

IONA SPORT

MOMENTS OF GRACE 

6 September 2023

TEAM IONA

After a sensational Term 2 sport season, Iona was able to back it up with very good results again this term. With Mr Jarrod Biggs (AIC Rugby League Coordinator & Head of High-Performance Sport) at the helm, Iona has continued its dominance of the AIC Rugby League competition by again taking out the AIC aggregate. Since the inception of the AIC Rugby League competition in 2019, no other school has won the aggregate. It was pleasing to see our 8A, 9A and 10A take out their respective premierships. The 7A team came in second and the 1st and 2nds were third on the ladder.

Our AIC Tennis Coordinator Mr Paul Cook, together with our Head Tennis Coach Mr Ian Malpass, have worked hard over recent years to build Iona's tennis program. It was good to see and feel such a positive tennis culture from week to week throughout the season. Iona gained a credible fourth place in the overall aggregate position, which places our college in the top half of the competition. Our best performing teams were the Year 5 A&B teams, who were undefeated this. The 10A, 10B and 9A teams ran second, while our 7 A&B teams made the podium in third overall.

This year, Iona submitted 31 teams into the AIC basketball competition from which we won an incredible 11 premierships, resulting in Iona coming second in the aggregate – just 1.5 points behind first place. This result has been a significant improvement for Iona. Both basketball coordinators, Mr Anthony Bannerman and Mrs Karen Otway, are to be congratulated for leading a great team of coaches and players to this result.

While our results have been very good overall, the most important aspect of our sporting program should be the way we conduct ourselves on and off the field or court. I thank the many boys who participated this term and represented our school with pride and did their bit to keep our standards high. There is no official ranking of schools in AIC, but if there was, Iona would be the top

performing AIC school this term. Well done to all involved!

Given the Term 3 AIC sports season is over, the priority now is our preparation for the upcoming AIC Track & Field Championships, held on the first Thursday and Friday of Week 1 next term.

The final meet for the season is held this afternoon and evening at SAF. We hope to announce the team very soon. We encourage all athletes to attend all the remaining training sessions, including a session organised by Mr Devlin on the last Friday of the school holidays at QSAC. A bus will transport the squad to and from this training session. Please read details below for specific times and venues.

It has been decided that all Year 9 & 11 students will go out as our cheer squad on Day 2 of the AIC T&F Championships on the Friday. This is a great opportunity for our Year 11 boys to show their leadership capabilities, as they soon become our official school leaders. This is a compulsory day for all students. It is a way of supporting our athletes and showing other AIC schools how much pride we have in our school. If you are in Years 9 & 11, please make sure you attend that day wearing your academic uniform (Year 11s: ties and blazers).

Please note the Year 11 and Year 12 cohorts will participate in their respective Track & Field carnivals held this Friday. Year 11 will be in Period 1 and Year 12 will be in Period 2. I ask these boys to bring their PE uniforms on Friday.

Our best wishes go to the three teams preparing for the all-schools touch tournament held in Week 1 next term. I know the boys and their coaches have been preparing well for this tournament.

Trials for Term 1 2024 sports, including cricket, AFL, volleyball and swimming will commence next term. The online sign-on link and subsequent information is found below. All students and their families will receive an email this evening containing this same sign-on link. If you intend to play one of those sports, please sign on.

AIC Sports Information (via Twitter): [@SportIona](#) (includes wet weather updates)

Head of Sport: Mr Craig Stariha – 3893 8851

Sports Administrator: Mrs Karen Otway – 3893 8805

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

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

After a big term of sport, I wish all students and their families a restful break (except our Track & Field boys who still must train!)

Craig Stariha
Iona College
Head of Sport

TERM 1 SPORT SIGN-ON LINK

Students wishing to represent Iona College in AIC sport in 2024 must complete the online sport sign-on form to register their interest. The sports on offer are listed below.

Iona College AIC Sports – Term 1, 2024

AIC Cricket – Open to all students from Years 5–12. All cricket is played on Saturday.

AIC AFL – Open to all students in Years 5–12. All Year 5–9 teams will play on Saturday. The Year 10–12 (Opens) will play on Friday afternoon.

AIC Volleyball – Open to all students from Years 7–12. All volleyball is played on Saturday.

AIC Swimming – Open to all students from Years 5–12. All meets will be held on Friday afternoon (clashes with AFL can be negotiated).

Note: All cricket, volleyball and Years 5–9 AFL is played on Saturday. Therefore, students may trial for only one of these sports. Any boy may register for swimming on top of the other sports played in Term 1. Years 10–12 AFL is played on Friday evening. Those students who consider themselves ‘high level’ players in both cricket and AFL can see/email Mr Stariha directly. Decisions on playing both will be made on a ‘case-by-case’ basis for top-level players only. Please select your first preference on the online sign-on link though.

Please be aware of some of Iona College’s policies and expectations.

- Iona College commitments come before club sport, or any outside organisations.
- Iona College expects full commitment from all players to all training sessions and games (within reason). Clashes with other Iona co-curricular commitments can be negotiated via the Sports Office.
- If a student possesses a special gift or talent, we hope that he uses this talent for the benefit of our community.
- All players are to conduct themselves in the appropriate manner in accordance with our Oblate Catholic values.
- Be supportive of fellow teammates and other teams.

- Always wear the full and correct uniform with pride.
- Enjoy the sport, and give your best when representing Iona College.

AIC SPORT ONLINE SIGN-ON LINK

Please click on the link below to register your son to trial for a sport. Registrations are due by Friday 13 October.

Please scroll below to see the season schedules of each of the AFL, cricket and volleyball sports on offer.

IMPORTANT: Please register and attend the trials for the year you will enter in 2024. For example, a current Year 6 boy would register themselves as a 2024 Year 7 boy, and attend the Year 7 trials.

SPORT SIGN-ON LINK –

<https://iona.jotform.com/team/sport/term-1-2024-sport-sign-on>

IONA UNIFORM SHOP

Opening hours:

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

IONA SPORT SEASON PLANNER

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
30–31 Oct:	All Schools Water polo
Sat 4 Nov:	Volleyball/Cricket/AFL internal trials
Fri 10 Nov:	1 st & 2 nd AFL trial vs Villanova
Sat 11 Nov:	Volleyball/Cricket/AFL Trials vs Villanova

AFL

AFL Coordinator

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

Please see Term 1, 2024 sign on link above.

Please see the below link for the following information:

- **AFL trial times (for each year level) in Term 4 for next year's AIC teams.**
- **Information about internal trial games.**
- **Uniform expectations.**
- **2024 training times for the selected teams.**
- **Dates of AIC Matches in 2024.**

[AIC AFL Information Link](#)

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:

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 – Wednesday 13 September

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

Schedule of Track Events (Wednesday 13 September)

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	200m
6.45pm	4 X 100m Relay

Schedule of Field Events (Wednesday 13 September)

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
6.10pm	Shot Put 2	14 Years
	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

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 HPE shorts are ok. NON-IONA CLOTHING IS NOT ALLOWED).

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.

Holiday Track and Field Training

The squad will have a whole squad session at SAF @ Nathan (the outside track).

Date: Friday 29 September (end of the holidays)

Time: 1pm - 2.30pm.

Who: All the track & field events will train on this day.

Transport:

There will be a bus departing Iona at 12pm to take boys to the venue. Students may either travel on the bus or meet the coaches at the venue.

The final team will be announced after this session (via an email).

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



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	lost	lost	lost 53-66
2 nd	won	won	won	won	won	won	lost 34-42
3 rd	won	won	won	won	won	won	won 35-31
4 th	won	won	won	won	won	won	won 28-16
11A	won	won	won	won	won	won	won 49-24
11B	draw	won	lost	won	won	won	draw 38-38
11C	won	won	lost	lost	won	lost	won 32-27
10A	lost	won	won	won	won	won	won 46-44
10B	lost	won	lost	lost	won	lost	won 40-36
10C	lost	won	won	won	won	won	won 56-22
10D	won	won	won	won	Bye	won	won 28-27
9A	lost	lost	lost	won	won	lost	lost 42-75
9B	won	won	lost	won	won	won	lost 44-51
9C	lost	won	won	won	won	lost	lost 28-32
9D	lost	won	won	won	Bye	lost	lost 12-19
8A	lost	won	won	won	won	lost	won 46-44
8B	lost	lost	lost	won	lost	lost	lost 40-48
8C	won	won	won	won	won	lost	won 36-30
8D	won	won	won	won	won	won	won 28-23
7A	won	won	won	won	won	won	won 68-35
7B	won	won	won	won	won	lost	won 59-13
7C	lost	won	won	won	won	lost	won 66-12
7D	won	won	won	won	won	lost	won 45-7
6A	won	won	lost	won	won	lost	won 40-36
6B	won	won	lost	won	won	lost	won 35-10
6C	won	Bye	draw	won	internal	won	won 38-3
6D	won	Bye	lost	won	internal	lost	won 23-5
5A	lost	lost	won	won	won	lost	lost 22-27
5B	won	won	lost	won	won	lost	won 56-18
5C	lost	Bye	won	lost	internal	lost	won 24-6
5D	won	Bye	lost	won	internal	lost	won 30-2

Season Basketball Placings

Team	Position	Premiers	Team	Position	Premiers
1 st	6th	Villa	8A	2nd	SLC
2 nd	1st	Iona/SEC	8B	7th	SLC
3 rd	1st	Iona	8C	1st	Iona/Mar
4 th	1st	Iona	8D	1st	Iona
11A	1st	Iona	7A	1st	Iona
11B	2nd	Marist	7B	1st	Iona/Villa/ Pad
11C			7C	2nd	Villa
10A	1st	Iona/SLC	7D	2nd	Villa
10B	6th	SLC	6A		
10C	1st	Iona	6B		
10D	1st	Iona	6C		Undefeated
9A	6th	SLC/SPC	6D		
9B	2nd	Villa	5A		
9C	3rd	Villa	5B		
9D	4th	Villa	5C		
			5D		
Aggregate		Iona 2 nd			Villanova 1st

2023 Major Basketball Awards

Senior Player of the Year	Zane MacRae
Junior Player of the Year	Joseph Baker
Primary Player of the Year	Hugo Britton

2023 Team Basketball Awards

MVP Awards	Team Contribution Awards
1 st /Open Samuel Colley	1 st – Samuel Cranny 2 nd – Noah Wright 3 rd – Max Robinson 4 th – Hamish McKeon
Year 11 Cooper Price	11A – Benjamin Mitchell 11B – Joshua van Huyssteen 11C – Matthew Schwikkard
Year 10 Aidan Jackson	10A – Jack Earnshaw 10B – Theodore Vardanega 10C – Oliver Gibson 10D – Thomas Breadsell
Year 9 Lachlan Tapp	9A – Ethan James 9B – Charlie Abell 9C – Sean Larking 9D – Naith Frishkorn
Year 8 Roman Intelisano	8A – Hayden Jennison 8B – Edward Andersen 8C – Corban Fodie 8D – Aaron Sheppard
Year 7 Marc Raleigh	7A – Tyler Kinzett 7B – James Vella 7C – Aiden Hollier 7D – Benjamin Rotim
Year 6 Hugo Britton	6A – Oscar Hindmarsh 6B – Levi Schofield 6C – Riley Chin 6D – Elijah Walsh

Year 5 Ashton Tolley	5A – Hamish Truscott 5B – James Draper 5C – Harrison Gehrke 5D – Liam Rodrigues Pires Savage
----------------------	---

CBSQ Schools Cup basketball

Iona 1st V team will be competing in the CBSQ Schools Cup basketball competition from the 14 – 17 September

Venues:

Runaway Bay Indoor Sports Centre and Coomera Indoor Sports Centre

Draw:

Thursday 14 Sept: (Runaway Bay Indoor Sports Centre)

11am vs Townsville SHS, Court 1

5pm vs St Mary's Toowoomba, Court 2

Friday 15 Sept: (Runaway Bay Indoor Sports Centre)

9am vs Unity College, Court 1

3pm vs 4th Pool D, Court 1

Saturday 16 Sept: (Runaway Bay Indoor Sports Centre)

12pm Court 3 vs TBA

6pm Court 2 vs TBA

Sunday 17 Sept: (Coomera Indoor Sports Centre)

10am Court 7 vs TBA

CRICKET

Years 5 & 6 Coordinator

Mr Brendan Allen – allenb@iona.qld.edu.au

Years 7–12 Coordinator

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

Please see Term 1, 2024 sign on link above.

Please see the below link for the following information:

- **Cricket trial times (for each year level) in Term 4 for next year's AIC teams.**
- **Information about internal trial games.**
- **Uniform expectations.**
- **2024 training times for the selected teams.**
- **Dates of AIC Matches in 2024.**

[AIC Cricket Information Link](#)

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.

SPORT	AGE GROUP	DETAILS	NOMINATIONS CLOSE
Triathlon	12-19 Yrs	Contact repsport@iona.qld.edu.au	
Aquathlon	10-11 Yrs	for more information	

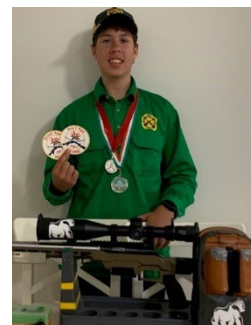
Congratulations to the following students on recent representative sport selections:

- Mitch Price and Seth Woolgar have been selected in Queensland U16 Volleyball teams to compete at the Australian Youth Volleyball Championships in Bendigo
- Lachlan Clarke has been selected in the Metropolitan East 13-14yr Futsal team

Best wishes for your upcoming competitions.

Congratulations to the following students on recent representative sport performances:

- Lee Kitching (pictured) competed at the Metropolitan Districts Rifle Association Championships and received the following awards:
 - Best Shooter Under 25yrs
 - 2nd 1000 yards
 - 2nd Overall Aggregate
 - 3rd Aggregate (Day 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.

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.

Term 4 gym will commence in Week 2.

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.

MOUNTAIN BIKING

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

Gold Coast Graduation Cup Results

It was an absolutely stellar performance from our Mountain Biking squad at the final event of the season, with one of our Junior teams taking home a third-place podium finish.



Thirty-five riders from Years 6-12 competed in a new 'team' format, where they weren't just competing as individuals for their College, but rather as a team of three to five riders within their age group.

Team Highlights:

Senior Team – Placed 5th (of 11 teams)

Riders: Ziggi Oliver, Xavier Tromp, Matthew Johnson, Lucas Longly

Intermediate Team 1 – Placed 11th (of 21 teams)

Riders: Jack Thatcher, Hudson Connolly, Ashton Featherstonhaugh

Junior Team 3 – Placed 3rd (of 32 teams)

Riders: Kohen Loskill, Benjamin Doust, William McDonald, Lachlan Colley, Cooper Mahoney

Junior Team 6 – Placed 7th (of 32 teams)

Riders: Patrick Hazell, Harry Hazell, Harris Bradford

Junior Team 2 – Placed 8th (of 32 teams)

Riders: Riley Glendinning, Joseph Hodgkinson, Cuan Hampel, Zane Seeto, Frederic Hughes

Overall Individual Highlights:

- Lucas Longly – 8th in Senior (of 28), 14th fastest (LAZER), 19th fastest (FOX)
- Xavier Tromp – 11th in Senior (of 28), 12th (LAZER)
- Jack Thatcher – 12th in Intermediate (of 109)
- Kohen Loskill – 6th in Junior (of 146)
- Patrick Hazell – 13th in Junior (of 146)
- Riley Glendinning – 20th in Junior (of 146)

Fantastic effort this season from the 63 Iona riders who competed at various events in Terms 2 and 3 this year.

RUGBY SEVENS

Iona had a brilliant win 20–5 over Ballyclare High School from Northern Ireland in the first semi-final in France. The team then fell just short of their Rugby Heritage Cup dream, going down to New Zealand's Condor Sevens team 40–20 in the final in France.

Heads high, fellas! You played incredibly well over the entire tournament, and made your College and country so proud!

Congratulations on a wonderful tournament, and for being such great ambassadors for Iona.

RUGBY LEAGUE

Coordinator

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

Progressive Results

Team	Rd1 vs SLC	Rd2 vs SEC	Rd3 vs MAR	Rd4 vs PAD	Rd6 vs Villa	Rd7 vs SPC
1 st	lost	won	won	lost	lost	won 30–16
2 nd	won	won	lost	lost	won	won 26–14
Yr 10	won	won	draw	won	won	won 22–19
Yr 9	won	won	won	won	lost	won 26–14
Yr 8	won	won	won	won	won	lost 12–22
Yr 7	won	won	won	won	won	lost 4–22
6A	lost	won	lost	lost	won	lost 4–8
6B	lost	won	Bye	draw	lost	won 32–20
5A	lost	Bye	lost	lost	lost	lost 12–28
5B	won	lost	Bye	lost	won	won 28–8



Final Season Placings

Team	Iona Position	Premiers
1 st	3rd	Villa/Padua
2 nd	3rd	Marist
Year 10	1st	Iona/Marist
Year 9	1st	Iona/Marist
Year 8	1st	Iona
Year 7	2nd	St Patrick's
Year 6		
Year 5		
Aggregate	1st	Iona

Rugby League Awards

2023 Major Rugby League Awards

Senior Player of the Year	William Mark Lane
Junior Player of the Year	Cooper Benvenuti
Primary Player of the Year	Lennox O'Brien

2023 Team Rugby League Awards

MVP Awards	Team Contribution Award
1 st /Open: Topaz Mohi	1 st – Cooper Benvenuti 2 nd – Jonah Geiger
Year 10: Lachlan Smith	Hayden Castner
Year 9: Keanu Bothma	Alexander Harrison
Year 8: Dominic Castner	Max Birkett
Year 7: Riley Young	Owen McDonald
Year 6: Lennox O'Brien	6A – Oscar Hindmarsh 6B – Jack Primrose
Year 5: Jed Green	5A – Isiah Scanlon 5B – Murray Klintworth



SWIMMING – iSWIM

Head Coach

Mr Zane King – kingz@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – keunen@iona.qld.edu.au

We encourage as many boys as possible to commence training. Those wishing to make the AIC swim team should start Week 1 next term. We are very much aware that many of our elite swimmers are in the pool already. Well done to those boys, keep up the great work!

For more information, email the coaches listed above.

Term 4 AIC Swimming Program

AIC Squads (Weeks 1 – 4)		
AIC Squad	Tues & Thurs	3.15–4.15pm
AIC Squads (Weeks 5–9)		
AIC Squad	Tues & Thurs	6.15 – 7.40am
AIC Team sprint	Wednesday	3.15–4.15pm

Elite Squads (Invitation Only)

National Squad	Mon / Wed / Fri Mon – Fri Saturday	5.15–7.30am 4.15–6.45pm 5.45–9.30am
State Squad	Mon / Wed / Fri Mon – Fri Saturday	5.15–7.30am 3.30–5pm 7.15–9.15am
Mets Squad	Mon – Fri	3.30–5pm
Junior Squad	Mon – Fri	3.45–4.45pm

TENNIS

Tennis Coordinator

Mr Paul Cook – cookp@iona.qld.edu.au

Progressive Tennis Results

Team	Rd 1 vs SLC	Rd 2 vs SEC	Rd 3 vs MAR	Rd4 vs Pad	Rd 5 vs SPLC	R6 vs Villa	Rd 7 vs SPC
1 st	lost 3–5	won 8–0	lost 53–54	won 8–0	lost 50–54	won 5–3	won 8–0
2 nd	lost 3–5	lost 2–6	lost 2–6	won 7–1	lost 1–7	won 6–2	won 30–29
3 rd	lost 2–6	lost 2–6	lost 2–6	lost 3–5	lost 0–8	won 28–23	won 6–2
4 th	won 6–2	lost 3–5	lost 3–5	lost 2–6	lost 0–8	won 8–0	Bye
10A	won 5–3	won 7–1	won 29–26	won 36–41	lost 1–7	won 6–2	won 7–1
10B	won 5–3	won 8–0	won 32–26	won 8–0	lost 28–32	won 8–0	won 5–3
9A	won 5–3	won 7–1	won 5–3	won 6–2	lost 1–7	won 5–3	won 6–2
9B	lost 2–6	lost 2–6	lost 1–7	won 5–3	lost 3–5	won 5–3	lost 0–8

8A	lost 3–5	won 8–0	lost 3–5	won 8–0	lost 1–7	won 6–2	won 8–0
8B	lost 3–5	won 8–0	lost 0–8	won 8–0	lost 2–6	won 5–3	won 8–0
7A	won 8–0	won 8–0	won 5–3	lost 2–6	won 5–3	won 7–1	lost 3–5
7B	lost 2–6	won 8–0	lost 2–6	won 6–2	won 5–3	won 8–0	won 32–29
6A	won 6–2	won 5–3	lost 22–26	won 6–2	lost 1–7	lost 2–6	won 5–3
6B	lost 3–5	won 5–3	lost 0–8	won 8–0	lost 1–7	lost 1–7	lost 2–6
5A	won 7–1	won 8–0	won 5–3	won 8–0	won 7–1	won 8–0	won 8–0
5B	won 8–0	won 7–1	won 6–2	won 8–0	won 8–0	won 8–0	won 8–0

Congratulations to all tennis players! On Saturday we won the day 13–3. This result concluded a very successful tennis season, the most successful one in many years.

Our Year 5 teams secured premierships, with both teams going through the season undefeated. Well done to Miss Tapson and her boys. The 7A team needed a victory to secure a premiership. They fought well, but went down 3–5. The 9A, 10A and 10B teams completed successful seasons, winning their matches on Saturday having only lost one match each throughout the season.



The 1st IV team won convincingly 8–0, and will look to build on their season and strive for a stronger/improved 2024 season. Congratulations to Jackson Treacy, who played and won his final singles match in front of Iona Old Boys (and former Tennis Captains), students, grandparents, and parents. Jackson has played in the 1st IV since year 7. Thank you for your valuable contribution to the Iona Tennis program!

Thank you to Malpass Tennis for your excellent coaching and support throughout the season. It is much appreciated. Thank you to all the managers who have been giving up their Saturdays to look after all our teams. To all players, do not put your tennis rackets away. Continue playing and striving to improve. Next year Iona Tennis will be striving to be “even better”.



2023 Major Tennis Awards

Senior Player of the Year	Jackson Treacy
Junior Player of the Year	William Toomey
Primary Player of the Year	Darcy Still

2023 Team Tennis Awards

Age Champions	Team Contribution Awards
1 st /Open Jackson Treacy	Harley Malpass Finn O'Malley-Jones
Year 12 Jackson Treacy	
Year 11 Harley Malpass	
Year 10 Nicholas Goodwin	Harrison Crawford
Year 9 Jesse Malpass	Finley Cronin
Year 8 Alexei Scanlan	Austin McKillop
Year 7 Felix Vickers	James Parker
Year 6 Darcy Still	Mitchell Heard
Year 5 Thomas Bird	Zachary Garside

Season Tennis Results

Team	Position	Premiers	Team	Position	Premiers
1 st	4 th	St Peters	8A	4 th	St Peters
2 nd	4 th	St Peters	8B	4 th	SPLC/SLC/ MAR
3 rd	6 th	St Peters	7A	3 rd	SPC/Pad
4 th	5 th	St Peters	7B	3 rd	St Peters
10A	2 nd	St Peters	6A		
10B	2 nd	St Peters	6B		
9A	2 nd	St Peters	5A		Undefeated
9B	6 th	St Patrick's	5B		Undefeated
Aggregate		Iona 4 th			St Peters 1 st

Term 4 Social Tennis

(Beginner to intermediate level, Years 5-7)

Thursdays 3.15-4.30pm, 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 mini-lessons 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 Iona 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 delliti@iona.qld.edu.au

Training

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

Week 10	3.15pm-4.30pm
----------------	---------------

The Open team will also have a training session this Thursday after school 3.15-4.30pm.

Tournament Information

Dates:

Under-13/15: Wed 4 Oct – Sat 7 Oct
Under-18: 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

Please see the below link for the following information:

- Volleyball trial times (for each year level) in Term 4 for next year's AIC teams.
- Information about internal trial games.
- Uniform expectations.
- 2024 training times for the selected teams.
- Dates of AIC Matches in 2024.

[AIC Volleyball Information Link](#)

Junior Schools Cup

Training Times for the Selected boys

Year 8 Honours Team

Thursday 14 Sept: 3.15pm – 5pm in Oblate Hall
Friday 15 September: 3.15pm – 5pm in Provence
Friday 6 October: 3.15pm – 5pm in Provence
Thursday 12 October: 3.15pm – 5pm in Provence (Game vs Cleveland)
Friday 13 October: 3.15pm – 5pm in Provence
Thurs 19 October: 3.15pm – 5pm in Provence

Year 8 Division 1 Team

Thursday 14 Sept:	3.15pm – 4.30pm in Oblate Hall
Friday 15 September:	3.15pm – 4.30pm in Provence
Friday 6 October:	3.15pm – 4.30pm in Provence
Thurs 12 October:	3.15pm – 4.30pm in Provence
Friday 13 October:	3.15pm – 4.30pm in Provence (Game vs Redlands)
Thurs 19 October:	3.15pm – 4.30pm in Provence

Year 7 Division 1 Team

Friday 6 October:	3.15pm – 5pm in Provence
Thursday 12 October:	3.15pm – 5pm in Provence (Game vs Cleveland)
Friday 13 October:	3.15pm – 5pm in Provence
Thurs 19 October:	3.15pm – 5pm in Provence

Sharks Holiday Volleyball Camp

Students who are interested in trialling for Iona volleyball next term may be interested in the below day camp to help develop their volleyball skills before selections.

Sharks Volleyball Camp is a four-day junior development camp open to players of all skill levels. It aims to develop the athlete's skills and knowledge of the game, through experienced and personalised coaching.

Dates:	26-29 September (during the day only)
Venues:	Mansfield State High School and Eagles Sports Complex.
Cost:	\$250 including a camp tee shirt and water bottle.

TO REGISTER, CLICK [HERE](#)

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

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.

WATER POLO

Water Polo Coordinator

Mr Adam Easton – eastona@iona.qld.edu.au

Water Polo Training (and further trials if needed)

Tuesday 3 Oct 6.30am – 7.45am.

Tuesday and Thursday mornings in Weeks 2, 3 and 4 next term.

Competitions

- AIC Invitational Tournament: Sunday 22 October @ Marist College Ashgrove.
- All Schools Tournament: Mon 30 and Tues 31 October (Venue TBC) 1 x Senior Team & 1 x Junior Team to be selected.

Swimming training

Swimming training is available for all water polo players in Term 4 on Tuesday and Thursday afternoons 3.15pm to 4.15pm. You are encouraged to attend.