 7am-8.15am    | Fuller Oval |
|            | Thursday  | 7am-8.15am    | 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   | 7am-8.15am    | Fuller Oval  |
|                   | Thursday  | 7am-8.15am    | Fuller Oval  |
| $2^{nd} - 5^{th}$ | 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 football trials 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 – <u>biggsj@iona.qld.edu.au</u>

## 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 –<br>7:30am | 1 sts SQUADS                       |
| 7:30am –<br>8:15am | YEAR 9 & 10<br>HIGH<br>PERFORMANCE | INTRODUCTION<br>TO GYM<br>TRAINING |
| 3.15pm –<br>4.15pm | YEAR 7 & 8<br>HIGH<br>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.
- 1<sup>st</sup> squad sessions are open to players currently playing in, trialling for, previously representing or likely to represent lona in 1<sup>st</sup> 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 <a href="mailto:repsport@iona.qld.edu.au">repsport@iona.qld.edu.au</a>. 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<br>GROUP | DETAILS                     | NOMINATIONS<br>CLOSE |
|------------------|--------------|-----------------------------|----------------------|
| Surfing          | 13-19yrs     | Direct to Met<br>East trial | Fri Mar 24           |
| Rugby Union      | 11-12yrs     | Lytton District<br>Trial    | Fri March 30         |
| Rugby Union      | 14-15yrs     | Direct to Met<br>East trial | Wed Apr 19           |
| Cross<br>Country | 10-12yrs     | Lytton District<br>Trial    | Thur May 4           |
| Football         | 10-12yrs     | Lytton District<br>Trial    | Thurs Apr 18         |

Congratulations to the following students on recent representative sport selections:

- Jackson Treacy has been selected in the Queensland Schools 13-19yrs Tennis team
- Samuel Allen has been invited to compete at the Brisbane Track Classic

Best wishes for your upcoming competitions.

## MOUNTAIN BIKING

#### Coordinator

Mr Daniel Davison - davisond@iona.ald.edu.au

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

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

## **Upcoming Training Sessions**

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

East Escarpment

Sun 28 May: 12.30pm – 2.30pm at Nerang

## **Upcoming Competitions**

Fri 21 April: East Escarpment
Fri 5 May: Toowoomba

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.gld.edu.au

## Rugby Trial Match vs St Peters (1st XV and 2nd XV)

Date: Saturday 25 March

Venue: St Peters Lutheran College

Indooroopilly Rd, Indooroopilly (Mayer Oval)

Time: 10am - 2nds 11am - 1sts

## Rugby Training Uniform

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

- Iona black rugby shorts
- Iona black rugby socks

## **Rugby Playing Uniform**

- Iona rugby jersey
- lona 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 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)  | Tuesdays   | 3.15pm-4.45pm | Harron Oval |
| 10A/10B        | 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. <u>All players must be available for all days</u> 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.

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 Monday 27 March on Harron Oval from 7-8am.

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

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

## **RUGBY 7S - FRANCE TOUR**

Those who have been selected to represent Iona at the Rugby Heritage World Cup have been informed via email. We thank those who participated in the selection process.

Given the talent pool, it was certainly difficult for the coaching staff to narrow the field.

We ask those who were successful to check their emails as some important information regarding shirt and short sizes is needed as a matter of urgency.

This email will be sent on Thursday.

## SAILING

Enquiries – <u>ionacollegesailing@gmail.com</u> or via Team App

With the previous Sunday cut short by a heavy storm, presentations were held last Sunday for Teams Racing.

## Term 1 Schools Teams Racing Series Results

## Silver fleet

Iona 3 finished a very promising fourth.

Gold fleet (Our team depth was evident)
Iona 1 won the series over TSS in a countback.
Iona 2 finished fifth.

## Day 1 Sth Qld Schools Teams Racing Championships

Last Sunday's racing consisted of Day 1 of the Sth Qld Schools Teams Racing Championships, with 13 teams in the 3-on-3 sprint racing regatta, being held in a roundrobin format, before a fourteam finals series this Sunday.



After a lack of wind delayed

the start, half of the series races were able to be completed. Both Iona teams sailed consistently with some great moments. Iona 1 currently sit equal-first with TSS1 on seven wins, with a further four races remaining. Iona 2 are sitting in equal eighth on two wins, with six races remaining this weekend. Congratulations to all the sailors for the way they behaved on the water across a long and draining session, and for the spirit in which they sailed.

We thank Fr Michael for spending time on the water with the team and for his interest in learning sailing teams racing rules and tactics. Thanks to injured sailor Zane Bush for his mentoring, and parent Mick Patrick for his skippering.

The Championships continue this Sunday, with qualification for the National Schools Regatta in Adelaide up for grabs.

## South Qld Schools Teams Racing Championships – Day 2 Sunday 26 March – RQYS

8.15am Rigging

9am Race Officer briefing

9.30am Team briefing10am First warning signal

3pm Anticipated time back at the ramp

3.30pm Anticipated time of Regatta presentation on

the rigging lawn

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.

## **SWIMMING**

## 2023 Swimming Awards

Senior Swimmer of the Year – Matthew von Euw Junior Swimmer of the Year – Austin King Primary Swimmer of the Year – Hugo Wheeler

## **VOLLEYBALL**

## **Volleyball Coordinator**

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

## Round 7 Volleyball Results

What a fantastic volleyball season! Iona won the volleyball aggregate by a huge 18 points! We also have nine premiership teams (7A, 7B, 7C, 7D, 8A, 8C, 8D, 9B, 9D) including three teams (7A, 8C and 9B) who did not lose a set all season. We could not have achieved these great results without the dedication of our experienced coaches and the efforts of the boys at training and games. Thanks also to the parents for supporting their sons in their volleyball journey. Thank you to the departing Year 12s in all the open teams. I hope you all enjoyed playing volleyball for Iona. Our volleyball program is really strong, and we hope to see many boys trialling for the teams in 2024.

## Results vs St Patrick's

| 1 st            | won  | 3-0 | 9В | won     | 3-0 |
|-----------------|------|-----|----|---------|-----|
| 2 <sup>nd</sup> | won  | 2-0 | 9C | won     | 2-1 |
| 3 <sup>rd</sup> | lost | 1-2 | 9D | won SLC | 3-0 |
| 4 <sup>th</sup> | lost | 1-2 | A8 | won     | 3-0 |
| 11A             | won  | 2-1 | 8B | won     | 2-1 |
| 11B             | lost | 1-2 | 8C | won     | 3-0 |
| 10A             | won  | 2-0 | 8D | won     | 3-0 |
| 10B             | won  | 2-1 | 7A | won     | 3-0 |
| 10C             | won  | 2-0 | 7B | won     | 3-0 |
| 9A              | won  | 3-0 | 7C | won     | 3-0 |
|                 |      |     | 7D | Вуе     |     |





## Progressive Volleyball Results - 2023

| Team            | Rd1 v | Rd2 v          | Rd3 v | Rd4 v | Rd5 v           | Rd6 v        | Rd7 v      |
|-----------------|-------|----------------|-------|-------|-----------------|--------------|------------|
|                 | SLC   | SEC            | MAR   | PAD   | SPLC            | Villa        | SPC        |
| 1 st            | won   | won            | won   | won   | lost            | won          | won        |
| 2 <sup>nd</sup> | won   | won            | lost  | won   | lost            | lost         | won        |
| 3 <sup>rd</sup> | won   | won            | lost  | won   | won             | won          | lost       |
| 4ths            | lost  | lost SPC       | lost  | lost  | lost<br>Mar 5th | wonvs<br>SPC | lost       |
| 11A             | won   | won            | lost  | won   | lost            | lost         | won        |
| 11B             | lost  | won<br>ATC 3rd | lost  | lost  | lost            | lost         | lost       |
| 10A             | lost  | won            | won   | won   | won             | lost         | won        |
| 10B             | won   | lost           | lost  | won   | won             | lost         | won        |
| 10C             | won   | won            | lost  | lost  | lost<br>ATC B   | won          | won        |
| 9A              | lost  | won            | won   | won   | won             | won          | won        |
| 9B              | won   | won            | won   | won   | won             | won          | won        |
| 9C              | won   | won            | lost  | won   | won             | won          | won        |
| 9D              | won   | won Ash        | Вуе   | won   | won<br>SPC      | won          | won<br>SLC |
| 8A              | won   | lost           | won   | won   | won             | won          | won        |
| 8B              | won   | lost           | won   | lost  | won             | lost         | won        |
| 8C              | won   | won            | won   | won   | won             | won          | won        |
| 8D              | won   | won SLC        | won   | won   | won<br>SLC      | won          | won        |
| 7A              | won   | won            | won   | won   | won             | won          | won        |
| 7B              | won   | won            | won   | lost  | won             | won          | won        |
| 7C              | won   | won            | won   | won   | won             | won          | won        |
| 7D              | won   | won            | won   | won   | won             | won          | won        |

|                    | 2023 Season Volleyball Results |                |           |      |          |  |
|--------------------|--------------------------------|----------------|-----------|------|----------|--|
| Team               | lona                           | Premiers       | Team      | lona | Premiers |  |
| 1 <sup>st</sup> VI | 2nd                            | St Peters      | 9B        | 1 st | lona     |  |
| 2 <sup>nd</sup> VI | 4th                            | Villa/SPLC/Mar | 9C        | 2nd  | Marist   |  |
| 3 <sup>rd</sup> VI | 2nd                            | Marist         | 9D        | 1 st | lona     |  |
| 4 <sup>th</sup> VI | 6th                            | Marist         | 8A        | 1 st | lona/SEC |  |
| 11A                | 3rd                            | Villanova      | 8B        | 4th  | Padua    |  |
| 11B                | 7th                            | St Peters      | 8C        | 1 st | lona     |  |
| 10A                | 2nd                            | Padua          | 8D        | 1 st | lona     |  |
| 10B                | 4th                            | St Laurence's  | 7A        | 1 st | lona     |  |
| 10C                | 2nd                            | Marist         | 7B        | 1 st | lona     |  |
| 9A                 | 2nd                            | SLC            | 7C        | 1 st | lona     |  |
|                    |                                |                | 7D        | 1 st | lona     |  |
|                    |                                |                | Aggregate | 1 st | lona     |  |

| 2023 Volleyball Awards |                      |   |  |
|------------------------|----------------------|---|--|
| Senior Voll            | eyballer of the Year | Caleb Ryan  |  |
| Junior Volle           | eyballer of the Year | Mitch Price   |  |
| Year                   | MVP Awards           | Team Contribution   |  |
| ] st                   | Jackson Dallwitz     | 1 <sup>st</sup> – Martin Hateley<br>2 <sup>nd</sup> – Trent Verster<br>3 <sup>rd</sup> – Kian Meester<br>4 <sup>th</sup> – Lachlan Allard |  |
| Year 11                | Samuel Colley        | 11A – Brody Newman<br>11B – Finn O'Malley-Jones   |  |
| Year 10                | Ryodai Aoyama        | 10A –Seth Woolgar<br>10B – Jack Earnshaw<br>10C – William Bool  |  |
| Year 9                 | Cameron Jagga        | 9A – Maximus Morant<br>9B – Hunter Cushway<br>9C – Owen Fallon<br>9D – Max Van Wanrooy  |  |
| Year 8                 | Matt Medford         | 8A – Jake Ryan<br>8B – Harrison Pick<br>8C – Lucas Cullen<br>8D – Luke Davidson   |  |
| Year 7                 | Alberto Piloto       | 7A – Mason Davison<br>7B – Da'Vid McFarlane<br>7C – Michael Szilaygi<br>7D – Allan Iki  |  |