

IONA SPORT

MOMENTS OF GRACE 

15 November 2023

TEAM IONA

It was great to have a hit-out against Villanova in the volleyball, cricket and AFL trial games last weekend. These trials were scheduled to give our coaches more opportunity to settle on their teams leading into the respective 2024 AIC seasons, and for our players to prove themselves to their coaches.

After last weekend, the coaches may reshuffle the teams based on player performances. Be assured, those who have been selected in a team will still be guaranteed a spot. However, the teams can and will change from week to week based on player performance, attendance, and attitude. This is to reward those who are playing and training well.

Iona's success in sport this year has been very pleasing, and comes through the hard work and dedication from many people across an entire season that is often unseen by most. This includes involvement in the lengthy pre-season programs. Currently we have many students involved in cricket, AFL, volleyball, swimming, sailing and rugby pre-season programs. I acknowledge the efforts these students and their coaches give towards these programs, and I congratulate them all for their ongoing commitment and dedication. Well done!



Unfortunately, hard work and dedication will not always guarantee premierships or first placings. This is an unpleasant fact that we must accept. However, in my mind, there is no doubt that hard work and dedication is instrumental in building a positive school culture and character among our students. Sport at Iona is about getting involved, giving your best, pride in the jersey, enhancing school spirit and enjoying the challenges you face with your teammates.

I suppose the bigger picture here is not about winning or premierships – although we will work for them! It is about giving it your best shot and accepting that things do not come easy. At times you must grit your teeth and get 'stuck in' in order reap the rewards. There are many life lessons to be learnt whilst participating in sport.



I thank the entire community for the efforts given this year. Our success next year will be traced back to our hard work and commitment given in the pre-season. Keep up the good work, boys!

As mentioned in last week's newsletter, please click on the updated 'AFL/Cricket and Volleyball Information Links' in the respective sport sections below. These links contain all the important information regarding the 2024 training schedules, uniforms, trial dates, regular season schedules, contact details etc. Be aware that certain teams from certain sports will commence training the week before school commences next year.

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 Otway – 3893 8805

Assistant Head of Sport (7-12): Mr Sean Devlin – 3906 8905

Assistant Head of Sport (5-6): Mr Anthony Bannerman – 3893 8869

Some teams will have trial games during this week as well. Be sure to check schedules via the links provided.

Swim Camp: Please note that the due date for families to complete the consent form and payment for the 2024 Swim Camp is next Friday, 24 November. Please read further details in the swimming section below.



Next week, the Year 7-11 students will have their respective Interhouse Swim Carnivals held on the dates and times below. We ask parents to support the College to ensure their son/s attends and participates in the carnival. These carnivals are about fun, participation, friendly competition and are an ideal way to enhance house and school spirit.

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)

Rugby Union & Football Coaches, Managers & Officials Needed!

The Sports Office is currently looking at staffing for the up-coming rugby and football seasons in Term 2 next year. If you can assist with any of these roles, or if you are aware of people who can, please direct them to complete the 2024 Volunteer Expression of Interest Form online:

<https://iona.jotform.com/232638805335863>

Please help if you can – your boys, our students, are counting on us.

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

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

13-15 Jan: Iona Swim Camp (Gold Coast)
15-16 Jan: AIC T20 Cricket (1st @ Banjo)
Tues 16 Jan: General Swim Training Begins
16-18 Jan: Dudgeon Cricket Academy (Yr 5-9 TBC)
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 7-12 (A) Cricket Trial vs Marist
Fri 19 Jan: 1st AFL Trial vs Marist (TBC)
Sat 20 Jan: 1st Cricket vs Padua @ Banjo
Thurs 25 Jan: 1st/2nd 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 1st/2nd 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

2024 AFL Important Dates:

Fri 19 Jan: 1st AFL Trial vs Marist (TBC)
Thurs 25 Jan: 1st/2nd AFL Trial vs SLC
Sat 27 Jan: AFL Trial vs SLC



The Uniform Shop currently has AFL mouth guards in stock.

Please see the below link for:

- All 2024 training times
- 2024 trial game times
- 2024 season game dates and opposition
- 2024 coaches' names

[AFL Information Link](#)

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

3–9 Dec: Oblate Cup Cricket

2024 Cricket Important Dates:

15–16 Jan: AIC T20 Cricket (Open)
16–18 Jan: Dudgeon Cricket Academy (Yr 5–9 TBC)
Fri 19 Jan: Yr 7–12 (A) Cricket Trial vs Marist
Sat 20 Jan: First XI vs Padua @ Banyo
Sat 27 Jan: Full Cricket Trial vs SPLC

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

Trial Matches vs Villanova (Results)

First XI: Iona defeated Villanova

Seconds/IOA: Iona defeated Villanova

Please see the below link for:

- All 2024 Training times.
- 2024 Trial Game times.
- 2024 Season Game Dates and opposition
- 2024 Coaches Names.

[Cricket Information Link](#)

Community Grade (Level 1) Umpire Course

AIC are endeavouring to build up the current stocks of cricket umpires to be used at the AIC First XI games by offering a Level 1 umpire course.

If you have a cricket tragic in your family, please encourage them to complete this course to help support AIC sport and ensure we have qualified umpires at each game.

Currently, our umpires get paid \$200 per game.

If you are interested, please contact Mr Craig Stariha starihac@iona.qld.edu.au and enrol yourself in the course below.

Date: Thurs 23 November
Time: 6pm – 9pm
Venue: Marist College Ashgrove
Presenter: Matthew Skinner (State Umpire Coordinator)

For More Information:

Email: matthew.skinner@qldcricket.com.au

Phone: 0455 626 419

Register via QR Code below:



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

SAILING

Round 2 of the interschool teams racing was held on Sunday, with our three Iona teams performing well and consolidating their positions in the fleet.

Our Silver fleet team performed very well with some standout race wins, and is in a podium position.

Our two Gold fleet teams also performed well, with the local derby a hard-fought battle, and both teams in contention for podium places in the series.

A big thank-you to all our parent volunteers who assisted the race committee on the weekend on start and finish boats, and with umpiring duties. This weekend is the final day of teams racing for the term, and we wish all of our sailors the best.



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
- 2024 meets and important dates
- Rep trial information
- BBQ breakfast information & more

[Swimming Information Link](#)

Swim Camp – Important Reminder!

Although the due date for the payment and consent is next Friday, 24 November, we ask that those who are 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](#)

Anyone wishing to be a part of the Swim Camp held on the Gold Coast from 13–15 January and who did not complete an expression of interest form should contact Mr Stariha for more information. We can fit you in!

Mr Craig Stariha – 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

VOLLEYBALL

Volleyball Coordinator
Mrs Karen Otway – otwayk@iona.qld.edu.au

Trial Match Results vs Villanova:

1 st	lost	1 – 3	9B	won	2 – 1
2 nd	won	2 – 0	9C	won	3 – 0
3 rd	won	3 – 0	9D	won	3 – 0
4 th	Internal Game		8A	won	2 – 0
11A	won	3 – 0	8B	won	3 – 0
11B	won	2 – 1	8C	lost	1 – 2
10A	won	3 – 0	8D	lost	1 – 2
10B	won	3 – 0	7A	won	3 – 0
10C	lost	1 – 2	7B	won	3 – 0
10D	Internal Game		7C	won	3 – 0
9A	won	3 – 0	7D	won	3 – 0



2023 Important Dates:

3–9 Dec: Australian Volleyball Schools Cup

2024 Important Dates:

16–19 Jan: Volleyball Training for A&B teams
 Fri 19 Jan: Yr 7–12 (A&B) Volleyball Trial vs Marist
 22–25 Jan: Volleyball Training for all teams
 Sat 27 Jan: Full Volleyball Trial vs SPLC

New volleyball shirts can now be purchased from the Uniform Shop. 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 as we are not able to have clashes of shirt numbers in the same year level.

Please see the below link for:

- All 2024 training times.
- 2024 trial game times.
- 2024 season game dates and opposition
- 2024 coaches' names

[Volleyball Information Link](#)

Junior Pirates Volleyball Camp

Junior Pirates Camp is designed to teach the basic skills of volleyball. From beginners to trained athletes (Years 7 to 11), the camp is a great opportunity for students to refine their techniques while having some fun in the school holidays.

SUMMER CAMP DATES

Tuesday 9 January to Friday 12 January
 Brooker Stadium, Kelvin Grove State College

Registrations now open! Click on link below for more information and to register.

[SUMMER PIRATES CAMP REGISTRATIONS NOW OPEN!](#)