

IONA SPORT

I AM IONIAN 

7 February 2024

TEAM IONA

Round 1 of the AIC AFL, Cricket and Volleyball seasons got underway last weekend against St Laurence's College in the main draw.

Overall, Iona had a solid start, winning the majority of cricket and volleyball games – including some resounding wins at the Firsts level. Our First VI volleyball team won 3-0, and the First XI cricket team scored a massive 318 before bowling the opposition out for 155. Fill credit to St Laurence's, who were too good for us on the AFL paddock, although our Year 5 AFL teams are to be congratulated for winning all their games.

All members of the Iona community are equally valued, and have their role to play to ensure our College continues to thrive. If our staff, parents, students, Old Boys or community friends fail, our College fails.

Our parents are a big part of our community. Looking back over the week, our parents played a massive role within the sports program. The overall standard of dress has been impressive. This can be attributed to our parents, who buy the uniforms and ensure their boys are dressed correctly when they leave home.

Our swim parents attended in great numbers to prepare, cook, and serve at our weekly swim breakfasts. Our parents prepared a very impressive spread for the post-match volleyball, as well as a delicious lunch for the First XI cricketers. Our parents showed great hospitality at these events to our visiting schools. Thank you!

Our parents assist by coaching teams, timekeeping at swimming, officiating, and scoring at various games throughout the week. The support of the parents is needed to drive their sons to the various training and game-day sessions. The support of parents is needed when we look to enforce standards of behaviour and personal conduct whilst representing the College. We are very fortunate to have so many parents willing to support and assist in a variety of ways. Although it may

not be said too often, I'm sure the support of our parents is appreciated by the boys. Be assured it is certainly appreciated and noticed by other members of our community including the teaching staff.

The Sports Office is currently preparing for the upcoming AIC Rugby and Football seasons. Over many weeks, we have advertised the section below regarding our need for coaches and officials in these sports. If you can assist, please complete the 2024 [Volunteer Expression of Interest Form](#) online.

Information regarding the sign-on process for rugby and football will be sent to families in the next 2-3 weeks. All trials will occur during the last two weeks of this term, with internal trials on Saturday 23 March as per the College calendar. Please keep these dates free.

Be aware that all those who sign-on to play rugby and football will be selected in a team – no one will miss out. Our coordinators are currently sorting out those who have registered an interest to coach via the 'Expression of Interest form'. The coordinator will contact these people soon to offer them a team. If you have any questions regarding coaching or officiating, please contact the coordinators listed below.

Rugby Coordinator – Mr Alexander Jirasek
jiraseka@iona.qld.edu.au

Football – Yrs 9-12, Mr Lachlan Sayers
sayersl@iona.qld.edu.au

Football – Yrs 5-8, Mr Connor Russell
russellc@iona.qld.edu.au

This week, we are drawn to play St Edmund's College in the main draw. As Iona fields many more teams than St Edmund's, many of our teams are playing supplementary games against other Colleges this weekend. Please look at the draw carefully. For those travelling to St Edmund's, please allow enough travel time to find the venue. We need our players there at

AIC Sports Information (via Twitter): [@SportIona](#) (includes wet weather updates)

Head of Sport: Mr Craig Stariha – 3893 8851

Sports Administrator: Mrs Karen Otway – 3893 8805

Sports Administrator: Mr Alex Jirasek – 3893 8805

Assistant Head of Sport (5-6): Mr Connor Russell – 3893 8869

Assistant Head of Sport (7-12): Mr Anthony Bannerman – 3906 8905

least 30 minutes prior so the team can adequately prepare for the game ahead.

Let's hope the weather is favourable this weekend. Play hard, be good Ionians and enjoy!

Rugby Union & Football Coaches, Managers & Officials Needed!

The Sports Office will allocate coaching roles within the next two weeks. If you can assist with any of these roles, or know people who can, 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

Fri 9 Feb: Round 2 AIC 1st/2nd AFL vs SEC
 Fri 9 Feb: AIC Swim Meet (Iona)
 Sat 10 Feb: AIC Rd 2 Cricket/Volleyball vs SEC (A)
 Sat 10 Feb: AIC Rd 2 AFL 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 Cricket/Volleyball vs Marist (A)
 Sat 17 Feb: AIC Rd 3 AFL vs Marist
 Sun 18 Feb: Team Racing Sailing
 Thu 22 Feb: AIC Swim Meet (Chandler)
 Fri 23 Feb: Rd 4 AIC 1st/2nd AFL vs Padua
 Sat 24 Feb: AIC Rd 4 Cricket/Volleyball vs Padua (H)
 Sat 24 Feb: AIC Rd 4 AFL vs Padua
 Sun 25 Feb: Team Racing Sailing
 Tue 27 Feb: Met East Swimming
 Fri 1 Mar: Rd 5 AIC 1st/2nd AFL vs ATC/SPLC
 Fri 1 Mar: Swim Team BBQ and Final Time Trial
 Sat 2 Mar: AIC Rd 5 Cricket/Volleyball vs SPLC (H)
 Sat 2 Mar: AIC Rd 5 AFL vs SPLC/ATC
 Sat 2 Mar: Cricket & V'ball Team Photos (Yr 10-12)
 Sun 3 Mar: Team Racing Sailing
 Mon 4 Mar: QIGA Golf (Burleigh)
 Tue 5 Mar: AIC Swimming Championships
 Fri 8 Mar: Primary Sport Photos (Cricket & AFL)
 Fri 8 Mar: Rd 6 AIC 1st/2nd AFL vs Villanova
 Sat 9 Mar: AIC Rd 6 Cricket/Volleyball vs Villa (A)
 Sat 9 Mar: AIC Rd 6 AFL vs Villa
 Sat 9 Mar: Cricket & V'ball Team Photos (Yr 7-9)
 Sun 10 Mar: Team Racing Sailing

Fri 15 Mar: Rd 7 AIC 1st/2nd AFL vs SPC
 Sat 16 Mar: AIC Rd 7 Cricket/Volleyball vs SPC (A)
 Sat 16 Mar: AIC Rd 7 AFL vs SPC
 Sun 17 Mar: SEQ Teams Sailing
 18 – 23 Mar: Rugby/Football/Chess Trials Commence
 Fri 22 Mar: AIC Chess Trial vs SPLC
 Sat 23 Mar: Internal Trials Rugby/Football
 Sat 23 Mar: 1st/2nd/10A Rugby/Football Trial vs SPLC
 Sun 24 Mar: SEQ Teams Sailing
 Tue 26 Mar: Sth Brisbane Primary Chess Tournament
 Thu 28 Mar: Years 5-12 Interhouse Cross Country

AFL

AFL Coordinator
 Mr Bannerman – bannermana@iona.qld.edu.au

Results

Our newest Ionians in Year 5 enjoyed great success in their first time representing the Black and White against St Laurence's. Congratulations to our Year 5A, 5B and 5C teams who all had big wins.

All of our teams continue to show improvement and a steely resolve when competing. Many teams will learn from their defeat and will no doubt be better for the run.

Many thanks go to several students who were able to put their hand up and help our 9B team, who were short on numbers. It was a narrow loss, but many showed great heart in competing. Arlo Searles was best afield in the 9B game with a stellar performance.

Our 1st XVIII went down to a very strong St. Laurence's College. Xavier McFarlane proved a very promising forward for the season, whilst co-captain Byrn Corten was terrific as full back.

It is a mixed week ahead, with many teams on a bye. The teams who are playing will need to have a strong week at training and be ready for Round 2.

Progressive AFL Results

Team	Rd1 vs SLC	Rd2 vs SEC	Rd3 vs MA R	Rd4 vs PAD	Rd5 vs SPLC	Rd6 vs Villa	Rd7 vs SPC
1st	lost 77-15						
2nd	lost 66-21						
9A	lost 17-29	Int					
9B	lost 14-21	Int					
8A	lost 58-3						
8B	lost 22-1						
7A	lost 66-7	BYE					

7B	lost 30-12						
6A	lost 74-7	BYE					
6B	lost 28-22						
6C	lost 32-14						
5A	won 39-30	BYE					
5B	won 59-15	BYE					
5C	won 87-0						

Round 2 vs St Edmund's – Friday 9 Feb

Team	Venue	Time	Oval
1 st vs SEC	Springfield AFC Springfield Central Sports Complex Sportstar Drive, Springfield	4.45pm	1
2 nd vs SLC 3rd	Mt Maria College Playing Fields Lade St, Gaythorne	4.45pm	2

Firsts and Seconds players will depart the College at 2.40pm via the Iona bus turnaround. Buses will depart both Springfield (Firsts) and Mt Maria (Seconds) at the conclusion of the game and return to Iona at approximately 6.30pm (Seconds) and 6.45pm (Firsts).

Round 2 vs St Edmund's – Saturday 10 Feb

Team	Venue	Time	Oval
9A vs Iona 9B	Iona College St Eugene's Park	8am	Oval 1
9B vs Iona 9A	Iona College St Eugene's Park	8am	Oval 1
8A	BYE		
8B vs SEC A	Iona College St Eugene's Park	10.30am	Oval 1
7A	BYE		
7B vs SEC A	Iona College St Eugene's Park	9.30am	Oval 1
6A	BYE		
6B vs SLC B	Yeronga AFC Cansdale St, Yeronga	7.30am	Oval 4
6C vs Mar D	Yeronga AFC Cansdale St, Yeronga	9.30am	Oval 3
5A	BYE		
5B	BYE		
5C vs Pad E	Yeronga AFC Cansdale St, Yeronga	8.30am	Oval 1

The Uniform Shop has AFL mouth guards in stock.

Please see the below link for:

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

[AFL Information Link](#)

Changes to training sessions from Week 3

7B: Now training Mondays 7am-8am

5A & 5C: Finish at 4.15pm NOT 4.30pm

Goal Umpires are needed for all AFL matches. Any parents who are able to assist, please contact Anthony Bannerman bannermana@iona.qld.edu.au

AFL Team Photos

Years 5 and 6: Photos will be taken on Friday 8 March in Periods 1 and 2. Boys will wear formal grey uniform for these photos.



Years 7-10: Photos will be taken on the co-curricular photo days later in the year.

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

The Uniform Shop has abdominal guards for cricket in stock.

Cricket results

Round 1 was a good weekend for Iona cricket. The First XI won, with victories in nine of 11 aggregate games.

The First XI put together a comprehensive all-round performance. Winning the toss and choosing to bat, the top order was amazing. Joshua Ritchie scored a maiden First XI century (112 runs) and Liam Carter (70 runs), Harley Malpass (61 runs) and Nicholas Bragger (59 runs off 23 balls) were brutal on the St Laurence's bowlers.

Nicholas Bragger scored possibly the fastest 50 (off 19 balls) in the last 20 seasons of AIC. The bowlers were similarly ruthless, with James Turner taking 4/47 and Lachlan McClure contributing with 2/18 off eight overs.

Highlights from other games were:

10A Alex Harrison 71 not out

8A Ethan Wright 58 not out

7A Lachlan Russell 58 runs.

We play St Edmund's this weekend, but some teams may play against Ambrose Treacy due to the smaller numbers of teams from St Edmund's.

Good luck with training this week, and I look forward to seeing many of the players next weekend.

Progressive Cricket Results

Team	Rd1 vs SLC	Rd2 vs SEC	Rd3 vs MAR	Rd4 vs PAD	Rd5 vs SPLC	Rd6 vs Villa	Rd7 vs SPC
1 st	won Iona 4/318 SLC 155						
2 nd	won Iona 2/119 SLC 7/115						
3 rd	won Iona 4/117 SLC 6/70						
4 th	lost Iona 5/96 SLC 1/97						
10A	won Iona 1/131 SLC 130						
10B	won Iona 3/107 SLC 106						
10C	Washout						
9A	won Iona 3/140 SLC 8/139						
9B	lost Iona 7/133 SLC 0/249						
9C	lost Iona 10/165 SLC 6/193						
8A	won Iona 3/120 SLC 8/118						
8B	won Iona 1/85 SLC 5/82						
8C	lost Iona 8/48 SLC 1/62						
7A	won Iona 6/193 SLC 10/165						
7B	lost Iona 10/71 SLC 2/172						
7C	won Iona 5/91 SLC 6/90						
7D vs Pad E	won Iona 3/86 Pad 5/68						
6A	Washout						
6B	Lost Iona 7/58 SLC 6/78						

6C	lost Iona 9/50 SLC 2/81						
5A	won Iona 9/122 SLC 5/121						
5B	lost Iona 4/100 SLC 9/112						
5C	lost Iona 3/66 SLC 8/77						
5D vs Mar E	lost Iona 20 Mar 5/51						



Round 2 vs St Edmund's – Saturday 10 February

Team	Venue	Time	Oval
1 st XI vs SEC	Tivoli Sports Complex. Church Rd, Tivoli, Ipswich	9.30am-5.15pm	Tivoli 1
2 nd XI vs ATC 1sts	Chelmer Sports Ground Queenscroft St, Chelmer	7.30am-11.45am	Oval 1
3 rd vs ATC 2nds	Shaw Park, Shaw Rd, Kedron	7.30am-11.45am	Alan Pettigrew Oval
4 th vs SEC 2nds	Tivoli Sports Complex. Church Rd, Tivoli, Ipswich	11.15am – 2.15pm	Tivoli 2
10A vs ATC 9/10A	Souths Cricket Club Venner Rd, Fairfield	7.30am-11.45am	Jack Cooke Oval
10B vs ATC 9/10B	Priors Pocket Rd, Moggill	7.30am-11.45am	Col Westaway Oval
10C vs ATC 9/10C	Shaw Park, Shaw Rd, Kedron	7.30am-11am	Geoff Dymock Oval
9A vs SEC 9/10A	Iona College	8am-12.50pm	Davine
9B vs SEC	Iona College	8am-12.50pm	Harron
9C vs SLC 9D	Kianawah Park, Wynnum Rd, Tingalpa	1pm-4pm	Field 3
8A vs SEC	Iona College	1pm-5.30pm	Davine

8B vs ATC A	Iona College	1pm-5.30pm	McCarthy
8C vs ATC B	Kianawah Park, Wynnum Rd, Tingalpa	1pm-4pm	Field 7
7A vs ATC A	Iona College	1pm-5.30pm	Harron
7B vs SEC A	Iona College	8am – 12.30pm	McCarthy
7C vs ATC B	Jack Bowers Oval, Kate St, Indooroopilly	11.30am-2.30pm	Field 2
7D vs SEC B	Kianawah Park, Wynnum Rd, Tingalpa	1pm-4pm	Field 12
6A vs ATC A	Jack Bowers Oval, Kate St, Indooroopilly	8am-11.30am	Field 1
6B vs ATC B	Jack Bowers Oval, Kate St, Indooroopilly	8am-11am	Field 2
6C vs Pad E	Melrose Park, Frances Ave, Woolloowin	8am-11am	East
5A vs ATC A	Kianawah Park, Wynnum Rd, Tingalpa	8am-12.30pm	Field 3
5B vs ATC B	Kianawah Park, Wynnum Rd, Tingalpa	8am-12.30pm	Field 7
5C	BYE		
5D vs Pad E	Padua (Greccio Campus), Broughton Rd, Kedron	8am-11am	Greccio Oval

Please see the below link for:

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

[Cricket Information Link](#)

Cricket Team Photos

Saturday 2 March – Outside McCarthy 7 Cricket teams who are playing at Iona.



Saturday 9 March – Outside McCarthy 7 Cricket teams who are playing at Iona.

Years 5 and 6 Cricket: Photos will be taken on Friday 8 March during Periods 1 and 2. All Year 5 and 6 boys will wear their formal grey uniform for the cricket photo.

- Teams not playing at Iona on the photo days will have their team photos taken later in the year.
- A photo schedule is published in the sport newsletter on the Wednesday before each photo day.

CROSS COUNTRY

Years 7-12 Coordinator

Mr Brendan Merrotsy – merrotsyb@iona.qld.edu.au

2024 Cross Country: (Years 5 and 6)

A talent identification run will occur during Week 5 in Year Level Sport for Primary students. This will enable coaches to identify those who will form part of the Primary Cross Country Training Squad. More information about this squad and training after Week 5.

Starting next Wednesday (14 Feb) will be the Primary Running / Fitness Sessions. These will be each Wednesday from 7.30am on the Primary handball courts. This is for any student who wishes to improve their fitness or for students who want to prepare for upcoming cross country or rugby / football seasons.

These sessions will be fun and involve a range of fitness activities. Please bring: Iona shirt (training, Yura or house), shorts and comfortable running shoes. Students will also need a water bottle and a snack for afterwards. Boys will change into grey uniform after the session.

2024 Cross Country (Years 7-12)

There is no requirement to attend all sessions. The sessions are open to all Year 7-12 students, regardless of previous experience. Cross country training is a great way to build your aerobic base and speed for other Semester 1 sports.

Training Schedule for Years 7-12

- For sessions at Wynnum wading pool, minibus will now return to College with students at 7.30am. Or students have the option to be collected and taken home to shower etc if they like.

Week 3

Monday: 6.40am-7.45am @ Wynnum Wading Pool <u>Aerobic Run</u> (A minibus will depart from the chapel at 6.30am if you cannot meet at Wynnum wading pool)	Wednesday: 6.45am-8am Meet at junior handball courts Interval session	Friday: 6.45am-8am Meet at Junior handball courts Speed / games
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Week 4

Monday: 6.15am–7.15am @ Wynnum Wading Pool <u>Aerobic Run</u> (A minibus will depart from the chapel at 6.05am if you cannot meet at Wynnum wading pool)	Wednesday: 7am–8am Meet at junior handball courts Interval session	Friday: 6.45am–8am Meet at Junior handball courts Speed / games
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E-SPORTS

Coordinator
Mr Chris Eades eadesc@iona.qld.edu.au

E-sports 2024

Last year's initial trial of Esports ran well, with many students excited to be a part of this new cocurricular opportunity.

Esports will run in Terms 2 and 3 this year at Iona, and will be run in after-school sessions. If you are interested in joining Esports at Iona this year, please keep an eye on the Sports Newsletter in Week 7 this term as more details and registration links will be distributed.

Any inquiries can be directed to Mr Chris Eades at eadesc@iona.qld.edu.au.

FOOTBALL (SOCCER)

Football Coordinator Years 9–12
Mr Lachlan Sayers – sayersl@iona.qld.edu.au

Football Coordinator Years 5 – 8
Mr Connor Russell – russellc@iona.qld.edu.au

1st XI Training Schedule

When: Wednesdays 7am–8am
Venue: St Eugene's Park
Starts: Wednesday 14 February

HIGH PERFORMANCE

Coordinator
Mr Leigh Harding – hardingl@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 first contact Mr Harding prior to attending.

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.

10–12 Years Information

Sport	Details	Nominations Close
AFL 10–12 Yrs	Lytton District Trial	Fri 23 Feb
Touch 10–12 Yrs	Lytton District Trial	Tues 13 Feb
Boys Netball 10–12 Yrs	Lytton District Trial	Wed 14 Feb
Rugby League 10–11 Yrs	Lytton District Trial	Fri 23 Feb
Rugby League 12 Yrs	Lytton District Trial	Fri 23 Feb
Golf 10–12 Yrs	Met East Trial	Wed 28 Feb

13–19 Years Information

Sport	Details	Nominations Close
AFL 13–15 Yrs	Composite District Trial	Thurs 8 Feb
Swimming 13–19 Yrs	MET East Trial (qualifying times apply)	Mon 12 Feb
Softball 13–19 Yrs	Met East Trial	Thurs 15 Feb
Rugby League 14–15 Yrs	Composite District Trial	Fri 16 Feb
Rugby League 16–18 Yrs	Composite District Trial	Fri 16 Feb
Basketball 13–16 Yrs	Composite District Trial	Wed 19 Feb
Golf 13–19 Yrs	MET East Trial	Wed 28 Feb

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.

MOUNTAIN BIKING

Coordinator: Mr Daniel Davison
davisond@iona.qld.edu.au

For students interested in participating in the 2024 Mountain Biking Squad, there will be a short meeting in McCarthy 7 during first break on Friday 9 February to answer any questions and sign up.

For students who participated in 2023, please check your emails to express your interest in this year's competitions.

Competition Dates:

Gold Coast: Friday March 1 – Term 1, Week 6
Brisbane: Friday April 19 – Term 2, Week 1

Toowoomba: Friday June 7 – Term 2, Week 8
Sunshine Coast: Thursday August 8 (Yrs 5–8); Friday August 9 (Yrs 9–12) – Term 3, Week 5
Ipswich: Friday August 30 – Term 3, Week 8

Training dates are still to be confirmed.

If you are unable to make the meeting Friday, please contact Mr Davison by email.

RUGBY LEAGUE

Confraternity Coordinator: Mr Andrew Fildes
fildesa@iona.qld.edu.au

Iona Rugby League: Confraternity Carnival Trial

The Confraternity Carnival will be held this year in Townsville (June 24–28). We are currently seeking expressions of interest to trial for a spot in the squad.

Trial Information

(It is expected that all Harlequins squad members trial).

Date: Tuesday 20 February

Departure Time: 3.15 pm from cricket nets

Location: Kougari Oval, Wondall Rd, Wynnum

Equipment: Boots, hat, mouthguard, footy shorts, water bottle & any personal items for rugby league.

To be eligible, you must be 16 or older in 2024.

Gather behind the cricket nets at 3.15pm, to catch the bus to Kougari Oval.

Declare your intent by filling out the registration form [here](#)

For more information, contact our Rugby League Coordinator Mr Fildes at fildesa@iona.qld.edu.au

RUGBY UNION

Coordinator: Mr Alex Jirasek jiraseka@iona.qld.edu.au

Harlequins Rugby Training

Venue: St Eugene's Park
Thursday mornings 6.30am–7.45am

Hoops Rugby Training

Venue: St Eugene's Park
Wednesday mornings 6.30am–7.45am

Gym sessions are as per schedule in the High-Performance section. To achieve success, we need to have a positive training culture and we need both players and parents to 'buy in'.
Exciting times ahead for Iona rugby.

SAILING

Week 2 of Interschool sailing was completed last Sunday, with strong performances from the team. Nine points separate the top five placed boats, and Iona has four boats in the top 10. With five more races scheduled this weekend, our sailors have the opportunity to fight for a podium place.

Training is this Thursday 8 February after school. Could sailors please RSVP via TeamApp if you wish to travel on the bus from school to RQYS.

For Fleet Racing this Sunday 11 February, sailors are requested to arrive at the rigging lawn by 7.30am wearing the full Iona sports uniform. A presentation will be held after racing and all are invited to attend.

Please check TeamApp for details of all events 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

Well done and thanks to the many who attended and assisted at the swim meet held last Friday. The feedback from Lourdes Hill College and Loreto College was very positive. It was great to see the pool stands packed with parents and the pool surrounds packed with students getting involved from all colleges.

This Friday 9 February, Iona will host Villanova, St Patrick's and St Laurence's College.

ORDER OF EVENTS

100 metres	Free (1 Div per age group)
50 metres	Fly (unlimited)
50 metres	Back (unlimited)
50 metres	Breast (unlimited)
50 metres	Free (unlimited)

TIMING OF EVENTS

Warm up: 4pm–4.20pm

First race: 4.25pm

Expected finish: 5.30–5.45pm

The assistance of parents at the weekly BBQ has been excellent. Please note that next Friday (16 February) we will travel to St Peters for a swim meet. I hope to receive that program soon. I will email this to all parents, within my weekly update on Saturday.

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](#)

AIC Swim Calendar – 2024

Date	Location	Transport
Friday 9 February	AIC Swim Meet – Iona/Villa/SLC/SPC) @ Iona Pool	Approx. 4pm – 5.30/45pm
Friday 16 February	AIC Swim Meet @ St Peters	Approx. 3.15pm – 5.30pm TBC Bus provided to and from SPLC
Thursday 22 February	AIC Swim Meet @ Brisbane Aquatic Centre Chandler	Bus provided to and from Chandler. Times TBA
Friday 1 March	AIC Swim Team BBQ @ Iona College Pool	Approx. 3.15pm – 4pm Team BBQ 4pm – 4.30pm
Tuesday 5 March	AIC Swimming Championships	Bus provided to and from the Championships. Times TBA

Swimming BBQ Breakfast

A BBQ breakfast will be available to all those who swim after training on Tuesday mornings. This will be a simple egg / bacon / sausage on a piece of bread. If you can assist on Tuesday mornings to cook or serve, please complete the Microsoft form link that was emailed.

Cooking from 6.30am, serving from the BBQ at 7.45am. Your help would be very much appreciated. Some may leave early depending on work commitments.

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)
Wednesday	
Thursday	AIC Squad: 6.15am – 7.45am

Junior Squad Schedule

This is a level above 'Learn to Swim'. Swimmers must be competent in all four strokes. Swimmers will initially be invited to trial in this squad unless otherwise informed, please contact iswim@iona.qld.edu.au for trial dates.

M	T	W	T	F
3.45pm to 4.45pm	3.45pm to 4.45pm	3.45pm to 4.45pm	3.45pm to 4.45pm	No Fridays until 8 March due to AIC

Mets Squad Schedule

Boys who show sufficient swimming ability will be invited to join our Mets or higher squads.

M	T	W	T	F
3.30pm to 5pm	3.30pm to 5pm	3.30pm to 5pm	3.30pm to 5pm	3.30pm to 5pm

State and National level programs are available, please contact iswim@iona.qld.edu.au for more information.

Please contact iswim@iona.qld.edu.au for any general enquiries.

Interhouse Swimming (Years 5/6)

On Friday 2 February, our Primary school gathered for their annual swimming carnival. This is a day where our newest Ionians are able to proudly represent their house for the very first time. Whilst it was a hot day, staff, students, and parents were able to manage the heat and enjoy the day. It was excellent to see the levels of participation from all students.

Many thanks must go to the Primary staff, Mr Glucina and the grounds staff, Year 13 students, Senior school House leaders, parents and most importantly the students.

Congratulations to:

Anthony House – Champion Year 5 House.

Long House – Champion Year 6 House

The Overall winner for the Primary carnival was Anthony House.

Interhouse Swimming (Overall)

Below are the overall results from the swimming carnivals held Term 4, 2023 and Term 1, 2024.

1 st – Chisholm–Cebula	6 th – Mazenod
2 nd – Albin	7 th – Charlebois
3 rd – Grandin	8 th – MacKillop
4 th – Gerard	9 th – Long
5 th – Anthony	10 th – McAuley

VOLLEYBALL

Volleyball Coordinator

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

Results

Last Saturday was a fantastic start to the volleyball season with our Firsts defeating St Laurence's 3-0 and Iona winning nine out of 12 aggregate matches against a traditionally strong volleyball college. We won 15 out of a total 22 games overall.

This Saturday, we play against St Edmund's. Good luck to all teams.

Progressive Volleyball Results

Team	Rd1 v SLC	Rd2 v SEC	Rd3 v MA R	Rd4 v PAD	Rd5 v SPL C	Rd6 v Villa	Rd7 v SPC
1 st	won 3-0						
2 nd	won 2-1						
3 rd	lost 1-2						
4 th	lost 0-2						
11A	lost 1-2						
11B	lost 0-2						
10A	lost 0-2						
10B	won 2-0						
10C	won 2-1						
10D	won 2-0						
9A	won 2-0						
9B	won 2-0						
9C	won 2-1						
9D	won 2-0						
8A	won 2-0						
8B	won 2-0						
8C	won 2-0						
8D	won 2-1						
7A	won 3-0						

7B	won 3-0						
7C	lost 1-2						
7D	lost 1-2						

Volleyball Team Photos

Saturday 2 March – Outside McCarthy 7 Year 10 to Open volleyball teams who are playing at Iona.



Saturday 9 March – Outside McCarthy 7 Year 7-9 volleyball teams playing at Iona.

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).
- Please note that on court warm up starts 10mins before the game start time.**

SLC 9D	Provence Centre	12.30 Game	
8A	Iona College Provence Centre	9.30 Duty 10.30 Game	1
8B	Iona College Provence Centre	9.30 Game 10.30 Duty	1
8C	Iona College Provence Centre	8am Duty 8.45 Game	1
8D	Iona College Provence Centre	8am Game 8.45 Duty	1
7A	Iona College Provence Centre	9.30 Duty 10.30 Game	2
7B	Iona College Provence Centre	9.30 Game 10.30 Duty	2
7C	Iona College Provence Centre	8am Duty 8.45 Game	2
7D	Iona College Provence Centre	8am Game 8.45 Duty	2

Please see the below link for:

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

[Volleyball Information Link](#)

Training Time Adjustment

10C /10D volleyball training will now finish at 5pm.

Round 2 vs St Edmund's – Saturday 10 February			
Team	Venue	Time	Court
1st	St Edmund's Mary St, Woodend, Ipswich	12pm Game	1
2nds	St Edmund's Mary St, Woodend, Ipswich	11am Game	1
3rds	St Edmund's Mary St, Woodend, Ipswich	9am Game	1
4ths vs SLC 5ths	St Laurence's 82 Stephen's Rd, South Brisbane	7.30am	3
11A	St Edmund's Mary St, Woodend, Ipswich	10am	1
11B	St Edmund's Mary St, Woodend, Ipswich	8am	1
10A	St Edmund's Mary St, Woodend, Ipswich	11am	2
10B	St Edmund's Mary St, Woodend, Ipswich	10am	2
10C	St Edmund's Mary St, Woodend, Ipswich	9am	2
10D	BYE		
9A	Iona College Provence Centre	11.30 Duty 12.30 Game	1
9B	Iona College Provence Centre	11.30 Game 12.30 Duty	1
9C	Iona College Provence Centre	11.30 Game 12.30 Duty	2
9D vs	Iona College	11.30 Duty	2