

# IONA SPORT

MOMENTS OF GRACE 

22 November 2023

## TEAM IONA

On behalf of the Sports Office at Iona, we wish all families a very happy and holy Christmas.

It is good to know leading into the Christmas vacation that all AFL, cricket and volleyball teams have been selected. Families can now go to the College Uniform Shop to buy their uniforms ready for next year.

We hope the trial process for our new families was a positive experience. Although some boys missed out, we hope that boys were able to make new friends and feel a little more comfortable with their new school surrounds during the trial process. We look forward to our new students entering the College next year. Our aim is that you all feel most welcome.

It is very important for those who have made a team to click on the updated 'AFL/Cricket and Volleyball Information Links' found 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 some teams from certain sports will commence training and have trial matches the week before school commences next year. 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 this Friday, 24 November. We ask parents to respond to the invitation sent as we MUST confirm all bookings immediately. If we do not reach 40, the camp will be in jeopardy.

Given the inclement weather this week, we were fortunate to go ahead with the Year 7-10 swim carnivals today. I really do appreciate the support of parents to ensure their son/s attended today. On the flip side, I wonder why parents decided not to support the College and allowed their sons to stay at home. We all benefit

from a positive school culture in so many ways. Iona College is built by many positive contributors in our community, and has been since Day 1. Staying home does not support good culture. Thank you to those who insisted that their sons attended. The boys had a great time, and I certainly appreciated their willingness to be involved in all the events offered. The boys had a great time. The Year 11 carnival will take place tomorrow.

### Interhouse Swimming Carnival

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>

Thank you to everyone who pitched in and 'had a go' this year. Although we like to do well, our aim is for our boys to participate and enjoy playing sport alongside their mates.

I personally have a strong interest in seeing our boys develop a strong pride in themselves and their school, and to build a strong, positive culture – just like I, and thousands of others, received from the many good people in our community when I attended Iona.

I wish everybody a happy and safe holiday, and I look forward to working with our boys next year to keep the Iona spirit burning!

God bless.

**Craig Stariha**  
**Head of Sport**  
**Iona College**

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

## IONA UNIFORM SHOP

The Uniform Shop is now closed for the Christmas break. It will re-open on 10 January, 2024.

2024 Opening Hours:

- Monday, Wednesday and Friday 8am to 3.30pm
- Tuesday and Thursday – Closed

## IONA SPORT SEASON PLANNER

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 (1<sup>st</sup> @ Banjo)  
Tues 16 Jan: General Swim Training Begins  
17–18 Jan: Dudgeon Cricket Academy (Yr 5–8)  
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: 1<sup>st</sup>/2<sup>nd</sup> AFL Trial v Villa @ Iona  
Sat 20 Jan: 1<sup>st</sup> Cricket vs Padua @ Banjo  
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  
Sun 28 Jan: Fleet Sailing  
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  
Sun 4 Feb: Fleet Sailing  
Fri 9 Feb: Round 2 AIC 1<sup>st</sup>/2<sup>nd</sup> AFL vs SEC  
Fri 9 Feb: AIC Swim Meet (Iona)  
Sat 10 Feb: AIC Rd 2 AFL/Cricket/Volleyball vs SEC  
Sun 11 Feb: Fleet Sailing  
Fri 16 Feb: Rd 3 AIC 1<sup>st</sup>/2<sup>nd</sup> AFL vs Marist  
Fri 16 Feb: AIC Swim Meet (SPLC)  
Sat 17 Feb: AIC Rd 3 AFL/Cricket/Volleyball vs Marist  
Sun 18 Feb: Team Racing Sailing  
Thurs 22 Feb: AIC Swim Meet (Chandler)  
Fri 23 Feb: Rd 4 AIC 1<sup>st</sup>/2<sup>nd</sup> AFL vs Padua  
Sat 24 Feb: AIC Rd 4 AFL/Cricket/Volleyball vs Padua  
Sun 25 Feb: Team Racing Sailing  
Tues 27 Feb: Met East Swimming

## AFL

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

### 2024 AFL Important Dates:

Fri 19 Jan: 1<sup>st</sup>/2<sup>nd</sup> AFL Trial vs Villanova @ Iona  
Thurs 25 Jan: 1<sup>st</sup>/2<sup>nd</sup> AFL Trial vs SLC

Sat 27 Jan: AFL Trial vs SLC

The Uniform Shop 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](mailto:allenb@iona.qld.edu.au)

Years 7–12 Coordinator  
Mr Sean Devlin – [devlins@iona.qld.edu.au](mailto:devlins@iona.qld.edu.au)

3–9 Dec: Oblate Cup Cricket

### 2024 Cricket Important Dates:

15–16 Jan: AIC T20 Cricket (Open)  
17–18 Jan: Dudgeon Cricket Academy (Yr 5–8)  
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 has abdominal guards for cricket in stock.

### AIC T-20 Cricket (Open)

Venue: Padua Fields – 222 Elliott Rd, Banyo

#### Draw

Monday 15 January  
Iona vs Marist 8am – 11am (Field 1)  
Iona vs SLC 11.15am – 2.15pm (Field 1)

Tuesday 16 January  
Iona vs SPLC 8am – 11am (Field 2)  
AIC T-20 Final 2.30 – 5.30pm (Field 1)

### Dudgeon Cricket Academy

#### Holiday Clinic (Years 5–8 in 2024)

Dates: 17 – 18 January  
Venue: Iona College Cricket Nets  
Time: 8am – 11am  
Cost: \$190  
Any Queries: Phone Dudgeon on 0401 972 978

For information and bookings use [this link](#)

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](mailto: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](mailto: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](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

## SAILING

The Term 4 finals series for the interschool Teams racing concluded on Sunday, with our three Iona teams continuing to achieve great results and our development squad completing their preparations for Term 1 racing.

Our Silver Fleet team finished the series in third place, a well-earned result and demonstration of the continued improvement over the term. In Gold Fleet, our teams

finished second and third, rounding out a very successful term. As always, we are very grateful for the support received from our coaches and volunteers who help to make our sailing possible.

Sailing will recommence in Term 1 2024 on Sunday 28 January with interschool Fleet Racing. More information will be posted in Team App over the holidays as boat and crew allocations for racing are confirmed.



Iona White – Second in Gold Fleet

Coach Libby Kirby, Sam Muir, Matthew Clarke, Flynn Rowell, Jack Kennedy, Jack Liddelov, Archie Willey



Iona Black – Third in Gold Fleet

Coach Will Nobes, Matthew Taylor, Daniel Innes, Alexander Burdett, Jordan Barney, Mason Hills, Jasper Vinen



Iona Grey – Third in Silver Fleet

Zane Bush, Toby McDougall, Sebastian Moore, Kael O'Connor, Silas Durham, Dean Gething, Hunter Phelps

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

### [Swimming Information Link](#)

### Swim Camp – Consent and Payment Due This Friday!

The due date for the payment and consent is this Friday, 24 November. We ask those who are invited to please either 'Accept Event' or 'Decline Event'. Simply go into Compass and look for the 'opt in' event for the Swim Camp, or use the link below:

### [Swim Camp Link](#)

More information regarding the Camp will be emailed next week for those attending. This information will include the itinerary and a list of what to bring.

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](mailto:starihac@iona.qld.edu.au)

### Interhouse Swimming Carnivals

Date: Thursday 23 November

Time: Years 11 (Periods 3 & 4)

- Due to limited space, parents do not attend this carnival.

### Swimming Carnival results so far

Year 7	Year 8
1 <sup>st</sup> – MacKillop	1 <sup>st</sup> – Mazenod
2 <sup>nd</sup> – McAuley	2 <sup>nd</sup> – Albini
3 <sup>rd</sup> – Grandin	=3 <sup>rd</sup> – Anthony
4 <sup>th</sup> – Chis/Ceb	=3 <sup>rd</sup> – Chis/Ceb
5 <sup>th</sup> – Gerard	5 <sup>th</sup> – Charlebois
6 <sup>th</sup> – Long	6 <sup>th</sup> – Gerard
7 <sup>th</sup> – Albini	7 <sup>th</sup> – MacKillop
8 <sup>th</sup> – Mazenod	8 <sup>th</sup> – Grandin
9 <sup>th</sup> – Anthony	9 <sup>th</sup> – Long
10 <sup>th</sup> – Charlebois	10 <sup>th</sup> – McAuley

Year 9	Year 10
1 <sup>st</sup> – Chis/Ceb	1 <sup>st</sup> – Mazenod
2 <sup>nd</sup> – Gerard	2 <sup>nd</sup> – Charlebois
3 <sup>rd</sup> – Grandin	3 <sup>rd</sup> – Albini
4 <sup>th</sup> – Charlebois	4 <sup>th</sup> – Grandin
5 <sup>th</sup> – Albini	5 <sup>th</sup> – Anthony
6 <sup>th</sup> – Anthony	6 <sup>th</sup> – McAuley
7 <sup>th</sup> – Mazenod	7 <sup>th</sup> – Gerard
8 <sup>th</sup> – Long	8 <sup>th</sup> – Long
9 <sup>th</sup> – MacKillop	9 <sup>th</sup> – Chis/Ceb
10 <sup>th</sup> – McAuley	10 <sup>th</sup> – MacKillop

## 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](mailto:otwayk@iona.qld.edu.au)

### 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](mailto:otwayk@iona.qld.edu.au) as we

are not able to have clashes of shirt numbers in the same year level.

All A/B (aggregate) players are asked to have a volleyball shirt before their trial match on Friday 19 January. All C/D players will need their shirts before the trial match on Saturday 27 January.

### 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!](#)**