

IONA SPORT

I AM IONIAN 

28 February 2024

TEAM IONA

After reaching the halfway point of the AIC season last weekend, it is pleasing to report that overall our teams are going very well.

We currently have many teams in premiership contention across the three sports played. Special mention to our volleyballers, who have 15 of their 22 teams leading their respective tables.

Typically, it is about this time of the season where teams can drop off in intensity, show some disinterest or a lack of enthusiasm at training and on game day. With three rounds to go we encourage all teams to keep up their efforts and finish off the season well.

The AFL boys are doing us proud each week by giving their best – with the Year 5A, 5B and 5C teams all undefeated. Well done, and keep up the good work.

Our Firsts volleyball and Firsts cricket teams are also currently undefeated, but face strong opposition over the next few rounds. These teams need to be on top of their game, as St Peters have some solid teams and cannot be underestimated. Our Firsts teams would appreciate the support of the student body this weekend, particularly as this is their last home round of the season. Please stay behind and support if you can.

The Sports Office has been working extremely hard behind the scenes to get the rugby and football seasons up and ready.

Training and trials for all teams from Years 5–12 will occur the very next week after the current AFL, cricket and volleyball season concludes – that is, the second-last week of this term. Each year level will have a trial afternoon, with further internal trials being held on that first Saturday after the current AIC season concludes.

As mentioned in last week's newsletter, the College is moving to a new sports communication system called Clipboard.

Clipboard will provide detailed information about trials, training and fixtures with times, dates and venue locations specific to each student's sport and team. It will also be a more direct and immediate channel to notify families of changes or cancellations.

This information can easily be accessible through the Clipboard app on your phones. Parents, coaches and players can quickly and easily see their training schedule, fixture schedules and much more.

The College will implement the use of Clipboard immediately, as we will use this application for sport sign-ons as well. Students who wish to sign on for Term 2 sports including football, rugby union, cross country and chess, must do so using Clipboard.

Parents and guardians received an invitation email from Clipboard prompting you to log in last Friday. This email was only valid for three days. Some have missed the link, or the invitation email was found in their spam and have subsequently missed the cut-off. Another invitation link will be sent again this Friday (1 March) to capture those who were unable to sign-on and register last weekend. Please follow the link and sign in as soon as you receive the email, so please check your emails as this must be completed within the three-day period.

Students can log in immediately using their Iona email and password using the following link:

<https://portal.clipboard.app/iona>

Note: Students can play either rugby union or football, but not both (as they are played at the same time). No one misses out on a rugby or football team. Students can also participate in chess, as this is played on Friday afternoons. All students can do cross country as well.

Only parents can do the 'Activity Selection' (sign-on) for students in Years 5 and 6. However, all Year 7–12 students are able to do this themselves. As parents have access to Clipboard (when you complete the invitation email), they can see all things that their sons have selected, as well as the associated training and trial schedules down the track.

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

Best wishes go to our swim squad who will compete at the annual AIC Swimming Championships held at Chandler next Tuesday 5 March. I thank all those who have trained hard through the pre-season. Many thanks are given to Mr Zane King and Mr Nic Keune for coaching the boys and for the staff who have managed the team over the season. Go well!

The entire Year 10 student cohort has been selected to go to Chandler pool and support the team on the day. Students will leave early via school buses and will return by 3pm. A select group of Year 12 boys, chosen by Mr Devlin, will also lead our cheer squad on the day. Further information will be emailed to these families.

Best wishes go to all who represent our College this weekend. Play hard, play fair and enjoy!

WEEKEND ROAD CLOSURES – PLEASE READ!

This is an important message for families travelling to Iona College this weekend for sports fixtures to alert you of road closures and major disruptions to rail services:

Queensland Rail have advised that the level crossing at Lindum Station (at the junction of Kianawah Rd, Sibley Rd, Lindum Rd and North Rd) will be closed to all traffic from midnight on Friday 1 March until 1am Monday.

This coincides with the closure of the Cleveland train line because of major maintenance works. A rail bus service will be running between all stations.

As a result, the regular shuttle bus stops on North Rd will be closed this weekend because the level crossing at Lindum will be inaccessible. The rail bus service will stop at Lindum Station carpark on Sibley Rd.

Pedestrians will still be able to cross at the level crossing to access Iona from North Rd, but minor delays are possible.

For vehicle traffic, detours will be in place diverting traffic along Sibley Rd, across the level crossing at Wynnum North Station, with access to College as usual from Sandy Camp Rd.

For more information, go to:

Level crossing closure:

<https://translink.com.au/updates/435021>

Rail closure: <https://translink.com.au/updates/430561>

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 1 Mar:	Rd 5 AIC 1 st /2 nd 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 1 st /2 nd 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 1 st /2 nd 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:	1 st /2 nd /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

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	Whole Round Washout	lost 12-73			
2nd	lost 66-21	won 94-13		lost 39-40			
9A	lost 17-29	Internal		lost 56-21			
9B	lost 14-21	Internal		won 62-7			
8A	lost 58-3	BYE		won 49-6			
8B	lost 22-1	lost vs SEC A 9-18		won 34-2			

7A	lost 66-7	BYE		lost 12-47			
7B	lost 30-12	lost vs SEC A 2-38		lost 0-27			
6A	lost 74-7	BYE		lost 29-75			
6B	lost 28-22	lost vs SLC B 25-31		lost 15-77			
6C	lost 32-14	won vs Mar D 54-9		lost 23-40			
5A	won 39-30	BYE		won 33-26			
5B	won 59-15	BYE		won 29-22			
5C	won 87-0	won vs Pad E 42-3		won 63-7			

AFL Team Photos

Years 5 and 6: Photos will be taken on Friday 8 March in Period 1. 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 5 vs St Peters / Supplementary Friday 1 March			
Team	Venue	Time	Oval
1 st	BYE		
2 nd vs SPLC 1sts	Iona College – St Eugene’s Park	4.45pm	1

AFL Round 5 vs St Peters / Supplementary Saturday 2 March			
Team	Venue	Time	Oval
9A vs ATC	Iona College St Eugene’s Park	9.30am	Oval 1
9B vs SPLC A	Iona College St Eugene’s Park	8.30am	Oval 1
8A vs ATC	Iona College St Eugene’s Park	7.30am	Oval 1
8B vs Marist	Mt Maria College Playing Fields, Lade St, Gaythorne	8.30am	Oval 2
7A vs SLC	Mt Maria College Playing Fields, Lade St, Gaythorne	9.30am	Oval 2
7B vs SPLC A	Iona College St Eugene’s Park	10.30am	Oval 1
6A vs ATC	Yeronga AFC Cansdale St, Yeronga	8.30am	Oval 4

6B vs SLC	Yeronga AFC Cansdale St, Yeronga	7.30am	Oval 4
6C vs Pad D	Yeronga AFC Cansdale St, Yeronga	7.30am	Oval 3
5A vs ATC	Yeronga AFC Cansdale St, Yeronga	10.30am	Oval 3
5B vs SLC	Yeronga AFC Cansdale St, Yeronga	9.30am	Oval 3
5C vs Pad D	Yeronga AFC Cansdale St, Yeronga	8.30am	Oval 3

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

BASKETBALL

Iona College USA Basketball Tour – 2024
Tour Manager: Mr. Bannerman
bannermana@iona.qld.edu.au

Trials for USA Tour

U18 – Year 10 & 11 Students

Mon 4 March: 6.45am-8am Oblate Hall

Mon 11 March: 6.45am-8am Oblate Hall

U15 Trials – Year 9, 8 & 7 Students

Tues 5 March: 6.45am-8am Oblate Hall

Tues 12 March: 6.45am-8am Oblate Hall

Students who signed up in 2023 will receive an email from Mr. Bannerman containing trial information in the coming days. Any student who wishes to trial will need to email Mr. Bannerman with their intention to trial prior to the trial date.

For the inaugural tour in 2024, Iona College will be looking to take a total of 24 students across two teams to the United States in December. We will

take an Under-18 team, consisting of students in Years 10 and 11, and an Under-15 team, consisting of students from Years 7-9. The tour will be 15 days, from 3-17 December, with an estimated cost of \$8000 per student.

The teams will participate in six to eight matches while in the US, played in front of college talent scouts with a view to increasing the chances of our Ionians attracting scholarship opportunities. Visiting San Francisco and Los Angeles, the tour will include tours of elite sporting facilities and colleges, attending college and NBA matches, and meet-and-greet sessions with NBA players.

In alignment with Iona's Catholic values and the mission of the Oblates, students will also participate in community experiences, such as assisting the homeless in delivering and preparing food (linking to Iona's association with Rosies), celebrate Mass and connect with the Oblates in America.

This is a unique opportunity to develop basketball skills while engaging in a once-in-a-lifetime cultural experience.

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.

Progressive Cricket Results

Team	Rd1 vs SLC	Rd2 vs SEC	Rd3 MAR	Rd4 vs PAD	Rd5 vs SPLC	Rd6 vs Villa	Rd7 vs SPC
1 st	won	won	Whole Round Washout	won Iona 9/237 Pad 7/125			
2 nd	won	lost vs ATC		won Iona 8/198 Pad 4/45			
3 rd	won	wash out		won Iona 2/155 Pad 6/152			
4 th	lost	won		lost Iona 7/104 Villa 5 th 5/106			
10A	won	draw vs ATC		won Iona 1/85 Pad 84			
10B	won	draw vs ATC		lost Iona 49 Mar 126			

10C	wash out	lost vs ATC	won Iona 5/48 Pad B 47			
9A	won	won	won Iona 7/218 Pad 7/95			
9B	lost	won	BYE			
9C	lost	won vs SLC D	won Iona 5/60 Pad B 58			
8A	won	won	won Iona 175 Pad 121			
8B	won	lost ATC A	won Iona 131 Pad 130			
8C	lost	won vs ATC B	won Iona 4/71 Pad 5/70			
7A	won	won vs ATC	lost Iona 9/82 Pad 4/83			
7B	lost	lost	won Iona 7/142 Pad 137			
7C	won	lost vs ATC B	lost Iona 41 Pad 73			
7D	won	lost vs SEC B	lost Iona 8/51 Pad 3/118			
6A	wash out	won vs ATC	lost Iona 68 Pad 5/69			
6B	lost	won vs ATC	lost Iona 8/60 Pad 6/131			
6C	lost	Wash out	lost Iona 5/65 Pad D 1/88			
5A	won	won vs ATC	lost Iona 9/93 Pad 5/143			
5B	lost	won vs ATC	lost Iona 9/76 Pad 4/154			
5C	lost	BYE	lost Iona 6/61 Pad 7/95			
5D	lost	Wash out	lost Iona 6/69 Pad 2/80			

Whole Round Washout

Cricket Team Photos

Saturday 2 March –
(See Photo Schedule Below)

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.

Photo Schedule for Saturday 2 March

Team	Arrival Time at McCarthy7	Photo Time	Game Time
10A Cricket	7.10am	7.15am	8am Game
10B Cricket	7.12am	7.20am	8am Game
1 st Cricket	8.05am	8.15am	9.30am Game
2 nd Cricket	11.50am	12pm	1pm Game
3 rd Cricket	11.55am	12.05pm	1pm Game

Please make sure you are at McCarthy 7 at the arrival time mentioned above. There are many sports photos being taken this Saturday and the schedule is very tight. Boys who are late risk missing their photo.

Cricket Round 5 vs St Peters / Supplementary Saturday 2 March			
Team	Venue	Time	Oval
1 st XI	Iona College	9.30am-5.15pm	Davine
2 nd XI	Iona College	1pm-5.50pm	Harron
3 rd	Iona College	1pm-4pm	McCarthy
4 th vs Mar 5 th	Kianawah Park, Wynnum Rd, Tingalpa	1pm-4pm	Field 7
10A	Iona College	8am-12.50pm	Harron
10B vs Villa B	Iona College	8am-12.50pm	McCarthy
10C vs Mar E	Kianawah Park, Wynnum Rd, Tingalpa	1pm-4pm	Field 2
9A	St Peters via Indooroopilly Rd, Indooroopilly	8am-12.50pm	Mayer
9B	Bellbowrie Sports Complex Sugarwood St, Bellbowrie	12.15pm-4.45pm	Turf
9C	Bellbowrie Sports Complex Sugarwood St, Bellbowrie	7.30am-10.30am	Turf
8A	St Peters via Indooroopilly Rd, Indooroopilly	1pm-5.50pm	Mayer
8B	Moggill Sports Park 3660 Moggill Rd, Moggill	1pm-5.50pm	Field 1
8C	BYE		

7A	St Peters via Lambert Rd, Indooroopilly	1pm-5.50pm	Stoltz
7B	Bellbowrie Sports Complex Sugarwood St, Bellbowrie	8am-12pm	Synthetic
7C	BYE		
7D vs Mar E	Kianawah Park Wynnum Rd, Tingalpa	1pm-4pm	Field 12
6A	Kianawah Park Wynnum Rd, Tingalpa	8am-12.30pm	Field 2
6B vs Villa C	Kianawah Park Wynnum Rd, Tingalpa	10am-12.25pm	Field 3
6C vs Mar D	Des Connor Park Glenlyon Dr, Ashgrove	7.30am-10am	Field D
5A	Kianawah Park Wynnum Rd, Tingalpa	8am-12.30am	Field 7
5B	BYE		
5C vs SPLC B	St Peters via Lambert Rd, Indooroopilly	8am-12.30pm	Stoltz
5D	BYE		

Please see the below link for:

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

[Cricket Information Link](#)

CROSS COUNTRY

Years 7-12 Coordinator

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

2024 Cross Country: (Years 5 and 6)

Primary Cross Country training will commence Week 7.

Training days will be Tuesday and Thursday afternoons from 3.10pm-4.15pm.

Invited and interested runners are to meet Mr Overland, Mr McClure and Mrs Cook at the Primary Handball Courts to commence training on these afternoons.

Students are to wear Iona training shirt, Iona sports shorts, Iona socks and comfortable running shoes/joggers. It would be ideal to bring a water bottle and a small snack for afterwards.

At this stage it is only a training squad. The final team for each Year level will be selected a few weeks before the AIC Cross Country Championships in Term 2.

Primary running / fitness sessions will be held each Wednesday from 7.30am on the Primary handball courts. This is for any student who wishes to improve their fitness.

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.

Top Trainers of Week 5

Lewis Johnson – 16yrs
Aiden Hollier – 14yrs
Liam Crosby – 13yrs

Week 6

Monday:	Wednesday:	Friday:
6.15am-7.15am @ Wynnum Wading Pool <u>Aerobic Run</u> (A minibus will depart from the chapel at 6am if you cannot meet at Wynnum wading pool)	6.45am-8am Meet at junior handball courts Interval session	6.45am-8am Meet at Junior handball courts Speed / games

Week 7

Monday:	Wednesday:	Friday:
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)	6.45am-8am McCarthy Oval Interval session	6.45am-8am Meet at Junior handball courts Speed / games

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

Sign-On Open

All Year 5-12 students wishing to play football for the College must sign-on using Clipboard. No sign-on, no game! Information regarding Clipboard has been emailed, please check your inboxes.

Only parents can do the 'Activity Selection' (sign-on) for the students in Years 5 and 6. However, all Year 7-12 students are able to do this themselves via Clipboard.

Note: Students can play either rugby union or football, but not both (as they are played at the same time). No one misses out on a rugby or football team. Students can also participate in chess, as this is played on Friday afternoons. All students can do cross country as well.

Football is played on Saturday mornings in Term 2, however, trials/training will commence in Week 9, Term 1 beginning on Monday 18 March with one trial session held after school for each year level as well as internal trials held on Saturday 23 March.

A full season schedule will be published in next week's newsletter which will contain further information regarding the football season including specific times and venues among many other information.

First XI Training Schedule

When: Wednesday 7am-8am
Venue: St Eugene's Park

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 started 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
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
Golf 13–19 Yrs	Met East Trial	Thurs 29 Feb
Basketball 17–19 Yrs	Composite District	Thurs 29 Feb
Hockey 13–15 Yrs	Met East Trial	Thurs 29 Feb
Surfing 13–19 Yrs	Met East Trial	Thurs 29 Feb
Touch 16–18 Yrs	Composite District	Fri 1 Mar
Squash 10–19 Yrs	Met East Trial	Mon 18 Mar
Rugby Union 17–18 Yrs	Met East Trial	Thurs 7 Mar

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

The first event for the 2024 MTB season kicks off at the Gold Coast this Friday (1 March). All eligible riders and parents should by now have received an email on how to register for this event.

The season continues with training and competitions throughout the rest of Term 1 and into Terms 2 and 3.

Next Training Session:

Saturday March 23 (End of Week 9, Term 1)

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)

Sunshine Coast: Friday August 9 (Yrs 9–12)

Ipswich: Friday August 30 – Term 3, Week 8

Please contact Mr Davison by email if you have any questions.

RUGBY UNION

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

Sign-On Open

All Year 5–12 students wishing to play rugby union for the College must sign on using Clipboard. No sign-on, no game! Information regarding Clipboard has been emailed, please check your inboxes.

Only parents can do the 'Activity Selection' (sign-on) for the students in Years 5 and 6. However, all Year 7–12 students are able to do this themselves via Clipboard.

Note: Students can play either rugby union or football, but not both (as they are played at the same time).

No one misses out on a rugby or football team.

Students can also participate in chess, as this is played on Friday afternoons. All students can do cross country as well.

Rugby is played on Saturday mornings in Term 2, however, trials/training will commence in Week 9, Term 1 beginning on Monday 18 March with one trial session held after school for each year level as well as internal trials held on Saturday 23 March.

A full season schedule will be published in next week's newsletter which will contain further information regarding the rugby season including specific times and venues among many other information.

Harlequins Rugby Training

Venue: St Eugene's Park

Tuesday & Thursday mornings 6.30am–7.45am

Hoops Rugby Training

Venue: St Eugene's Park

Wednesday mornings 6.30am–7.45am

BALLYMORE CUP – The College is looking at entering a Year 7A and Year 9A team into the up-coming Ballymore Cup Carnival held at South Pine Sports Complex, Brendale from 12–14 April.

These teams will enter the U13 and U15 divisions. The College will select these teams during the trial week held

the week beginning 18 March as well as from the internal games played on Saturday 23 March.

Players will be advised of their selection during the last week of school (after these trials).

The College has taken the decision to enter a 7A and 9A team so that it serves as a good pre-season leading into the AIC competition as our main priority.

NZ Rugby Tour

The College is exploring a possible NZ Rugby Tour for Easter 2025. This will involve our top 48–51 players from Years 10 and 11 (2024) – ideally our First and Second XV in 2025.

More information will be released in the coming weeks. Pricing and itinerary are being sought now.

SAILING

Team Iona had mixed results during the second round of interschool teams racing. Whilst our Firsts



team continued their winning season, remaining undefeated in Gold Fleet, our Seconds and Thirds teams were hampered by some equipment failures and a number of our team being away sick.

That said, the boys showed true spirit, and demonstrated their tenacity and drive to continue to fight throughout the day. There was lots to be proud of and the knowledge gained will serve the squad well as we move into the later stages of competition this term.

The final round of racing before the finals series and State Championships is this Sunday 3 March.

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 2024 AIC swim season will reach its conclusion next Tuesday 5 March with the annual AIC Swimming Championships to be held at Chandler.

Our final swim team for the AIC Swimming Championships will be selected based on times recorded at the AIC swim meets held throughout the season. Unfortunately, not every student who has trained throughout the season will swim on the day of the Championship. All swimmers who have consistently trained and attended the AIC swim meets will travel to Chandler next Tuesday either as a competitor or a reserve. Buses will transport your son to and from Chandler on the day of the Championship.

The complete list of the Iona College swim team, including the competitors list for each event will be emailed to all families this Thursday.

This Friday all squad members are required to attend a final training session commencing at 3.15pm directly after school. We hope to finish the afternoon no later than 4.30pm.

Normal training times will continue throughout this week. We ask all squad members to attend all the remaining swim sessions as a priority so that we can practice relay changes, starts and finishes for the up-coming Championships.

All squad members are to wear the Yura training T-shirt (not the Iona College Black & White shirt) with the black PE shorts to school on this day as we plan to take a squad photo before we depart the College.

Swim Uniform

- Iona swim togs (it is permissible for our some of our swimmers to wear their specialised racing togs)
- Yura training T-shirt (not the black & white training shirt)
- Iona black PE shorts
- Iona sports socks
- Iona swim cap (will be provided free of charge to all swimmers)

On the day of the Championships, we ask all swimmers (and reserves) to meet the swim managers promptly at The Provence Centre wearing their swim uniform. The

boys will receive some final team instructions before a team photo is taken at 6.40am. A bus will then depart the College for Chandler at 7am. The carnival will conclude by 1.30pm with presentations. We ask all swimmers to travel as a team to the Championships on the buses provided (not with parents please). Parents may collect their son after the Championship from the venue. Alternatively, a return bus service to the College will be available. Boys should arrive back to school for the normal 3pm departure.

Boys should bring their own food and plenty of water to drink on the day of the Championships. Food for the day should be light and easily digestible. As we are trying to encourage our athletes to follow a healthy diet, we ask our swimmers not to buy any food from the canteen until after their events.

Spectators – Parents and Students

The College will send the entire Year 10 cohort and some selected Year 12 students to the AIC Swim Championships to cheer on the swim team. Parents are permitted to attend the AIC Swim Championships, however, there is no allocated seating for parents in the Iona section as this will be taken up by the swim squad and spectators.

AIC Swimming – Key Dates

Thursday 29 Feb: Final morning swim session for the season at the College pool

Friday 1 March: Final swim session commencing at 3.15pm. There will be an Open Swim Presentation in the Green Room for the Opens and their parents at 3.15pm.

Tuesday 7 March: AIC Swim Championships at Chandler

- The swim team meets in The Provence Centre at 6.30am for a team briefing and photo
- Bus departs the College for Chandler at 7am
- Arrive at Chandler 7.30am, warm up 8am–8.30am, first event at 8.45am
- Presentations are to be held between 1.15pm – 1.30pm
- Bus departs Chandler at 1.40pm and returns to the College approx. 2.15pm
- Parents may collect their son from Chandler at the end of the presentations, or back at the College at 3pm

We wish our entire squad the very best in the lead up to the Championships and on the day itself. I hope the boys enjoy the experience of representing their College.

Please be assured that the entire College community is behind the team and wishes them all the best.

VOLLEYBALL

Volleyball Coordinator

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

Results

Progressive Volleyball Results

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



Volleyball Team Photos

Saturday 2 March – Outside McCarthy 7
Year 10 to Open volleyball teams.
(See schedule below)



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

Photo Schedule for Saturday 2 March

- Please make sure you are at McCarthy 7 at the arrival time mentioned below. There are many cricket and volleyball photos being taken this Saturday and the schedule is very tight.

Boys who are late risk missing their photo. Boys must be in full, correct volleyball uniform including HPE shorts (no other Iona sports shorts are acceptable) and black Iona sports socks.

Team	Arrival Time at McCarthy 7	Photo Time	Game Time
11B volleyball	7.15am	7.25am	8am Game, 9am Duty
4 th volleyball	7.18am	7.28am	8am Game, 9am Duty
10D volleyball	7.21am	7.31am	8am Game, 9am Duty
10C volleyball	7.25am	7.35am	8am Duty, 9am Game
3 rd volleyball	7.30am	7.40am	8am Duty, 9am Game
11A volleyball	9.20am	9.30am	10am Game, 11am Duty
10B volleyball	9.25am	9.35am	10am Game, 11am Duty
10A volleyball	9.30am	9.40am	10am Duty, 11am Game
1 st volleyball	9.35am	9.45am	10am Duty, 12pm Game
2 nd volleyball	10.20am	10.30am	11am Game, 12pm Duty

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.**
- All boys are asked to wear correct volleyball uniform including HPE shorts (no other Iona sports shorts are acceptable) and black Iona sports socks.**

Round 5 vs St Peters – Saturday 2 March			
Team	Venue	Time	Court
1st	Iona College Provence Centre	10am Duty 12pm Game	1
2nds	Iona College Provence Centre	11am Game 12pm Duty	1
3rds	Iona College Provence Centre	8am Duty 9am Game	1
4ths	Iona College Oblate Hall	8am Game 9am Duty	1
11A	Iona College Provence Centre	10am Game 11am Duty	1
11B	Iona College Provence Centre	8am Game 9am Duty	1

10A	Iona College Provence Centre	10am Duty 11am Game	2
10B	Iona College Provence Centre	10am Game 11am Duty	2
10C	Iona College Provence Centre	8am Duty 9am Game	2
10D	Iona College Provence Centre	8am Game 9am Duty	2
9A	St Peters Lambert Rd, Indooroopilly	12.30pm	1
9B	St Peters Lambert Rd, Indooroopilly	11.30am	1
9C	Iona College Oblate Hall	10am	1
9D vs SLC D	Iona College Oblate Hall	9am	1
8A	St Peters Lambert Rd, Indooroopilly	10.30am	1
8B	St Peters Lambert Rd, Indooroopilly	9.30am	1
8C	Iona College Oblate Hall	11am	2
8D	Iona College Oblate Hall	10am	2
7A	St Peters Lambert Rd, Indooroopilly	8.30am	1
7B	St Peters Lambert Rd, Indooroopilly	7.30am	1
7C	Iona College Oblate Hall	9am	2
7D	Iona College Oblate Hall	8am	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.

SPORTS PHOTOGRAPHY

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)