

# IONA SPORT

MOMENTS OF GRACE 

4 October 2023

## TEAM IONA

As I write this column, it is hard to believe that it is the first week back after vacation and we are on the 'run home' to Christmas. With only eight weeks remaining, there is no doubt that it will be a busy term ahead as we 'gear up' for the 2024 sporting year.

Our swim program continues this week with the addition of the new 2024 students who have been invited and welcomed into our program. A swim camp will be added to the swim program next year. Up to 58 spots will be available to all Year 7-12 (2024) students to attend this camp on the Gold Coast from 13-15 January. This will be an action-packed camp, full of fun. More information on this camp will be given in the next two to three weeks.

The AIC Track and Field Championships will run over a two-day period – tomorrow and Friday – at QSAC. We wish all the boys the very best.

Mr Devlin has emailed all those in the squad with the relevant information. The Year 9 and 11 cohorts will go to QSAC on buses to act as supporters for our team. These boys are to wear their academic uniforms, College I-cap and bring a small bag with their food and drink on the day. Canteen facilities will also be available. We are relying on the support of Year 9 and 11 parents to ensure their sons attend school that day to support the team and College.

Our 1st Volleyball squad started trials late last term with an extended squad of boys. Our teams will be training hard on the court during Term 4, and will test their skills in some pre-season matches as well as participation in the Australian Volleyball Schools Cup.

Iona's Open cricket squad commenced their training this week. The coaching staff are very excited by the attendance and positive attitude of all players. We wish this playing group all the best over the coming cricket season. The squad will have some trial matches and the Oblate Cricket Cup to prepare for this term.

The Open AFL training / trials will commence next Tuesday afternoon, as stated in the 'AIC AFL Information Link' provided below. Be advised that, in 2024, the Open division in AFL includes the Year 10, 11 and 12 cohorts. Therefore, all current Year 9, 10 & 11 students interested in playing will be required at trials next week. The AIC competition will cater for only two Open teams in 2024. Open games will be played on Friday evenings. All other year levels will play on Saturdays.

Very soon, the College will announce two combined league / union squads that will be involved in a pre-season training program. We intend to join forces and train as one unit for part of the pre-season, before the union coaches take the reins leading into the AIC Union season. Participation in these squads will be by invitation only, and will involve the current (selected) Year 8, 9, 10 and 11 students who played either league or union for the school this year at a high level. More information regarding these squads will be given in next week's newsletter. We intend to inform all those who have made these squads by the end of next week.

During Week 3, we will commence all cricket, AFL and volleyball trials within each of the student's allocated Year 5-10 sport lesson times. As of Week 4, further trials will occur for these sports both within the year level sport time and sessions held after school. All the trial details are found in the respective sport sections below. Simply click on the information links to access all the trial dates and times for the after-school and weekend trials. We ask that families keep these dates free. New students joining Iona in 2024 will be invited to attend these trials as well, particularly new boys in Year 5 and 7.

Our hope is to have all teams selected before we break for Christmas. As part of the trial process, we have organised several important internal and external trial games to further assist our coaches with team selections. Failure to attend these trials may impede your son's chances, as it is hard to select players when they are absent. It is important that the boys attend the trials for their Year level in 2024 – i.e. current Year 5 students should attend the Year 6 trials and so on.

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

An online sign-on link has been published for many weeks now. The due date for all sign-ons is Friday 13 October (next Friday). At this stage, the sign-on numbers are down, which indicates many students have still not signed on. Please find the sign-on link in the section directly below.

As always, we encourage all students to get involved in the sports program, and to enjoy the experience along the way.

**Craig Stariha**

**Iona College, Head of Sport**

## TERM 1 SPORT SIGN-ON LINK

Students wishing to represent Iona 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 each of the season schedules for AFL, cricket and volleyball.

**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

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
3–9 Dec:	Australian Volleyball Schools Cup
3–9 Dec:	Oblate Cup Cricket

## AFL

AFL Coordinator

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

Please see Term 1, 2024 sign-on link above.

Click 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](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:**

AIC Track & Field Championships

Day 1 – Thursday 5 Oct @ QSAC

Day 2 – Friday 6 Oct @ QSAC

**Meet Organisation – Thursday 5 October**

Venue: QSAC @ Nathan

Event time: 1.15pm – 5pm

Bus departs Iona: 11.30am

Bus arrives back: Approx. 5.45pm

Who attends?: Only athletes competing on this day.

What to wear to school: Wear formal uniform to school and get changed on the bus into Iona sports uniform.

What to wear when competing: Boys must wear Iona athletics singlet and Iona sports shorts (athletics shorts/HPE shorts or rugby shorts are fine). Iona black or white sport socks.

Can your parents pick you up from the venue?: Yes, but only from a specified point nominated by AIC.

**Schedule of Track Events (Thursday 5 October)**

Time	Event
2.15pm	Hurdles Year 5 – Open
3pm	800m Years 5/6
4pm	1500m 12 Years – Open

**Schedule of Field Events (Thursday 5 October)**

Time	Event	Age Group
1.15pm	Long Jump	Years 5 & n6
2pm	High Jump Discus Triple Jump Shot Put Long Jump Javelin	12 Years 13 Years 14 Years 15 Years 16 Years Open
3pm	Javelin High Jump Discus Triple Jump Shot Put Long Jump	12 Years 13 Years 14 Years 15 Years 16 Years Open
4pm	Long Jump Javelin High Jump Discus Triple Jump Shot Put	12 Years 13 Years 14 Years 15 Years 16 Years Open

**Meet Organisation – Friday 6 October**

Venue: QSAC @ Nathan

Event Time: 8.45am–1.30pm

Bus departs Iona: 7.30am

Bus arrives back: Approx. 2.30pm

Who attends?: All members of the athletics squad, including reserves and those students not chosen to compete.

What to wear to school: Wear formal uniform to school and get changed on the bus into Iona sports uniform.

What to wear when competing: Boys must wear Iona athletics singlet and Iona sports shorts (athletics shorts/HPE shorts or rugby shorts are fine). Iona black or white sport socks.

Can your parents pick you up from the venue?: Yes, but only from a specified point nominated by AIC.

**Schedule of Track Events (Friday 6 October)**

Time	Event
8.45am	3000m Open
9.05am	200m Year 5 – Open
9.50am	800m 12 Years – Open
10.35am	100m Years 5 – Open
12pm	400m 12 years – Open
12.20pm	6 x 400m Relay
12.30pm	4 x 100m Relay Year 5 – Open

## Schedule of Field Events (Friday 6 October)

Time	Event	Age Group
9am	Shot Put	12 Years
	Long Jump	13 Years
	Javelin	14 Years
	High Jump	15 Years
	Discus	16 Years
	Triple Jump	Open
10am	Shot Put	Year 5
	High Jump	Year 6
	Triple Jump	12 Years
	Shot Put	13 Years
	Long Jump	14 Years
	Javelin	15 Years
	High Jump	16 Years
	Discus	Open
11am	High Jump	Year 5
	Shot Put	Year 6
	Discus	12 Years
	Triple Jump	13 Years
	Shot Put	14 Years
	Long Jump	15 Years
	Javelin	16 Years
	High Jump	Open

1.30pm – Presentation of Awards

Any questions, please feel free to email Mr Devlin:  
[devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au).

## BASKETBALL

### CBSQ Schools Cup basketball

Congratulations to our Open basketball team, who finished took the silver medal at the CSBQ Schools Cup basketball competition over the holidays, finishing second overall. Every player contributed throughout the four-day competition, and Iona was able to show a great level of teamwork and tenacity against some strong competition. Many thanks to all students, coaches and parents who assisted throughout the competition.

#### Pool Games

Iona 49 d Townsville SHS 35

Iona 62 d St Mary's Toowoomba 28

Iona 79 d Unity College 33

#### Finals

Round 1: Iona 34 d Pacific Lutheran College 25

Round 2: Iona 53 d Springfield Central SHS 23

#### Semi Final

Iona 50 d Woodridge SHS 37

#### Gold Medal Match

Iona 40 lost to Southern Cross Catholic College 52

Most Valuable Player: James Kelly

## CRICKET

Years 5 & 6 Coordinator

Mr Brendan Allen – [allenb@iona.qld.edu.au](mailto:allenb@iona.qld.edu.au)

Years 7–12 Coordinator

Mr Sean Devlin – [devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au)

Please see Term 1, 2024 sign-on link above.

### Click the link below 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](mailto:eadesc@iona.qld.edu.au)

Please contact Mr Eades at [eadesc@iona.qld.edu.au](mailto:eadesc@iona.qld.edu.au) if you have any questions.

## 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.

- Seth Woolgar and his Queensland White team on finishing fourth in the Under-16 Boys Division at the National Youth Volleyball Championships. Seth (pictured) also recently represented the Australian Under-16 team at the Asian Volleyball Championships in Uzbekistan.



### Term 4, Week 2 Gym Schedule:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am – 7:30am	YEAR 11 & 12 HIGH PERFORMANCE	YEAR 11 & 12 HIGH PERFORMANCE	YEAR 11 & 12 HIGH PERFORMANCE	YEAR 11 & 12 HIGH PERFORMANCE	7:00am-8:00am
7:15am – 8:15am	YEAR 9 & 10 HIGH PERFORMANCE PROGRAM A	YEAR 9 & 10 HIGH PERFORMANCE PROGRAM A	YEAR 9 & 10 HIGH PERFORMANCE PROGRAM B	YEAR 9 & 10 HIGH PERFORMANCE PROGRAM B	INTRODUCTION TO GYM TRAINING
3:15pm – 4:15pm	YEAR 7 & 8 HIGH PERFORMANCE PROGRAM A	YEAR 7 & 8 HIGH PERFORMANCE PROGRAM A	YEAR 7 & 8 HIGH PERFORMANCE PROGRAM B	YEAR 7 & 8 HIGH PERFORMANCE PROGRAM B	CLOSED
4:15pm – 5:45pm		IONA SWIMMING CLUB		IONA SWIMMING CLUB	

Please check next week's sports newsletter for an updated schedule for the remainder of Term 4.

### 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:

- Lehopoame Leota represented the Australian Schools & Under-18 Rugby Union team in a two-Test series against New Zealand in Canberra
- Mitch Price (pictured) and his Queensland Maroon team on winning the Under-16 Boys Division at the National Youth Volleyball Championships
- Jack Bannister on winning a silver medal in Under-60kg Junior Men division at the Australian Schools Judo Championships.
- Ezekiel Jones (pictured) and his Queensland Maroon team on finishing second at the Australian School Sport Rugby League Championships.



## MOUNTAIN BIKING

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

### Mountain Biking Awards

Senior Mountain Biker of the Year	Xavier Tromp
Junior Mountain Biker of the Year	Lucas Longley
Mountain Biking Team Contribution	Ziggi Oliver

## SAILING

The opening day of the 2023–24 interschool sailing season commences this Sunday, with five Fleet races planned. Our team has been preparing through Term 3, and we are looking forward to another competitive year of sailing.

Sailors are to be at the rigging lawn by 7.30am on Sunday, and we will be celebrating the blessing of the fleet prior to departure for racing.

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

## Elite Squads (Invitation Only)

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

### Term 4 Social Tennis

(Beginner to intermediate level, Years 5–7)

Thursdays 3.15–4.30pm, Weeks 1–7

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

### 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.

### Draw:

#### 13s Boys

Wednesday 4 October

2pm vs Beaudesert SHS Field 5

4pm vs Foxwell SSC Field 11

Thursday 5 October

9am vs Cent. Heights SHS Field 9

11am vs St Joseph's Coomera Field 9

1pm vs Ignatius Park Field 1

Friday 6 October

10am vs Yarrabilba SSC Field 22

#### 15s Boys

Wednesday 4 October

1.30pm vs Emmaus Jimboomba Field 13

3.30pm vs Centenary SHS Field 14

Thursday 5 October

10am vs Morayfield SHS Field 22

12pm vs St Andrews Anglican Field 25

2pm vs St Augustine's Coll Field 5

4pm vs Windaroo Valley Field 8

#### 18s Boys

Friday 6 October

12pm vs Brisbane Adventist Coll Field 18

2pm vs Shalom Coll Field 15

4pm vs Ignatius Park Field 1

Saturday 7 October

1pm vs Stretton State Coll Field 12

3pm vs Holland Park SHS Field 6

5pm vs Ferny Grove SHS Field 7

## VOLLEYBALL

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

**Click the link below 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](#)

[Volleyball Trial Times for weeks 1 and 2.](#) (Please see the link above for a full trial schedule)

- Wed 4 Oct: 2024 Year 11 (Current Year 10)
- Tues 10 Oct: 2nds/3rds/4ths (current Year 10 and 11 boys who miss out on the 11A team). This trial has been brought forward due to a clash with the semi formal.

## Junior Schools Cup

### Training times for selected players

#### Year 8 Honours 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

#### Year 8 Division 1 Team

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

## WATER POLO

Water Polo Coordinator

Mr Adam Easton – [eastona@iona.qld.edu.au](mailto:eastona@iona.qld.edu.au)

### **Water Polo Training (and further trials if needed)**

Tuesday and Thursday mornings in Weeks 2, 3 and 4

### **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 and 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.