

IONA SPORT

MOMENTS OF GRACE 

17 January, 2024

TEAM IONA

I hope everyone was able to have a restful, happy and Holy time over the Christmas break. We look forward to welcoming the students back to school, particularly those who are new to our community.

Our ongoing aim in the Sports Office is to maintain and further develop Iona's sports program from Years 5–12, and to ensure that our students are given opportunities to participate and enjoy all the benefits playing sport can provide. Iona is a place which offers many opportunities for its students to become involved in a wide variety of areas including sport, music and the arts. My advice to all students is to 'get involved' in the life of the College. Enjoy the challenges and friendships you encounter on the way and be proud to represent your College by the way you conduct yourself on and off the sports field.

With regards to sports information, it is imperative that all students and families read the weekly sports newsletter to obtain all the information pertaining to College's sports program, including important times, dates, reminders and other critical information. Often families will be emailed more specific information directly, so please regularly check your email inboxes. For last-minute notifications, such as wet-weather cancellations and other sporting updates including notifications of Iona's many successful feats, use the X platform (formerly Twitter) and follow @SportIona.

As an Iona Old Boy, it was always instilled in us that it was a privilege and honour to wear the black and white. My challenge to all boys will be for them to show consistently a high level of pride and integrity as they go about being positive Iona representatives. The way we speak, act, train and play should reflect the amount of pride and integrity we have in ourselves and the College.

As we are dealing with young men, it is expected that some boys – from time to time – will get it wrong. In

these cases, we will accept responsibility, learn from our mistakes and use the opportunity to grow and develop to be better next time around. The process of learning will not stop at the classroom door.

Be sure to read the information found within this newsletter carefully. Training for most sports commenced this week. Due to the wet weather, many AFL and cricket sessions had to be cancelled, including the cricket trials vs Marist College Ashgrove this Friday. However, at this point the First XI Cricket and AFL trial matches on Friday will go ahead.

Both the volleyball and swimming programs commenced this week as planned and advertised previously.

Please read the below reports on the Oblate Cricket Carnival and Australian Volleyball Schools Cup competition. Iona performed very well. Well done to all involved. A report on the swim camp will be in next week's edition.

Again, I encourage all students to get involved and to remember to have fun and enjoy the moments with your mates along the way!

HOME AND AWAY GAMES EXPLAINED

SEASON DRAW

Due to the complexity of the sports draw each week, an exact full-season draw with times is not available. However, please note the College Calendar does indicate the opposition as well as either an (H) or an (A) symbol. These stand for HOME or AWAY.

Cricket – The (H) home weeks are when Years 6, 10, 11 and 12 teams play at Iona's venues, and Years 5, 7, 8 and 9 teams play at the opposing school's venues. On the (A) away weeks, the opposite occurs.

Volleyball – The (H) home weeks are when Years 10, 11 and 12 play at Iona venues, and the Years 7, 8 and 9 play at the opposing school's venues. On the (A) away weeks, the opposite occurs.

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

Rugby Union & Football Coaches, Managers & Officials Needed!

The Sports Office is currently looking at staffing for the upcoming rugby and football seasons in Term 2. 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>

Craig Stariha
Head of Sport
Iona College

IONA UNIFORM SHOP

2024 Opening Hours:

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

IONA SPORT SEASON PLANNER

2024 DATES

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
(cancelled)
Fri 19 Jan: 1st/2nd AFL Trial v Villa @ Iona
Sat 20 Jan: 1st Cricket vs Padua @ Banyo
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
Sun 28 Jan: Fleet Sailing
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
Sun 4 Feb: Fleet Sailing
Fri 9 Feb: Round 2 AIC 1st/2nd 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 1st/2nd 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 1st/2nd 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

2024 AFL Important Dates:

Trial Match Scheduled for Friday 19 January (1sts/2nds combined vs Marist Ashgrove)

Venue: Due to the wet weather, this has now changed to Wynnum Vikings AFC, Kianawah Rd (weather permitting)

Time: 3pm – 4.30pm

Trial Matches vs St Laurence's

This is a trial for all Iona AFL teams on the following days:

- Thursday 25 January
1sts: 4.30pm Yeronga AFC Field 1
2nds: 4.30pm Yeronga AFC Field 2
- Saturday 27 January (Please note this is a long weekend)
Years 5, 6, 7 will play at Iona

Years 8, 9 will play at Coorparoo AFC

The draw (times and venues) for the games vs St Laurence's will be published in the Sports Newsletter on Wednesday 24 January.

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

All training will commence next Tuesday 23 Jan as per training schedule found in the 'AFL Information Link' below.

[AFL Information Link](#)

Please note the following training time changes to what was published last year:

Starting Week 2

8A: Wednesday morning 7am – 8am

5B: Wednesday morning 7am – 8am

Updates regarding training cancellations for AFL will be made via email by relevant coordinators by 12pm each day.

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

2024 Cricket Important Dates:

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.

Holiday Competition Results

The Open cricket program trained and competed over the Christmas break in preparation for the 2024 AIC season. There were two competitions that the squad participated in:

The Oblate Cup (December): The boys retained the Cup with a perfect record of three victories. The squad beat Mazenod College (Vic), Whitefriars College (Vic) and Mazenod College (WA). Harley Malpass and Nick Bragger both scored centuries during the competition and Lachlan McClure was dominant with the ball.

The AIC T20 (January): The boys played three games, with one win and two losses. Liam Johns and Xander Thierry were successful with the bat, while Adam Richter and Lachan Hollier dominated the bowling.

The squad play Marist Ashgrove (Friday 19/1) and Padua College (Saturday 20/1) this week.



The Following Events will take place at the start of 2024

Friday 19 January: All scheduled matches except 1sts have been cancelled.

Saturday 20 January: First XI vs Padua @ Banyo

Saturday 27 January: Full trial vs St Peters

Schedule for Saturday 27 January vs St Peters (Please note this is a long weekend)

This is a trial for all Iona cricket teams. The game schedule (times and venues) will be available in the Sports Newsletter on Wednesday 24 January.

Please see the below link for:

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

[Cricket Information Link](#)

All training will commence next Tuesday (23 Jan) as per training schedule found in the 'Cricket Information Link' above, with the following exceptions:

Training Times for Years 5 and 6

Year 5: Thursday morning 7am – 8am @ Cricket nets (commencing Week 1)

Year 6: Tuesday morning 7am – 8am @ Cricket nets (commencing Week 2)

Updates regarding training cancellations for Cricket will be made via email by relevant coordinators by 12pm each day.

First XI Training

Week 1 – Thursday afternoon 3.15pm – 5.30pm

Weeks 2 – 8: Tuesday mornings 6.45am – 8am and Thursday afternoons 3.15pm – 5.30pm.

HIGH PERFORMANCE

Coordinator

Mr Leigh Harding – hardingl@iona.qld.edu.au

Results from Australian All Schools Athletics

Over the vacation, Bailey Burns and Samuel Allen competed at the National Schools Track and Field Championships. Both boys came away with medals.
Bailey Burns – Silver in U17 Long Jump
Samuel Allen – Gold in U17 Para 100m and 200m.

This is a huge achievement for both students.

Congratulations also to Harley Malpass, who was selected in the Qld U17 cricket team.

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 Harding 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 Harding 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 1 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.

The below gym schedule will start in week 2.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am - 7:30am	INTRO TO GYM	YEAR 11 & 12 HIGH PERFORMANCE	YEAR 9 & 10 HIGH PERFORMANCE DAY 1	INTRO TO GYM	YEAR 9 & 10 HIGH PERFORMANCE DAY 2
7:15am - 8:15am	HARLEQUINS RL/RU SQUAD DAY 1	HOOPS RL/RU SQUAD DAY 1	OPEN CRICKET SQUAD 1-DAY PROGRAM	HOOPS RL/RU SQUAD DAY 2	YEAR 11 & 12 HIGH PERFORMANCE
3:15pm - 4:15pm	YEAR 7 & 8 HIGH PERFORMANCE DAY 1	YEAR 7 & 8 HIGH PERFORMANCE DAY 1	YEAR 7 & 8 HIGH PERFORMANCE DAY 2	HARLEQUINS RL/RU SQUAD DAY 2	YEAR 7 & 8 HIGH PERFORMANCE DAY 2
4:15pm - 5:45pm		IONA SWIMMING CLUB		IONA SWIMMING CLUB	

District And Regional Sport Trials

All Composite and Lytton District trial information will be published in this section of the weekly sport newsletter as well as the daily bulletin when it becomes available.

If a student wishes to register for a trial, they must contact either Mr Harding (for Composite trials, boys turning 13-19 Years in 2024) or Mr Russell (for Lytton

trials, boys turning 10-12 Years in 2024) using the same email - repsport@iona.qld.edu.au

Mr Harding and Mr Russell will then return contact the students wishing to trial with further information.

Currently, no rep trial information for any sport has been released. Please continue to read this section of the newsletter to check the most up to date trial information made available from week to week. It will be the student's responsibility to complete the trial information and return it to the teachers listed above by the due dates.

Important - All school-based representative sport nominations must be endorsed by the Iona Sport Department.

SAILING

Our 2023/24 interschool sailing competition continues this term with Fleet Racing commencing on Sunday, 28 January. Iona is rostered for parent volunteers at RQYS, and we need to provide four volunteers on the day. We ask that parents who can make themselves available do so to support our sailors preparing boats for racing on Sunday morning, as the fleet has been idle over the break and will need to be cleaned up prior to racing.

Training will commence in Week 2.

Please check TeamApp for details and to confirm attendance of sailors and volunteers.

For any new students interested in joining the sailing team, please contact the sailing coordinator via ionacollegesailing@gmail.com

SWIMMING - ISWIM

Head Coach

Mr Zane King - iswim@iona.qld.edu.au

Assistant Coach

Mr Nic Keune - iswim@iona.qld.edu.au

Swim Co-ordinator

Mr Craig Stariha - starihac@iona.qld.edu.au

An email will be sent to all families, inviting all students from Years 5-12 to join Iona's swim program. If you wish to join the swim program, please respond to the email. All families had the opportunity to sign on for swimming last year via the online link provided at the beginning of Term 4, 2023. We will also email all those who did sign-on (some may have forgotten) and ask families to confirm if they are still interested in being a part of the swim program.

All interested students should commence swim training NOW as per training times and days listed below.

We have many boys training already, some since Term 4 last year. This is simply an invitation for others to join.

Again, please respond to the emails if you wish your son to join.

Next Thursday (25 January) after school, Iona will host an internal time trial. All those who wish to be part of the swim program must attend this time trial. The time trial will start at 3.15pm and should conclude by 4.30pm. Parents are welcome to attend.

Click on the link below to gain all information regarding the 2024 AIC swim season including:

- Training times
- Important contact information
- 2024 meets and important dates
- Rep trial information
- BBQ breakfast information & more

[Swimming Information Link](#)

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!

Term 1 AIC Swimming Program

Day	Students in Years 5–12 in 2024
Monday	
Tuesday	AIC Squad: 6.15am–7.45am (Followed by a team breakfast commencing Week 2 (Tuesday 30 January))
Wednesday	
Thursday	AIC Squad: 6.15am – 7.45am
Friday	

Note: Other sessions are available for the elite swimmers and the iSwim program. These will be advertised in next week's edition.

Swimming Carnival Results

During the last week of 2023, the College ran the swim carnivals for the Year 7–11 2023 students.

Please see the following House results. The current Years 5&6 swim carnival will be held on Friday of Week 2.

The current Year 7–11 students will have their interhouse swim carnivals during the last week of school this year as per College calendar.

Year 7 – 2023	Year 8 – 2023	Year 9 – 2023
1 st – MacKillop	1 st – Mazenod	1 st – Chis/Ceb
2 nd – McAuley	2 nd – Albin	2 nd – Gerard
3 rd – Grandin	=3 rd – Anthony	3 rd – Grandin
4 th – Chis/Ceb	=3 rd – Chis/Ceb	4 th – Charlebois
5 th – Gerard	5 th – Charlebois	5 th – Albin
6 th – Long	6 th – Gerard	6 th – Anthony
7 th – Albin	7 th – MacKillop	7 th – Mazenod
8 th – Mazenod	8 th – Grandin	=8 th – Long
9 th – Anthony	9 th – Long	=8 th – MacKillop
10 th – Charlebois	10 th – McAuley	10 th – McAuley
Year 10 – 2023	Year 11 – 2023	
1 st – Mazenod	1 st – Mazenod	
2 nd – Charlebois	2 nd – Albin	
3 rd – Albin	3 rd – Grandin	
4 th – Grandin	4 th – Chis/Ceb	
5 th – Anthony	5 th – Gerard	
6 th – McAuley	=6 th – MacKillop	
7 th – Gerard	=6 th – McAuley	
8 th – Long	8 th – Anthony	
9 th – Chis/Ceb	9 th – Charlebois	
10 th – MacKillop	10 th – Long	

VOLLEYBALL

Volleyball Coordinator

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

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.

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:

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

[Volleyball Information Link](#)

2024 Training (16-19 January- In the holidays)

All aggregate teams will have a training session the week of 16-19 January to prepare for the trial match vs Marist Ashgrove on Friday 19 January.

2nds – Thurs 18 January 3pm – 5pm Provence Crt 1

3rds – Thurs 18 January 3pm – 5pm Provence Crt 2

11A – Wed 17 January 3pm – 5pm Oblate Hall

10A/10B: Wed 17 January 3pm – 5pm Provence

9A/9B – Thurs 18 January 3pm – 5pm Oblate Hall

8A/8B – Wed 17 January 3pm – 5pm Oblate Hall

7A/7B – Friday 19 January 2pm – 3pm Oblate Hall (just before the game vs Marist)

Trial Match Schedule for Friday 19 January (vs Marist)

	Provence 1	Provence 2	Oblate 1	Oblate 2
3pm	10B	2 nd	11A	7B
4pm	10A	9B	8A	7A
5pm	1 st	9A	8B	3 rd

Duty Teams

7A and 9B will have Duty for the 3pm round.

11A and 2nds will have Duty for the 4pm round.

10A and 8A will have Duty for the 5pm round.

Trial Match vs St Peters

Saturday 27 January for all teams vs St Peters (time / venue details will be in the sports newsletter on Wednesday 24 January)

Australian Volleyball Schools Cup Results

Iona had two teams play at the National Schools Volleyball Championships in December on the Gold Coast. This prestigious, week-long competition features the best volleyballers in the country, and is a fantastic experience for our boys as they prepare for the AIC season in 2024.

We entered teams into Year 11 Division 1 and Year 9 Division 1. Both teams were undefeated after two days of play and started the competition strongly. The Year 11 boys progressed to the semi-finals, finishing fourth. The Year 9s were unlucky to not progress to the top 12, finishing fourth in their pool – only two points behind first place. The Year 9 team finished in 15th.

Results

Year 11		Year 9	
Won vs Brisbane Boys	2-0	Won vs Heathfield	2-1
Won vs Mansfield	2-0	Won vs Canterbury	3-0
Won vs CHAC	2-1	Won vs Nudgee	3-0

Won vs Grace Rothwell	2-1	Lost vs The Gap	0-2
Won vs Redlands	3-0	Lost vs CHAC	1-2
Won vs Villanova	2-0	Drew vs Churchie	1-1
Lost vs Kelvin Grove	3-0	Won vs Brisbane Boys	2-1
Lost vs Ambrose	2-1	Lost vs Craigslea	1-2
Lost vs Kelvin Grove	2-0	Won vs Woodridge	2-0
Finished 4 th		Finished 15 th	

Both teams had a tremendous learning experience, one that will put them in good shape for the AIC season this year and future campaigns at National Championships. The boys were in contention in every single match they played. The exceptionally close losses and high standard of opposition will only make these boys better.

A massive thank you to Rolf Vogelbusch and Mark McDuff for giving up time with their families to work with the boys and for their ongoing support of Iona Volleyball.



Junior PVL Trials (U15 and U17)

JPVL is the highest level of weekly volleyball competition played in southeast Queensland.

Redlands Trial Dates: Thursday 1 Feb and Thursday 8 Feb

Time: 5.30pm – 7pm

Venue: Redlands College

Cost: \$10 to trial

[Register here](#)

Selected teams play in the JPVL competition on Friday nights from April to August.