

IONA



SPORT

MOMENTS OF GRACE 

23 August 2023

TEAM IONA

I am sure it was a welcome change to wake up last Saturday morning and not think about heading off to a schoolboy sporting event. I hope you all had time to recharge the batteries because from this weekend, it's on again!

Well done to all basketball and tennis players on some great overall results so far during this season. Not only have I enjoyed the high level of sportsmanship displayed from our boys, but it has been a pleasure to see them playing hard and digging deep each week. In tennis and basketball, we have managed to secure wins from many close games this season some of which have been last-second baskets or tennis matches won on a countback to games won. The past two rounds were predicted to be our toughest in rugby league but, in typical Iona fashion, we faced these challenges head-on and came away with favourable results overall. This weekend, all rugby league teams have a BYE round due to St Peters not fielding rugby league teams. The coaches are continuing to prepare our teams for next weekend's games against Villanova.

Our overall rankings in basketball, tennis and rugby league are looking good at present. During this last half of the season, all teams need to lift and finish off well, as this is typically the time where many schools/teams drop in their standards at training – which is then reflected in-game. Again, I am very pleased to see our teams come together, and playing as one unit each week to give their very best. Keep up this effort boys!

This week marks the first AIC Track & Field meet for the season. The AIC Track & Field season is relatively short in length, and only contains four meets. I appreciate that many of our better athletes will have their plates very full at the moment. I also appreciate the many emails sent by parents who are willing to work in with the College to accommodate Track & Field training among the (in some cases) many other activities their son/s are

presently doing. We realise that some rugby league, tennis and basketball training conflicts with the Track & Field program. We ask boys affected to come to the Sports Office so we can negotiate a schedule which will allow them to alternate from different sessions from week to week. It is a very busy time, but we must be willing to make things work for Iona to do well.

Next Tuesday, 12 boys from our school – together with Fr Twigg, Mr Harvey and Mr Aerenga – will fly to France to participate in the first ever Rugby Heritage Cup sevens tournament as a lead-up event to the Rugby World Cup in Paris. One boys' and one girls' team from every rugby playing nation in the World Cup has been invited to attend. Iona will represent Australia in the boys tournament, and the Stuartholme School will be Australia's team in the girls tournament.

As part of the preparations, we held trials in Term 1 to select our team. The boys had to fall within a specific age bracket to participate (which was around the Year 8/9 level). Not only will the boys play rugby, they will also be involved in a cooking competition, where every team cooks and shares a dish from their nation. Each team will also create a short video presentation to share with the other teams as well.

Iona will play in one of six pools, and we have drawn schools from France, England and Argentina in ours. This once-in-a-lifetime opportunity will see our boys experience the culture of France and many other cultures from around the world. These boys will represent not only Iona on the world stage, but our nation. On behalf of the College, I wish this team all the very best for a safe and enjoyable journey ahead.

As usual, I challenge the boys to give their best again this week as we face St Peters Lutheran College in Round 5 of the AIC competition. Best wishes and enjoy!

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 UNIFORM SHOP

Opening hours:

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

IONA SPORT SEASON PLANNER

Thurs 24 Aug: AIC Track & Field meet @ SAF
 Fri 25 Aug: AIC Rd 5 Years 5 & 6 Basketball vs SPLC
 Sat 26 Aug: AIC Rd 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)
 Tues 29 Aug: AFL Q Schools Cup semi final
 Wed 30 Aug: AIC Track & Field meet @ SAF
 Thurs 31 Aug: AIC Rd 6 Years 5 & 6 Basketball vs Villa
 Sat 2 Sep: AIC Rd 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: Firsts League Team Photo
 Thurs 7 Sep: AIC Track & Field meet @ SAF
 Fri 8 Sep: AIC Rd 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
 14-17 Sept: CBSQ Basketball (Open team)
 Wed 13 Sep: AIC Track & Field meet @ SAF
 Thurs 5 Oct: AIC Track & Field Championships
 Fri 6 Oct: AIC Track & Field Championships
 Sun 15 Oct: Sailing
 20-22 Oct: Junior Schools Cup Volleyball
 Sat 21 Oct: AIC Invitational Touch
 Sun 22 Oct: AIC Invitational Water polo
 Sun 22 Oct: Sailing
 Sat 28 Oct: Yrs 5-7, 2024 Volleyball/Cricket/AFL trials
 Sun 29 Oct: Sailing
 Sat 4 Nov: Yrs 5-7, 2024 Volleyball/Cricket/AFL trials

AFL

Schools Cup Coordinator
 Mr Bannerman – bannermana@iona.qld.edu.au

AFL QSchools Cup

AFL Training: @ St. Eugene Park

Monday 28 August: 3.15pm – 4.15pm

Iona will play their semi-final against Helensvale on Tuesday 29 August at Metricon Stadium.
 Game Time 10.15am.

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

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 Near 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
	High Jump: 14 Yrs – Open	3.15 – 4.30pm Davine Oval
F R I	Sprints / Relays: 12 Yrs – Open	7am – 8am Fuller Oval

Important Track and Field Dates:

Thursday 24 Aug: AIC Track & Field meet @ SAF
 Wednesday 30 Aug: AIC Track & Field meet @ SAF
 Thursday 7 Sep: AIC Track & Field meet @ SAF
 Wednesday 13 Sep: AIC Track & Field meet @ SAF

AIC Track & Field Championships

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

Meet Organisation – Thursday 24 August

Venue: SAF @ Nathan
 Event time: 3pm – 7.30pm

Bus departs Iona: (from cricket nets)
 Years 5/6 @ 1.40pm
 Years 7 – Open @ 3.15pm

Bus arrives back: (Iona bus turnaround)
 Years 5/6 approx 5.30pm
 Years 7 – Open approx 8.00pm

Schedule of Field Events (Thursday 24 August)

Time	Event	Age Group
3pm	Shot Put	Year 5
	High Jump	Year 6
	Long Jump	Year 5
3.45pm	Long Jump	Year 6
	Shot Put	Year 6
	High Jump	Year 5
4.30pm	High Jump	13 Years
	Triple Jump	14 & 15 Years
	Long Jump	16 Years & Open
	Shot Put 1	16 Years & Open
	Discus	13 Years
	Javelin	14 & 15 Years
5.20pm	High Jump	12 Years
	Triple Jump	16 Years & Open
	Javelin	13 Years
	Discus	12 Years
	Long Jump	15 Years
	Shot Put 1	15 Years
	Shot Put 2	14 Years
6.10pm	Shot Put 1	12 Years
	Long Jump	12 & 13 Years
	High Jump 1	14 Years
	High Jump 2	15 Years
	Discus	14 & 15 Years
	Javelin	16 Years & Open
7pm	Triple Jump	12 & 13 Years
	Javelin	12 Years
	Long Jump	14 Years
	Discus	16 Years & Open
	High Jump 1	Open
	High Jump 2	16 Years
	Shot Put 1	13 Years

Schedule of Field Events (Wednesday 30 August)

Time	Event	Age Group
3pm	Shot Put	Year 5
	High Jump	Year 6
	Long Jump	Year 5
3.45pm	Long Jump	Year 6
	Shot Put	Year 6
	High Jump	Year 5
4.30pm	High Jump	13 Years
	Triple Jump	14 & 15 Years
	Long Jump	16 Years & Open
	Shot Put 1	16 Years & Open
	Discus	13 Years
	Javelin	14 & 15 Years
5.20pm	High Jump	12 Years
	Triple Jump	16 Years & Open
	Javelin	13 Years
	Discus	12 Years
	Long Jump	15 Years
	Shot Put 1	14/15 Years
6.10pm	Shot Put 1	12 Years
	Long Jump	12 & 13 Years
	High Jump 1	14 Years
	High Jump 2	15 Years
	Discus	14 & 15 Years
	Javelin	16 Years & Open
7pm	Triple Jump	12 & 13 Years
	Javelin	12 Years
	Long Jump	14 Years
	Discus	16 Years & Open
	High Jump 1	Open
	High Jump 2	16 Years
	Shot Put 1	13 Years

Schedule of Track Events (Thursday 24 August)

Time	Event
3pm	Hurdles Years 5/6
3.20pm	200m Years 5/6
4pm	800m Years 5/6
4.30pm	100m Years 5/6
4.45pm	3000m Open
5pm	Hurdles 12 Years - Open
5.30pm	800m
6pm	100m
6.50pm	400m
7.10pm	1500m

Schedule of Track Events ((Wednesday 30 August)

Time	Event
3pm	200m Years 5/6
3.20pm	800m Years 5/6
3.45pm	100m Years 5/6
4pm	Hurdles Years 5 & 6
4.20pm	Hurdles 12 Years - Open
4.50pm	800m
5.20pm	100m
6pm	400m
6.20pm	4 x 100m Relays
7pm	200m

Meet Organisation – Wednesday 30 August

Venue: SAF @ Nathan
Event time: 3pm – 7.30pm

Bus departs Iona: (from cricket nets)

Years 5/6 @ 1.40pm

Years 7 – Open @ 3.15pm

Bus arrives back: (Iona bus turnaround)

Years 5/6 approx 5.30pm

Years 7 – Open approx 8pm

Frequently Asked Questions

Who attends?

All athletes in the training athletics squad.

What events can I compete in?

Only in the events you have attended training for.

What do I wear?

Iona black athletics singlet, Iona athletics shorts and Iona black or white sport socks. (Iona sport shorts are ok. NON-IONA SHORTS ARE NOT ALLOWED). You can compete in the Iona training shirt at the trial meets only.

Can parents attend the meets? Yes

Can I go home after my event?

Yes. Your parents can pick you up from SAF (only from the pick-up zone). YOU MUST NOTIFY MR DEVLIN or MR HOLMES.

Can I drive to the trial meet?

Yes, but only if you have permission from Mr Harvey to drive to school. YOU MUST NOTIFY MR DEVLIN.

Can I drive other students?

Yes, but only if you have permission from Mr Harvey. YOU MUST NOTIFY MR DEVLIN.

Do I have to attend the trial meets?

Yes, if you wish to be considered for selection. If there is a clash with other commitments, you must contact Mr Devlin.

When is the team announced for the AIC Champs?

After the trial meets.

Any other questions, please feel free to email Mr Devlin: devlins@iona.qld.edu.au.

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.

Progressive Basketball Results

	Rd1 vs SLC	Rd2 vs SEC ATC	Rd3 vs MAR	Rd4 vs PAD	Rd5 vs SPLC	Rd6 vs Villa	Rd7 vs SPC
1 st	won	lost	won	won			
2 nd	won	won	won	won			
3 rd	won	won	won	won			
4 th	won	won	won	won			
11A	won	won	won	won			
11B	draw	won	lost	won			
11C	won	won	lost	lost			
10A	lost	won	won	won			
10B	lost	won	lost	lost			
10C	lost	won	won	won			
10D	won	won	won	won			
9A	lost	lost	lost	won			
9B	won	won	lost	won			
9C	lost	won	won	won			
9D	lost	won	won	won			
8A	lost	won	won	won			
8B	lost	lost	lost	won			
8C	won	won	won	won			

8D	won	won	won	won			
7A	won	won	won	won			
7B	won	won	won	won			
7C	lost	won	won	won			
7D	won	won	won	won			
6A	won	won	lost	won			
6B	won	won	lost	won			
6C	won	Bye	draw	won			
6D	won	Bye	lost	won			
5A	lost	lost	won	won			
5B	won	won	lost	won			
5C	lost	Bye	won	lost			
5D	won	Bye	lost	won			

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 gallery.

Basketball Team Photos

Photos will be taken on the following dates:

- Years 5–6: During cocurricular day 23 August
- Years 7–9: Saturday 26 August (McCarthy 7)
- 9D basketball: During cocurricular day 23 August
- Years 10–Open: Saturday 2 Sept (McCarthy 7)



A schedule will be published the week of the photos.

Photo Schedule for Saturday 26 August

Photo Venue: Outside McCarthy 7

(Boys must arrive outside McCarthy 7, 10mins before their photo time or they risk missing the photo)

Team	Arrival Time	Photo Time	Game Time
7A Basketball	7.30am	7.40am	8am
7C Basketball	7.35am	7.45am	8am
8B Basketball	8.20am	8.30am	9am
7B Basketball	8.25am	8.35am	9am
7D Basketball	8.30am	8.40am	9am
8A Basketball	9.20am	9.30am	10am
8C Basketball	9.25am	9.35am	10am
9B Basketball	10.20am	10.30am	11am
9C Basketball	10.25am	10.35am	11am
9A Basketball	11.20am	11.30am	12pm
8D Basketball	11.25am	11.35am	12pm

Round 5 Schedule – Friday 25 August vs St Peters

Years 5 and 6 – Friday 25 August

Team	Venue	Court	Time
5A	Iona College	Provence 1	4pm
5B	Iona College	Provence 2	4pm
5C vs 5D	Iona College	Provence 2	3.15pm
6A	St Peters, Lambert Rd, Indooroopilly	Outside Court 1	4pm
6B	St Peters, Lambert Rd, Indooroopilly	Outside Court 2	4pm
6C vs 6D	Iona College	Provence 1	3.15pm

Boys in the Year 6A and 6B teams will meet at the Primary handball courts at 2.40pm. Boys will travel to St Peters via bus.

Boys will return to the Iona bus turnaround at approx 5.30pm. Boys must be collected promptly. Parents are welcome to watch the games and take their son home at the conclusion of their game.

If you are taking your son home after the game, please let a staff member know.

Round 5 Schedule – Saturday 26 August

Years 7 to 12 – Saturday 26 August			
Team	Venue	Court	Time
1 st	St Peters, Lambert Rd, Indooroopilly	Indoor Gym	12.30pm
2 nd	St Peters, Lambert Rd, Indooroopilly	Indoor Gym	11am
3 rd	St Peters, Lambert Rd, Indooroopilly	Outdoor Court	11am
4 th	St Peters, Lambert Rd, Indooroopilly	Outdoor Court	10am
11A	St Peters, Lambert Rd, Indooroopilly	Indoor Gym	10am
11B	St Peters, Lambert Rd, Indooroopilly	Outdoor Court	9am
11C vs Pad 11D	Padua Primary Cnr Turner & Broughton Rd, Kedron	Greccio 2	9am
10A	St Peters, Lambert Rd, Indooroopilly	Indoor Gym	9am
10B	St Peters, Lambert Rd, Indooroopilly	Indoor Gym	8am
10C	St Peters, Lambert Rd, Indooroopilly	Outdoor Court	8am
10D	BYE		
9A	Iona College	Provence 1	12pm
9B	Iona College	Provence 1	11am
9C	Iona College	Provence 2	11am
9D	BYE		
8A	Iona College	Provence 1	10am
8B	Iona College	Provence 1	9am
8C	Iona College	Provence 2	10am
8D	Iona College	Provence 2	12pm
7A	Iona College	Provence 1	8am
7B	Iona College	Provence 2	9am

Years 7 to 12 – Saturday 26 August

Team	Venue	Court	Time
7C	Iona College	Provence 2	8am
7D	Iona College	Oblate Hall	9am

Training Adjustments

Please note:

- The 5C basketball team now has a training session on Thursdays 3.15pm – 4.30pm on Daly Courts.
- 10C training will now be Mondays 7am – 8am in Oblate Hall.

Training Adjustments for Next week (Week 8)

To access the court outside Oblate Hall please go through the side gate. DO NOT walk through Oblate Hall as it is set up for exams.

- Monday: 10C will train on the court outside Oblate Hall.
- Tuesday: 9C and 9D will train on the court outside Oblate Hall.
- Wednesday: 7AB will train in Provence (Court 2)
- Wednesday: 8CD will train on the court outside Oblate Hall.
- Wednesday: 7CD will train on the Daly Courts.
- The 6A team will train on Wednesday 5pm in Provence
- Thursday: 9AB will train in Provence
- Thursday: 5D and 6B to train on the court outside Oblate Hall.
- Thursday: 1sts to train in Oblate Hall
- Thursday: 10B to train on the court outside Oblate Hall.

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 Mr Eades at eadesc@iona.qld.edu.au if you have any questions. Specific details about the AIC Esports competition will be released later in the term.

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 students in Years 7-12 not 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
Cricket	13-15yrs	Composite District Trial	Wed Aug 30
Triathlon Aquathlon	12-19 Yrs 10-11Yrs	Contact repsport@iona.qld.edu.au for more information	

Congratulations to the following students on recent representative sport performances:

- The following students won medals at the QLD Short Course Swimming Championships:
 - Austin King: 15yr 200m butterfly (gold), 100m butterfly (silver), 200m IM (bronze), 200m freestyle (bronze)
 - Cooper Townsend (pictured): 13Yrs 200m back (bronze), 50m back (bronze)
 - Hugo Wheeler (pictured): 11yrs 100m butterfly (gold), 400m freestyle (gold), 400m IM (silver)



- Santiago Sagastume competed at the Queensland State Youth Bouldering titles.
- Darcy Vella won gold at a Capo Powerlifting Federation event where he broke the following records:

Squat: 2 x State Records 1 x Australian Record
Bench Press: 3 x State Records 3 x Australian Records
Deadlift: 3 x State Records 3 x Australian Records

MOUNTAIN BIKING

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

Upcoming Event: Gold Coast Graduation Cup

DATE: Friday 8 September
TIME: All day
LOCATION: Nerang

- Go to the Rocky Trail Academy website to register for the event.
- This will be a team-based event, however all students register as individuals, and we will arrange team groupings closer to the date.
- Please register for this event as soon as possible if you intend on competing.

RUGBY LEAGUE

Coordinator

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

[Please click here for the rugby league season schedule](#) including all trials, training and game details.

Progressive Results

Team	Rd1 vs SLC	Rd2 vs SEC	Rd3 vs MAR	Rd4 vs PAD	Rd5 vs Villa	Rd6 vs SPC
1 st	lost	won	won	lost		
2 nd	won	won	lost	lost		
Yr10	won	won	draw	won		
Yr 9	won	won	won	won		
Yr 8	won	won	won	won		
Yr 7	won	won	won	won		
6A	lost	won	lost	lost		
6B	lost	won	Bye	draw		
5A	lost	Bye	lost	lost		
5B	won	lost	Bye	lost		

No AIC Games on Saturday 26 August

Rugby League Team Photos

League team photos will be taken on the following dates:

Years 5–6: Saturday 2 September

Firsts: Thursday 7 September (before training)

Venue: Primary handball courts.

A schedule will be published the week of the photos.

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 photo gallery.



SAILING

ionacollegesailing@gmail.com

Sailing is open to boys from Term 4 in Year 6 through to the end of Term 1 in Year 12.

We would love to hear from anyone interested in the program.

Contact

ionacollegesailing@gmail.com for more information. For our boys currently in the sailing team, we would ask that you please complete the nomination for this upcoming season, and we look forward to welcoming you back on 13 August, when we will have an information session regarding the upcoming season.

[Iona Sailing 2023/2024 Sailing Season Registration](#)



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 and join the squad any afternoon.

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

Junior: 3.45pm–4.45pm

Metropolitan: 3.30pm–5pm

State: 3.30pm–5pm

For more information, email the coaches listed above.

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 , 3 RD , 4 TH	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.

Please if, for any reason, you know you will not be available to play at the weekend, make sure that you contact your manager before Saturday.

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.

Progressive Tennis Results

Team	Rd1 vs SLC	Rd2 vs SEC	Rd3 vs MAR	Rd4 vs Pad	Rd5 vs SPLC	R6 vs Villa	Rd7 vs SPC
1 st	lost 3-5	won 8-0	lost 53-54	won 8-0			
2 nd	lost 3-5	lost 2-6	lost 2-6	won 7-1			
3 rd	lost 2-6	lost 2-6	lost 2-6	lost 3-5			
4 th	won 6-2	lost 3-5	lost 3-5	lost 2-6			
10A	won 5-3	won 7-1	won 29-26	won 36-41			
10B	won 5-3	won 8-0	won 32-26	won 8-0			
9A	won 5-3	won 7-1	won 5-3	won 6-2			
9B	lost 2-6	lost 2-6	lost 1-7	won 5-3			
8A	lost 3-5	won 8-0	lost 3-5	won 8-0			
8B	lost 3-5	won 8-0	lost 0-8	won 8-0			
7A	won 8-0	won 8-0	won 5-3	lost 2-6			
7B	lost 2-6	won 8-0	lost 2-6	won 6-2			
6A	won 6-2	won 5-3 ATC	lost 22- 26	won 6-2			
6B	lost 3-5	won 5-3 ATC	lost 0-8	won 8-0			
5A	won 7-1	won 8-0 ATC	won 5-3	won 8-0			
5B	won 8-0	won 7-1	won 6-2	won 8-0			

Round 5 vs St Peters Saturday 26 August

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	Uni of Qld Tennis Centre Blair Drive, St Lucia	10.15am-12.30pm
10A/B	Uni of Qld Tennis Centre Blair Drive, St Lucia	10.15am-12.30pm
1 st IV	Uni of Qld Tennis Centre Blair Drive, St Lucia	7.45am-12.30pm
2 nd	Uni of Qld Tennis Centre Blair Drive, St Lucia	7.45am-10am
3 rd	Uni of Qld Tennis Centre Blair Drive, St Lucia	7.45am-10am
4 th	Uni of Qld Tennis Centre Blair Drive, St Lucia	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 courts where you will be taken to Daly 8 for a theory session on tactics, court play, positioning etc.

TOUCH

Touch Coordinator
Miss Dellit delliti@iona.qld.edu.au

Training for all the selected teams is Fridays in weeks 7-10 on Dwyer Oval at the following times:

Week 7	3.15pm-4.30pm
Week 8	7am-8am (this is a pupil free day)
Week 9	3.15pm-4.30pm
Week 10	3.15pm-4.30pm

Preliminary Games

For those selected in the Under-13 and Under-15 squads, please make note of the following preliminary games to be played this term and requirements:

Under-13: Mon 4 Sep vs Mansfield
(at Mansfield, 4pm-4.30pm)

Under-15: Mon 28 Aug vs Redlands College
(at Redlands College, 4pm-4.30pm)

Students will be transported via College Bus to the venue after school, but **will be required to be picked up** at approximately 4.30pm.

Students are expected to ONLY wear their black Iona training shirt, Iona shorts and Iona socks. No thongs, crocs or slides are permitted to be worn.

Tournament Information

Dates:

Under-13/15: Wed 4 Oct – Sat 7 Oct

Under-18s: Fri 6 Oct – Sun 8 Oct

Transport:

Bus transport to and from the venue has been arranged as per the schedule: (No student drivers)

Wed: 9am pick-up from Iona, 5pm pick-up from venue

Thurs: 7am pick-up from Iona, 5pm pick-up from venue

Fri: 7am pick-up from Iona, 5pm pick-up from venue

Sat & Sun: Students organise their own transport

Uniform: Playing jerseys will be provided by the College. The rest of the playing uniform will be the black Iona shorts, I-Cap or bucket hat and white or black Iona sports socks.

VOLLEYBALL

Volleyball Coordinator

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

Junior Schools Cup Trials

Trials for the Years 7 and 8 Junior Schools Cup teams will continue this Friday from 3.15pm – 5pm in Oblate Hall.

Training Times for the Selected boys

Year 8 Honours Team

Friday 6 October: 3.15pm – 5pm in Provenance Centre
Friday 8 September: 3.15pm – 5pm in Oblate Hall
Thursday 12 October: 3.15pm – 5pm in Provenance Centre
Thursday 14 Sept: 3.15pm – 5pm in Oblate Hall
Friday 13 October: 3.15pm – 5pm in Provenance Centre
Friday 15 September: 3.15pm – 5pm in Provenance Centre
Thurs 19 October: 3.15pm – 5pm in Provenance Centre

Year 8 Division 1 Team

Friday 6 October: 3.15pm – 5pm in Provenance Centre
Friday 8 September: 3.15pm – 5pm in Oblate Hall
Thursday 12 October: 3.15pm – 4.30pm in Provenance Centre
Thursday 14 Sept: 3.15pm – 4.30pm in Oblate Hall
Friday 13 October: 3.15pm – 5pm in Provenance Centre
Friday 15 September: 3.15pm – 5pm in Provenance Centre
Thurs 19 October: 3.15pm – 4.30pm Provenance Centre

Year 7 Team

Friday 8 September: 3.15pm – 5pm in Oblate Hall
Friday 6 October: 3.15pm – 5pm in Provenance Centre
Thursday 12 October: 3.15pm – 5pm in Provenance Centre
Friday 13 October: 3.15pm – 5pm in Provenance Centre
Thurs 19 October: 3.15pm – 5pm in Provenance Centre

2024, 1sts Volleyball Trials

Trials for the Iona 2024, 1sts volleyball team will be on the below dates. Boys currently in Years 9, 10 and 11 are welcome to trial. Please email Mrs Otway if you intend to trial: otwayk@iona.qld.edu.au

2024, 1sts Volleyball trial Times

Thurs 7 Sep: 3.15pm – 5pm in Oblate Hall
Tues 12 Sep: 3.15pm – 5.30pm in Provenance Centre
Thurs 14 Sep: 3.15pm – 5pm in Provenance Centre

The 2024, 1sts Volleyball team will attend the National Schools Volleyball Championships from 3–9 December on the Gold Coast.

Trials for all other volleyball teams will be in Term 4. Trial schedule for Term 4 will be released soon.