

1 November 2023

TEAM IONA

AFL, volleyball and cricket trials continue this week – as well as on the weekend – for most age groups across the three sports. Please ensure that you read the respective sport sections below to view all the important times. After these internal trial games, we intend to select all teams.

Those who have been selected in an AFL and volleyball team after this Saturday's internal trials will be asked to attend further training next week in preparation for the trials matches against Villanova College next Friday (10 Nov) or Saturday (11 Nov) as per schedules below.

After this weekend, there will be no other cricket trials planned except for the Firsts and combination 10A / Seconds team, who will play Villanova next Saturday (11 Nov) at Iona.

Unfortunately, we will have a number of committed and eager boys miss out on team selection. The worst part of our job is to turn away boys from sport. Although Iona nominates the maximum number of teams into the AIC AFL and volleyball competitions, it is still not enough to meet the demand of interested students. Those who do not make an AFL or volleyball team after this weekend will have the option of joining a cricket team, as we will field as many teams as we have players for this sport. The contact details of the cricket coordinators are found below if your son is keen to play cricket.

Please note, players are not required to wear the Iona AFL, cricket or volleyball uniform to the internal trials or the Villanova trials. If players have this uniform already, they may do so. If not, the boys can wear their Iona black & white training shirt or Yura shirt. New students can wear their current school's PE uniform (or black clothing if they have it). After the Villanova trials, families should then buy the respective uniforms in readiness for 2024, as they then will be certain that they have made a team.

Swim Camp: At this stage, we still have 13 spots remaining for the Iona Swim Camp. 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. Those with an interest in attending have been emailed further information, including consent and payment details.

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

lona 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 4 Nov:	Volleyball/Cricket/AFL internal trials
3-5 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 – <u>bannermana@iona.qld.edu.au</u>

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

<u>AFL Trial Times for Weeks 5 and 6</u>. (Please see the link above for a full trial schedule)

Week 5 (Venue: St Eugene's Park)

<u>2024 Year 5</u> :	Wednesday 1 Nov 3.30–4.30pm Saturday 4 Nov 8am-10am	
<u>2024 Year 6</u> :	Thursday 2 Nov 3.30–4.30pm	

- Saturday 4 Nov 10.30am-12pm
- 2024 Year 7: Thursday 2 Nov 3.30–4.30pm Saturday 4 Nov 11am-12.30pm

<u>2024 Year 8</u> :	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
- <u>2024 Open</u>: Tuesday 31 Oct 3.15-4.15pm

Week 6 (Venue: St Eugene's Park)

- <u>2024 Year 5</u>: Wednesday 8 Nov 3.30–4.30pm Saturday 11 Nov (Trial vs Villanova)
- <u>2024 Year 6</u>: Thursday 9 Nov 3.30–4.30pm Saturday 11 Nov (Trial vs Villanova)
- <u>2024 Year 7</u>: Thursday 9 Nov 3.30–4.30pm Saturday 11 Nov (Trial vs Villanova)
- <u>2024 Year 8</u>: Monday 6 Nov 3.15-4.30pm Saturday 11 Nov (Trial vs Villanova)
- <u>2024 Year 9</u>: Thursday 9 Nov 3.15-4.30pm Saturday 11 Nov (Trial vs Villanova)
- 2024 Open: Tuesday 7 Nov 3.15-4.15pm Friday 10 Nov (Trial vs Villanova)

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

AFL Internal Trial Times for Sat 4 November

Year 5, 2024:	8am-10am (Dwyer Oval)
Year 6, 2024:	10.30am-12pm (Dwyer Oval)
Year 7, 2024:	11am-12.30pm (St Eugene's Oval)
Year 8, 2024:	9.30am-11am (St Eugene's Oval)
Year 9, 2024:	8am-9.30am (St Eugene's Oval)

Open Trial Match vs Villanova (Friday 10 November)

Time: 4pm-6pm Venue: St Eugene's Oval

Years 5-9 Trial Match vs Villanova (Saturday 11 Nov)

Time	Venue / Field
8am	Dwyer Oval
8am	St Eugene 1
9am	St Eugene 1
9am	Dwyer Oval
8am	St Eugene 2
9am	St Eugene 2
10am	St Eugene's Oval (full field)
11am	St Eugene's Oval (full field)
8am	Coorparoo AFC
	Birubi St Coorparoo Field 2
9am	Coorparoo AFC
	Birubi St Coorparoo Field 2
8am	Coorparoo AFC
	Birubi St Coorparoo Field 1
9am	Coorparoo AFC
	Birubi St Coorparoo Field 1
	8am 9am 9am 9am 9am 10am 10am 11am 8am 9am

CRICKET

Years 5 & 6 Coordinator Mr Brendan Allen – <u>allenb@iona.qld.edu.au</u>

Years 7-12 Coordinator Mr Sean Devlin – <u>devlins@iona.qld.edu.au</u>

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

<u>Cricket Trial Times for Weeks 5 and 6</u>. (Please see the link above for a full trial schedule)

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 <u>Saturday 4 Nov (as below):</u> 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

Week 6 Trials (at cricket nets)

2024 Open: Saturday 11 Nov (Trial vs Villanova)

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

Internal Trials Saturday 4 November

All 2024 Year	5:1.30-4.30pm	Kianawah	Park Field 2
7 11 20211001	0.1.00 1.0000111	i la	

Trial Matches vs Villanova Saturday 11 November		
2024, 9A/9B:	1.30-5pm Davine Oval	
2024, 8A/8B:	1.30-5pm Harron Oval	
2024, 7C/7D:	1.30-4.30pm Kianawah Park Field 4	
2024, 7A/7B:	1.30-5pm McCarthy Oval	
2024, 6C:	Not required on Saturday 4 Nov.	
2024, 6A/6B:	1.30-4.30pm Kianawah Park Field 3	

First XI:	Davine Oval 9.30am-5.15pm

Seconds/10A: Harron Oval 1.30-5.30pm

HIGH PERFORMANCE

Coordinator

Mr Jarrod Biggs – <u>biggsj@iona.qld.edu.au</u>

Iona Strength and Conditioning

The lona 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 lona 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 SQAUD 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 <u>repsport@iona.qld.edu.au</u>, 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 lona Sport Department.

SPORT	AGE	DETAILS	NOMINATIONS
	GROUP		CLOSE
Cricket	16-19 yrs	Direct to Met East	Tues 7 Nov
		trial	
Baseball	12-14 Yrs	Direct to Met East	Thurs 23 Nov
	15-18 Yrs	trial (held in	
		2024)	

SAILING

Our Sailing team continued their winning ways on Sunday, with skipper Sam Muir and crew Flynn Rowell taking out the Interschool



Fleet Racing Championship for Term 4.

Joining our winning combination on the podium were skipper Archie Willey and crew Matthew Clarke, who finished the regatta in third place. Congratulations to all our sailors who competed in the fleet racing program over the past four

weekends. Several of our sailors achieved personal milestones including their first race for Iona, their first race win, or their best place in a regatta. For others, it was an opportunity to have some fun developing new skills on the racecourse. As we move into the teams racing format, various changes in schedule occur each Sunday and the style of sailing changes for the boys.

Team allocations and the schedule for Sunday will be shared with the boys at training on Tuesday this week and on team app.

SWIMMING - iSWIM

Head Coach Mr Zane King – <u>iswim@iona.qld.edu.au</u> Assistant Coach Mr Nic Keune – <u>iswim@iona.qld.edu.au</u>

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/wpcontent/uploads/2023/10/Iona-AIC-Swimming-Schedule-2023-24.docx

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

13 SPOTS LEFT!

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 \$390. This will include transport, accommodation, food, activities, including a 90-minute package at Timezone in Surfers Paradise, gokarting 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.

Click here to register your interest: https://forms.office.com/r/Y5YCEiazEG?origin=lprLink

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

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AIC Squads (Weeks 1 – 4)			
AIC Squad	C Squad Tues & Thurs 3.15pm-4.15pm		
AIC Squads (Weel	ks 5-9)		
AIC Squad	Tues & Thurs	6.15am–7.40am	
AIC Team sprint	Wednesday	3.15pm-4.15pm	
Elite Squads (Invita	ition 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 – <u>cookp@iona.qld.edu.au</u>

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 minilessons 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 lona 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 <u>delliti@iona.qld.edu.au</u>

Primary Touch Coordinator Troy Condon <u>condont@iona.qld.edu.au</u>

Qld Primary All Schools Touch Football Competition

Venue: Date:	Cleveland Showgrounds 3-5 November
<u>lona 'A's</u> Friday	5.36pm vs Stretton B on Field 7 7.15pm vs St Mary Mackillop on Field 7
Saturday	11.51am vs AB Patterson on Field 6 2.03pm vs Sheldon on Field 6
lona 'B's Friday	5.36pm vs Cleveland on Field 4
Saturday	7.15pm vs Wishart on Field 4 8.33am vs St Pat's Gympie on Field 6
	9.39am vs Guardian Angels on Field 6

After the last game has been played on Saturday, Sunday's draw and times will be released.

VOLLEYBALL

Volleyball Coordinator Mrs Karen Otway – <u>otwayk@iona.qld.edu.au</u>

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 5 and 6.

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

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)
 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

Week 6 Training

- Current Year 6 (2024, Year 7) Thursday 9 Nov 3.15–5pm Provence Centre Saturday games vs Villa (See schedule below)
- Current Year 7 (2024, Year 8) Friday 10 Nov 3.15-5pm Provence Centre Saturday games vs Villa (See schedule below)
- Current Year 8 (2024, Year 9)
 Friday 10 Nov 3.15–5pm Oblate Hall
 Saturday games vs Villa (See schedule below)
- Current Year 9 (2024, Year 10) Monday 6 Nov 3.15–5pm Provence Centre Saturday games vs Villa (See schedule below)
- Current Years 10 and 11 **(2024, 2nds/3rds)** Tuesday 7 Nov 3.15–5pm Provence Centre Saturday games vs Villa (See schedule below)
- Current Year 10 (2024 11A) Wednesday 8 Nov 3.15–5pm Provence Centre Saturday games vs Villa (See schedule below)
- Current Years 10 and 11 (2024, 4ths)
 Wed 8 Nov Second break Provence Centre Saturday games vs Villa (See Schedule below)
- Current Year 10 (2024, 11B)
 11B team finalized during sport if required.
 Saturday games vs Villa (See schedule below)

For the internal trials on Saturday 4 November and trial matches against Villanova on Saturday (11 Nov), 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 be purchased from the uniform shop after Monday 13 November. Any boys buying second-hand shirts or using hand-me-down shirts MUST check the number of the shirt with Mrs Otway <u>otwayk@iona.qld.edu.au</u> as we are not able to have clashes of shirt numbers in the same year level. All boys playing at Iona MUST attend their team's duty.

- Boys are asked to arrive at their playing venue no later than 30 mins before their game start time or duty time (whichever is first).
- A reminder that boys are not to miss lona volleyball training or Saturday games due to club sport.

Trial vs Villanova – Saturday 11 November			
The Below are 2024 Year Levels			
Team	Venue	Time	Court
1st	Iona College – Provence Centre	10am Duty 12pm Game	1
2nd	Iona College – Provence Centre	11am Game 12pm Duty	1
3rd	Iona College – Provence Centre	8am Duty 9am Game	1
4th vs Villa 11C	Iona College – Provence Centre	12pm Game	2
11A	Iona College – Provence Centre	10am Game 11am Duty	1
11B	Iona College – Provence Centre	8am Game 9am Duty	1
10A	Iona College – Provence Centre	10am Duty 11am Game	2
10B	Iona College – Provence Centre	10am Game 11am Duty	2
10C	Iona College – Provence Centre	8am Duty 9am Game	2
9A	Villanova College Eighth Ave, Coorparoo	12.30pm Game	Goold 1
9B	Villanova College Eighth Ave, Coorparoo	11.30am Game	Goold 1
9C	Villanova College Eighth Ave, Coorparoo	11.30am Game	Goold 2
9D	Villanova College Eighth Ave, Coorparoo	12.30am Game	Goold 2
8A	Villanova College Eighth Ave, Coorparoo	10.30am Game	Goold 1
8B	Villanova College Eighth Ave, Coorparoo	9.30am Game	Goold 1
8C	Villanova College Eighth Ave, Coorparoo	8.30am Game	Goold 1
8D	Villanova College Eighth Ave, Coorparoo	7.30am Game	Goold 1
7A	Villanova College Eighth Ave, Coorparoo	10.30am Game	Goold 2
7B	Villanova College Eighth Ave, Coorparoo	9.30am Game	Goold 2
7C	Villanova College Eighth Ave, Coorparoo	8.30am Game	Goold 2
7D	Villanova College Eighth Ave, Coorparoo	7.30am Game	Goold 2

WATER POLO

Water Polo Coordinator Mr Adam Easton – <u>eastona@iona.qld.edu.au</u>

All Schools Tournament Results

The All Schools Water Polo competition saw us enter both the Senior and Middle schools competitions.

The competition saw only one other school enter from the greater Brisbane area, being Marist in the Senior competition. The majority of the opposition were top water polo schools from the Gold Coast and Sunshine Coast. Other Brisbane players were put into 'Barbarian' teams.

With the high level of competition, our boys did well with the amount of water polo they have played and our limited practices. The Seniors finished fifth. The Juniors, after holding one of the Barbarian teams to a one-goal lead for most of the Bronze game, unfortunately saw their opponents pull away in the final quarter.

