

IONA SPORT

MOMENTS OF GRACE 

25 October 2023

TEAM IONA

Last weekend, the final AIC sporting competitions of the year were played, with the AIC Touch, Esports and Water Polo tournaments.

Overall, our best performing teams were the Year 7 and Year 10/11 touch teams, who won their divisions, as well as the Year 8/9 water polo team who were undefeated throughout the tournament in their division.

Although there are no more AIC competitions this year, this does not mean we at Iona are 'downing tools'. Our focus now is to prepare for 2024.

Last week we officially commenced our AIC cricket, volleyball and AFL trials. These trials will continue this week and the following two weeks as we look to announce all draft teams before the end of term. For the next three weeks we have invited our new students entering the College in 2024 to these trials.

It is very much normal for our new boys to feel a little anxious about coming to a new school environment. It is our duty as fellow Ionians to make these boys feel welcome and relaxed. I urged all students at today's College assembly to make the effort to introduce themselves and make these new students feel welcome. It is important that the new members of our community feel happy with a great sense of belonging.

Over the next three weeks, normal trials will continue in the Year 5-10 sport lesson times. Each age group will also have one trial session held after school (where the new students have the opportunity to join as well). This weekend, all 2024 Year 5 & 7 students will have further cricket, volleyball and AFL trials. Next weekend (Sat 4 Nov) we have internal trials games to be played across the year levels in AFL, cricket and volleyball. The weekend after (10-11 Nov) we have full-school AFL and volleyball trials, as well as First and Second XI cricket trial games against Villanova. It is imperative that all families

read the respective sport sections below for all the times and venues.

The AIC swim program officially began at the beginning of this term. For us to do well, we need to put in the effort during pre-season. I encourage all swimmers to keep up their training. We are planning to run a three-day swim camp early next year. If you are interested, please complete the 'expression of interest link' located in the swimming section below. The swim camp is open to current Year 6-11 students only, and is capped at 56 students. There are lots of fun activities planned including go-karting, Aqua Park, Timezone sessions, plus some beach and pool sessions. Currently we only have 15 spots remaining.

I am extremely pleased with the efforts of those involved in our Firsts and development programs including cricket, 'Hoops and Harlequins', Open volleyball, Open AFL, sailing and swimming. The hard work put in now will pay dividends later. Well done to all the coaches and players involved.

As I walk around the sports grounds, gym and Provence Centre to see the students trialling and training, I am very pleased to see students wearing the correct uniforms. This is excellent. Well done to the students and to their parents for supporting our high standards.



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



Please be advised we will move our Secondary Interhouse swim carnivals from Term 1 to the last week of Term 4 this year, and from now on. During the last week of school this year (Wednesday 22 Nov), we plan to run a joint Year 7–8 swim carnival in Periods 1–2, and a joint Year 9–10 carnival in Periods 3–4. We are hoping to run the Year 11 carnival in Period 1 on the Thursday. More information will be given in the weeks to come.

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.

Best wishes go to all those who are trialling for the various sports on offer. Enjoy!

Craig Stariha
Head of Sport
Iona College

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

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: 1st & 2nd 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 4 and 5.

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

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

Week 5 (Venue: St Eugene's Park)

2024 Year 5: Wednesday 1 Nov 3.30–4.30pm
 Saturday 4 Nov 8am–10am

2024 Year 6: Thursday 2 Nov 3.30–4.30pm

Saturday 4 Nov 10.30-12pm

2024 Year 7: Thursday 2 Nov 3.30-4.30pm
Saturday 4 Nov 11am-12.30pm

2024 Year 8: Monday 30 Oct 3.15-4.30pm
Saturday 4 Nov 9.30-11am

2024 Year 9: Thursday 2 Nov 3.15-4.30pm
Saturday 4 Nov 8am-9.30am

2024 Open: Tuesday 31 Oct 3.15-4.15pm

For the internal trials on Saturday 4 November and the trial matches vs Villanova on Saturday 11 November, the boys are able to wear their Iona AFL uniform if they already have one. Boys who do not have an Iona AFL uniform are to wear their black Iona training shirt or Yura shirt, HPE shorts and Iona black or white socks.

New AFL uniforms can't be purchased from the uniform shop until next year.

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 has 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 4 and 5.
(Please see the link above for a full trial schedule)

Week 4 Trials (at cricket nets)

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

2024 Year 6: Thursday 26 Oct 7am-8am

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

2024 Year 8: Tuesday 24 Oct 3.15-4.45pm

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

Week 5 Trials (at cricket nets)

2024 Year 5: Wednesday 1 Nov 3.15-4.45pm

Saturday 4 Nov 1.30-4.30pm
(@ Kianawah Park, Tingalpa)

2024 Year 6: Thursday 2 Nov 7am-8am
Saturday 4 November 1.30-4.30pm
(@ Kianawah Park, Tingalpa)

2024 Year 7: Thursday 2 Nov 3.15-4.45pm
Saturday 4 Nov (as below)
1.30-4.30pm (A/B squads @ Harron Oval)
1.30-4.30pm (C/D squads @ Kianawah Park)

2024 Year 8: Tuesday 31 Oct 3.15-4.45pm

Saturday 4 Nov 1.30-4.30pm
(A/B squads only @ McCarthy Oval)

2024 Year 9: Monday 30 Oct 3.15-4.45pm

Saturday 4 Nov 1.30-4.30pm
(A/B squads only @ Davine Oval)

2024 Year 10: Monday 30 Oct 3.15-4.45pm

2024 Open (1sts/2nds) Thursday 2 Nov 3.15-5.15

2024 Open (3rds/4ths) Tuesday 31 Oct 3.15-4.45pm

For the internal trials on Saturday 4 November, the boys are able to wear their Iona cricket uniform if they already have one. Boys who do not have an Iona cricket uniform are to wear their black Iona training shirt or Yura shirt, HPE shorts and Iona black or white socks.

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

Iona entered two teams in last Saturday's AIC Esports tournament at Villanova.

Teams consisted of 5-6 players, each selected from the College's students in Years 5-11. All teams played three pool games of



Minecraft before progressing to the playoffs. The boys were eliminated in the quarter finals by the eventual champions. There was lots of fun and action as our boys took on the next generation of competition sports!

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

SAILING

Round 3 of the interschool fleet racing series saw our two lead boats continuing their strong performances with Sam Muir (S) and Flynn Rowell (C) and Archie Willey (S) and Matthew Clarke (C) maintaining podium positions going into the final round of racing this coming Sunday. In another weekend of perfect racing conditions, congratulations also go to Jack Liddelow (S) and Jack Kennedy (C) who, along with Jasper Vinen (S) and Silas Durham (C), registered race wins.

This weekend will conclude the series with another five races scheduled followed by a presentation on the lawns after racing.

SWIMMING – iSWIM

Head Coach

Mr Zane King – iswim@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – iswim@iona.qld.edu.au

Click on the link below to gain all information regarding the 2023/24 AIC swim season including

- Training times
- Swim Camp
- Important contact information
- 2023 meets and important dates
- Rep trial information
- BBQ breakfast information & more

<https://www.iona.qld.edu.au/wp-content/uploads/2023/10/Iona-AIC-Swimming-Schedule-2023-24.docx>

Expression of Interest – Iona Swim Camp, 13-15 January 2024

In preparation for the 2024 AIC Swim Championships, we invite all Iona students from Years 6-11 (that is 2024

Year 7-12 students) to attend a Swim Camp to be held from the 13-15 January 2024 based at the Gold Coast Performance Centre at Runaway Bay.

This camp is a great opportunity for our team to further build bonds and friendships, to focus on the season ahead and develop themselves through training and other physical activities. The camp will commence with a 9am session at the Iona Pool on Saturday 13 January. Following this session, the College buses will transport all students to the Gold Coast. We expect to return to the College at around 11.15am on Monday 15 January.

The cost of the camp will be approximately \$380-\$400. This will include transport, accommodation, food, activities, including a 90-minute package at Timezone in Surfers Paradise, go-karting and an Aqua Park session.

The camp will be capped at 56 participants. It will be a combination of fun activities as well as the hard work needed for us to be the best team we can be. Priority will be given to those who are currently in our swim program. After that, it will be 'first come, first served'.

Once these forms have been received, all official documentation as well as a full itinerary will be sent to all those who have expressed an interest. The camp will be fully supervised by Iona College staff members including our Head and Assistant Head swim coaches.

As our success in 2024 depends upon the hard work put in throughout the pre-season, I strongly urge all parents to encourage their son/s to participate and to register their interest using the online form below.

If sufficient numbers are not reached, we will be unable to proceed with the camp. Please complete the 'Expression of Interest Form' by Friday 27 October.

Expression of Interest Link - <https://forms.office.com/r/Y5YCEiazEG?origin=IprLink>

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.

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 Awards

Senior Player of the Year	Campbell Rolfe
Junior Player of the Year	Robert Swaney
Primary Player of the Year	Cooper Searston
U18 Most Valuable	Campbell Rolfe
U18 Team Contribution	Zion Chingwille
U15 Most Valuable	Ezekiel Jones
U15 Team Contribution	Ethan Mathie
U13 Most Valuable	Jack Fitzpatrick
U13 Team Contribution	Benjamin Howlett
Primary Most Valuable	Cooper Searston
Primary Team Contribution	Samson Smith

AIC Touch

Our teams participated in the AIC Invitational Touch Football Tournament over the weekend, showcasing their talent and dedication. In their respective categories,



the Year 7 and Year 10/11 teams secured first place, while one of our Year 8/9 teams finished third, and another team fifth, winning their final game in a thrilling 3-on-3 drop-off scenario. This tournament followed our successful All-Schools competition in Week 1, highlighting our commitment to improvement.

Our Primary team also displayed skill and sportsmanship, finishing fifth. The Primary team is currently in preparations for their upcoming All-Schools tournament. Below is a wrap-up of the games played.

Primary	Opponent	Year 7	Opponent
draw	Villa	win	Padua Brown
loss	Padua Gold	win	Marist Gold
win	Marist Gold	win	SEC
win	ATC	win	Villa

Year 8/9 (Black)	Opponent	Year 8/9 (White)	Opponent
win	SEC	win	Villa Green
loss	Padua Gold	win	Padua Brown
loss	Villa Gold	loss	SLC Black
win	SLC Gold	win	Marist Gold
loss	Marist Gold	win	ATC
win	Marist Blue	win	SEC

Year 10/11	Opponent
win	Marist Blue
win	SEC
win	ATC
win	Villa



Congratulations to all our teams for their outstanding performances – your hard work and dedication made us proud!

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 4 and 5.

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

Week 4 Trials

- Current Year 6 (2024 Year 7)
Thursday 26 October 3.15–5pm Provence Centre
Saturday 28 October 8 – 9.30am Provence
- Current Year 7 (2024 Year 8)
Friday 27 Oct 3.15–5pm Oblate Hall
- Current Year 8 (2024 Year 9)
Friday 27 Oct 3.15–5pm Provence Centre
- Current Year 9 (2024 Year 10)
Wednesday 25 Oct 3.15–5pm (Nationals team)
- Current Years 10 and 11 (2024 2nds/3rds)
Thurs 26 Oct 3.15–5pm Oblate Hall (**cancelled**)

Week 5 Trials

- Current Year 6 (2024, Year 7)
Thursday 2 Nov 3.15–5pm Provence Centre
Saturday 4 Nov 8am–9am Oblate Hall
- Current Year 7 (2024, Year 8)
Friday 3 Nov 3.15–5pm Oblate Hall
Saturday 4 Nov 9am–10am Oblate Hall

- Current Year 8 (2024, Year 9)
Saturday 4 Nov 10am–11am Oblate Hall
- Current Year 9 (2024, Year 10)
Monday 30 Oct 3.15–5pm (Nationals team only)
Saturday 4 Nov 11am–12pm Oblate Hall
- Current Years 10 and 11 (2024, 2nds/3rds)
Tuesday 31 Oct 3.15–5pm Provence Centre
Saturday 4 Nov 12pm–1pm Oblate Hall
- Current Year 10 (2024 11A)
Wednesday 1 Nov (cancelled)
Saturday 4 Nov 12pm–1pm Oblate Hall
- Current Years 10 and 11 (2024, 4ths)
Wednesday 1 Nov 3.15–5pm Provence Centre.
Please note the change of time for above trial.
Saturday 4 Nov 12pm–1pm Oblate Hall
- Current Year 10 (2024, 11B)
Wednesday 1 Nov 3.15–5pm Provence Centre
Not required on Saturday 4 November

For the internal trials on Saturday 4 November and the trial matches against Villanova on Saturday 11 November, the boys are able to wear their Iona volleyball uniform if they already have one. Boys who do not have an Iona volleyball uniform are to wear their black Iona training shirt or Yura shirt, HPE shorts and Iona black or white socks.

New volleyball shirts can't be purchased from the uniform shop until next year.

WATER POLO

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

2023 Water Polo Awards

Player of the Year	Benjamin Spall
Open Most Valuable Player	Thomas Sullivan
Year 8/9 Most Valuable Player	Luka Boban

Iona entered two teams in last weekend's AIC Water Polo tournament held at Marist Ashgrove, with our Junior team finishing undefeated in equal-first place with Marist.

Our Senior team lost to Padua 3–8, bounced back to beat St Laurence's 11–6, before being pipped by Villanova 8–4.

Congratulations to all players and coaches for being such great ambassadors for Iona!



Water Polo Training

Practice continues every Tuesday and Thursday morning (starting at 6.30am) until Week 5.

Competitions

- 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.