

MOMENTS OF GRACE

30 August 2023

# TEAM IONA

This week, Iona plays Villanova in Round 6 of the AIC rugby league, basketball and tennis competitions. With only two rounds remaining, I encourage all teams to keep up their efforts and enthusiasm. Our aim is to finish off the season well.

After having two consecutive bye rounds, our rugby league players should feel well-rested. All players will need to apply themselves this weekend and should not take the opposition lightly. A number of Villa teams are finding some late-season form, and we need to be ready. This weekend's NRL game between the Broncos and Storm has generated much debate about the benefits of the resting of players. Although players may be fresher, the fear is that the team's momentum can be lost. Let's hope our teams are rested, and momentum returns quickly. The results across the board in rugby league are good so far. Let's keep it going.

The basketball program is going very well. From the College's 31 teams, we lost only five games to Padua in Round 4, and only two against St Peters last weekend. At this stage, it looks as though lona and Villa are the two top schools in the AIC basketball competition. The aggregate, as well as many premierships, will be on the line in what will be a big weekend for both colleges. Our expectation of all teams is that we meet this challenge head-on. When the going gets tough, we need boys on the court to stand up and be counted, not fall apart. We need players to be positive and be prepared to lift the spirits of their teammates, not drag the team down. Villanova should walk away this weekend feeling like they played a tough and well-drilled lona outfit. Best wishes go to all players.

After some great results throughout the season, our tennis boys faced their toughest round against St Peters last weekend. Our best-performing teams were the Year 5 and Year 7 teams, who all won their games. If we play to our potential, I am confident that our remaining two rounds will bring about good results across the College.

We always encourage our boys to compete hard and do well each week, but our priority will always be that we conduct ourselves appropriately and display the highest standards of sportsmanship.

This afternoon, our Track & Field (T&F) squad will participate in the second AIC T&F meet of the season. We wish these boys all the best in their preparations. As we reach this busy time of year with our studies and the various sports on offer, I am very aware that our T&F athletes are juggling a number of commitments.

In order for Iona to produce our best, we need boys and their families to be willing to make things work and not take the easy option of withdrawing from training or making empty promises to attend training. Our thanks to all those families who are supporting the College to accommodate the T&F program.

Our touch football teams are busily preparing for the upcoming Schools Cup competition, held in Week 1 next term. Our mountain bikers will attend the final competition of the season on the Gold Coast next Friday. Our sailors have recently started back in the water as well. Lots of things are happening.

In Week 1 next term, we will formally commence the AIC swim program. In Week 3, we will commence all AFL, cricket and volleyball trials in readiness for 2024. The sign-on link will be emailed to all students before the end of term so students can register their interest.

A reminder, we have photos here this Saturday for all Year 5 and Year 6 rugby league teams, as well as all basketball teams from Year 10 to Opens basketball, as per schedules found below. Finally, best wishes go to all for this weekend's games against Villa. Play hard, play fair and remember to be good sportsmen both on and off the field.

#### Craig Stariha - Iona College Head of Sport

AIC Sports Information (via Twitter): @SportIona (includes wet weather updates)Head of Sport: Mr Craig Stariha – 3893 8851Assistant Head of Sport (7-12): Mr Sean Devlin – 3906 8905Sports Administrator: Mrs Karen Otway – 3893 8805Assistant 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**

29 Aug-11 Sep:	Rugby Heritage Cup (France)
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:	SEQ Championships U10 league
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 Sep:	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 – <u>bannermana@iona.qld.edu.au</u>

#### AFL Q-Schools Cup

Congratulations to our Year 8/9 AFL Schools Cup team who competed at the State Semi-Finals at Metricon Stadium on yesterday.

Unfortunately, lona were defeated by a stronger Helensvale SHS squad. Many thanks go to our staff, students and parents for their assistance throughout the competition.

Iona 3.2 (20) lost to Helensvale SHS 17.8 (110)

# ATHLETICS

Years 5-6 Coordinator Mr Peter Holmes – <u>holmesp@iona.qld.edu.au</u>

Years 7-12 Coordinator Mr Sean Devlin – <u>devlins@iona.qld.edu.au</u>

### Athletics Training

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

#### Important Track and Field Dates:

Wednesday 30 Aug:AIC Track & Field meet @ SAFThursday 7 Sep:AIC Track & Field meet @ SAFWednesday 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 - Wednesday 30 August

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

<u>Bus departs lona</u>: (from cricket nets) Years 5/6 @ 1.40pm Years 7 - Open @ 3.15pm

<u>Bus arrives back</u>: (Iona bus turnaround) Years 5/6 approx 5.30pm Years 7 - Open approx 8pm

#### 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	

#### Schedule of Field Events (Wednesday 30 August)

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

# 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.

<u>What do I wear?</u> 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: <u>devlins@iona.qld.edu.au</u>.

# BASKETBALL

#### 1st Manager

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

**Yr 10–12 Coordinator** Mr Anthony Bannerman – <u>bannermana@iona.qld.edu.au</u>

**Yr 7-9 Coordinator** Mrs Karen Otway – <u>otwayk@iona.qld.edu.au</u>

Yr 5-6 Coordinator Mr Anthony Bannerman – bannermana@iona.qld.edu.au

<u>Please click here for the basketball season schedule</u> 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 <sup>st</sup>	won	lost	won	won	lost 87-58		
2 <sup>nd</sup>	won	won	won	won	won 78-57		
3 <sup>rd</sup>	won	won	won	won	won 69-42		
4 <sup>th</sup>	won	won	won	won	won 33-26		
11A	won	won	won	won	won 73-40		
11B	draw	won	lost	won	won 73-40		
11C	won	won	lost	lost	won 40-31		
10A	lost	won	won	won	won 73-44		
10B	lost	won	lost	lost	won 55-38		
10C	lost	won	won	won	won 72-14		
10D	won	won	won	won	Вуе		
9A	lost	lost	lost	won	won 33-28		
9B	won	won	lost	won	won 53-21		
9C	lost	won	won	won	won 67-7		
9D	lost	won	won	won	Вуе		
8A	lost	won	won	won	won 67-29		

8B	lost	lost	lost	won	lost 24-25	
8C	won	won	won	won	won 58-12	
8D	won	won	won	won	won 51-31	
7A	won	won	won	won	won 55-27	
7B	won	won	won	won	won 34-8	
7C	lost	won	won	won	won 63-17	
7D	won	won	won	won	won 35-9	
6A	won	won	lost	won	won 61-15	
6B	won	won	lost	won	won 110-12	
6C	won	Bye	draw	won	internal	
6D	won	Bye	lost	won	internal	
5A	lost	lost	won	won	won 84-4	
5B	won	won	lost	won	won 116-6	
5C	lost	Bye	won	lost	internal	
5D	won	Bye	lost	won	internal	







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

#### **Basketball Team Photos**



<u>Photo Schedule for Saturday 2 September</u> Photo Venue: Outside McCarthy 7

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

Team	Arrival	Photo	Game
	Time	Time	Time
10B Basketball	7.30am	7.40am	8am
11C Basketball	7.35am	7.45am	8am
10A Basketball	8.20am	8.30am	9am
11B Basketball	8.25am	8.35am	9am
10D Basketball	8.30am	8.40am	9am
11A Basketball	9.20am	9.30am	10am
4th Basketball	9.25am	9.35am	10am
10C Basketball	9.30am	9.40am	10am
2nd Basketball	10.20am	10.30am	11am
3rd Basketball	10.25am	10.35am	11am
1st Basketball	11.35am	11.45am	12pm

### Round 6 Schedule – Thursday 31 August vs Villa

	Years 5 and 6 – Thursday 31 August					
Team	Venue	Court	Time			
5A	Villanova College Eighth Ave, Coorparoo	Goold Hall	4.45pm			
5B	Villanova College Eighth Ave, Coorparoo	Goold Hall	4pm			
5C	Villanova College Eighth Ave, Coorparoo	Multicourt	4.45pm			
5D	Villanova College Eighth Ave, Coorparoo	Multicourt	4pm			
6A	Iona College	Provence 1	4.50pm			
6B	Iona College	Provence 1	4pm			
6C	Iona College	Provence 2	4.50pm			
6D	Iona College	Provence 2	4pm			

Boys in the Year 5 teams will meet at the Primary handball courts at <u>3pm and</u> travel to Villanova via bus. Boys will return to the Iona bus turnaround at approx 6.15pm. 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 6 Schedule – Saturday 2 September

	Years 7 to 12 – Saturday 2 September				
Team	Venue	Court	Time		
1 <sup>st</sup>	Iona College	Provence 1	12pm		
2 <sup>nd</sup>	Iona College	Provence 1	11am		
3 <sup>rd</sup>	Iona College	Provence 2	11am		
4 <sup>th</sup>	Iona College	Provence 2	10am		
11A	Iona College	Provence 1	10am		
11B	Iona College	Provence 2	9am		
11C	Iona College	Provence 2	8am		
10A	Iona College	Provence 1	9am		
10B	Iona College	Provence 1	8am		
10C	Iona College	Oblate Hall	10am		
10D	Iona College	Oblate Hall	9am		
9A	Villanova College Eighth Ave, Coorparoo	Goold Hall	12pm		
9B	Villanova College Eighth Ave, Coorparoo	Goold Hall	11am		
9C	St Martin's Mayfield Rd, Carina	Hall	11am		
9D	Villanova College Eighth Ave, Coorparoo	Multicourt	10am		
8A	Villanova College Eighth Ave, Coorparoo	Goold Hall	10am		

	Years 7 to 12 – Saturday 2 September					
Team	Venue	Court	Time			
8B	Villanova College Eighth Ave, Coorparoo	Goold Hall	9am			
8C	St Martin's Mayfield Rd, Carina	Hall	10am			
8D	Villanova College Eighth Ave, Coorparoo	Multicourt	8am			
7A	Villanova College Eighth Ave, Coorparoo	Goold Hall	8am			
7B	St Martin's Mayfield Rd, Carina	Hall	9am			
7C	St Martin's Mayfield Rd, Carina	Hall	8am			
7D	Villanova College Eighth Ave, Coorparoo	Multicourt	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 this week (Week 8) and next week (Week 9)

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.

#### <u>Monday</u>

• 10C train on the court outside Oblate Hall.

#### <u>Tuesday</u>

• 9C and 9D train on the court outside Oblate Hall.

#### <u>Wednesday</u>

- 7AB will train in Provence (Court 2)
- 8CD train on the court outside Oblate Hall.
- 7CD will train on the Daly Courts.
- 6A will train at 5pm in Provence

#### <u>Thursday</u>

- 9AB will train in Provence
- 1sts to train in Oblate Hall
- 10B to train on the court outside Oblate Hall.
- 6B Basketball will be cancelled for Week 8.

# ESPORTS

Coordinator Mr Chris Eades – <u>eadesc@iona.qld.edu.au</u>

#### **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 <u>eadesc@iona.qld.edu.au</u> 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 – <u>biggsj@iona.qld.edu.au</u>

#### 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 Iong-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	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 paperbased 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 <u>repsport@iona.qld.edu.au</u>, 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 lona Sport Department.

SPORT	AGE	DETAILS	NOMINATIONS
	GROUP		CLOSE
Cricket	13-15yrs	Composite District Trial	Wed Aug 30
Triathlon	12-19 Yrs	Contact repsport@iona.qld.edu.au	
Aquathlon	10-11Yrs	for more information	

Congratulations to the following students on recent representative sport performances:

Lee Kitching (Pictured) third place in the 1000-yard shoot in F standard B Category at the Queensland Rifle Association State Championship.



# MOUNTAIN BIKING

Coordinator Mr Daniel Davison – <u>davisond@iona.qld.edu.au</u>

### 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 – <u>biggsj@iona.qld.edu.au</u>

### <u>Please click here for the rugby league season</u>

schedule including all trials, training and game details.

#### **Progressive Results**

Team	Rd1 vs	Rd2	Rd3	Rd4	Rd6	Rd7
	SLC	VS	VS	VS	VS	VS
		SEC	MAR	PAD	Villa	SPC
1 <sup>st</sup>	lost	won	won	lost		
2 <sup>nd</sup>	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	Вуе	draw		
5A	lost	Вуе	lost	lost		
5B	won	lost	Bye	lost		

### Game and Photo Schedules for Sat 2 September

Boys must arrive at the Primary handball courts 10mins before their photo time or they risk missing the photo.

Saturday 2 September			
Venue: Iona College		Primary Handball	
		Courts	
Game Davine Oval		<mark>Photo Time</mark>	
Time			
8am	5B	7.20am	
8.50am	5A	8.10am	
9.40am	6B	9am	
10.30am	6A	9.50am	

Saturday 2 September Venue: Curlew Park. Curlew St, Sandgate		
Time	Field 2	
8am	7A	
9am	8A	
10am	9A	
11am	10A	
12pm	2 <sup>nd</sup> XIII	
1.15pm	1 <sup>st</sup> XIII	

### Rugby League Team Photos

League team photos will be taken on the following dates: Years 5-6: Saturday 2 September 1sts: Thursday 7 September (before training)

<u>Action Photos</u>: Send any action photos of the Saturday league matches to <u>otwayk@iona.qld.edu.au</u> for inclusion in



the sport newsletter or College newsletter photo gallery.

### SEQ Championships Under-10 League

A team of Year 5 boys will play in the SEQ Championships on Friday 8 September at Carina Leagues Club.

# SAILING

#### ionacollegesailing@gmail.com

On Sunday, our sailing team came together to celebrate the beginning of the 2023/24 sailing season with the running of the Kevin Caine Cup.



In perfect racing conditions, the College's fleet of Pacer Dinghies

competed in a six-race regatta to complete our preseason preparation for the upcoming Term 4 interschool competition.

This year's overall winning combination of skipper Archie Willey and crew Flynn Rowell lead second-place skipper Jasper Vinen and crew Sebastian Moore. In the junior division, Toby McDougal, Hunter Phelps and Mason Hills won prizes.

During our presentation, we Zane Bush was also awarded the 'Spirit of Sailing' award for his contribution to the team throughout the last season as a mentor to new sailors, demonstrating his commitment to the team and always showing the lona spirit.

Thank you to our coaches, volunteers and Mr Caine for making the day memorable.

# SWIMMING - iSWIM

Head Coach Mr Zane King – <u>kingz@iona.qld.edu.au</u> Assistant Coach Mr Nic Keune – <u>keunen@iona.qld.edu.au</u>

With the AIC swimming season rapidly approaching, any lonian 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 – <u>cookp@iona.qld.edu.au</u>

Team	Managers	Email
1 <sup>s⊤</sup> IV	Paul Cook	cookp@iona.qld.edu.au
2 <sup>ND</sup> , 3 <sup>RD</sup> ,4 <sup>TH</sup>	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	<u>cookr@iona.qld.edu.au</u>
6A & 6B	Kevin Caine	<u>cainek@iona.qld.edu.au</u>
5A & 5B	Gemma Tapson	tapsong@iona.qld.edu.au

<u>Please click here for the tennis season schedule</u> which includes all trials, training and game details.

Saturday was always going to be a tough day. St Peters Lutheran College have won the aggregate trophy for many years, and they always prove to be tough competitors.

Well done to both of our Year 5 and 7 teams who won all their matches. Year 5 teams are still capable of winning premierships, as is the 7A team. Congratulations also to the 1OB team who fought hard to lose a tight match 4 (28) to 4 (32).

The 1st IV team, for the second time this year, tied the match at 4–4, unfortunately losing 50–54.

Good luck this weekend against Villanova College.

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 lona 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**

Теа	Rd1	Rd2	Rd3	Rd4	Rd5	R6	Rd7
m	vs	vs	VS	vs	VS	vs	VS
	SLC	SEC	MAR	Pad	SPLC	Villa	SPC
1 <sup>st</sup>	lost	won	lost	won	lost		
	3-5	8-0	53-54	8-0	50-54		
2 <sup>nd</sup>	lost	lost	lost	won	lost		
	3-5	2-6	2-6	7–1	1-7		
3 <sup>rd</sup>	lost	lost	lost	lost	lost		
	2-6	2-6	2-6	3-5	0-8		
4 <sup>th</sup>	won	lost	lost	lost	lost		
	6-2	3-5	3-5	2-6	0-8		

10A	won	won	won	won	lost	
	5-3	7–1	29-26	36-41	1–7	
10B	won	won	won	won	lost	
	5-3	8-0	32-26	8-0	28-32	
9A	won	won	won	won	lost	
	5-3	7–1	5-3	6-2	1–7	
9B	lost	lost	lost	won	lost	
	2-6	2-6	1-7	5-3	3-5	
8A	lost	won	lost	won	lost	
	3-5	8-0	3-5	8-0	1-7	
8B	lost	won	lost	won	lost	
	3-5	8-0	0-8	8-0	2-6	
7A	won	won	won	lost	won	
	8-0	8-0	5-3	2-6	5-3	
7B	lost	won	lost	won	won	
	2-6	8-0	2-6	6-2	5-3	
6A	won	won	lost	won	lost	
	6-2	5-3	22-	6-2	1-7	
		ATC	26			
6B	lost	won	lost	won	lost	
	3-5	5-3	0-8	8-0	1–7	
		ATC				
5A	won	won	won	won	won	
	7–1	8-0	5-3	8-0	7–1	
		ATC				
5B	won	won	won	won	won	
	8-0	7–1	6-2	8-0	8-0	





#### Round 6 vs Villa Saturday 2 September

Team	Venue	Time
5A/B	Morningside Tennis Centre	7.45am-10am
-	Beverley St, Morningside	
6A/B	Morningside Tennis Centre	10.15am-12.30pm
	Beverley St, Morningside	
7A/B	Morningside Tennis Centre	7.45am-10am
	Beverley St, Morningside	
8A/B	Morningside Tennis Centre	10.15am-12.30pm
	Beverley St, Morningside	
9A/B	Wynnum Tennis Centre	10.15am-12.30pm
	Colina St, Wynnum	
10A/B	Iona College Tennis Centre	10.15am-12.30pm
1 <sup>st</sup> IV	Iona College Tennis Centre	7.45am-12.30pm
2nd	Iona College Tennis Centre	7.45am-10am
3rd	Wynnum Tennis Centre	7.45am-10am
	Colina St, Wynnum	
4th	Wynnum Tennis Centre	7.45am-10am
	Colina St, Wynnum	

<u>Action Photos</u>: Send any action photos taken of the Saturday tennis matches to <u>otwayk@iona.qld.edu.au</u> 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.

#### **Term 4 Social Tennis**

#### (Beginner to intermediate level, Years 5-7)

#### Thursdays 3.15-4.30 pm, Weeks 1-7

In our Term 2 trials, it was wonderful to see so many boys express their interest in playing tennis. To cater for these numbers, we have added an afternoon of Social Tennis in Term 4.

Social Tennis is for boys to develop skills, grow confidence, and learn gameplay. It includes group minilessons and some gameplay. From past experiences, boys really enjoy the opportunity to get on the court and show great improvement in their skills and gameplay. Students are expected to wear full lona sports uniforms.

If you are interested in playing Social Tennis in Term 4, please collect a permission letter from either Student Reception or Miss Tapson, in the Junior School.

### TOUCH

Touch Coordinator Miss Dellit <u>delliti@iona.qld.edu.au</u>

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

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)

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 <u>ONLY wear their black lona</u> <u>training shirt, lona shorts and lona socks. No thongs,</u> <u>crocs or slides are permitted to be worn.</u>

#### **Tournament Information**

Dates:

Under-13/15: Wed 4 Oct – Sat 7 Oct Under-18: Fri 6 Oct – Sun 8 Oct

#### <u>Transport:</u>

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

<u>Uniform:</u> 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 – <u>otwayk@iona.qld.edu.au</u>

#### **Junior Schools Cup**

Training Times for the Selected boys

#### Year 8 Honours Team

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

#### Year 8 Division 1 Team

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

#### <u>Year 7 Team</u>

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

#### 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: <u>otwayk@iona.qld.edu.au</u>

#### 2024, 1sts Volleyball trial times

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