

IONA SPORT

I AM IONIAN 

27 March 2024

TEAM IONA

Last week we commenced the Year 5–12 rugby and football trials. We had almost 1100 boys involved, which shows how many students are keen to represent the College.

After the internal trials held last weekend, the coaches were keen to use this week's training sessions to tweak the first draft of all teams. Given the wet weather, we have had to cancel all training this week.

Without the benefit of an extra session this week, gradings will be determined by performances given at the afternoon session last week, as well as the internal trial held on the weekend.

Will the gradings be 100 per cent correct? No. Is there further opportunity to change teams? Yes. By tomorrow, we still plan to release the first draft of all teams (in fact, the football teams have already been uploaded to clipboard).

For the time being, we will persevere with these teams up until the trials against Villanova the first weekend back next term.

After that trial, I am expecting coaches to make further changes. A clear message will be given to all coaches to select teams based on player performance, attendance, and attitude.

Player movement across the season is strongly encouraged, as it rewards those students who are training and playing well. So no team from Year 5 to the Firsts should be set for the season.

Rugby and football training will commence the very first Monday back next term, with Year 6 training. Be aware that some A and B teams will have a second session added to the schedule before school.

Please refer to the season schedules below for all training details.

Unfortunately, due to the wet weather, we have had to cancel the Interhouse Cross Country Carnival tomorrow. This event will be rescheduled to the Tuesday of Week 1 next term (second day back at school).

This is a great way to promote house spirit. I encourage everyone to support this event and get involved. An email with the complete program will be sent over the holiday period with more information.

Well done to our chess players who played trials against St Peters last Friday, giving our players and coaches some great competition experience. It is good to see so much interest in chess at Iona. Keep up the good work!

Over the past two weekends, our sailors have been competing in the SEQ State Sailing Championships. Typically, the best two teams in this event qualify to compete at the National Schools Championships. The Iona boys did well and once again they won this event to take home the Norman Sherwood Perpetual Shield.

Iona has now won this for the past two consecutive years. Our boys will now travel to Goolwa in South Australia where the Nationals will be held later in the year. This was a superb effort by all coaches, sailors and to the parent support group headed by Mr Ben Willey.

I must say, after a busy term I am looking forward to a break. I hope you can have a relaxing break as well.

In no time, we will all be back next term to start it all over again with the biggest term of sport in the year – chess, cross country, rugby and football season!

Take care, happy Easter, and God bless!

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

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 SPORT SEASON PLANNER

2024 DATES

Thu 28 Mar:	Interhouse Cross Country Postponed
10-12 Apr:	Iona Cross Country Camp
Sat 13 Apr:	1 st XV Rugby vs Rosmini College (@ Iona)
Fri 19 Apr:	Chess Trial vs Villanova (A)
Sat 20 Apr:	Rugby and Football Trial vs Villa (A)
Mon 22 Apr:	QIGA Golf (Coolangatta)
Fri 26 Apr:	AIC Chess Rd 1 vs SLC (A)
Sat 27 Apr:	AIC Rugby / Football vs SLC (A)
Fri 3 May:	AIC Chess Rd 2 vs SEC (H)
Sat 4 May:	AIC Rugby / Football vs SEC (H)
Wed 8 May:	AIC Cross Country Meet (Sherwood)
Fri 10 May:	AIC Chess Rd 3 vs Marist (H)
Sat 11 May:	AIC Rd 3 Rugby / Football vs Marist (H)
Wed 15 May:	AIC Cross Country Meet (Curlew Park)
Fri 17 May:	AIC Chess Rd 4 vs Padua (A)
Sat 18 May:	AIC Rd 4 Rugby / Football vs Padua (A)
Sat 18 May:	Years 5-8 Rugby / Football Team Photos
Tues 21 May:	Met East Cross Country (JPC)
Wed 22 May:	AIC Cross Country Meet (Runcorn)
Fri 24 May:	AIC Chess Rd 5 vs SPLC (A)
Sat 25 May:	AIC Rd 5 Rugby / Football vs SPLC (A)
Mon 27 May:	QIGA Golf (Nudgee)
Wed 29 May:	AIC Cross Country Championships
31 May-2 Jun:	Intermediate Schools Cup Volleyball
Fri 31 May:	AIC Chess Rd 6 vs Villanova (H)
Sat 1 Jun:	AIC Rd 6 Rugby /Football vs Villanova (H)
Sat 1 Jun:	Years 9-12 Football / Rugby Team Photos
Fri 7 Jun:	AIC Chess Rd 7 vs SPC (H)
Sat 8 Jun:	AIC Rugby/Football Rd 7 vs SPC (H)
Thurs 13 Jun:	Interhouse Track & Field Carnival
Fri 14 Jun:	Iona Golf Open (Wynnum)
Sat 15 Jun:	Years 5-12 Internal Trials Basketball Rugby League/Tennis

BASKETBALL

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

First V Basketball Trials: Begin Term 2, Week 1.

Tues 16 April: 3.15pm-4.30pm (Provence Centre)

Thurs 18 April: 3.15pm-4.30pm (Provence Centre)

Call backs only to trial

Tues 23 April: 3.15pm-4.30pm (Provence Centre)

Students wishing to trial for First V Basketball must be in Years 10, 11 or 12. Please email your expression of interest to Mr Bannerman at bannermana@iona.qld.edu.au

iHoops Basketball Development Squad Trials

Students wishing to trial for iHoops Basketball Development Squad, please email your expression of interest to Mr Bannerman at bannermana@iona.qld.edu.au

iHoops Trial Dates:

Years 7-8:

Tuesday 16 April 4.30pm – 5.30pm (Provence Centre)

Years 9-10:

Thursday 18 April 4.30pm – 5.30pm (Provence Centre)

CHESS

Coordinator

Mr Kevin Caine cainek@iona.qld.edu.au

Term 2 Chess Training days: (Music Room 1)

Intermediates: Tuesdays 7.30am-8.30am

Juniors: Wednesdays 3.10pm-4.15pm

Seniors: Thursdays 7.30am-8.30am

Any student unable to make their session will be welcome to attend another, but please advise Mr Caine of reason for change.

CROSS COUNTRY

Years 7-12 Coordinator

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

Primary Coordinator (Years 5 & 6)

Mr Adam McClure – mcclurea@iona.qld.edu.au

Cross Country Camp (Years 7-12) 10-12 April

In the second week of the holidays, 51 students will attend the three-day Cross Country Camp to be held at the Gold Coast.

The Squad will use Tallebudgera as their base and take advantage of the variety of terrains on offer at this beautiful location.

The Camp is a great opportunity to allow the athletes to bond and train together, as they prepare to defend their title at the AIC Cross Country Championships next term.

Mr Merrotsy will be in contact with all students attending with more specific information.

2024 Cross Country Training: (Years 5 and 6)

Days: Tuesdays and Thursdays

Time: 3.10pm-4.15pm.

Meet at Primary Handball Courts

- No Primary Cross Country Training this Thursday, the last day of school. (28 March)

Attire: 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.

The final team for each Year level will be selected a few weeks before the AIC Championships in Term 2.

Training Schedule for Years 7-12

Top Trainers of Week 9:

Andrew Hempstock (12 yrs)

Cooper Clarkham (Open)

Alexander Di Bartolo (Open)

Term 2 Week 1

Monday:	Wednesday:	Friday:
No Training	6.45am-8am	6.45am-8am
	Meet at Junior handball courts	Meet at Junior handball courts
	<u>Interval Session</u>	Speed / games

E-SPORTS

Coordinator

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

Esports Term 2

Registrations have now closed.

Please note that not every student will be able to participate, so priority will be given to students who do not engage in other co-curricular activities regularly as well as students who have experience with Esports.

Please email Mr. Eades at eadesc@iona.qld.edu.au if you have any questions or queries.

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

The first draft of all teams will be posted on Clipboard by the end of the week. Please understand we have further trials held next term where we hope to get the teams closer to being finalised.

The training schedule found in the link below will apply from Day 1 of Term 2. Further trials will be held against Villanova on the first weekend back next term.

Please see the below link for:

- All 2024 training/trial times
- 2024 season game dates and opposition
- 2024 coaches' names
- Uniform expectations for training/games
- And much more

[Football Information Link](#)

Match-Day Uniform

Iona HPE Shorts	\$35
Iona Football Jersey	\$65
Iona Football Socks	\$16

Training Uniform

Iona HPE Shorts	\$35
Iona Football Socks	\$16
Iona Yura Training Shirt	\$45

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

- 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.

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.

New gym schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am – 7:30am	INTRO TO GYM	YEAR 9 RUGBY	YEAR 9 & 10 HIGH PERFORMANCE DAY 1	YEAR 10 RUGBY	INTRO TO GYM
7:15am – 8:15am	YEAR 11 & 12 HIGH PERFORMANCE	1sts & 2nds RUGBY	YEAR 11 & 12 HIGH PERFORMANCE	1sts & 2nds RUGBY	YEAR 9 & 10 HIGH PERFORMANCE DAY 2
3:15pm – 4:15pm	YEAR 7 & 8 HIGH PERFORMANCE DAY 1	YEAR 10 RUGBY	YEAR 7 & 8 HIGH PERFORMANCE DAY 1 or 2	YEAR 9 RUGBY	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
Cross Country 10–12 Yrs	Lytton District Trial	Top students from Iona interhouse carnival attend.
Rugby Union 10–12 Years	Lytton District Trial	Fri 26 April
Football (Soccer)	Lytton District Trial	Mon 29 April

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 students on their sporting achievements:

- Hunter Cushway, Zachary Davis, Jesse Hamilton, Levi Hamilton, Jacob Johns, Leroy Latimer, Lawson Olsen, Tyce Perry, Kobe Sergeant, Cooper Townsend on competing in the 13–19yrs QRSS State Championships for Swimming in Brisbane on 23–25 March.

- Hugo Wheeler on competing in the 10–12yrs QRSS State Championships for Swimming in Brisbane on 26–28 March.
- Bailey Burns competed in the Qld Athletics State Championships and won gold in the U18 Long Jump and came fourth in the U18 100m. Bailey has qualified to represent Qld at the Australian Athletics Championships in Adelaide in April.
- Samuel Allen competed in the Qld Athletics Championships in his classification T37 in the U20 100m and 200m at just 16 years old. Samuel came first in both, and has qualified to represent Qld at the Australian Athletics Championships in Adelaide in April.
- Congratulations to all the other Iona students who competed in the Qld Athletics State Championships.

MOUNTAIN BIKING

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

Mountain Biking Uniform

Jersey (short-sleeve)	\$80
Jersey (long-sleeve)	\$85
Sport shorts	\$35
Mountain biking shorts	\$100

If you are in the squad and are planning on participating at the next event at Mt Cotton on Friday April 19 (Term 2, Week 1), please register via Rocky Trail as soon as possible as it will likely sell out. Eligible riders will be contacted via Compass this week.

Upcoming Training

DATE: Saturday 27 July

TIME: 3pm–5pm

LOCATION: Sugar Bay, Caloundra

(Keep an eye out on your emails for information closer to the date on registering for this session)

Competition Dates

Brisbane:	Friday 19 April (Term 2, Week 1)
Toowoomba:	Friday 7 June (Term 2, Week 8)
Sunshine Coast:	Thursday 8 August (Yrs 5–8)
Sunshine Coast:	Friday 9 August (Yrs 9–12)
Ipswich:	Friday 30 August (T3, Wk 8)

Please email Mr Davison with any questions.

RUGBY UNION

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

The first draft of all teams will be posted on Clipboard by the end of the week. Please understand we have further trials held next term where we hope to get the teams closer to being finalised.

The training schedule found in the link below will apply from Day 1 of Term 2. Further trials will be held against Villanova on the first weekend back next term.

Please see the below link for:

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- 2024 season game dates and opposition
- 2024 coaches' names
- Uniform expectations for training/games
- And much more

[Rugby Information Link](#)

Match Day Uniform

Iona Rugby Union Shorts	\$35
Iona Rugby Union Jersey	\$70
Iona Rugby Union Socks	\$16

Training Uniform

Iona Rugby Union Shorts	\$35
Iona Rugby Socks	\$16
Iona Yura Training Shirt	\$45

Mouthguards are compulsory for both training and matches.

SAILING

Our sailing team capped off a very successful season by retaining the State Championship and the Norman Sherwood Perpetual Trophy, with our Firsts team winning the event and our Seconds placing fourth. This exceptional result demonstrates the depth of talent in the squad, the commitment of our sailors and the support from our coaches.



This is a fantastic result that qualifies Iona as the Queensland representative at the National Schools Championships to be held later in the year at Goolwa in South Australia. The entire squad has contributed

throughout the season under the direction of our coaching staff, with many of our junior sailors showing significant development in confidence and skills. With the teams results progressively improving throughout the summer, the potential to continue this high performance for many seasons to come is evident.

2024 Season Results

Term 1 Fleet Racing

Third: Jordan Barney, Kobi Rowlinson & Dean Gething

Term 1 Teams Racing

Gold Fleet: First

Silver Fleet: First

State Championship: Our two teams finished first and fourth.

State Champions

Skippers: Jordan Barney, Samuel Muir, Archie Willey

Crews: Matthew Clarke, Dean Gething, Hunter Phelps, Flynn Rowell.



VOLLEYBALL

Volleyball Coordinator

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

Intermediate Schools Cup Volleyball Training

Year 9 (3.15pm – 4.30pm)

Thursday 2 May:	Oblate Hall
Friday 3 May:	Provence Centre
Thursday 9 May:	Oblate Hall
Friday 10 May:	Provence Centre
Thursday 16 May:	Oblate Hall
Friday 17 May:	Provence Centre
Thursday 23 May:	Oblate Hall
Friday 24 May:	Provence Centre

The team will compete at the Gold Coast from 31 May – 2 June.