

# IONA SPORT

MOMENTS OF GRACE 

6 September 2023

## TEAM IONA

Iona's rugby sevens team is making our College and country very proud in France at the moment, where they are competing in the inaugural World Rugby Heritage Cup. This is a schools sevens competition comprising of at least one boys and girls school team from every country playing in the Rugby World Cup. After winning all three pool games against the Rugby School (England), College de Pontlevoy (France) and Old Resian Club (Argentina), our team progressed to the quarter finals where they played Tonga College.

Iona was victorious 35-15, and will now advance to the semi-finals against Ballyclare High School (Northern Ireland). Both the semi-final and final games will be played this Thursday night (Qld time). We wish these boys all the best in the remaining stages of this tournament. Please scroll below for further results.

Trials/training for those wishing to play AIC AFL, Volleyball, Cricket and Swimming in 2024 will be conducted in Term 4 this year. Our aim is to have all teams for all sports selected by the end of this year. The idea is that our teams will be fully prepared right from the start of 2024. A full trial schedule as well as a sport sign-on link will be posted and emailed to all families by the end of next week. Please keep an eye out.

Last weekend, Iona played Villanova in Round 6 of the AIC fixtures. As expected, we were challenged in basketball. Both colleges enjoyed their fair share of victories. Overall, Iona was the dominant school in rugby league and tennis. Our boys are going well this season, and are strongly encouraged to finish off the year to the best of their ability.

I ask all boys to keep up the good efforts at Track and Field training. The attendance has been 'hit-and-miss' over the last fortnight. From now on, Track & Field training has full priority over all other sports. Therefore, if there are any clashes, please attend Track &

Field. After this week, we can solely give Track and Field our full attention as the basketball, rugby league and tennis programs will be finished.

This week all squad members will attend the third (of four) AIC Track & Field meets for the season at SAF. We expect full attendance by all squad members. After this week, we only have four more weeks before the AIC Track & Field championships are held in Week 1 next term. It is not long to go now, so our full attention and commitment to training and to the meet this Thursday and next Wednesday must be high on our priority.

The Iona swim program will look to get into full swing next term. We encourage as many boys as possible to join our program as we know the hard work done now will pay dividends later in the season. Boys can join the program to make the AIC swim team, or they may choose to join the swim program to enhance their physical fitness and general wellbeing. The cost of the swim program is free!

I would certainly encourage as many boys as possible to take up this opportunity to jump in the pool and work on their fitness or perhaps their goal to make the AIC swim team next year. Parents, we urge you to get your sons off their devices and for them to take this opportunity. Please see below more details regarding session times.

As mentioned above, the final round of AIC fixtures this weekend will see Iona up against St Patrick's. This will be the final time that our Year 12 students will play basketball, rugby league and tennis for the black and white. I thank these men for their contributions over the years and wish them, as well as all other teams, the very best this weekend.

Let's play hard till the end, boys, and please 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 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
30-31 Oct:	All Schools Water polo
Sat 4 Nov:	Volleyball/Cricket/AFL internal trials
Fri 10 Nov:	1 <sup>st</sup> & 2 <sup>nd</sup> AFL trial vs Villanova
Sat 11 Nov:	Volleyball/Cricket/AFL Trials vs Villanova

## AFL

AFL Coordinator  
Mr Bannerman – [bannermana@iona.qld.edu.au](mailto:bannermana@iona.qld.edu.au)

Trials for the 2024 AFL teams will start in Term 4.

## ATHLETICS

Years 5-6 Coordinator  
Mr Peter Holmes – [holmesp@iona.qld.edu.au](mailto:holmesp@iona.qld.edu.au)  
Years 7-12 Coordinator  
Mr Sean Devlin – [devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au)

### Important Track and Field Dates:

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

## 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

### Meet Organisation – Thursday 7 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 (Thursday 7 September)

Time	Event
3.20pm	200m Years 5/6
3.40pm	800m Years 5/6
4pm	100m Years 5/6
4.30pm	Hurdles Years 5 & 6
4.45pm	Hurdles 12 Years – Open
5pm	1500m
5.30pm	200m
6pm	3000m
6.40pm	100m
7.15pm	4 X 100m Relay

## Schedule of Field Events (Thursday 7 September)

Time	Event	Age Group
3.15pm	Shot Put	Year 5
	High Jump	Year 6
	Long Jump	Year 5
4pm	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	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	

## 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
	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	

## 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](mailto: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 29th 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](mailto:mondolop@iona.qld.edu.au)

### Yr 10-12 Coordinator

Mr Anthony Bannerman –  
[bannermana@iona.qld.edu.au](mailto:bannermana@iona.qld.edu.au)

### Yr 7-9 Coordinator

Mrs Karen Otway – [otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au)

### Yr 5-6 Coordinator

Mr Anthony Bannerman –  
[bannermana@iona.qld.edu.au](mailto: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 <sup>st</sup>	won	lost	won	won	lost	lost 69-59	
2 <sup>nd</sup>	won	won	won	won	won	won 43-29	
3 <sup>rd</sup>	won	won	won	won	won	won 64-27	
4 <sup>th</sup>	won	won	won	won	won	won 25-24	
11A	won	won	won	won	won	won 58-30	
11B	draw	won	lost	won	won	won 41-17	
11C	won	won	lost	lost	won	lost 38-23	
10A	lost	won	won	won	won	won 66-31	
10B	lost	won	lost	lost	won	lost 53-38	
10C	lost	won	won	won	won	won 56-46	
10D	won	won	won	won	Bye	won 60-17	
9A	lost	lost	lost	won	won	lost 31-35	
9B	won	won	lost	won	won	won 40-37	
9C	lost	won	won	won	won	lost 30-39	
9D	lost	won	won	won	Bye	lost 15-32	
8A	lost	won	won	won	won	lost 44-49	

8B	lost	lost	lost	won	lost	lost 31-38	
8C	won	won	won	won	won	lost 39-42	
8D	won	won	won	won	won	won 22-20	
7A	won	won	won	won	won	won 60-53	
7B	won	won	won	won	won	lost 34-36	
7C	lost	won	won	won	won	lost 31-36	
7D	won	won	won	won	won	lost 14-43	
6A	won	won	lost	won	won	lost 38-60	
6B	won	won	lost	won	won	lost 17-32	
6C	won	Bye	draw	won	internal	won 33-30	
6D	won	Bye	lost	won	internal	lost 15-40	
5A	lost	lost	won	won	won	lost 34-40	
5B	won	won	lost	won	won	lost 19-45	
5C	lost	Bye	won	lost	internal	lost 8-31	
5D	won	Bye	lost	won	internal	lost 6-16	



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

### Round 7 vs St Patrick's

#### Years 5 and 6 – Friday 8 September

Team	Venue	Court	Time
5A	St Patrick's 60 Park Pde, Shorncliffe	Christian Brothers	4.50pm
5B	St Patrick's 60 Park Pde, Shorncliffe	Christian Brothers	4pm
5C	St Patrick's 60 Park Pde, Shorncliffe	Callan Centre	4.50pm
5D	St Patrick's 60 Park Pde, Shorncliffe	Callan Centre	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 3pm and travel to St Patrick's 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 7 Schedule – Saturday 9 September

- 10C training will now be Mondays 7am – 8am outside Oblate Hall.

Years 7 to 12 – Saturday 9 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	St Patrick's 60 Park Pde, Shorncliffe	Christian Brothers	12pm
9B	St Patrick's 60 Park Pde, Shorncliffe	Christian Brothers	11am
9C	St Patrick's 60 Park Pde, Shorncliffe	Callan Centre	11am
9D	St Patrick's 60 Park Pde, Shorncliffe	Morven Outdoor	10am
8A	St Patrick's 60 Park Pde, Shorncliffe	Christian Brothers	10am
8B	St Patrick's 60 Park Pde, Shorncliffe	Christian Brothers	9am
8C	St Patrick's 60 Park Pde, Shorncliffe	Callan Centre	10am
8D	St Patrick's 60 Park Pde, Shorncliffe	Morven Outdoor	8am
7A	St Patrick's 60 Park Pde, Shorncliffe	Christian Brothers	8am
7B	St Patrick's 60 Park Pde, Shorncliffe	Callan Centre	9am
7C	St Patrick's 60 Park Pde, Shorncliffe	Callan Centre	8am
7D	St Patrick's 60 Park Pde, Shorncliffe	Morven Outdoor	9am

### Training Adjustments

Please note:

- The 5C basketball team now has a training session on Thursdays 3.15pm – 4.30pm on Daly Courts.

### Training adjustments for 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.

#### Wednesday

- 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

#### Thursday

- 9AB will train in Provence
- 5D, 6B will train on the court outside Oblate Hall

## ESPORTS

Coordinator  
Mr Chris Eades – [eadesc@iona.qld.edu.au](mailto: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](mailto: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](mailto: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.

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	

## 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](mailto: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
Triathlon	12-19 Yrs	Contact <a href="mailto:repsport@iona.qld.edu.au">repsport@iona.qld.edu.au</a>	
Aquathlon	10-11 Yrs	for more information	

Congratulations to the following students on recent representative sport performances:

- Samuel Allen, Henry Baker, Bailey Burns, Noah Carter, John Connolly, Cameron Cox, Hamish Cox, Alexander Harrison, Sean Moroney, Jai Poma, Ethan Tearle, Jack Thatcher and James Turner have been selected in the Metropolitan East 13-19yrs Track and Field team.
- Benjamin Spall has been selected in the Queensland U-17 Gold Water Polo team to travel to the National Championships in Sydney

Best wishes for your upcoming competition.

Congratulations to the following students on recent representative sport performances:

The following students competed at the Australian Cross Country Championships:

- Henry Baker finished 41<sup>st</sup> in the 16&U 6000m
- Noah Carter finished 27<sup>th</sup> in the U-18 6000m
- Cameron Cox finished 41<sup>st</sup> in the U-14 3000m
- Hamish Cox finished 21<sup>st</sup> in the 14&U 4000m

Cooper Searston (pictured) and his Queensland 10-12yrs Touch Football team won the National Schools Touch Championship.



## MOUNTAIN BIKING

Coordinator

Mr Daniel Davison – [davisond@iona.qld.edu.au](mailto: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 SEVENS

Congratulations to the Rugby Sevens boys playing in the Rugby Heritage Cup in France who convincingly won their three pool games:

Iona def Old Resian Club (Argentina)	55 – 0
Iona def The Rugby School (England)	55 – 15
Iona def College de Pontlevoy (France)	65 – 5

Iona played Tonga College in the quarter final and won 35 – 15. We now play Ballyclare High School from Northern Ireland in the semi finals on Thursday.

What a fantastic achievement for these boys.



## RUGBY LEAGUE

Coordinator  
Mr Jarrod Biggs – [biggsj@iona.qld.edu.au](mailto: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	Rd6 vs Villa	Rd7 vs SPC
1 <sup>st</sup>	lost	won	won	lost	lost 16-18	
2 <sup>nd</sup>	won	won	lost	lost	won 38-12	
Yr10	won	won	draw	won	won 30-10	
Yr 9	won	won	won	won	lost 28-32	
Yr 8	won	won	won	won	won 28-16	
Yr 7	won	won	won	won	won 34-8	
6A	lost	won	lost	lost	won 20-12	
6B	lost	won	Bye	draw	lost 16-8	
5A	lost	Bye	lost	lost	lost 12-4	
5B	won	lost	Bye	lost	won 24-12	

### Game Schedule vs St Patrick's

Saturday 9 September	
Venue: Curlew Park, Curlew St, Sandgate	
Game Time	Field 1
8am	5B
8.50am	5A
9.40am	6B
10.30am	6A

Saturday 9 September	
Venue: Padua Fields Elliot Rd, Banyo	
Time	Field 2
8am	7A
9am	8A
10am	9A
11am	10A
12pm	2 <sup>nd</sup> XIII
1.15pm	1 <sup>st</sup> XIII

Action Photos: Send any action photos of the Saturday league matches to [otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au) 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](mailto:ionacollegesailing@gmail.com)

Our team will have the last Sunday training session of Term 3 this weekend, with our new skippers and crews finalising preparations for the inter school competition commencing in Term 4.

## SWIMMING – iSWIM

Head Coach  
Mr Zane King – [kingz@iona.qld.edu.au](mailto:kingz@iona.qld.edu.au)  
Assistant Coach  
Mr Nic Keune – [keunen@iona.qld.edu.au](mailto: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](mailto:cookp@iona.qld.edu.au)

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

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

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.

- All players are to play in the Iona tennis uniform with an 'I-Cap' or hat.
- Players are to be dropped off at each venue **at least 15 minutes** prior to the start of play.

### 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 <sup>st</sup>	lost 3-5	won 8-0	lost 53-54	won 8-0	lost 50-54	won 5-3	
2 <sup>nd</sup>	lost 3-5	lost 2-6	lost 2-6	won 7-1	lost 1-7	won 6-2	
3 <sup>rd</sup>	lost 2-6	lost 2-6	lost 2-6	lost 3-5	lost 0-8	won 28-23	
4 <sup>th</sup>	won 6-2	lost 3-5	lost 3-5	lost 2-6	lost 0-8	won 8-0	
10A	won 5-3	won 7-1	won 29-26	won 36-41	lost 1-7	won 6-2	
10B	won 5-3	won 8-0	won 32-26	won 8-0	lost 28-32	won 8-0	
9A	won 5-3	won 7-1	won 5-3	won 6-2	lost 1-7	won 5-3	
9B	lost 2-6	lost 2-6	lost 1-7	won 5-3	lost 3-5	won 5-3	
8A	lost 3-5	won 8-0	lost 3-5	won 8-0	lost 1-7	won 6-2	
8B	lost 3-5	won 8-0	lost 0-8	won 8-0	lost 2-6	won 5-3	
7A	won 8-0	won 8-0	won 5-3	lost 2-6	won 5-3	won 7-1	
7B	lost 2-6	won 8-0	lost 2-6	won 6-2	won 5-3	won 8-0	
6A	won 6-2	won 5-3	lost 22-26	won 6-2	lost 1-7	lost 2-6	
6B	lost 3-5	won 5-3	lost 0-8	won 8-0	lost 1-7	lost 1-7	
5A	won 7-1	won 8-0	won 5-3	won 8-0	won 7-1	won 8-0	
5B	won 8-0	won 7-1	won 6-2	won 8-0	won 8-0	won 8-0	



Wow! What a weekend for Iona Tennis. Iona won the day 14 matches to two. We were so close to a "clean sweep" of results. Well done to all teams!

Our Year 5 and 7A teams can secure premierships this weekend if they win their matches, so good luck boys. The 10A and B teams bounced back with impressive

wins despite some late team changes. Our 8s and 9s won well, as did each Open team.

The 1st IV team had a tight victory (5-3), by winning all their doubles matches and one singles match. All other singles matches went to "super tie-breakers" – unfortunately each of these were lost.

With one more match left to play, I would like to thank Malpass Tennis, with Ian and his team of coaches, for their excellent coaching and support throughout the season. I would also like to thank all parents who drive their sons to the early morning training sessions and the weekend games. Every weekend this year our results have improved. All the hard work at training is paying off with our excellent results.

Good luck this weekend as we strive to finish the season with some good results on Saturday!

### Round 7 vs St Patrick's Saturday 9 September

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

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

### 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 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](mailto:delliti@iona.qld.edu.au)

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

<b>Week 9</b>	3.15pm-4.30pm
<b>Week 10</b>	3.15pm-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](mailto:otwayk@iona.qld.edu.au)

### Junior Schools Cup

#### Training Times for the Selected boys

##### Year 8 Honours Team

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

##### Year 8 Division 1 Team

Friday 8 September: 3.15pm – 4.30pm in Oblate Hall  
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

Thurs 19 October: 3.15pm – 4.30pm in Provence

##### Year 7 Team

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

### 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.

#### **REGISTER [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](mailto: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 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](mailto:eastona@iona.qld.edu.au)

### Water Polo Trials

Tuesday 12 September 6.30am – 7.45am at the Iona pool.

#### **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.