



8 November 2023

## TEAM IONA

Many thanks to all those who participated in the Year 5-Open (2024) AFL, volleyball and cricket trials held over the past two weeks. The AFL and volleyball teams were released earlier this week. It was great to welcome the incoming students into this trial process, and it was equally great to see our new students keen and eager to be at Iona, 'having a go' and ready to play for the black-and-white.

Unfortunately, some boys did not make a volleyball or AFL team, and were only recently advised. To turn away boys from playing their chosen sport is no pleasant task. Iona does submit the maximum number of teams into the competition, but the demand is still too great. These boys were offered a place in a cricket team as an alternative. I am hoping these boys accept the offer, and I encourage them to try again next year.

Those who made a team were asked to attend further training this week in preparation for a full set of volleyball and AFL trials, as well as First and Second XI cricket games against Villanova College this weekend. Be sure to check all times and venues for these games in the respective sport sections below. It is customary at Iona to arrive at the venue at least 30 minutes before the start of the game, so that the coaches can adequately prepare their teams. Do not be late, please.

As this weekend is ONLY a trial weekend, I am keen to keep things very low-key. It is not necessary to have large groups appear at games. Let us save all the cheering until Round 1 next year. The focus this weekend is for players to improve their game and for coaches to adjust their teams in readiness for Round 1. The expectation is that the teams will be changed from those which have been published already.

Please note, players are not required to wear the Iona AFL, cricket or volleyball uniform to the Villanova trials. If players have this uniform already, they may do so. If not, the boys can wear their Iona black and 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, not beforehand.

After this week, most teams – apart from our development teams and Firsts programs – will cease training for the year. Please be advised that the College has organised some volleyball, cricket and AFL games to be played against Marist College Ashgrove on Friday 19 January (the week before school commences). Some sports/teams will commence training the week before school commences, too.

We intend to repost the updated 'AFL/Cricket and Volleyball Information Links' (normally posted in the respective sport sections below) with all the updated 2024 information included. These links will reappear in next week's newsletter. At this stage, please see the 'Iona Sport Season Planner' below for some key dates, and keep an eye out for the updated links next week.

### Swim Camp

An email has been sent to all families who expressed an interest to attend the swim camp. Please read further details in the swimming section below.

As always, I expect our boys to play hard and fair this weekend. I am very interested in the culture and the standards we set as a College this weekend – specifically how we play, our behaviour, the grit and determination we show when the 'chips are down', and the will to do well and be supportive of our teammates. Results do not matter this weekend. But our behaviour and attitude, as always, DOES!

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. The Year 11 carnival will be held in Periods 3 and 4 on the Thursday.

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

## 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

Fri 10 Nov: 1<sup>st</sup> & 2<sup>nd</sup> AFL trial vs Villanova  
Sat 11 Nov: Volleyball/Cricket/AFL Trials vs Villanova  
Wed 22 Nov: Interhouse Swimming Carnivals Year 7-10  
Thurs 23 Nov: Interhouse Swimming Carnival Year 11  
3-9 Dec: Australian Volleyball Schools Cup  
3-9 Dec: Oblate Cup Cricket

### 2024 DATES

8-12 January: Australian School Boys Cricket Challenge  
13-15 Jan: Iona Swim Camp (Gold Coast)  
17-18 Jan: AIC T20 Cricket (Year 10)  
16-18 Jan: Dudgeon Cricket Academy (Years 5-9)  
16-19 Jan: Volleyball Training for A&B teams  
Fri 19 Jan: Yr 7-12 (A&B) Volleyball Trial vs Marist  
Fri 19 Jan: Yr 6-12 (A&B) Cricket Trial vs Marist  
Fri 19 Jan: 1<sup>st</sup> AFL Trial vs Marist (TBC)  
Tues 23 Jan: General Swim Training Begins  
Thurs 25 Jan: 1<sup>st</sup>/2<sup>nd</sup> AFL Trial vs SLC  
Thurs 25 Jan: Internal AIC Swim Meet (Yrs 5-12)  
Sat 27 Jan: AFL/Cricket/Volleyball Trials vs SPLC  
Fri 2 Feb: Primary Interhouse Swimming  
Fri 2 Feb: Round 1 AIC 1<sup>st</sup>/2<sup>nd</sup> AFL vs SLC  
Fri 2 Feb: AIC Swim Meet vs SLC/Loretto/LHC  
Sat 3 Feb: AIC Rd 1 AFL/Cricket/Volleyball vs SLC

## AFL

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

The Uniform Shop currently has AFL mouth guards in stock.

### AFL Trial Times for Week 6.

**Week 6** (Venue: St Eugene's Park)

2024 Year 5: Wednesday 8 Nov 3.30-4.30pm  
Saturday 11 Nov (Trial vs Villanova)

2024 Year 6: Thursday 9 Nov 3.30-4.30pm  
Saturday 11 Nov (Trial vs Villanova)

2024 Year 7: Thursday 9 Nov 3.30-4.30pm  
Saturday 11 Nov (Trial vs Villanova)

2024 Year 8: Monday 6 Nov 3.15-4.30pm  
Saturday 11 Nov (Trial vs Villanova)

2024 Year 9: 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 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 sports socks.

### **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)**

Team	Time	Venue / Field
2024, 5C	8am	Dwyer Oval
2024, 5B	8am	St Eugene 1
2024, 5A	9am	St Eugene 1
2024, 6C	9am	Dwyer Oval
2024, 6B	8am	St Eugene 2
2024, 6A	9am	St Eugene 2
2024, 7B	10am	St Eugene's Oval (full field)
2024, 7A	11am	St Eugene's Oval (full field)
2024, 8B	7.30am	Coorparoo AFC Birubi St Coorparoo Field 2
2024, 8A	8.30am	Coorparoo AFC Birubi St Coorparoo Field 2
2024, 9B	9.30am	Coorparoo AFC Birubi St Coorparoo Field 2
2024, 9A	10.30am	Coorparoo AFC Birubi St Coorparoo Field 2

# 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)

The Uniform shop currently has abdominal guards for cricket in stock.

## Cricket Trial Times

### Trial Matches vs Villanova Saturday 11 November

First XI: Davine Oval 9.30am–5.15pm

Seconds/10A: Harron Oval 1pm–5.30pm

# 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.

### 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](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
Baseball	12–14 Yrs 15–18 Yrs	Direct to Met East trial (held in 2024)	Thurs 23 Nov

Congratulations to the following boys who placed Top 8 at the Qld All Schools Track and Field Championships:

Bailey Burns (U17) Gold in long jump, Silver in 100m

Samuel Allen (U17 AWD) Gold in 100m, Gold in 200m.

Ethan Tearle (U17) Silver in hammer, 7<sup>th</sup> Discus, 5<sup>th</sup> Shot Put

Cameron Cox (U14) 6<sup>th</sup> in 1500m

John Connolly (U14) 5<sup>th</sup> in 400m, 6<sup>th</sup> in 800m

Hamish Cox (U15) 6<sup>th</sup> in 2000m Steeple, 8<sup>th</sup> in 3000m

# SAILING

Round 1 of the interschool teams racing was held last Sunday, with three Iona teams entered. Our silver fleet team is sitting in equal-second place after the morning's racing in light and very variable conditions. Gold fleet teams are in first and fourth place overall.

Thanks to our volunteer umpires Brett and Matt, who gave up their Sunday to help with the running of the regatta. We really appreciate your commitment to our team.

Thanks and congratulations also to all of our Senior boys who participated in the selection process for team Captain. After a rigorous process, we are pleased to

announce that Jasper Vinen has been appointed Sailing Team Captain for the season.

This coming weekend, we will again have teams racing for Silver and Gold Fleets, with the development squad training on Sunday morning.

Our team is rostered for parent volunteers this weekend with a need for volunteers for both Silver and Gold Fleet. Please see the event and duty roster in Team App to nominate.

## SWIMMING – iSWIM

Head Coach

Mr Zane King – [iswim@iona.qld.edu.au](mailto:iswim@iona.qld.edu.au)

Assistant Coach

Mr Nic Keune – [iswim@iona.qld.edu.au](mailto: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

### [Swimming Information Link](#)

### Swim Camp – Important reminder!

Please use Compass to accept your invitation to attend the swim camp, which includes all the consent and payment details sent to all families who completed an expression of interest to attend.

Although the due date for the payment and consent of the swim camp is on 24 November, can those invited please either 'Accept Event' or 'Decline Event' at this stage. Simply go into Compass and look for the 'opt in' event for the swim camp, or use the link below:

### [Swim Camp Link](#)

The College must pay further deposits at this early stage to confirm some camp bookings. If you can indicate your definite intentions now by accepting or declining the event, this will help us with our arrangements.

As mentioned, the consent and payment (which must be done at the same time) is due on Friday 24 November. This can be done later, but please accept/decline the event beforehand.

FYI – we had 43 expressions of interest. If we experience a high number of 'declines', this may put the camp at jeopardy. The cost of living is affecting us all, if you are

able to commit, please do so, this camp will be extremely worthwhile and enjoyable for your son.

Anyone who wishes to be a part of this swim camp held on the Gold Coast from 13–15 Jan and would like more information, please email Mr Craig Stariha – [starihac@iona.qld.edu.au](mailto:starihac@iona.qld.edu.au)

### Interhouse Swimming Carnivals

Date: Wednesday 22 November

Time: Years 7–8 (Periods 1 & 2)

Years 9–10 (Periods 3 & 4)

Date: Thursday 23 November

Time: Years 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 Gemma Tapson – [tapsong@iona.qld.edu.au](mailto:tapsong@iona.qld.edu.au)

### Term 4 Social Tennis (Beginner to intermediate level, Years 5–7) Thursdays 3.15pm–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](mailto:delliti@iona.qld.edu.au)

Primary Touch Coordinator  
Troy Condon [condont@iona.qld.edu.au](mailto:condont@iona.qld.edu.au)

### Qld Primary All Schools Touch Football Results

Iona sent two teams to the recent Primary All-School's Touch Football Competition.

There were 78 teams entered in the competition and after the initial pool games, Iona had two teams qualify in the Top 32.

Our A team qualified fourth for the Championship finals, and our B team qualified in 11<sup>th</sup> place for the Cup finals.

Unfortunately, our B team lost their Round of 16 finals game to Norville. Our As won their Round of 16 game, but went down to the eventual champions, Coomera Rivers, in the Quarter Finals. The Primary A team finished fifth overall.



This was a great result for our Primary teams, and the boys represented Iona with pride. They showed that we can compete with anyone in the state when we work hard and play as a team.

Thanks to Old Boys Alex Condon and Sage Van Balen for their support and guidance of the boys throughout the carnival.

#### Primary A team

Won v Stretton B	10-0
Won v St Mary Mackillop	6-0
Won v AB Patterson	9-1
Won v Sheldon	9-0
Won round of 16 V Brightwater	8-0
Lost QF V Coomera Rivers	4-1

#### Primary B team

Won v Cleveland SS	6-5
Won v Wishart SS	9-0
Won v St Pat's Gympie	9-1
Lost V GA Ashmore (3 <sup>rd</sup> in Championship)	0-8
Lost round of 16 V Norville	1-3

## VOLLEYBALL

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

### Volleyball Training Times for Week 6.

#### 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 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 sports 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 [otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au) 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 Iona 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 – Provenance Centre	10am Duty 12pm Game	1
2nd	Iona College – Provenance Centre	11am Game 12pm Duty	1
3rd	Iona College – Provenance Centre	8am Duty 9am Game	1
4th vs Iona 10D	Iona College – Provenance Centre	8am Game	2
11A	Iona College – Provenance Centre	10am Game 11am Duty	1
11B	Iona College – Provenance Centre	8am Game 9am Duty	1
10A	Iona College – Provenance Centre	10am Duty 11am Game	2
10B	Iona College – Provenance Centre	10am Game 11am Duty	2
10C	Iona College – Provenance Centre	8am Duty 9am Game	2
10D vs Iona 4th	Iona College – Provenance Centre	8am Game 9am Duty	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	12.30pm 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