

IONA SPORT

I AM IONIAN 

14 February 2024

TEAM IONA

The wet weather held off, for the most part, last weekend with only a small number of cricket and AFL games cancelled.

As we played a smaller school last weekend (in terms of team numbers), we had many teams play supplementary games against other colleges. In many situations, we had our B or C teams playing against opposition schools which were graded higher.

With cricket and AFL, a substantial effort is made by the AIC to 'even' the competition by allowing some schools to drop their 'A' teams to lower divisions. This is always a contentious issue.

If these teams remain in their correct division, past results have indicated a very lopsided competition where some schools and teams are belted every week. This situation is not good for the development of players on either side. From time to time, schools can ask for special dispensation in the draws based on the ability of their players coming through. Given Iona's overall numbers and strength, I cannot see myself asking for dispensation in any sport. But I do understand and sympathise with those schools who do ask.

For the record, games where teams play schools out of their division do not count for premierships or aggregate points.

This weekend Iona meets Marist College Ashgrove in all sports. Iona and Ashgrove have always been fierce but respectful rivals in the sporting arena. Interestingly, both Colleges have much in common as we share similar values and both religious orders share a strong devotion to Mary, among many other commonalities.

During the Year 7-10 sport lessons, I have challenged the boys to 'grit their teeth' and 'dig deep' this weekend. Many premierships will be on the line, and I strongly encourage all teams to strive for them and to produce their best. There is no shame in wanting to do well, it is the way we go about it that makes the difference. As Ionians, the expectation is we play hard but fair and always as great sportsmen. Every Ionian should walk

away after the game this weekend with no regrets, knowing they left nothing in the tank. We can then be pleased with our efforts, no matter the result.

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 two 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** – 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

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>

Please also see the bottom of this newsletter for important information about sports action photography available to parents for this weekend's matches.

Craig Stariha
Head of Sport, Iona College

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

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 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

Round 2 brought some positive results for the Black and White. Our Second XVIII came away with a big win against St. Laurence's, the highlight being six goals by Charlie Hansson, while Harrison Donohue was dominant in the midfield, kicking four. Our First XVIII were too

strong for St. Edmund's College, where Byrn Corten, Isaac Terpstra and Ryan Gibbs were best afield.

The Iona 5C team remains undefeated thus far, while the 6C team had a comprehensive win against Marist College. Many teams had a bye over the weekend and will be chomping at the bit to get onto the field for a big Round 3.

Progressive AFL Results

Team	Rd1 SLC	Rd2 SEC	Rd3 MAR	Rd4 PAD	Rd5 SPLC	Rd6 Villa	Rd7 SPC
1st	lost 77-15	won 58-14					
2nd	lost 66-21	won 94-13					
9A	lost 17-29	Internal					
9B	lost 14-21	Internal					
8A	lost 58-3	BYE					
8B	lost 22-1	lost vs SEC A 9-18					
7A	lost 66-7	BYE					
7B	lost 30-12	lost vs SEC A 2-38					
6A	lost 74-7	BYE					
6B	lost 28-22	lost vs SLC B 25-31					
6C	lost 32-14	won vs Mar D 54-9					
5A	won 39-30	BYE					
5B	won 59-15	BYE					
5C	won 87-0	won vs Pad E 42-3					

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.

AFL Round 3 vs Marist – Friday 16 Feb

Team	Venue	Time	Oval
1 st	Iona College – St Eugene's Park	4.45pm	1
2 nd	Wynnum Vikings AFC Kianawah Rd	4.45pm	1

AFL Round 3 vs Marist – Saturday 17 Feb

Team	Venue	Time	Oval
9A	Mt Maria College Playing Fields Lade St, Gaythorne	9.30am	Oval 1
9B	Mt Maria College Playing Fields Lade St, Gaythorne	8.30am	Oval 1
8A	Iona College St Eugene's Park	9.30am	Oval 1
8B	Iona College St Eugene's Park	8.30am	Oval 1
7A	Mt Maria College Playing Fields Lade St, Gaythorne	7.30am	Oval 1
7B	Mt Maria College Playing Fields Lade St, Gaythorne	7.30am	Oval 2
6A	Yeronga AFC Cansdale St, Yeronga	9.30am	Oval 5
6B	Yeronga AFC Cansdale St, Yeronga	8.30am	Oval 5
6C	Yeronga AFC Cansdale St, Yeronga	7.30am	Oval 5
5A	Yeronga AFC Cansdale St, Yeronga	10.30am	Oval 5
5B	Yeronga AFC Cansdale St, Yeronga	10.30am	Oval 1
5C	Yeronga AFC Cansdale St, Yeronga	9.30am	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

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.

Results

A mixed bag of results from last weekend. Due to St Edmunds having less teams than Iona, a lot of our teams played against teams in a higher grade (e.g. 8B played ATC 'A'). The boys did well, and this was a great preparation for this week's round against Marist.

The First XI secured a dominant win by bowling out St Edmunds for 90 and chasing the runs in 9.1 overs.

Liam Johns was powerful in scoring 76 runs in 30 balls with 11 sixes. James Turner and Clancy Muniandy both took four wickets.

The other highlight was Xavier Vickers scoring 54 runs in the 9B game.

All teams need to be prepared for a well-organised Marist cricket program this weekend. Train hard and work as a unit!

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	won Iona 1/91 SEC 90					
2 nd	won	lost vs ATC 1 st Iona 8/88 ATC 7/117					
3 rd	won	washout					
4 th	lost	won Iona 7/89 SEC 57					
10A	won	draw vs ATC 9/10A					
10B	won	draw vs ATC 9/10B					
10C	washout	lost Iona 27 ATC 9/10C 3/115					
9A	won	won Iona 0/53 SEC 9/49					
9B	lost	won Iona 4/106 SEC 7/76					

9C	lost	won Iona 1/72 SLC D 7/71					
8A	won	won Iona 3/75 SEC 71					
8B	won	lost ATC A					
8C	lost	won Iona 8/85 ATC B 81					
7A	won	won Iona 9/148 ATC 129					
7B	lost	lost Iona 89 SEC A 4/92					
7C	won	lost Iona 5/61 ATC B 5/98					
7D	won	lost Iona 4/49 SEC B 1/52					
6A	wash out	won Iona 6/146 ATC 7/88					
6B	lost	won Iona 5/75 ATC 21					
6C	lost	washout					
5A	won	won Iona 9/95 ATC 8/78					
5B	lost	won Iona 3/139 ATC 8/93					
5C	lost	BYE					
5D	lost	washout					



Cricket Round 3 vs Marist – Saturday 17 Feb			
Team	Venue	Time	Oval
1 st XI	Marist College Frasers Rd, Ashgrove	9.30am– 5.15pm	McMahon
2 nd XI	Marist College Frasers Rd, Ashgrove	1pm– 5.50pm	Cameron
3 rd	Marist College Frasers Rd, Ashgrove	1pm–4pm	Hayden
4 th	Marchant Park Cnr Murphy and Gympie Rds, Chermside	2pm–5pm	Field 4
10A	Marist College Frasers Rd, Ashgrove	8am– 12.50pm	Cameron
10B	Marist College Frasers Rd, Ashgrove	8am– 12.50pm	Hayden
10C	Marchant Park Cnr Murphy and Gympie Rds, Chermside	8am–11am	Field 4
9A	Iona College	8am– 12.50pm	Davine
9B	Iona College	8am– 12.50pm	Harron
9C	Kianawah Park, Wynnum Rd, Tingalpa	1pm–4pm	Field 3
8A	Iona College	1pm–5.30pm	Davine
8B	Iona College	1pm–5.30pm	McCarthy
8C	Kianawah Park, Wynnum Rd, Tingalpa	1pm–4pm	Field 7
7A	Iona College	1pm–5.30pm	Harron
7B	Iona College	8am– 12.30pm	McCarthy
7C	Kianawah Park, Wynnum Rd, Tingalpa	1pm–4pm	Field 2
7D	Kianawah Park, Wynnum Rd, Tingalpa	1pm–4pm	Field 12
6A	Des Connor Park Glenlyon Dr, Ashgrove	7.30am–11am	Field A
6B	Des Connor Park Glenlyon Dr, Ashgrove	7.30am–11am	Field B
6C	Des Connor Park Glenlyon Dr, Ashgrove	7.30am– 10am	Field C
5A	Kianawah Park Wynnum Rd, Tingalpa	8am– 12.30pm	Field 3

5B	Kianawah Park Wynnum Rd, Tingalpa	8am- 12.30pm	Field 7
5C	Kianawah Park Wynnum Rd, Tingalpa	7.30am- 9.55am	Field 2
5D	Kianawah Park Wynnum Rd, Tingalpa	10am- 12.25pm	Field 2

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 will come after Week 5.

Primary running / fitness sessions start today (Feb 14). These will be held 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, the minibus will now return to College with students at 7.30am. Students have the option to be collected and taken home to shower etc if they prefer.

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: 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 5

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: 6.45am-8am McCarthy Oval <u>Time Trial</u> 3km 12,13,14 Yrs 4km 15,16,Open	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

First 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
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
Basketball 10-12 Yrs	Lytton District Trial	Mon 4 Mar

13-19 Years Information

Sport	Details	Nominations Close
Softball 13-19 Yrs	Met East Trial	Thurs 15 Feb
Basketball 13-16 Yrs	Composite District Trial	Mon 19 Feb
Water Polo 14-18 Yrs	Met East Trial	Fri 23 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.

Congratulations to the following boys on their representative sport selections.

- Harley Malpass and Lachlan McClure have made the Met East cricket team to play at the QRSS State Championships from March 4-7
- Blake Roberts and Charlie Power have been selected in the Met East U-14 baseball team to play from April 18-21

MOUNTAIN BIKING

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

For students interested in participating in the 2024 Mountain Biking Squad who missed the meeting last Friday, please contact Mr Davison.

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 a positive training culture, and for both players and parents to 'buy in'. Exciting times ahead for Iona rugby.

SAILING



The final day of racing in the Interschool Fleet Racing saw continued close racing. At the close of the regatta, Iona sailors took four of the top-10 places, with Jordan Barney (Skipper), Kobi Rowlinson (crew) and Dean Gething (crew)

claiming third place on the podium – an excellent result in the tightly contested field. Iona sailors have held podium places in all events this season, and we look forward to continued success as the boys move into the Teams Racing events over the coming weeks.

Training is this Thursday (15 Feb) after school. Sailors please RSVP via TeamApp if you wish to travel on the bus from school to RQYS.

The first round of Teams Racing is this Sunday (18 Feb). Sailors should refer to TeamApp for arrival times and are reminded of the requirement to be wearing the full Iona sports uniform.

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

The assistance with the BBQ breakfasts has been outstanding, and the attendance at training and the meets has been very good. We appreciate the great support by our parents, thank you!

For the next two weeks, our squad will travel away for swim meets (St Peters, then Chandler). On Friday (16 Feb) we are expecting all boys to attend the St Peters meet. Transport will be provided to and from the venue. Buses will depart from behind the cricket nets straight after school at 3.10pm. The buses should return to the College bus turnaround (off North Rd) at approx. 7pm. Parents are welcome to collect their son from the venue.

We ask families to complete the link to confirm (or otherwise) your son's attendance for the St Peters meet. <https://forms.office.com/r/sCkFYp6x8S?origin=lprLink>

Uniform expectations

As we are travelling away for the next two weeks, the College insists that our swimmers look like a squad, and that we are representing Iona to the highest standard. All boys must wear the Yura training shirt and Iona PE shorts (no other shirts) plus Iona socks and sports shoes (no thongs/slides etc). Eventually all squad members will be given a swim cap to wear at the AIC swim championships. But during the meets, boys are asked to purchase and wear the Iona swim cap from the Uniform Shop (no other caps are acceptable). We ask boys to wear the Iona togs or plain black togs to training and to the meets. We do realise some families have invested heavily in special race togs. We will negotiate with individuals about wearing these race togs (which may not be black in colour) at the AIC Swim Championships.

When we walk into St Peters and Chandler pool, the expectation is that we look like a well-dressed squad.

Not long until the AIC Championships. Let's keep up the good efforts at training and the meets.

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 16 February	AIC Swim Meet @ St Peters	Bus provided to and from SPLC. 3.15pm departure, approx. 6.45/7pm return
Thursday 22 February	AIC Swim Meet @ Brisbane Aquatic Centre Chandler	Bus provided to Chandler. Parents to collect at venue. 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)
Wednesday	
Thursday	AIC Squad: 6.15am–7.45am

VOLLEYBALL

Volleyball Coordinator

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

Results

Well done to the volleyball boys for another successful week!

We won 11 out of 12 aggregate games, and 18 from 21 games in total. Keep up the great work everyone!

We will need to train hard this week if we want good results against Marist this Saturday.

Progressive Volleyball Results

Team	Rd1 SLC	Rd2 SEC	Rd3 MA R	Rd4 PAD	Rd5 SPLC	Rd6 Villa	Rd7 SPC
1 st	won 3-0	won 3-0					
2 nd	won 2-1	won 2-0					
3 rd	lost 1-2	won 2-0					
4 th	lost 0-2	lost SLC 5 th 0-2					
11A	lost 1-2	won 2-0					
11B	lost 0-2	won 2-0					
10A	lost 0-2	won 2-0					
10B	won 2-0	won 2-0					
10C	won 2-1	won 2-0					
10D	won 2-0	BYE					
9A	won 2-0	won 2-1					
9B	won 2-0	won 2-0					
9C	won 2-1	won 2-1					
9D	won 2-0	won SLC D 2-0					
8A	won 2-0	lost 0-2					
8B	won 2-0	won 2-0					
8C	won 2-0	won 2-0					
8D	won 2-1	won 2-0					
7A	won 3-0	won 2-0					
7B	won 3-0	won 2-1					
7C	lost 1-2	lost 0-2					
7D	lost 1-2	won 2-1					

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.

Round 3 vs Marist – Saturday 17 February

Team	Venue	Time	Court
1st	Marist College, Frasers Rd, Ashgrove	12.30pm	1
2nds	Marist College, Frasers Rd, Ashgrove	11.30am	1
3rds	Marist College, Frasers Rd, Ashgrove	9.30am	1
4ths	Marist College, Frasers Rd, Ashgrove	7.30am	2
11A	Marist College, Frasers Rd, Ashgrove	10.30am	1
11B	Marist College, Frasers Rd, Ashgrove	8.30am	1
10A	Marist College, Frasers Rd, Ashgrove	11.30am	2

SPORTS PHOTOGRAPHY

10B	Marist College, Frasers Rd, Ashgrove	10.30am	2
10C	Marist College, Frasers Rd, Ashgrove	9.30am	2
10D	Marist College, Frasers Rd, Ashgrove	8.30am	2
9A	Iona College Provence Centre	11am Duty 12pm Game	1
9B	Iona College Provence Centre	11am Game 12pm Duty	1
9C	Iona College Provence Centre	11am Game 12pm Duty	2
9D	Iona College Provence Centre	11am Duty 12pm Game	2
8A	Iona College Provence Centre	9am Duty 10am Game	1
8B	Iona College Provence Centre	9am Game 10am Duty	1
8C	Iona College Provence Centre	7.30am Duty 8.15am Game	1
8D	Iona College Provence Centre	7.30amGame 8.15am Duty	1
7A	Iona College Provence Centre	9am Duty 10am Game	2
7B	Iona College Provence Centre	9am Game 10am Duty	2
7C	Iona College Provence Centre	7.30am Duty 8.15am Game	2
7D	Iona College Provence Centre	7.30amGame 8.15am 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.

Parents and guardians,

Professional photographer Pat Hoelscher will be attending this Saturday's AIC Sport round at Iona College as our official photographer.

Book Pat via 0416 241 341 if you wish to lock him in to cover your son's match (there is no booking fee, but images will be available to purchase).

Pat will only be covering home matches for Iona.

Even if you don't book, photos of your son's match may still be available using the below steps.

He will be uploading images taken at Iona home games to a password-protected folder during the day, from which you can purchase images.

The details on how to access this folder are below:

1. <https://pat-hoelscher-photography.photoshelter.com/archive>
2. Click "Iona College" > 2024 > Term 1
3. Enter Password: IONA24 (all uppercase)

Please do not forward this password onto third parties. For your protection, it has been created for the families of Iona AIC sport only.

Pat's details are below:

www.pathoelscherphotography.com
pat.hoelscher.photography@gmail.com
[0416 241 341](tel:0416241341)