

IONA SPORT

MOMENTS OF GRACE 

19 July 2023

TEAM IONA

All trials for AIC Basketball, Rugby League and Tennis are now complete. Round 1 will commence against St Laurence's College this Friday and Saturday, 21-22 July.

Iona hosted the rugby league against St Patrick's College last weekend. This proved an invaluable time for coaches to try different combinations, to formulate their teams and for players to prove themselves. Well done to all coaches on their good work to ensure that Iona is ready to tackle the league season ahead.

Our tennis teams performed well during their trials. The results went slightly into Iona's favour, but most importantly our teams look prepared for the season ahead.

Basketball continues to be very popular within the Iona community. The basketball results from the weekend were again very positive, but we must not rest easy through the season. The opposition will be tough this weekend, and I am positive that St Patrick's will fare better when we reach them again in the regular season. We have got to be on our game all season as the AIC competition is tough.

Our aim is to compete very well this season in all three sports. This does not just happen. The boys must apply themselves week in and week out at training and on game day to achieve the best possible results. Let us continue our winning culture by applying ourselves consistently throughout the season. Best wishes to all!

As Term 3 brings about another set of sporting opportunities for our students, it does bring about disappointment for those who missed out.

From the three terms of AIC sports, it is unfortunate that Term 3 is the one that does not cater for everyone like in Terms 1 and 2. During Terms 1 and 2, we have sports on offer that cater for as many teams as we have boys, namely cricket, rugby and football. Iona submits as many teams as we can in the Term 3 sports program, but we are finding many boys are still missing out, particularly in basketball.

Next year, the AIC sport association will likely increase the teams offered in the rugby league competition in Secondary,

as it has done in Primary this year to include A and B teams. This will give more opportunity for boys to play and represent their school in sport. I will keep you posted when this happens, and what age groups will be increased.

I urge all parents and students to read the season schedules via the links provided in the respective sport sections below. This includes information regarding training / trial schedules, upcoming fixtures / events, uniform requirements etc. Plenty of notice and information is given to students via their coaches, morning notices, assemblies, during their year level sport time and the newsletters. May I please request the support of our parents to ensure that the boys are receiving the information and are following through with their commitment by attending all sessions when necessary. As mentioned last week, the Sports Office is happy to negotiate alternative schedules to assist students who have many commitments. The 'Iona Way' is to help when you can, and to follow through once a commitment is made.

Over the weekend, I was situated in The Provence Centre all day overseeing the Years 7-9 basketball. I was extremely impressed with the standards shown by those boys. Not one boy wore an incorrect jumper, shirt or shorts. All players wore Iona-branded gear.

The level of sportsmanship on court was excellent and the commitment on the court to do well was evident. I hope this same standard is kept up by us all throughout this whole season. Well done boys, and sincere thanks to the families who supported their sons and the College to ensure our high standards are met.

We have Round 1 against St Laurence College this weekend. Remember to turn up early for your game, and be switched on from the warm-up. Come out playing hard and never, ever give up.

Let us have another successful term of sport, not only by the results we achieve but by the way we conduct ourselves. At the end of the day, that is far more important.

Enjoy!

Craig Stariha
Iona College Head of Sport

AIC Sports Information (via Twitter): [@SportIona](https://twitter.com/SportIona) (includes wet weather updates)

Head of Sport: Mr Craig Stariha – 3893 8851

Sports Administrator: Mrs Karen Orway – 3893 8805

Assistant Head of Sport (7-12): Mr Sean Devlin – 3906 8905

Assistant Head of Sport (5-6): Mr Anthony Bannerman – 3893 8869

IONA UNIFORM SHOP

Opening hours:

- Monday, Wednesday and Friday 8am to 3.30pm
- Tuesday and Thursday – Closed

The Merchandise Cabin on Davine Oval will be open on the following Saturdays:

- Sept 12 - 9am to 12pm

Please note that opening hours are subject to change.

IONA SPORT SEASON PLANNER

Fri 21 July:	AIC Round 1 Years 5 & 6 Basketball vs SLC
Sat 22 July:	AIC Round 1 Years 7-12 Basketball vs SLC
Sat 22 July:	AIC Round 1 Tennis & League vs SLC
Mon 24 July:	QIGA Golf @ Keperra
Fri 28 July:	AIC Round 2 Years 5 & 6 Basketball vs SEC
Sat 29 July:	AIC Round 2 Years 7-12 Basketball vs SEC
Sat 29 July:	AIC Round 2 Tennis & League vs SEC
Mon 31 July:	AIC Golf Championships (Keperra)
Fri 4 Aug:	AIC Round 3 Years 5 & 6 Basketball vs Mar
Sat 5 Aug:	AIC Round 3 Years 7-12 Basketball vs Mar
Sat 5 Aug:	AIC Round 3 Tennis & League vs Marist
Fri 11 Aug:	Logan Rugby 7s Tournament
Fri 11 Aug:	AIC Round 4 Years 5 & 6 Basketball vs Pad
Sat 12 Aug:	AIC Round 4 Years 7-12 Basketball vs Pad
Sat 12 Aug:	AIC Round 4 Tennis & League vs Pad
Sat 12 Aug:	League team photos (Yr 7 – 2nds)
17-18 Aug:	Junior Schools Cup Volleyball Trials
Fri 25 Aug:	AIC Rd 5 Years 5 & 6 Basketball vs SPLC
Sat 26 Aug:	AIC Round 5 Years 7-12 Basketball vs SPLC
Sat 26 Aug:	Basketball team photos (Years 7-9)
Sat 26 Aug:	AIC Round 5 Tennis vs SPLC
Sat 26 Aug:	Rugby League bye (all teams)
29 Aug-11 Sep:	Rugby Heritage Cup (France)
Thurs 31 Aug:	AIC Round 6 Years 5 & 6 Basketball vs Villa
Sat 2 Sep:	AIC Round 6 Years 7-12 Basketball vs Villa
Sat 2 Sep:	Basketball team photos (Years 10-12)
Sat 2 Sep:	AIC Round 6 Tennis vs Villa
Sat 2 Sep:	AIC Round 5 League vs Villa
Sat 2 Sep:	League Team Photos (Years 5 & 6)
Thurs 7 Sep:	1sts League Team Photo
Fri 8 Sep:	AIC Round 7 Years 5 & 6 Basketball vs SPC
Sat 9 Sep:	AIC Round 7 Years 7-12 Basketball vs SPC
Sat 9 Sep:	AIC Round 7 Tennis vs SPC
Sat 9 Sep:	AIC Round 6 League vs SPC

AFL

Schools Cup Coordinator

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

AFL QSchools Cup Trials.

Students in Years 8 and 9 are able to trial for the upcoming AFLQ Schools Cup Team. Students selected will be participating in the Quarter Finals of the QSchools Cup on Thursday, August 3.

Trial Date: Iona AFL Oval (St Eugene's Park)

Monday 24 July: 3.15pm – 4.15pm

ATHLETICS

Years 5-6 Coordinator

Mr Peter Holmes – holmesp@iona.qld.edu.au

Years 7-12 Coordinator

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

Athletics Training

Please note that the Year 5 and Year 6 schedules has been added below.

Day	Event	Time / Venue
M O N D A Y	Long / Triple Jump 14 Yrs - Open	3.15 - 4.30pm Davine Oval
	High Jump: Years 5&6, 12 Yrs, 13 Yrs	3.15 - 4.30pm Davine Oval
	Javelin: 12 Yrs - Open	3.15 - 4.30pm Harron Oval
	Middle Distance: Year 5 - Open	3.15 - 4.30pm Fuller Oval
T U E S D A Y	Shot Put: Year 5 - Open	3.15 - 4.30pm behind cricket nets
	Sprints: Year 5 - Open	3.15 - 4.30pm Fuller Oval
W E D N E S D A Y	Hurdles: Year 5- Open	7am – 8am Davine Oval
	Middle Distance: Year 5 - Open	3.15 - 4.30pm Fuller Oval
	Long / Triple Jump: Years 5 & 6, 12 Yrs, 13 Yrs	3.15 - 4.30pm Davine Oval
	Javelin: 12 Yrs - Open	3.15 - 4.30pm Harron Oval
	Shot Put: 12 Yrs - Open	3.15 - 4.30pm Near cricket nets
F R I	High Jump: 14 Yrs - Open	3.15 - 4.30pm Davine Oval
	Sprints/Relays: 12 Yrs – Open	7am – 8am Fuller Oval

Important Track and Field Dates:

- Thursday 24 August – AIC Track & Field meet @ SAF
- Wednesday 30 Aug – AIC Track & Field meet @ SAF
- Thursday 7 September – AIC Track & Field meet @ SAF
- Wednesday 13 Sept – AIC Track & Field meet @ SAF

AIC Track & Field Championships

- Day 1 – Thursday 5 Oct @ QSAC
- Day 2 – Friday 6 Oct @ QSAC

BASKETBALL

1st Manager

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

Yr 10-12 Coordinator

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

Yr 7-9 Coordinator

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

Yr 5-6 Coordinator

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

[Please click here for the basketball season schedule](#) which includes all trials, training and game details.

Basketball Trial vs St Patrick's

Results

1 st	won	70-52	8A	won	33-32
2 nd	won	65-37	8B	won	34-32
3 rd	won	55-31	8C	lost	28-39
4 th	won	23-13	8D	lost	28-43
11A	won	79-29	7A	won	50-35
11B	won	34-16	7B	won	63-4
11C	lost	39-43	7C	won	65-6
10A	won	59-51	7D	won	76-6
10B	won	53-39	6A	lost	31-33
10C	won	24-16	6B	won	29-28
10D	won	48-16	6C	won	34-4
9A	lost	31-40	6D	won	14-8
9B	won	39-21	5A	won	43-7
9C	lost	29-31	5B	won	46-2
9D	lost	47-24	5C	won	28-7
			5D	won	22-0



Round 1 Schedule – Friday 21 July

Years 5 and 6 – Friday 21 July			
Team	Venue	Court	Time
5A	Iona College	Provence 1	4.50pm
5B	Iona College	Provence 1	4pm
5C	Iona College	Provence 2	4.50pm
5D	Iona College	Provence 2	4pm
6A	St Laurence's, Stephens Rd, South Brisbane	Court 1	4.50pm
6B	St Laurence's, Stephens Rd, South Brisbane	Court 1	4pm
6C	St Laurence's, Stephens Rd, South Brisbane	Court 2	4.50pm
6D	St Laurence's, Stephens Rd, South Brisbane	Court 2	4pm

Boys in the Year 6 teams will meet at the Primary handball courts at the conclusion of school. Boys will travel to St Laurence's via bus. Boys will return to the Iona bus turnaround at approx 6.30pm. Boys must be collected promptly. Parents are welcome to watch the games and take their son home at the conclusion of their game.

Action Photos: Send your action photos of the Saturday basketball matches to otwayk@iona.qld.edu.au for inclusion in the sport newsletter or College newsletter sport photo gallery.



Round 1 Schedule – Saturday 22 July

Years 7 to 12 – Saturday 15 July			
Team	Venue	Court	Time
1 st	St Laurence's, Stephens Rd, South Brisbane	Court 1	12.30pm
2 nd	St Laurence's, Stephens Rd, South Brisbane	Court 1	11.30pm
3 rd	St Laurence's, Stephens Rd, South Brisbane	Court 2	11.30am
4 th	St Laurence's, Stephens Rd, South Brisbane	Court 2	10.30am
11A	St Laurence's, Stephens Rd, South Brisbane	Court 1	10.30am
11B	St Laurence's, Stephens Rd, South Brisbane	Court 2	9.30am
11C	St Laurence's, Stephens Rd, South Brisbane	Court 2	8.30am
10A	St Laurence's, Stephens Rd, South Brisbane	Court 1	9.30am
10B	St Laurence's, Stephens Rd, South Brisbane	Court 1	8.30am
10C	St Laurence's, Stephens Rd, South Brisbane	Court 1	7.30am

Years 7 to 12 – Saturday 15 July

Team	Venue	Court	Time
10D	St Laurence's, Stephens Rd, South Brisbane	Court 2	7.30am
9A	Iona College	Provence 1	12pm
9B	Iona College	Provence 1	11am
9C	Iona College	Provence 2	11am
9D	Iona College	Provence 2	12pm
8A	Iona College	Provence 1	10am
8B	Iona College	Provence 1	9am
8C	Iona College	Provence 2	10am
8D	Iona College	Oblate Hall	10am
7A	Iona College	Provence 1	8am
7B	Iona College	Provence 2	9am
7C	Iona College	Provence 2	8am
7D	Iona College	Oblate Hall	9am

Basketball Team Photos

Photos will be taken on the following dates:

Years 5-6: During cocurricular days 23 and 24 August

Years 7-9: Saturday 26 August (McCarthy 7)

Years 10-Open: Saturday 2 Sept (McCarthy 7)

A photo schedule will be published the week of the photos.



ESPORTS

Coordinator

Mr Chris Eades – eadesc@iona.qld.edu.au

Esports Internal Competition – Term 3

This term for Esports, students will be competing against each other in an internal competition to determine which two teams will represent Iona at the AIC Esports tournament at Villanova in October. This competition will be run during normal training sessions during the week. It is vital that students attend to ensure they are supporting their team and have the best chance to compete at an inter-school level. Please contact eadesc@iona.qld.edu.au if you have any questions. Specific details about the AIC Esports competition will be released later in the term.

GOLF

Coordinator

Mr Richard Beets – beetsr@iona.qld.edu.au

QIGA Golf

The next competition is Monday 24 July at Keperra.

AIC Golf Championships

Monday 31 July at Keperra.

Mr Beets will select a five-man team to represent Iona at the annual AIC Golf Championships based on handicaps. Students will be notified of selections by the end of Week 2.

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 3 is shown below:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am – 7:30am	YEAR 11 & 12 HIGH PERFORMANCE	YEAR 11 & 12 HIGH PERFORMANCE	YEAR 11 & 12 HIGH PERFORMANCE	YEAR 11 & 12 HIGH PERFORMANCE	7:00am-8:00am
7:15am – 8:15am	YEAR 9 & 10 HIGH PERFORMANCE PROGRAM A	YEAR 9 & 10 HIGH PERFORMANCE PROGRAM A	YEAR 9 & 10 HIGH PERFORMANCE PROGRAM B	YEAR 9 & 10 HIGH PERFORMANCE PROGRAM B	INTRODUCTION TO GYM TRAINING
3.15pm – 4.15pm	YEAR 7 & 8 HIGH PERFORMANCE PROGRAM A	YEAR 7 & 8 HIGH PERFORMANCE PROGRAM A	YEAR 7 & 8 HIGH PERFORMANCE PROGRAM B	YEAR 7 & 8 HIGH PERFORMANCE PROGRAM B	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.
- Any students wishing to attend for the first time must email Mr Biggs.
- '7-10 HIGH PERFORMANCE' groups are for players that play 'A'-Level or regional representative sport. Students are encouraged to complete one Program A and one Program B session each week.
- 'YEAR 11 & 12 HIGH PERFORMANCE' groups are for players in Iona College Firsts squads or regional sport representatives. They complete paper-based programs based on their S&C goals.

- 'INTRODUCTION TO GYM TRAINING' is for Year 7 -Year 12 students not a part of Firsts/High Performance groups. High Performance invitees are not permitted to attend this session unless arranged as a catch-up.

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
Track & Field	10-12yrs	Lytton District Trial	Thursday July 20

MOUNTAIN BIKING

Coordinator

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

If you are in the squad and are planning on participating at Event 4 in Caloundra on Thursday 20 and Friday 21 July, please sign up as soon as possible as it will likely sell out. Organisers have indicated Thursday will be the Year 5-6 and 7-8 categories and Friday will be 9-10 and 11-12 categories. This may effect your ability to attend. Head to the Rocky Trail Academy website to register.

Upcoming Event

Date: Thursday 20 and Friday 21 July

Time: All day

Location: Sugar Bag, Caloundra

(Keep an eye out on your emails for information on registering for this session)

RUGBY 7S

Coordinator

Mr Craig Stariha – starihac@iona.qld.edu.au

Training will continue every Monday afternoon on McCarthy Oval from 3.15-4.30pm up until the date of departure. We have now added a second training session to the weekly schedule, which will commence his week and continue each week on Thursdays from 3.15-4.30pm on Harron Oval.

Important Date:

Friday 11 August: Logan Rugby 7s Tournament. Bus transportation will be provided. Times and further details will be provided as soon as the schedule for the day has been released.

RUGBY LEAGUE

Coordinator

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

[Please click here for the rugby league season schedule](#)

which includes all trials, training and game details.

Rugby League Trial vs St Patrick's

Our rugby league teams benefitted tremendously from the home trial against St Patrick's. We were able to trial extended squads and provide many students with the opportunity to push for selection in Round 1. It was nice to see some of our teams play well together and come away with good victories. Year 5 to Year 9 selections have been emailed to students and parents. Year 10, Seconds and Firsts selections will be made on a week-by-week basis and communicated with players at Tuesday training sessions.

Results

5A	won	16-12
5B	won	12-4
6A	won	24-12
6B	lost	12-24
Year 7	won	20-12
Year 8	won	32-4
Year 9	won	28-4
Year 10	lost	8-16
2 nd XIII	lost	4-12
1 st XIII	lost	20-24

Round 1 vs St Laurence's – Saturday 22 July

Saturday 22 July		
Venue: St Laurence's Fields Nathan Rd, Runcorn		
Time	Field 1	Field 6
8am	7A	5B
9am	8A	5A
10am	9A	6B
11am	10A	6A
12pm	2nds	
1.15pm	1sts	

Action Photos: Send any action photos of the Saturday league matches to otwayk@iona.qld.edu.au for inclusion in the sport newsletter or College newsletter sport photo gallery.



Rugby League Team Photos

League team photos will be taken on the following dates:

Years 7-Open: Saturday 12 August

Years 5-6: Saturday 2 September

Firsts: Thursday 7 September (before training)

Venue: TBC

A photo schedule will be published the week of the photos.

SWIMMING – iSWIM

Head Coach

Mr Zane King – kingz@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – keunen@iona.qld.edu.au

With the AIC swimming season rapidly approaching, any Ionian looking to make the team next year is welcome to come join the squad any afternoon.

Simply meet the coaches one afternoon at the swimming office after school to be assessed and be placed in an appropriate squad. The times for these squads will be as follows on Monday-Friday afternoon:

Junior: 3.45pm-4.45pm

Metropolitan: 3.30pm-5pm

State: 3.30pm-5pm

For more information email:

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

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

TENNIS

Tennis Coordinator

Mr Paul Cook – cookp@iona.qld.edu.au

Team	Managers	Email
1 ST IV	Paul Cook	cookp@iona.qld.edu.au
2 ND IV, 3 RD IV, 4 TH IV	Cathy Ward	wardc@iona.qld.edu.au
10A & 10B	Michael Cook	cookm@iona.qld.edu.au
9A & 9B	Tania Cooper	coopert@iona.qld.edu.au
8A & 8B	Daniel Davison	davisond@iona.qld.edu.au
7A & 7B	Richard Cook	cookr@iona.qld.edu.au
6A & 6B	Kevin Caine	cainek@iona.qld.edu.au
5A & 5B	Gemma Tapson	tapsong@iona.qld.edu.au

[Please click here for the tennis season schedule](#) which includes all trials, training and game details.

Tennis Trial vs St Patrick's

It was a solid start to the tennis season for Iona. All our teams played very well on Saturday. Iona won the day, winning eight of the 15 matches. Well done to our Years 5A, 5B, 6A, 7B, 8A, 8B, 10A and First IV, who won their matches. Also, a special mention to the 6B, 7A and 2nd IV teams who narrowly lost close matches.

The First IV team comprising Jackson Treacy, Harley Malpass, Nicholas Goodwin and Dylan Bagster won convincingly 8-0. Congratulations to Jackson Treacy, who was named AIC Captain for 2023. An extra congratulations to Dylan Bagster (Year 11) for his selection in the first IV team for 2023.

A couple of reminders for the season.

1. All contact concerning AIC tennis should now be directed to your son's team manager.
2. All players are to play in the Iona tennis uniform with an "I-Cap" or hat.
3. Players are to be dropped off at each venue **at least 15 minutes** prior to the start of play.

Results

1 st	won	8 - 0	8A	won	6 - 2
2 nd	lost	4 - 4 (21-34)	8B	won	8 - 0
3 rd	lost	0 - 8	7A	lost	3 - 5
4 th	BYE		7B	won	8 - 0
10A	won	6 - 2	6A	won	6 - 2
10B	lost	2 - 6	6B	lost	3 - 5
9A	lost	2 - 6	5A	won	8 - 0
9B	lost	0 - 8	5B	won	8 - 0

Tennis Team Photos

Tennis team photos will be taken during the co-curricular days on 23 and 24 August.



A photo schedule will be published the week of the photos.

Round 1 vs St Laurence's College Saturday 22 July

Team	Venue	Time
5A/B	Wynnum Tennis Centre Colina St, Wynnum	7.45am-10am
6A/B	Wynnum Tennis Centre Colina St, Wynnum	10.15am-12.30pm
7A/B	Iona College Tennis Centre	7.45am-10am
8A/B	Iona College Tennis Centre	10.15am-12.30pm
9A/B	Griffith University 176 Messines Ridge Rd, Mt Gravatt	10.15am-12.30pm
10A/B	Griffith University 176 Messines Ridge Rd, Mt Gravatt	10.15am-12.30pm
1 st IV	Griffith University 176 Messines Ridge Rd, Mt Gravatt	7.45am- 12.30pm
2 nd / 3 rd /4 th	Griffith University 176 Messines Ridge Rd, Mt Gravatt	7.45am-10am

Action Photos: Send any action photos taken of the Saturday tennis matches to otwayk@iona.qld.edu.au for inclusion in the sport newsletter or College newsletter sport photo gallery.



Tennis Training

Tennis training will not be called off if the courts are too wet. If ever there is wet weather, and the courts are not safe to play on, training will still go ahead.

All students are to meet in the undercover Canteen area above the tennis courts where you will be taken to Daly 8 for a theory session on tactics, court play, positioning etc.

VOLLEYBALL

Volleyball Coordinator

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

Junior Schools Cup Volleyball (Years 7 & 8)

Trials for the Iona teams to compete at the Junior Schools Cup volleyball tournament will be held on Thursday 17 August and Friday 18 August from 3.15pm-5.30pm in Oblate Hall.

WATERPOLO

Vikings Water Polo are running a free come-and-try water polo session at the ACU Brisbane Pool, 1100 Nudgee Rd, Banyo on Saturday 29 July from 8.30-9.45am, and on Sunday 30 July from 2.45-4.15pm for all boys and girls aged 6-12.