



18 October 2023

TEAM IONA

This week, we have commenced 2024 AIC AFL, cricket and volleyball trials within Year 5-10-sports lessons. Our Firsts / Open teams, as well as some volleyball teams, have also started after-school trials.

AFL, cricket and volleyball trials will continue from next week across the College for Years 5-11. This will include the continuation of trials being held during the Year 5-10 sports lesson times, as well as further trials being held before or after school for each age group. Please be aware that new students joining the College in 2024 have also been invited to attend these trials.

These trials will take place over the next three weeks (Weeks 4, 5 and 6). Our aim is to have all teams / squads selected by the end of this period. These teams will be in draft form initially, and subject to change as we have further trials next year to cement teams before Round 1.

Although the teams may change slightly next year, students who are selected in the various volleyball and AFL teams / squads at the end of this period will be guaranteed a spot. Those who miss out on a spot in volleyball and AFL due to the limited teams available may join a cricket team if they wish, as we will field as many cricket teams as we have participants.

Depending on the sport and year level, we have organised further trials to be held on Saturday 28 October, Saturday 4 November and Saturday 11 November. It is essential for all students and their families to read the respective Cricket / AFL / Volleyball Information Links found in the respective sport sections below, as further details and times for each sport are given. Failure for students to attend these trials may jeopardise their chance to make a team.

Please note that cricket trials and games have been scheduled on the Saturdays to commence at 1pm or 1.30pm to cater for students playing club cricket. The

only game that will start in the morning during this period will be the First XI game against Villanova on Saturday 11 November.

This weekend, Iona will participate in the one-day AIC water polo, touch and Esports tournaments. The respective co-ordinators have selected all teams. All the pertinent information including draws, uniform requirements etc will be emailed out to those families. We wish all those involved the very best.

Iona College Coaches, Managers & Officials Needed!

The Sports Office is currently looking at staffing for the 2024 sports season. If you can assist in any of these roles, we ask that you complete the 2024 Volunteer Expression of Interest Form online – <https://iona.jotform.com/232638805335863>

Iona relies on the assistance of the parents, Old Boys and friends to help fulfil these roles. Please help if you can – your boys, our students, are counting on us.

This week the inaugural Hoops and Harlequins rugby union / league development squads commenced their strength-and-conditioning training programs. The field sessions will commence later. Initially our highest priority is to build and maintain a positive team culture and for our players to meet the highest standards in all that they do, on and off the field. This includes standards of behaviour and effort, in and out of the classroom. The ongoing support of players and parents to 'buy into the program' is essential to its success. These squads will be reassessed each year based on player performance, attitudes, and attendance.

It is pleasing to see so many of our boys training hard across the College in the wide variety of sports on offer. These efforts are rarely seen by many of us but are essential to our success and culture down the track. Keep up the good work boys, and enjoy!

Craig Stariha
Iona College, Head of Sport

AIC Sports Information (via Twitter): [@SportIona](https://twitter.com/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

The Uniform shop currently has stock of abdominal guards for cricket and mouth guards for AFL.

IONA SPORT SEASON PLANNER

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:	Interhouse 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

The Uniform Shop currently has AFL mouth guards in stock.

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](#)

AFL Trial Times for Weeks 3 and 4.

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

Week 3 (Venue: St Eugene's Park)

Open: Tuesday 17 October 3.15–4.15pm

Week 4 (Venue: St Eugene's Park)

2024 Year 5: Wednesday 25 October 3.30–4.30pm
Saturday 28 October 8–10am

2024 Year 6: Thursday 26 October 3.30–4.30pm

2024 Year 7: Thursday 26 October 3.30–4.30pm
Saturday 28 October 10–11.30am

2024 Year 8: Monday 23 October 3.15–4.30pm

2024 Year 9: Thursday 26 October 3.15–4.30pm

2024 Open: Tuesday 24 October 3.15–4.15pm

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

The Uniform shop currently abdominal guards for cricket in stock.

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](#)

Cricket Trial Times for Weeks 3 and 4.

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

Week 3 Trials

Open Squad: Tuesday & Thursday 3.15pm–5pm

Week 4 Trials (At Cricket nets)

2024 Years 9-10: Monday 23 Oct 3.15–4.45pm

Open Squad: Tuesday 24 Oct 3.15–5pm
Thursday 26 Oct 3.15–5pm

2024 Year 8: Tuesday 24 Oct 3.15–4.45pm

2024 Year 5: Wednesday 25 Oct 3.30–4.45pm
Saturday 28 Oct 1.30–3pm

2024 Year 7: Thursday 26 Oct 3.30–5pm
Saturday 28 Oct 3–4.30pm

2024 Year 6: Thursday 26 Oct 7am–8am

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.

Esports AIC Competition

This weekend (Saturday 21), two teams of five from the Iona Esports trials held throughout this year will represent the College at the annual AIC Esports event at Villanova College's Hanrahan Theatre. They will compete against a number of other AIC schools in a Minecraft Capture the Flag Tournament.

William Morris, Tristan Hallinan, Conor Debenham, Harrison Mackay and Josiah Manning will form our first team, and Mason Johnstone, Joshua Wall, Charles Larkin, Nash Corrie and Jacob Francis will form our second team. We hope the competitors will bring home the trophy and cement Iona as formidable opponents in the sphere of AIC Esports.

All information including draws, uniform requirements etc has been / will be emailed out to those families.

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:

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.

	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	

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
Cricket	16-19 yrs	Direct to Met East trial	Tues 7 Nov

Congratulations to the following students on recent representative sport selections:

- Lehopoame Leota was selected in the Queensland Reds team to compete in Super Rugby Under-19 competition.

Best wishes for your upcoming competition.

Congratulations to the following students on recent representative sport performances:

- All students who recently competed at the QSS Track and Field Championships. Special congratulations to the below students who won medals at this event:
 - Sean Moroney: Gold 18-19yrs MC Long Jump, Silver 18-19yrs MC 200m, Silver 4x100m MC Relay, Bronze 18-19yrs MC 100m
 - Ethan Tearle: Gold 16yrs Hammer Throw, Bronze 16yrs Discuss

- Bailey Burns (pictured below left): Gold 16yrs Long Jump, Bronze 16yrs Triple Jump, Bronze 16yrs 100m
- Samuel Allen (pictured below right): Gold 16yrs MC 100m, Gold 16yrs MC 200m, Silver 4x100m MC Relay



SAILING

Round 2 of the inter-school fleet racing series was completed on Sunday, with strong performances from our top sailors holding their position at the top of the leaderboard. Samuel Muir is in second and Archie Willey is third overall.

With tight racing across the entire fleet, it was pleasing to see the persistence from our new skippers who made great progress over the day. The next two weeks of fleet racing will provide our sailors the opportunity to continue to focus on boat handling and skipper-and-crew communication as we move into the teams racing events later in the season.

A reminder to all our sailors to check they have their belongings at the end of each day as we have collected a number of pieces of lost property over the past two sailing sessions.

SWIMMING – iSWIM

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

By the end of next week, Mr Stariha will email all students and families who signed on to participate in the upcoming AIC swim season. Information about the season and the proposed swim camp will be given.

Our success next year will trace back to the work put in the pool NOW! Stay tuned.

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 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

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

AIC Touch

AIC Invitational: Saturday 21 October at Runcorn

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.

All information including draws, uniform requirements etc has been/will be emailed out to those families.

Qld Primary All Schools Touch Football Competition

Competition Date: 4-5 November

Team Training: (3.15-4.45pm on Harron or Fuller Oval)

Thursday 26 October

Friday 27 October

Tuesday 31 October

Thursday 2 November

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 3 and 4.

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

Week 3 Trials

- Current Year 9 (2024 Year 10)
Wednesday 18 Oct 3.15-5pm Provence Centre
- Current Year 8 (2024 Year 9)
Thursday 19 Oct 3.15pm-5pm
(Schools Cup teams in Provence Centre. All other boys in Oblate Hall).
- 1sts training Wed 18 Oct, 3.15-5pm Provence Centre

Week 4 Trials

- Current Year 9 (2024 Year 10)
Monday 23 Oct 3.15-5pm Provence Centre
Wednesday 25 Oct 3.15-5pm (Final trial for Nationals team)
- Current Years 10 and 11 (2024 2nds/3rds)
3.15-5pm Tuesday 24 Oct Provence Centre
3.15-5pm Thurs 26 Oct Oblate Hall
- Current Year 6 (2024 Year 7)
Thursday 26 October 3.15-5pm Provence Centre
- Current Year 8 (2024 Year 9)
Friday 27 Oct 3.15-5pm Provence Centre
- Current Year 7 (2024 Year 8)
Friday 27 Oct 3.15-5pm Oblate Hall

Junior Schools Cup

Training times for selected players

Year 8 Honours Team

Thurs 19 October: 3.15pm – 5pm in Provence

Year 8 Division 1 Team

Thurs 19 October: 3.15pm – 4.30pm in Provence

Year 7 Division 1 Team

Thurs 19 October: 3.15pm – 5pm in Provence

WATER POLO

Water Polo Coordinator
Mr Adam Easton – eastona@iona.qld.edu.au

Water Polo Training

Practice continues 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 at Thursday training this week (19 October) once the draw has been confirmed. We will be competing with a team in the following divisions:

- Year 8 and 9 Division
- Open Division (Years 8-11 can be selected)

Competitions

- AIC Invitational Tournament: Sunday 22 October @ Marist College Ashgrove.

All the pertinent information including draws, uniform requirements etc has been/will be emailed out to those families.

- 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 from 3.15pm–4.15pm. You are encouraged to attend.