

IONA



SPORT

MOMENTS OF GRACE 

19 April 2023

TEAM IONA

I take this opportunity to welcome back to Iona all families from what I hope was a restful and enjoyable time together over the Easter break. Looking ahead, there is no doubt that Term 2 sport will be another action-packed adventure. During this term, AIC chess, cross country, rugby and football will get into full swing. Our AIC Cross Country squads will continue with their preparations for the up-coming AIC Cross Country Championships, to be held on Wednesday 31 May at Curlew Park in Week 7. This weekend, Iona will play a full trial round of chess, rugby and football against Villanova College.

Our Pathways tennis pre-season training program will continue every Tuesday morning this term in readiness for the AIC Tennis season. Additional tennis players who played at an 'A' standard in 2022 will be contacted this week by our Tennis Coordinator, Mr. Cook. These additional players will be invited into the pre-season tennis program from next week. Please keep an eye out for this email and complete the online consent (required) at your earliest convenience.

On top of this, we have some basketball pre-season training, mountain biking events, volleyball schools cup tournaments, many Lytton / Composite and Met East events throughout the term as per the regional sports calendar.

As you can see there are plenty of opportunities for all students to become involved in the sports program. We expect that when a boy commits to a sporting team or squad, he follows through with that commitment to the end of season.

May I please ask parents to note this section: Prior to the commencement of each sports season, the College requires all students to complete an 'online sign-on form'. Both the student and the parent are required to check a box indicating that they are willing to commit to that sport for the whole season. The Sports Office uses this information to determine how many teams the College will nominate in that sport in each year level into the AIC competition. Coaches are

appointed and training schedules, equipment, referees etc. are then organised to ensure all students are catered for.

We ask parents to support the College by ensuring their son attends all training sessions and is available to play each weekend. With long weekends approaching, it is important that all players make themselves available to play their allocated games. If families are travelling away, we ask that this be done after your son's game is played.

With the number of students who have registered to play rugby or football, we have purposely submitted more teams into the competition with less reserves in each team to maximise every student's playing time. If players do not attend the games on these long weekends, teams will be left short. This is not the Iona way. Again, please consider your son's commitment to the team before making travel plans.

As we approach the chess, rugby and football trial matches this weekend, I ask parents to be patient and understanding of the selection process. It is always a very short turnaround from season to season in the AIC calendar.

The next two weeks will be important for all players and coaches in the selection process. Players are asked to attend all training sessions and games to make this process easier and to give themselves every chance to show the selectors their best.

I wish everybody the very best this term. Please remember to stay involved, be committed, offer your talents to the College and enjoy and good times spent with your mates!

Craig Stariha
Iona College Head of Sport

IONA SPORT SEASON PLANNER

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)

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

Thurs 27 April: Composite District Cross Country
 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)
 Tues 9 May: Lytton District Cross Country
 Wed 10 May: AIC Cross Country Trial (Curlw Park)
 Fri 12 May: AIC Round 3 Chess vs Marist (A)
 Sat 13 May: AIC Round 3 Rugby / Football vs Marist (A)
 Wed 17 May: AIC Cross Country Trial (Runcorn)
 Fri 19 May: AIC Round 4 Chess vs Padua (H)
 Sat 20 May: Rugby & Football Team Photos (Yrs 9-12)
 Sat 20 May: AIC Round 4 Rugby / Football vs Padua (H)
 Tues 23 May: Met East Cross Country
 26-28 May: Intermediate Schools Cup Volleyball
 Fri 26 May: AIC Round 5 Chess vs SPLC (H)
 Sat 27 May: AIC Round 5 Rugby / Football vs SPLC (H)
 Mon 29 May: QIGA Golf (Wynnum)
 Wed 31 May: AIC Cross Country Championships
 Fri 2 June: AIC Round 6 Chess vs Villanova (A)
 Sat 3 June: Rugby & Football Team Photos (Yrs 5-8)
 Sat 3 June: AIC Round 6 Rugby / Football vs Villa (A)
 Fri 9 June: AIC Round 7 Chess vs St Patrick's (A)
 Sat 10 June: AIC Round 7 Rugby / Football vs SPC (A)
 Sun 11 June: Iona Tennis Championships
 Thurs 15 June: Primary Interhouse Track & Field
 12-15 June: Internal League and Basketball Trials
 Sat 17 June: Internal League and Basketball Trials

BASKETBALL

1st Manager

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

iHoops Basketball Development Program

(For invited students in Years 7-10 only)

Iona College is pleased to announce iHOOPS, a invitation-only basketball development program to identify and develop Iona students into the rigour of senior basketball for Iona College, as well as guiding and educating players in elite sporting pathways. Students in Years 7-10 have been



invited to participate in our iHOOPS program, which will begin to establish a grassroots development and excellence program for students in Years 7-10.

We hope this is a rewarding and enriching experience for our foundation group, who begin the iHOOPS program this afternoon.

iHOOPS Training Times

Wednesday 19 April	3.30pm – 5pm	Provence Centre
Thursday 27 April	3.15pm – 4.45pm	Provence Centre
Thursday 4 May	3.15pm – 4.45pm	Provence Centre
Tuesday 9 May	3.15pm – 4.45pm	Provence Centre
Thursday 11 May	3.15pm – 4.45pm	Provence Centre
Tuesday 16 May	3.15pm – 4.45pm	Provence Centre
Thursday 18 May	3.15pm – 4.45pm	Provence Centre
Tuesday 23 May	3.15pm – 4.45pm	Provence Centre
Thursday 25 May	3.15pm – 4.45pm	Provence Centre

1st Basketball Squad Training

Training Dates

Thursday 20 April	3.30pm – 4.30pm	Provence Centre
Monday 8 May	3.15pm – 4.45pm	Oblate Hall
Wed 10 May	3.15pm – 4.45pm	Provence Centre
Monday 15 May	3.15pm – 4.45pm	Provence Centre
Wed 17 May	3.15pm – 4.45pm	Provence Centre
Monday 22 May	3.15pm – 4.45pm	Provence Centre
Wed 24 May	3.15pm – 4.45pm	Provence Centre
Week 7: (Day TBC)	Game vs Padua	

CHESS

Coordinator

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

Chess Trial vs Villanova (Friday 21 April)

Venue: Iona College (Green Room)

Time: 4pm

Chess Uniform

- Iona formal winter uniform
- Iona chess tie



Junior Program (Years 5-6)

Day: Thursday afternoons

Time: 3.15pm-4.15pm

Venue: B5

Teachers: Mrs Stapleton and Mr Caine

Intermediate and Senior Program (Years 7-12)

Day: Wednesday afternoons

Time: 3.15pm-4.15pm

Venue: B5

Teachers: Mr Caine

Social Chess

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

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

Important Dates

- 23-24 April: Cross Country Camp
 Thurs 27 April: Composite District Cross Country (13-18 Yrs)
 Tues 9 May: Lytton District Cross Country (10-12 Years)
 Wed 10 May: AIC Cross Country Trial (Curlew Park)
 Wed 17 May: AIC Cross Country Trial (Runcorn)
 Tues 23 May: Met East Cross Country
 Wed 24 May: AIC Cross Country Trial (TBC)
 Wed 31 May: AIC Cross Country Championships

Interhouse Cross Country Results

Year-Level Winners

- Year 5 – Diego Gill
 Year 6 – Liam Crosby
 Year 7 – Cameron Cox
 Year 9 – Cooper Meredith
 Year 10 – Jack Thatcher

House Placings

Year Level	1st	2nd	3rd
Year 5	Gerard	Cebula	MacKillop
Year 6	Albini	Long	Charlebois
Year 7	Albini	Long	MacKillop
Year 9	Anthony	Grandin	Long
Year 10	Albini	Mazenod	Anthony

Cross Country Training – Years 7-12

Term 2 Week 1

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 Intervals Meet at junior handball courts.	Friday: 6.45am-8am Meet at Junior handball courts Speed / games
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Week 2

Monday: No training due to cross country camp	Wednesday: 6.45am-8am Intervals Meet at Junior handball courts	Friday: 6.45am-8am Speed / Games Meet at Junior handball courts
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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:

- 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.

FOOTBALL

Year 9 - Open Coordinator

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

Years 5 - 8 Coordinator

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

Football Training Uniform

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

Football Playing Uniform

- Iona football jersey
- Iona HPE shorts
- Iona black football socks
- Football boots and shin guards are compulsory.
- Covered shoes must be worn at all times. (No slides / thongs / bare feet)
- Iona sport jacket or hoodie (no non-Iona jumpers or track suit pants to be worn)



Football Training Schedule Term 2

Please Note:

- No training on Tuesday 25 April – ANZAC Day
- No after-school training Wed 26 April – Interviews
- No training on Monday 1 May – Labour Day
- No afterschool training Wed 3 May – Interviews

Team	Days	Time	Location
1 st	Tuesday Thursday	7am-8.15am 7am-8.15am	Fuller Oval Fuller Oval
2nds	Wednesday	3.15pm-4.45pm	Coghill Oval
3rds	Thursday	3.15pm-4.45pm	Coghill Oval
4ths	Monday	3.15pm-4.45pm	Coghill Oval

5ths	Tuesday	3.15pm-4.45pm	Coghill Oval
6ths	Wednesday	7am-8.15am	Coghill Oval
Year 10	Tuesday	3.15pm-4.45pm	Fuller Oval
Year 9	Wednesday	3.15pm-4.45pm	Fuller Oval
Year 8	Thursday	3.15pm-4.45pm	Fuller Oval
Year 7	Monday	3.15pm-4.45pm	Fuller Oval
Year 6	Tuesday	3.15pm-4.45pm	Dwyer Oval
Year 5	Wednesday	3.15pm-4.45pm	Dwyer Oval

Football Team Photos

Venue: Behind the football canteen



Sat 20 May – Years 9, 10 and Open teams who are playing at Iona.

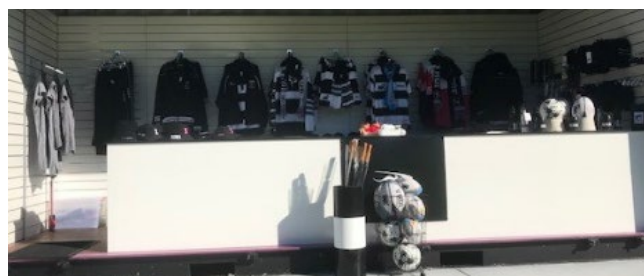
Sat 3 June – Years 5, 6, 7 and 8 teams who are playing at Iona.

A photo schedule will be published on the Wednesday before the photo day.

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

Merchandise Container

Uniform Shop will be open every Saturday from 9am-12pm during the football season (including this Saturday) in a container on Davine Oval. Football uniforms and supporters merchandise can be purchased.



Football Trial vs Villanova (Saturday 22 April)

Team	Venue	Oval	Time
1 st XI	Iona College	Fuller	12.15pm
2 nd XI	Iona College	Fuller	11am
3 rd XI	Iona College	Coghill	11.40am
4 th XI	Iona College	Coghill	10.30am
5 th XI	Iona College	Dwyer	11am
6 th XI	Iona College	Dwyer	12.15pm
10A	Iona College	Fuller	9.45am
10B	Iona College	Coghill	8.30am
10C/10D vs Villa C	Iona College	Dwyer	9.30am 3-way

Team	Venue	Oval	Time
9A	Iona College	Fuller	8.30am
9B	Iona College	Coghill	9.30am
9C/9D vs Villa 9C	Iona College	Dwyer	8am 3 way
8A	Villanova Park Manly Rd, Tingalpa	Field 5	7.30am
8B	Villanova Park Manly Rd, Tingalpa	Field 5	8.30am
8C	Villanova Park Manly Rd, Tingalpa	Field 5	9.30am
8D/8E vs Villa D	Villanova Park Manly Rd, Tingalpa	Field 5	10.30am
7A	Villanova Park Manly Rd, Tingalpa	Field 4	7.30am
7B	Villanova Park Manly Rd, Tingalpa	Field 4	8.30am
7C	Villanova Park Manly Rd, Tingalpa	Field 4	9.30am
7D vs Villa 7D/7E	Villanova Park Manly Rd, Tingalpa	Field 4	10.30am 3 way
6A	Villanova Park Manly Rd, Tingalpa	Field 3A	7.30am
6B	Villanova Park Manly Rd, Tingalpa	Field 3A	8.30am
6C	Villanova Park Manly Rd, Tingalpa	Field 3A	9.30am
6D	Villanova Park Manly Rd, Tingalpa	Field 3A	10.30am
5A	Villanova Park Manly Rd, Tingalpa	Field 3B	7.30am
5B	Villanova Park Manly Rd, Tingalpa	Field 3B	8.30am
5C	Villanova Park Manly Rd, Tingalpa	Field 3B	9.30am
5D/5E vs Villa 5D	Villanova Park Manly Rd, Tingalpa	Field 3B	10.30am 3 way

PLEASE NOTE:

NO DOGS are allowed at AIC venues.



HIGH PERFORMANCE

Coordinator

Mr Jarrod Biggs – biggsj@iona.qld.edu.au

Iona Strength and Conditioning

The Iona Strength and Conditioning program is overseen by accredited industry experts, and guided by the ASCA Position Stand on Resistance Training for Children and Youth. The sequential programs also closely align to long-term athletic development principles.

Any student wishing to attend the Iona gym for the first time must contact Mr Biggs prior to attending a session.

The timetable for Term 2 is shown below:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am – 7:30am	1sts SQUADS	1sts SQUADS	1sts SQUADS	1sts SQUADS	7:00am-8:00am
7:15am – 8:15am	YEAR 9 & 10 HIGH PERFORMANCE	YEAR 9 & 10 HIGH PERFORMANCE	YEAR 9 & 10 HIGH PERFORMANCE	YEAR 9 & 10 HIGH PERFORMANCE	INTRODUCTION TO GYM TRAINING
3:15pm – 4:15pm	YEAR 7 & 8 HIGH PERFORMANCE	YEAR 7 & 8 HIGH PERFORMANCE	YEAR 7 & 8 HIGH PERFORMANCE	YEAR 7 & 8 HIGH PERFORMANCE	CLOSED
4:15pm – 5:45pm		IONA SWIMMING CLUB		IONA SWIMMING CLUB	

Please note:

- There are no sport-specific training sessions. Athletes are encouraged to complete two sessions per week from the allocation provided to them.
- 1st squad sessions are open to players currently playing in, trialling for, previously representing or likely to represent Iona in 1st sport in 2023.
- The 'High Performance' sessions for Year 7-10 students are for those students that played A-level sport in 2022/2023.
- Places are also allocated to other representative athletes. Please contact Mr Biggs to enquire about the most suitable sessions.

District And Regional Sport Trials

For further information, and to register your interest in any of the trials listed below, please email repsport@iona.qld.edu.au, and include your date of birth, past playing experience and position/s for the sport you are applying for. All school-based representative sport nominations must be endorsed by the Iona Sport Department.

SPORT	AGE GROUP	DETAILS	NOMINATIONS CLOSE
Cross Country	13-19 Yys	Composite District Trial	Thur Apr 20
Cross Country	10-12yrs	Lytton District Trial	Thur May 4
Football	10-12yrs	Lytton District Trial	Thurs Apr 18
Hockey	10-12yrs	Direct to Met East Trial	Thur Apr 27

Congratulations to the following students on recent representative sport selections:

- Kye Hinchy, Aiden Levitt, Christopher Lillico and Toby Willis (all pictured) have been selected in the 10-12yrs Metropolitan East AFL team



- Seth Woolgar has been selected to represent Australia in the Asian Men's Under 16 Volleyball Championships in Uzbekistan

Best wishes for your upcoming competitions.

Congratulations to the following students on recent representative sport performances:

- Samuel Allen, Bailey Burns, John Connolly, Hamish Cox, Sean Moroney and Ethan Tearle who competed at the Australian Track & Field Championships. Special congratulations to Samuel Allen (pictured) who won gold and set new national records in the 100m PA Under 17 and 200m PA Under 17 sprint events.



- Cameron Jagga and Mitch Price (both pictured) competed at the Australian Youth Beach Volleyball Championships. Special congratulations to Cameron Jagga who won the gold medal in the u15s division.



- Liam Glasgow, Lennox Passfield and Oliver Reid (all pictured) competed at the Qld Baseball State Titles. Their South West Brisbane team finished fourth.



MOUNTAIN BIKING

Coordinator

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

Preparations for the mountain biking session have begun.

Upcoming Training Sessions

Sun 28 May: 12.30pm-2.30pm at Nerang

Upcoming Competitions

Fri 21 April: East Escarpment

Fri 5 May: Toowoomba

RUGBY

Years 7-Open Coordinator

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

Primary Coordinator

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

Rugby Training Uniform

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

- Iona black rugby shorts
- Iona black rugby socks



Rugby Playing Uniform

- Iona rugby jersey
- Iona rugby shorts
- Iona black rugby socks
- Football boots and mouth guards are compulsory.
- Covered shoes must be worn at all times. (No slides/thongs/bare feet)
- Iona sport jacket or hoodie (no non-Iona jumpers or track suit pants to be worn)

Rugby Managers for 2023

Year 5: Troy Condon	condont@iona.qld.edu.au
Year 6: Kevin Caine	caineK@iona.qld.edu.au
Year 7: Sean Devlin	devlins@iona.qld.edu.au
Year 8: Nick Christie	christien@iona.qld.edu.au
Year 9: Ben Devlin	devlinb@iona.qld.edu.au
Year 10: Daniel Sutherland	sutherlandd@iona.qld.edu.au
Open: Craig Stariha	starihac@iona.qld.edu.au

Rugby Training Schedule Term 2

Please Note:

- No training on Tues 25 April – ANZAC Day
- No after-school training Wed 26 April – Interviews
- 3rds / 4ths / 5ths rugby will train on Wednesday morning in Weeks 2-3 from 6.45am-8am on Davine Oval.
- 9A and 9B rugby will train on Wednesday morning in Weeks 2 and 3 from 6.45am-8am on Harron Oval.
- No training on Monday 1 May – Labour Day
- No after-school training Wed 3 May – Interviews

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
	Thursdays	3.15pm-4.45pm	McCarthy

Year 9	Wednesdays	3.15pm-4.45pm	Harron Oval
Year 8	Thursdays	3.15pm-4.45pm	Harron Oval
7A, 7B	Mondays	3.15pm-4.45pm	Davine Oval
7C, 7D, 7E	Wednesdays	3.15pm-4.45pm	McCarthy
Year 6	Tuesdays	3.15pm-4.45pm	McCarthy
Year 5	Wednesdays	3.15pm-4.45pm	McCarthy

Ballymore Cup

Iona entered three teams (U-13, U-15 and Open) in the Ballymore Cup tournament played on the first weekend of the Easter holidays. The tournament attracts teams from Northern NSW to Rockhampton. It is an excellent pre-season competition for our players to prepare for the AIC season.



The teams achieved the following results:

Under-13 Division 1

Day 1: Somerset College (won), Downlands College (lost)

Day 2: Sunshine Coast Grammar (won)

Semi-Final: Kings College (lost)

Day 3: Playoff for 3rd/4th: Lindsfarne College (lost)

Under-15 Division 1

Day 1: Sunshine Coast Grammar (won)

All Saints College (won)

Day 2: Downlands College (lost)

Semi-Final: Kings College (lost)

Day 3: Play-off for 3rd/4th: Downlands College (lost)

Open Division 1

Day 1: Downlands College (won), Nudgee College (lost)

Day 2: Sunshine Coast Grammar (lost)

Rockhampton Grammar (won)

Day 3: Play-off 3rd/4th: Kings College (lost)

All the teams finished 4th in their respective divisions. All the games were a tough hit out for the players. The teams performed well and have gained some valuable game fitness and experience required for the Term 2 rugby season.

Thank you to all the coaches, players, and parents for their assistance over the three days.

Rugby Team Photos

Venue: Covered Primary handball courts
(end of McCarthy Oval)



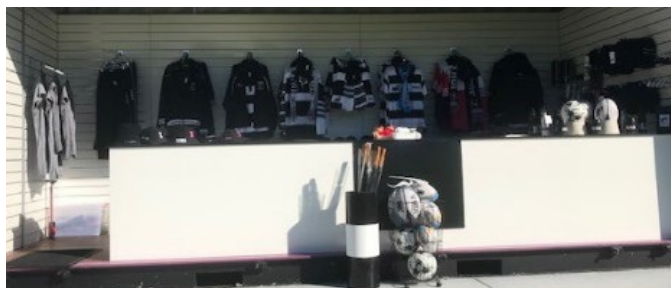
Sat 20 May – Years 9, 10 and Open teams who are playing at Iona.

Sat 3 June – Years 5, 6, 7 and 8 teams who are playing at Iona.

A photo schedule will be published on the Wednesday before the photo day. Teams not playing at Iona on the photo days will have their team photos taken later in the year.

Merchandise Container

Uniform Shop will be open every Saturday from 9am-12pm during the rugby season (including this Saturday) in a container on Davine Oval. Rugby uniforms and supporters merchandise can be purchased.



Rugby Referees

Please note that rugby referees are desperately needed for the 2023 season. Please contact Mr Sean Devlin devlins@iona.qld.edu.au if you are able to assist. Smart Rugby qualification is required.

Rugby Trial vs Villanova (Saturday 22 April)

Team	Venue	Oval	Time
1 st XV	Iona College	Davine	2.30pm
2 nd XV	Iona College	Davine	1pm
3 rd XV	Iona College	Davine	12pm
4 th XV	Iona College	Davine	11am
5 th XV	Iona College	Davine	10am
10A	Iona College	McCarthy	1pm
10B	Iona College	McCarthy	12pm
10C /10D vs Villa 10C	Iona College	McCarthy	10am (3-way)
9A	Iona College	Harron	1pm
9B	Iona College	Harron	12pm
9C	Iona College	Harron	11am
9D/9E vs Villa 9D	Iona College	Harron	9am (3-way)

Team	Venue	Oval	Time
8A	Villanova Park Manly Rd, Tingalpa	Andrew Slack	11am
8B	Villanova Park Manly Rd, Tingalpa	Andrew Slack	10am
8C	Villanova Park Manly Rd, Tingalpa	Andrew Slack	9am
8D/8E vs Villa 8D	Villanova Park Manly Rd, Tingalpa	Andrew Slack	7.30am (3-way)
7A	Villanova Park Manly Rd, Tingalpa	Charlie Fisher	11am
7B	Villanova Park Manly Rd, Tingalpa	Charlie Fisher	10am
7C	Villanova Park Manly Rd, Tingalpa	Charlie Fisher	9am
7D/7E vs Villa 7D	Villanova Park Manly Rd, Tingalpa	Charlie Fisher	7.30am (3-way)
6A	Villanova Park Manly Rd, Tingalpa	Field 6	11am
6B	Villanova Park Manly Rd, Tingalpa	Field 6	10am
6C	Villanova Park Manly Rd, Tingalpa	Field 6	9am
6D	Villanova Park Manly Rd, Tingalpa	Field 6	8am
5A	Villanova Park Manly Rd, Tingalpa	Field 7	11am
5B	Villanova Park Manly Rd, Tingalpa	Field 7	10am
5C	Villanova Park Manly Rd, Tingalpa	Field 7	9am
5D vs Villa 5D/5E	Villanova Park Manly Rd, Tingalpa	Field 7	7.30am (3-way)

PLEASE NOTE:

NO DOGS are allowed at AIC venues.



SWIMMING - iSWIM

Head Coach

Mr Zane King – kingz@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – keunen@iona.qld.edu.au

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

AIC Team Sprint Squad Training

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

Days: Tuesday and Thursday afternoons

Time: 3.10pm-4.10pm

Starts: Week 1, Term 2

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

For more information email:

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

Mr Nic Kuene (Assistant Coach) at keunen@iona.qld.edu.au

TENNIS

Tennis Coordinator

Mr Paul Cook – cookp@iona.qld.edu.au

Our Pathways tennis pre-season training program will continue every Tuesday morning this term in readiness for the AIC Tennis season. Additional tennis players who played at an 'A' standard in 2022 will be contacted this week by our Tennis Coordinator, Mr. Cook. These additional players will be invited into the pre-season tennis program from next week. Please keep an eye out for this email and complete the online consent (required) at your earliest convenience.

VOLLEYBALL

Volleyball Coordinator

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

Year 10 Intermediate Schools Cup

Training Sessions

Monday 8 May: 3.15pm-5.30pm Oblate Hall

Monday 15 May: 3.15pm-5.30pm Oblate Hall

Monday 22 May: 3.15pm-5.30pm Oblate Hall

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