

IONA SPORT

MOMENTS OF GRACE 

11 October 2023

TEAM IONA

I am extremely proud of all the boys who participated in the 2023 Track & Field program this season, and to those who were privileged to represent our College at the annual AIC Championships held on Thursday and Friday of last week.

The early message given to our squad this year was to compete and give your best at every training session to improve. We challenged the boys to challenge each other, and to raise the bar for each other. Put simply, we wanted there to be a strong sense of competition within our team where the boys had to compete against each other to make the team. Once the team was selected, the message to all athletes was to aim to break your personal best on the day and leave 'nothing in the tank'.

Overall, Iona placed in fourth in the 12yrs–Opens and Year 5–6 aggregate divisions. This was only a few points away from third position in each division, and certainly within close reach of second. In such a busy term, I appreciated the effort and dedication of those in the Track & Field squad who showed a willingness to juggle their commitments to attend training and to represent the College. Well done to these boys and their parents for supporting Iona.

On a disappointing note, it was sad to see that more than 50 per cent of our Year 9 and 11 cohorts, who were our allocated supporter group on the day, decided not to attend school. Iona has a rich tradition built over many years where we use our talents and give of ourselves to support others and our College when asked. We all benefit from this tradition. Some families made the wrong decision to support their son's absenteeism last Friday. Enough said, but it had to be said.

As advertised extensively, please be aware that the Term 1 AIC Sport Sign-on Links for those wishing to represent Iona in AIC swimming, AFL, cricket and volleyball close this Friday. Please read further information below in the respective sport sections

regarding trial times and venues which will commence next week.

The College will implement a new initiative in the lead-up to the 2024 rugby union and rugby league seasons to enhance the development of our players and advance the quality of our programs in both sports.

As part of this initiative, our best league and union players will combine and train together in a development squad. Initially, our league and union coaches will work together to deliver a program to instil the building blocks of a positive winning culture, our expectations of meeting high standards of behaviour and application, maintaining a high work ethic, and a mastery of the basic skills applicable to both sports.

This new initiative will see the introduction of two squads, named the 'Hoops' and 'Harlequins'. The participation in these squads is by invitation only, and is solely based on a student's performance whilst playing for Iona in the recent league and union seasons. These squads have been chosen by a selection panel consisting of our 1st, 2nd, A&B-level coaches from Years 8–10, as well as our Rugby Union and Rugby League Coordinators and key members of Iona's Sport Office – including the Head of High Performance, the Assistant Head of Sport and Head of Sport. Members of this inaugural squad will be emailed a letter of offer by the end of this week. Note: These squads are limited in size and only involve selected Year 8–11 players.

Last weekend, Iona submitted three teams into the Qld All Schools Touch competition. The teams played well and advanced to the final pool of 16 for their respective age groups before being knocked out of the competition. Many thanks to all the players, coaches and parents who supported the event.

Fr Bill Ousley OMI led a 'blessing of the fleet' ceremony for our sailors last Sunday as they embarked on the first fleet race for the season. Fr Bill rightly invited the girls from Lourdes Hill College to the blessing, and together our fleets were blessed for an enjoyable and safe season ahead. Thank you, Father!

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

Next week we will advertise a sign-on link inviting members of our community, including Old Boys, parents and friends to register their interest in the various coaching, managerial and officiating roles needed for Iona sport in 2024. If you are interested, please keep a look out for this link in next week's edition.

I wish all those involved in the current trials for water polo, touch, esports, cricket, AFL, swimming, volleyball and sailing the very best. Enjoy!

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

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
4–5 Nov:	Primary All Schools Touch
Fri 10 Nov:	1 st & 2 nd AFL trial vs Villanova
Sat 11 Nov:	Volleyball/Cricket/AFL Trials vs Villanova
Wed 22 Nov:	Inter house Swimming Carnivals
3–9 Dec:	Australian Volleyball Schools Cup
3–9 Dec:	Oblate Cup Cricket

AFL

AFL Coordinator

Mr Bannerman – 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

Years 7-12 Coordinator

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

AIC Athletics Championships Results

Years 5-6 Aggregate 12 Years-Open Aggregate

1 st	Marist	1 st	Marist
4 th	Iona	4 th	Iona

Age-Level Results

Age Group	Aggregate Winner	Iona Position
Year 5	Marist	Iona 3rd
Year 6	Marist	Iona 5th
12 Years	Padua	Iona 5th
13 Years	Marist	Iona 6th
14 Years	Marist	Iona 5th
15 Years	Marist	Iona 2nd
16 Years	Marist	Iona 2nd
Open	Villanova	Iona 8th

2023 Award Winners

Senior Track and Field Athlete	Bailey Burns
Junior Track and Field Athlete	Jack Thatcher/Samuel Allen
Primary Track and Field Athlete	Jacob Francis
Open Track Champion	Nicholas Delamere
Open Field Champion	Jack Stewart
16-Years Track Champion	Ryan Seibel/Bailey Burns
16-Years Field Champion	Bailey Burns
15-Years Track Champion	Jack Thatcher/Conor Quinn
15-Years Field Champion	Luke Coffey/ Sam Grigor
14-Years Track Champion	Hamish Cox
14-Years Field Champion	James Turner

13-Years Track Champion	John Connolly
13-Years Field Champion	Zane Burns
12-Years Track Champion	Aiden Levitt/Kye Hinchy
12-Years Field Champion	Alexander Invincibile
Year 6 Track Champion	Riley Chin
Year 6 Field Champion	Jacob Francis
Year 5 Track Champion	Sascha Hampel/Walker Rogers
Year 5 Field Champion	Patrick Hishon

Individual Winners at AIC Championships

Year 5

Lachlan Coote:	200m Div 8
Joshua Clancy:	200m Div 6
Luke Vella:	100m Div 8
Murray Klintworth:	100m Div 6

Year 6

Riley Chin:	60m Hurdles Div 4
Samson Smith:	100m Div 5

12-Years:

Kye Hinchy:	100m Div 3
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15-Years:

Sam Grigor:	Long Jump Div 2
Conor Quinn:	200m Div 1
Jack Thatcher:	400m Div 1
Luke Coffey:	Javelin Div 2

16-Years:

Bailey Burns:	Long Jump Div 1, Triple Jump Div 1, 4x100m relay
Ryan Siebel:	800m Div 2, 1500m Div 2
Oscar Colbert:	100m Div 4, 4x100m relay
Nicholas Bragger:	100m Div 3, 4x100m relay
Arie van Kerkwyk:	4x100m relay

Open

Nicholas Delamere:	1500m Div 2
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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.

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

Please contact Mr Eades at eadesc@iona.qld.edu.au if you have any questions.

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.

GYM GROUPS

- 'HARLEQUINS', 'HOOPS' and 'OBLATE' squads are only open to invited athletes. Attendance at these sessions is mandatory for those invited. Liaise with Mr Biggs regarding scheduling issues.
- '7-10 HIGH PERFORMANCE' groups are for players that play 'A'-Level or regional rep sport. Students should attend one Day 1 and one Day 2 session each week.
- 'YEAR 11 & 12 HIGH PERFORMANCE' groups are for players that are members of Iona Firsts Squads or regional rep sport. Students are given two-day programs based on their S&C goals.
- 'INTRODUCTION TO GYM TRAINING' is for Year 7 – Year 12 students that are not a part of other groups. Students are provided a suitable program to work through.

Term 4 Gym Schedule:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am – 7:30am	INTRO TO GYM	YEAR 11 & 12 HIGH PERFORMANCE	HARLEQUINS RL/RU SQUAD DAY 2	YEAR 11 & 12 HIGH PERFORMANCE	INTRO TO GYM
7:15am – 8:15am	HARLEQUINS RL/RU SQUAD DAY 1	YEAR 9 & 10 HIGH PERFORMANCE DAY 1	OBLATE CRICKET SQUAD 1-DAY PROGRAM	YEAR 9 & 10 HIGH PERFORMANCE DAY 2	HOOPS RL/RU SQUAD DAY 2
3:15pm – 4:15pm	YEAR 7 & 8 HIGH PERFORMANCE DAY 1	YEAR 7 & 8 HIGH PERFORMANCE DAY 1	HOOPS RL/RU SQUAD DAY 1	YEAR 7 & 8 HIGH PERFORMANCE DAY 2	YEAR 7 & 8 HIGH PERFORMANCE DAY 2
4:15pm – 5:45pm		IONA SWIMMING CLUB		IONA SWIMMING CLUB	

GYM RULES

- Use the bag racks for your bags and get changed in dressing rooms downstairs
- Wear Iona sports uniform, not club gear
- Follow all instructions from your trainer carefully
- Complete all exercises on your program
- Prioritise the safety of yourself and others
- Ensure you use all equipment correctly and return it to where you got it from.

District And Regional Sport Trials

For further information, and to register your interest in any of the trials listed below, please email repsport@iona.qld.edu.au, and include your date of birth, past playing experience and position/s for the sport you are applying for. All school-based representative sport nominations must be endorsed by the Iona Sport Department.

SPORT	AGE GROUP	DETAILS	NOMINATIONS CLOSE
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:

- Jesse Haller has been selected in the Metropolitan East 13-15yrs Cricket team. Best wishes for your upcoming competition.

Congratulations to the following students on recent representative sport performances:

- Lucas Patrick (pictured) and his teammate for the following results:
 - 4th of 91 boats in the UK 29er National Championships
 - 16th of 205 boats in the World 29er National Championships
 - 1st in the 29er fleet at the QLD Youth Sailing Championship



- Lucas Patrick and Zachary Patrick (both pictured) for winning the NSW Youth Sailing Championship in the Flying 11 class.



- Finn Haller and Henry Bader (13-Years) Toby Collins and Callum McKeon (15-Years) and their Australian teams for winning the Indoor Cricket Junior World Series Championships in Dubai. All four Iona players are pictured below.



SAILING

Term 4 inter-school sailing commenced on Sunday, and our Team was joined by Fr Bill Ousley OMI for a blessing of the Fleet prior to racing. It was a great opportunity for our sailing family to celebrate the beginning of the season, and we welcomed the Lourdes Hill sailing team who joined in the ceremony. Once racing got under way, the Fleet of 30+ Pacer dinghies was greeted by strong winds and racing had to be abandoned after four of the five scheduled races due to high winds.

Our sailors performed well in the challenging conditions, with some promising results early in the series. Samuel Muir is sitting at the top of the leader board, followed by Archie Willey (fifth) with Toby McDougal and Daniel Innes (equal 11th). The season continues with the next round of fleet racing this coming Sunday, and we wish the team well. Thanks to Fr Bill, Mr Stariha, our coaches, Will Nobes and Libby Kirby, and our parent volunteers who made Sunday a great first day of the season.



SWIMMING – iSWIM

Head Coach

Mr Zane King – kingz@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – keunen@iona.qld.edu.au

Interhouse Swimming Carnivals

Date: Wednesday 22 November

Time: Years 7–8 (Periods 1 & 2)

Years 9–11 (Periods 3 & 4)

- Due to limited space, parents do not attend these carnivals.

Swimming Training

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	5.15am–7.30am
	Mon – Fri	4.15pm–6.45pm
	Saturday	5.45–9.30am
State Squad	Mon / Wed / Fri	5.15am–7.30am
	Mon – Fri	3.30pm–5pm
	Saturday	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

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

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

Primary Touch Coordinator
Troy Condon condont@iona.qld.edu.au

2023 Touch Award Winners

Senior Player of the Year	Campbell Rolfe
Junior Player of the Year	Robert Swaney
U-18 Most Valuable	Campbell Rolfe
U-18 Team Contribution	Zion Chingwille
U-15 Most Valuable	Ezekiel Jones
U-15 Team Contribution	Ethan Mathie
U-13 Most Valuable	Jack Fitzpatrick
U-13 Team Contribution	Benjamin Howlett

Secondary All Schools Results

U-13	
5-0 (W)	Beaudesert SHS
5-1 (W)	Foxwell SSC
10-1 (W)	Centenary Heights
12-0 (W)	St Joseph's Coomera
2-4 (L)	Ignatius Park
8-3 (W)	Yarrabilby
FINALS:	
1-2 (L)	The Cathedral College

Finished second in their pool and finished the tournament inside the top 16.

U-15	
8-0 (W)	Emmaus (Jimboomba)
8-5 (W)	Centenary SHS
7-2 (W)	Morayfield SHS
8-1 (W)	St Andrew's
9-1 (W)	St Augustine's
10-1 (W)	Windaroo Valley
FINALS:	
4-2 (L)	Emmaus Rockhampton

Finished first in their pool and finished the tournament inside the top 16.

U-18	
12-2 (W)	Brisbane Adventist College
9-1 (W)	Shalom College
4-5 (L)	Ignatius Park
3-3	Stretton College
14-0 (W)	Holland Park SHS
10-2 (W)	Ferny Grove SHS
FINAL 16:	
1-5 (L)	Wavell SHS

Finished second in their pool with the second-highest points differential in the U18 Boys competition
Finished the tournament inside the top 16.

AIC Touch

AIC Invitational: Saturday 21 October at Runcorn

Students were invited via email over the weekend. Please check your emails and respond if required. All players must wear the Iona black-and-white training shirt for the games. Please borrow a shirt from your friend if you don't have the black-and-white one. The Yura shirt is not an option for this event.

If you did not receive an email and would like to be considered, please email Miss Dellit delliti@iona.qld.edu.au

It will be beneficial if you trialled last term for touch football.

Qld Primary All School's Touch Football Competition.

Competition Date: 4-5 November

Squad Training (3.15-4.45pm on Harron or Fuller Oval)
Thursday October 12
Friday October 13

After these two sessions, the squad will be cut down to make two teams of 12, and these teams will train on the following dates in preparation for the competition.

Team Training (3.15-4.45pm on Harron or Fuller Oval)
Thursday October 26
Friday October 27
Tuesday October 31
Thursday November 2

VOLLEYBALL

Volleyball Coordinator
Mrs Karen Otway – 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 2 and 3.

(Please see the link above for a full trial schedule)

Week 2 Trials

- Tues 10 Oct: 2nds/3rds/4ths (Current Year 11 boys). This trial has been brought forward due to a clash with the semi-formal.

Week 3 Trials

- Current Year 9 (2024 Year 10)
Monday 16 Oct 3.15 –5pm Provence Centre

Wednesday 18 Oct 3.15 –5pm Provence Centre
- Current Year 10 boys who are still trialling for the 2024, 11A team. Monday 16 Oct Oblate Hall
- Current Year 8 (2024 Year 9)
Thursday 19 Oct 3.15pm–5pm.
(Schools Cup teams in Provence Centre. All other boys in Oblate Hall).

Junior Schools Cup

Training times for selected players

Year 8 Honours Team

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

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

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

Water Polo Training

Practices will be continuing every Tuesday and Thursday morning (starting at 6.30am) until Week 5. New players are welcome!

Teams will be finalised next week in the lead-up to the Annual AIC competition, which will be taking place at Marist College Ashgrove on Sunday 22 October. Details will be given out at Thursday training next week (19 October) once the draw has been confirmed. We will be competing with a team in each of the following divisions:

Year 7 Division (Primary school students can be selected)

Year 8 and 9 Division

Open Division (Years 8–11 can be selected)

Competitions

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

All Schools Venues: Day 1 (Yeronga), Day 2 (Musgrave)

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.