

# IONA SPORT

I AM IONIAN 

31 January 2024

## TEAM IONA

At today's College assembly, we formally acknowledged and congratulated our Firsts AFL, cricket, and volleyball teams for 2024. It is always an honour and privilege to wear the black and white for the College, but to represent Iona at the highest level is extra special.

Our Firsts players represent Iona's absolute best in their respective sports. There is an added responsibility on these players to set the standard for how we should train, play and the level of pride and spirit given.

But most importantly, they set the standard on how all other teams should represent the College with regards to their conduct, behaviour, and dress standards.

I thank all the coaches and players involved in the Firsts programs. These squads have been working hard since Term 4 last year to prepare themselves for this season.

Last weekend, we were able to play all the cricket, volleyball, and AFL games. The conditions were extremely hot. I thank all the coaches, players, and their families for getting through the trials. It was not pleasant at all. Coaches have now readjusted their teams, and we are ready to go this weekend for Round 1 against St Laurence's in all sports.

With all due respect to the opposition, I do not think our teams we were really tested last weekend in cricket and volleyball. Be assured, we will be tested this weekend against St Laurence's in all three sports.

From time to time, it is expected that our teams will face situations where the going will be tough. This is normal and happens to all teams.

Last weekend in the Australian Tennis Open, Jannik Sinner was down two sets, but backed himself and persevered to win the last three to win the Open. If he did not have self belief, it would not have happened.

When our backs are to the wall during the season (and it will happen), we need people in our teams to step up. I encourage all students to be that person and to be a positive influence within the team.

As a team, we need to rally each other and be supportive in the hope that we get ourselves out of the hole. We may not win all the time (and that is ok) but at least we can walk away from the venue knowing we have given everything. Iona's fighting spirit must be kept alive. Iona will host the second swim meet of the season this Friday afternoon. Iona and Lourdes Hill will join forces and compete against St Laurence's and Loreto. All four colleges are looking forward to this inaugural event.

The Year 7-12 AIC Cross Country training program commences next week, with three sessions per week on Monday, Wednesday, and Friday mornings. Mr Merrotsy and his cross-country coaching staff encourage all interested students to attend. It is a great way to get some aerobic training in for volleyball, cricket, AFL, rugby & football seasons. Email Mr Merrotsy to register your interest (more details are found below).

First XI football trials commence next Monday before school on Dwyer Oval. The Harlequins squad will train tomorrow morning on Dwyer as per schedule. After a wet couple of weeks, hopefully the weather settles as we look to commence Round 1 of the AIC season this weekend. I wish all players and coaches the very best. Enjoy!

### **Rugby Union & Football Coaches, Managers & Officials Needed!**

The Sports Office is currently looking at staffing for the upcoming rugby and football seasons in Term 2. If you can assist with any of these roles, or if you are aware of people who can, please direct them to complete the 2024 Volunteer Expression of Interest Form online: <https://iona.jotform.com/232638805335863>

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

AIC Sports Information (via Twitter): [@SportIona](https://twitter.com/SportIona) (includes wet weather updates)

Head of Sport: Mr Craig Stariha – 3893 8851

Sports Administrator: Mrs Karen Otway – 3893 8805

Assistant Head of Sport (7-12): Mr Sean Devlin – 3906 8905

Assistant Head of Sport (5-6): Mr Anthony Bannerman – 3893 8869

# IONA UNIFORM SHOP

2024 Opening Hours:

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

# IONA SPORT SEASON PLANNER

## 2024 DATES

Fri 2 Feb:	Primary Interhouse Swimming
Fri 2 Feb:	Round 1 AIC 1 <sup>st</sup> /2 <sup>nd</sup> AFL vs SLC
Fri 2 Feb:	AIC Swim Meet vs SLC/Loretto/LHC
Sat 3 Feb:	AIC Rd 1 AFL/Cricket/Volleyball vs SLC
Sun 4 Feb:	Fleet Sailing
Fri 9 Feb:	Round 2 AIC 1 <sup>st</sup> /2 <sup>nd</sup> AFL vs SEC
Fri 9 Feb:	AIC Swim Meet (Iona)
Sat 10 Feb:	AIC Rd 2 AFL/Cricket/Volleyball vs SEC
Sun 11 Feb:	Fleet Sailing
Fri 16 Feb:	Rd 3 AIC 1 <sup>st</sup> /2 <sup>nd</sup> AFL vs Marist
Fri 16 Feb:	AIC Swim Meet (SPLC)
Sat 17 Feb:	AIC Rd 3 AFL/Cricket/Volleyball vs Marist
Sun 18 Feb:	Team Racing Sailing
Thurs 22 Feb:	AIC Swim Meet (Chandler)
Fri 23 Feb:	Rd 4 AIC 1 <sup>st</sup> /2 <sup>nd</sup> AFL vs Padua
Sat 24 Feb:	AIC Rd 4 AFL/Cricket/Volleyball vs Padua
Sun 25 Feb:	Team Racing Sailing
Tues 27 Feb:	Met East Swimming

## AFL

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

## Trial Matches vs St Laurence's

### Results

1 <sup>st</sup> VIII	lost	6A	lost
2 <sup>nd</sup> VIII	lost	6B	won
9A	lost	6C	won
9B	lost	5A	won
8A	lost	5B	won
8B	drew	5C	won
7A	lost		
7B	won		

## Round 1 vs St Laurence's – Friday 2 Feb

Team	Venue	Time	Oval
1 <sup>st</sup>	Iona College St Eugene's Park	4.45pm	1
2 <sup>nd</sup>	Mt Maria College Playing Fields Lade St, Gaythorne	4.45pm	2

**Bus for 2nds Game:** A bus will depart Iona College at 2.45pm from the Harron Oval Cricket Nets. The bus will depart Mt Maria at 5.45pm and return to Iona College's bus turnaround at approx. 6.15pm.

## Round 1 vs St Laurence's – Saturday 3 Feb

Team	Venue	Time	Oval
9A	Iona College St Eugene's Park	10.30am	Field 1
9B	Iona College St Eugene's Park	9.30am	Field 1
8A	Iona College St Eugene's Park	8.30am	Field 1
8B	Iona College St Eugene's Park	7.30am	Field 1
7A	Zillmere AFC Zillmere Rd, Zillmere	9.30am	O'Callaghan Park
7B	Zillmere AFC Zillmere Rd, Zillmere	8.30am	O'Callaghan Park
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

All training has commenced as per training schedule found in the 'AFL Information Link' below.

### Changes to training sessions from Week 3

7B: Now training Mondays 7am–8am

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

[AFL Information Link](#)

**Goal Umpires** are needed for all AFL matches. Any parents who are able to assist, please contact Anthony Bannerman [bannermana@iona.qld.edu.au](mailto:bannermana@iona.qld.edu.au)

### AFL Team Photos

Years 5 and 6: Photos will be taken on Friday 8 March during 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](mailto:allenb@iona.qld.edu.au)

Years 7-12 Coordinator

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

The Uniform Shop has abdominal guards for cricket in stock.

### Trial vs St Peters

#### Results

1 <sup>st</sup>	won 114 / 113	8A	won 125/87
2 <sup>nd</sup>	won 132/72	8B	won 33/32
10A	won 136/70	7A	lost 99/107
9A	won 121/119	7B	won 107/106
9B	won 149/88		

### Round 1 vs St Laurence's – Saturday 3 February

Team	Venue	Time	Oval
1 <sup>st</sup> XI	Iona College	9.30am-5.15pm	Davine
2 <sup>nd</sup> XI	Iona College	1pm-5.50pm	Harron
3 <sup>rd</sup>	Iona College	1pm-4pm	McCarthy
4 <sup>th</sup>	Kianawah Park Wynnum Rd Tingalpa	1pm-4pm	Field 7
10A	Iona College	8am-12.50pm	Harron
10B	Iona College	8am-12.50pm	McCarthy
10C	Kianawah Park Wynnum Rd Tingalpa	1pm-4pm	Field 6
9A	SLC Playing Fields Nathan Rd, Runcorn	8am-12.50pm	Field 1
9B	Souths Cricket Club Verner Rd, Fairfield	8am-12.50pm	Ron Porter
9C	Leopardwood St Park, Leopardwood St, Runcorn	1pm-4pm	Field 1
8A	SLC Playing Fields Nathan Rd, Runcorn	1pm-5.30pm	Field 1
8B	Souths Cricket Club Verner Rd, Fairfield	1pm-5.30pm	Ron Porter
8C	Leopardwood St Park, Leopardwood St, Runcorn	1pm-4pm	Field 2
7A	SLC Playing Fields Nathan Rd, Runcorn	1pm-5.30pm	Field 7

7B	SLC Playing Fields Nathan Rd, Runcorn	7.30am-11.30am	Field 7
7C	SLC Playing Fields Nathan Rd, Runcorn	1pm-4pm	Field 6
7D vs Pad E	Kianawah Park Wynnum Rd Tingalpa	1-4pm	Field 12
6A	Kianawah Park Wynnum Rd Tingalpa	8am-12.30pm	Field 6
6B	Kianawah Park Wynnum Rd Tingalpa	8am-12.30pm	Field 7
6C	Kianawah Park Wynnum Rd Tingalpa	7.30am-9.55am	Field 3
5A	SLC Playing Fields Nathan Rd, Runcorn	8am-12.30pm	Field 8
5B	SLC Playing Fields Nathan Rd, Runcorn	8am-12.30pm	Field 6
5C	SLC Playing Fields Nathan Rd, Runcorn	1pm-4pm	Field 8
5D vs Mar E	Kianawah Park Wynnum Rd Tingalpa	10am-12.25pm	Field 3

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

#### 2024 Cross Country Season Launch:

In 2024 we are looking to build on the awesome success of last season that led to Iona College being crowned AIC Cross Country champions.

We will commence training in Week 3, with three sessions available. 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.

The team meeting on Wednesday at lunch provided students with further information about the season.

### Training Schedule for Years 7–12

- For sessions at Wynnum wading pool, minibus returns to College with all students at 7.50am.

#### Week 3

Monday: 6.40am–7.45am	Wednesday: 6.45am–8am	Friday: 6.45am–8am
@ 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)	Meet at junior handball courts  Interval session	Meet at Junior handball courts  Speed / games

#### Week 4

Monday: 6.40am–7.45am	Wednesday: 7am–8am	Friday: 6.45am–8am
@ 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)	Meet at junior handball courts  Interval session	Meet at Junior handball courts  Speed / games

## FOOTBALL (SOCCER)

Football Coordinator Years 9–12  
Mr Lachlan Sayers – [sayersl@iona.qld.edu.au](mailto:sayersl@iona.qld.edu.au)

Football Coordinator Years 5 – 8  
Mr Connor Russell – [russellc@iona.qld.edu.au](mailto:russellc@iona.qld.edu.au)

**First XI Football Trials** (Only open to last year's 9A, 10A, First XI or Second XI players, unless otherwise approved by Mr Sayers) The First XI football trials will be held on Monday 5 February before school. PLEASE NOTE THE CHANGE OF DATE.

Time: 6.30am–8am      Venue: Dwyer Oval.

If there are any questions, please contact Mr Lachlan Sayers at [sayersl@iona.qld.edu.au](mailto:sayersl@iona.qld.edu.au)

## HIGH PERFORMANCE

Coordinator  
Mr Leigh Harding – [hardingl@iona.qld.edu.au](mailto: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](mailto: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
Swimming 10–12 Yrs	Met East trial (qualifying times apply)	Fri 9 Feb
Touch 10–12 Yrs	Lytton District Trial	Tues 13 Feb
Boys Netball 10–12 Yrs	Lytton District Trial	Wed 14 Feb

### 13–19 Years Information

Sport	Details	Nominations Close
Football (Soccer) 13–16 Yrs	Composite District Trial	Fri 2 Feb
AFL 13–15 Yrs	Composite District Trial	Thurs 8 Feb
Volleyball 12–15 Yrs	Composite District Trial	Thurs 8 Feb
Volleyball 16–19 Yrs	Composite District Trial	Mon 12 Feb
Swimming 13–19 Yrs	MET East Trial (qualifying times apply)	Mon 12 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.

## SAILING

Week 1 of Interscholar sailing was cancelled due to the heavy rain and lightning last Sunday.

For training this Thursday (1 Feb) after school, could sailors please RSVP via TeamApp if you wish to travel on the bus from school to RQYS.

Fleet Racing this Sunday 4 February, sailors are requested to arrive at the rigging lawn by 7.30am 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](mailto:ionacollegesailing@gmail.com)

## SWIMMING – iSWIM

Head Coach  
Mr Zane King – [iswim@iona.qld.edu.au](mailto:iswim@iona.qld.edu.au)  
Assistant Coach  
Mr Nic Keune – [iswim@iona.qld.edu.au](mailto:iswim@iona.qld.edu.au)  
Swim Co-ordinator  
Mr Craig Stariha – [starihac@iona.qld.edu.au](mailto:starihac@iona.qld.edu.au)

After the time trials held last Thursday, the coaching staff adjusted the AIC squad. Some families have been informed that their son is no longer required to take part in the AIC swim squad based on times. These boys were offered the chance to join the Junior squads held in the afternoons. With further training these boys will can move back into the AIC squad or the Met squads.

On Tuesday morning we had 73 boys from across the college from 5–12 training side by side as one squad.

Following the session, a band of parent volunteers cooked and served a BBQ breakfast for the entire squad. We thank the many parents who assisted this week and those who registered their assistance for future weeks.





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 2 February	Invitational Swim Meet Iona/Lourdes v SLC/Loreto @ Iona College Pool	Approx. 4pm – 5.30/5.45pm
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
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 email Mr Stariha [starihac@iona.qld.edu.au](mailto:starihac@iona.qld.edu.au) or alternatively complete the Microsoft form link that was emailed out last week.

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
Friday	

### 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](mailto: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](mailto:iswim@iona.qld.edu.au) for more information.

Please contact [iswim@iona.qld.edu.au](mailto:iswim@iona.qld.edu.au) for any general enquiries.

The Brisbane Sprint Championships were held last weekend. Congratulations to the following boys on their achievements:

#### Hugo Wheeler (11 Years)

1<sup>st</sup> – 50m Freestyle; 2<sup>nd</sup> – 50m Backstroke  
1<sup>st</sup> – 50m Breaststroke; 1<sup>st</sup> – 50m Butterfly

#### Cooper Townsend (13 Years)

Top 10 – 50m Freestyle; 2<sup>nd</sup> – 50m Backstroke  
Top 10 – 50m Butterfly

#### Lawson Olsen (13 Years)

Top 10 – 50m Backstroke

**Connor Burgess (14 Years)**

Top 10 – 50m Freestyle; Top 10 – 50m Backstroke  
1<sup>st</sup> – 50m Butterfly

**Jack Hood (16 Years)**

1<sup>st</sup> – 50m Breaststroke

**Jack Sullivan (15 Years)**

Top 10 – 50m Breaststroke

**Austin King (16 Years)**

Top 10 – 50m Butterfly

**VOLLEYBALL**

Volleyball Coordinator

Mrs Karen Otway – [otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au)

**Trial Match vs St Peters**Results

1 <sup>st</sup> VI	lost 3-2	9B	won 2 – 0
2 <sup>nd</sup> VI	won 2-0	9C	won 3 – 0
3 <sup>rd</sup> VI	won 2-0	9D	BYE
4 <sup>th</sup> VI	Internal	8A	won 2 – 0
11A	won 2 – 0	8B	won 2 – 0
11B	won 2 – 0	8C	won 2 – 0
10A	won 2 – 0	8D	won 2 – 0
10B	won 2 – 1	7A	won 3 – 0
10C	won 3 – 0	7B	won 3 – 0
10D	Internal	7C	won 2 – 0
h9A	won 2 – 0	7D	won 2 – 0

**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 1 vs St Laurence's – Saturday 3 February**

Team	Venue	Time	Court
1st	Iona College	10am Duty 12pm Game	1
2nds	Iona College	11am Game 12pm Duty	1
3rds	Iona College	8am Duty 9am Game	1
4ths	Iona College	12pm Game	2
11A	Iona College	10am Game 11am Duty	1
11B	Iona College	8am Game 9am Duty	1
10A	Iona College	11am Game 12pm Duty	2
10B	Iona College	10am Game 11am Duty	2
10C	Iona College	8am Duty 9am Game	2
10D	Iona College	8am Game 9am Duty	2
9A	St Laurence's 82 Stephen St, Sth Brisbane	12pm Game	1
9B	St Laurence's 82 Stephen St, South Brisbane	11am Game	1
9C	St Laurence's 82 Stephen St, South Brisbane	11am Game	2
9D	St Laurence's 82 Stephen St, South Brisbane	12pm Game	2
8A	St Laurence's 82 Stephen St, South Brisbane	10am Game	1
8B	St Laurence's 82 Stephen St, South Brisbane	9am Game	1
8C	St Laurence's 82 Stephen St, South Brisbane	8am Game	1
8D	St Laurence's 82 Stephen St, South Brisbane	9am Game	3
7A	St Laurence's 82 Stephen St, South Brisbane	10am Game	2
7B	St Laurence's 82 Stephen St, South Brisbane	9am Game	2

7C	St Laurence's 82 Stephen St, South Brisbane	8am Game	2
7D	St Laurence's 82 Stephen St, South Brisbane	8am Game	3

**Please see the below link for:**

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

[Volleyball Information Link](#)

### **Junior PVL Trials (U15 and U17)**

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

Redlands Trial Dates: Thursday 1 Feb and Thursday 8 Feb

Time: 5.30pm – 7pm

Venue: Redlands College

Cost: \$10 to trial

[Register here](#)

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