



20 March 2024

## TEAM IONA

Well done to all those who participated in the Term 1 sports program. Overall, the College did very well and managed to produce the excellent results listed below.

### Term 1 Results

#### Cricket

- Second overall in the AIC Cricket Aggregate
- Undefeated First XI premiership
- 3 premierships in total (Firsts, Seconds, 8B)

#### Volleyball

- Won the AIC volleyball aggregate
- Undefeated 1st V premiership
- 14 premierships (Firsts, Seconds, 10B, 10C, 10D, 9A, 9B, 9C, 9D, 8B, 8C, 8D, 7B, 7D)

#### AFL

- Fourth overall in the AIC AFL aggregate
- 2 undefeated teams (5A, 5C)

#### Swimming

- First in Primary Aggregate
- Fifth in 12yrs-Open Aggregate

#### Sailing

- Inter-school Teams Racing Event (2 divisions, Iona won both)
  - Gold Fleet – 1st Iona Black
  - Silver Fleet – 1st Iona Grey
- SEQ Championships – currently mid-way through, results confirmed after this weekend.

Although it is always good to receive positive results, at Iona we do place a huge emphasis on the boys being involved and enjoying the experiences along the way. Participation in the co-curricular program enables the boys to feel a sense of belonging and connection to our College. In turn, this allows a deep pride in themselves and the College to develop. Furthermore, as we all know, our firm expectation is that the boys conduct themselves in keeping with our Oblate Christian values. The way we look, play, and behave matters. For the most part, our boys played with spirit and in good spirit throughout the term.

Many thanks are given to our coordinators Mr Devlin (Years 7-12 cricket), Mr Allen (Years 5-6 cricket), Mrs Otway (Years 7-12 volleyball) and Mr Harding and Mr Bannerman (AFL), as well as to the many coaches, managers, scorers, umpires, referees and to all the boys who participated. Well done on a successful season.

Just as we finish one season, we move straight into the next. From the latest numbers, we have 1079 students across the College signed on to play rugby and football, plus 129 sign-ons for cross country and 85 for chess. We will also have more latecomers. This week, all year levels will participate in rugby and football trials after school. All players are asked to attend further internal trials held at the College this Saturday. This will be an opportunity for boys to play games and the coaches to draft teams. All rugby and football players are asked to bring their Iona rugby and football jersey, as well as their Yura (or black and white) training shirt this Saturday.

Further training will occur next week after school for all teams as per schedule listed in the respective rugby union and football sections below.

#### Interhouse Cross Country Carnival

The Year 5-12 Interhouse Cross Country Carnival will take place on the last day of Term 1 – next Thursday, 28 March. All students from Years 5-12 will run the same course – approximately 2km in length. It is an expectation that all boys attend school that day, and participate in the carnival. Parental support is needed to ensure boys attend school on this day. More information will follow in next week's edition. An email will also be sent to all families containing further details. The carnival will run from the beginning of the day until 11.30am.

The implementation of a whole-College carnival has the following benefits:

- Develops house spirit and school culture
- Leadership opportunity for House captains and school leaders
- Promotion of health and wellness through physical activity
- Builds a sense of community with Year 5-12 students participate together

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

- Provides an avenue to forge staff–student relationships outside of the classroom
- Showcases Iona’s Cross County athletes and our deep history of success in this sport
- Serves as a pre–season fitness session for the upcoming rugby and football seasons

**Parents: Please support the College and ensure your son attends this carnival!**

Best wishes to our sailors as they look to do well at the SEQ championships which conclude this weekend. Our Year 5–12 chess boys will play a trial against St Peters at Iona this Friday afternoon in the Green Room. Our Firsts and Seconds football and rugby teams will also trial against St Peters this Saturday. As mentioned, all other football and rugby teams will participate in internal trials at the College this weekend.

There are lots of opportunities for the boys to get involved. Best wishes to all involved. Please enjoy!

**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

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<sup>st</sup>/2<sup>nd</sup>/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  
 10–12 Apr: Iona Cross Country Camp  
 Sat 13 Apr: 1<sup>st</sup> 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

## AFL

AFL Coordinator

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

### Progressive AFL Results

Team	Rd1 SLC	Rd2 SEC	Rd 3 MAR	Rd4 PAD	Rd5 SPLC	Rd6 Villa	Rd7 SPC
1st	lost 77-15	won 58-14	Whole Round Washout	lost 12-73	BYE	lost 32-42	won 105-7 Pad 3rd
2nd	lost 66-21	won 94-13		lost 39-40	won 72-24 ATC 1st	lost 30-37	won 80-1
9A	lost 17-29	Internal		lost 56-21	won 49-15 ATC	lost 34-44	won 51-18
9B	lost 14-21	Internal		won 62-7	lost 14-51 SPE A	won 45-13	lost 18-38 Mar
8A	lost 58-3	BYE		won 49-6	won 72-0 ATC	lost 13-29	won 62-0
8B	lost 22-1	lost vs SEC A 9-18		won 34-2	won 32-27 Mar	won 49-20	won 67-7 Villa
7A	lost 66-7	BYE		lost 12-47	lost 30-54 SLC	lost 46-1	won 24-22
7B	lost 30-12	lost vs SEC A 2-38		lost 0-27	lost 0-46 SPE A	lost 10-14	won 73-13
6A	lost 74-7	BYE		lost 29-75	won 70-20 ATC	lost 75-17	won 57-43
6B	lost 28-22	lost vs SLC B 25-31		lost 15-77	lost 28-62 SLC	lost 19-29	won 33-7
6C	lost 32-14	won vs Mar D 54-9		won Mar 52-18	lost 27-35 Pad D	lost 25-31	won 37-8
5A	won 39-30	BYE		won 33-26	won 117-7 ATC	won 45-36	won 65-14
5B	won 59-15	BYE		won 62-21	won 90-16 SLC	lost 44-43	won 74-6

5C	won 87-0	won vs Pad E 42-3		won 63-7	won 131-1 Pad D	won 76-6	won 96-6
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## BASKETBALL

Iona College USA Basketball Tour – 2024

Tour Manager: Mr. Bannerman

[bannermana@iona.qld.edu.au](mailto: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](mailto:bannermana@iona.qld.edu.au)

### 2024 Season AFL Results

Team	Iona	Premiers
1 <sup>st</sup> XVIII	5th	St Laurence's, Padua, Marist
2 <sup>nd</sup> XVIII	5th	St Laurence's
9A	4th	Padua
9B	2nd	St Laurence's
8A	3rd	Villanova, St Laurence's
8B	2nd	St Laurence's
7A	4th	Padua
7B	5th	St Laurence's
6A		
6B		
6C		
5A		Undefeated
5B		
5C		Undefeated
<b>Aggregate</b>	4th	St Laurence's

### 2024 AFL Awards

Senior Player of the Year		Benjamin Lillico
Junior Player of the Year		Max Hudghton
Primary Player of the Year		Sam Hanneberry
Year	MVP Awards	Team Contribution
Open	Bryn Corten	1 <sup>st</sup> – Nicholas Bragger 2 <sup>nd</sup> – Charlie Hansson
Year 9	Kobe Sergeant	9A – Alex Read 9B – Teyk Corten
Year 8	Timothy Butko	8A – Tyler Kinzett 8B – Ethan Roberts
Year 7	Jack Hildebrandt	7A – Hunter Swifte 7B – Noah Thatcher
Year 6	Jack Shelton	6A – Thomas Bird 6B – Ryan Usback 6C – Ryder Henrick
Year 5	Tyler Chuter	5A – Mason Zahorodni 5B – Smith Backer 5C – Ferdia MacCafferkey

## CHESS

Coordinator

Mr Kevin Caine [cainek@iona.qld.edu.au](mailto:cainek@iona.qld.edu.au)

### Chess Trial vs St Peters

Date: Friday 22 March

Time: 4pm

Venue: Iona College Green Room

### 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.

## 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)

### Results

The last round for Iona cricket was our biggest challenge. St Patrick's produced strong cricket in the first six rounds, and both colleges were vying for the AIC aggregate. The boys from Shorncliffe proved too strong on the day, and Iona lost more games than we won.

The First XI produced their consistent best, and completed an undefeated season. Liam Carter scored a solid 52, and was well supported by Lachlan McClure with a class 46, to set a challenging total of 231 runs. The bowlers did the job, with both Lachlan McClure and



Clancy Muniandy taking three wickets each.  
 Congratulations to the team and the coaches – especially Mr Wayne Niven, for his energy and drive in preparing the players for a successful season.

A by-product of the training program for the Open boys is the Second XI also achieved a memorable double in the Open competition.

The year 8B team also claimed a premiership.

Other highlights of the last round were:

- Jai Poma (8B) 52 runs
- Wyatt Milzewski (8B) bowled a rare hat-trick
- Henry Bader (9A) 55 runs.

Throughout the season, the teams combined to score four centuries, 20 scores of 50+, and take four wickets or more on four occasions. This also included two hat-tricks. Iona cricket is flourishing, and we certainly hope to aim higher in premierships and the school aggregate next season.

Thank you to players, parents, and coaches for their contribution this season, and we hope to see you back in the pre-season in Term 4.

### Progressive Cricket Results

Team	Rd1 vs SLC	Rd2 SEC	Rd3 MAR	Rd4 PAD	Rd5 vs SPE	Rd6 vs Villa	Rd7 vs SPC
1 <sup>st</sup>	won	won	Whole Round Washout	won	won	won	won Iona 5/231 SPC 138
2 <sup>nd</sup>	won	lost ATC		won	won	won	won Iona 6/144 SPC 8/143
3 <sup>rd</sup>	won	wash out		won	won	lost	won Iona 7/182 SPC 5/162
4 <sup>th</sup>	lost	won		lost	won	lost	BYE
10A	won	draw ATC		won	won	lost	lost Iona 151 SPC 6/206

10B	won	draw ATC	lost	lost	lost	lost Iona 61 SPC 7/190
10C	wash out	lost ATC	won	lost	lost	lost Iona 8/81 Mar D 8/153
9A	won	won	won	won	won	lost Iona 6/177 SPC 5/181
9B	lost	won	BYE	won	won	lost Iona 39 SPC 3/40
9C	lost	won SLC D	won	lost	wof	lost Iona 9/77 SPC 8/108
8A	won	won	won	won	lost	lost Iona 7/139 SPC 7/161
8B	won	lost ATC A	won	won	won	lost Iona 122 SPC 139
8C	lost	won ATC B	won	BYE	lost	lost Iona 9/81 SPC 3/173
7A	won	won ATC	lost	won	lost	lost Iona 10/56 SPC 5/184
7B	lost	lost	won	won	lost	lost Iona 8/129 SPC 7/148
7C	won	lost ATC B	lost	BYE	lost	lost Iona 6/80 SPC 3/153
7D	won	lost SEC B	lost	lost	lost	draw Iona 10/69 SPC 10/69
6A	wash out	won ATC	lost	won	lost	won Iona 4/173 SPC 9/165
6B	lost	won ATC	lost	won	lost	won Iona 1/111 Pad C 10/51
6C	lost	Wash out	lost	lost	won	lost Iona 9/36 SPC B 3/119
5A	won	won ATC	lost	won	won	won Iona 4/159 SPC 10/117
5B	lost	won ATC	lost	BYE	won	won Iona 9/100 SPC 4/99
5C	lost	BYE	lost	won	lost	won Iona 4/68 SPC 6/59
5D	lost	Wash out	lost	BYE	lost	lost Iona 35 Marist 51

Whole Round Washout





2024 Season Cricket Results					
Team	Iona	Premiers	Team	Iona	Premiers
1 <sup>st</sup> XI	1st	Iona	7A	4th	St Patrick's
2 <sup>nd</sup> XI	1st	Iona	7B	5th	St Laurence's
3 <sup>rd</sup> XI	2nd	Marist	7C	5th	Marist
4 <sup>th</sup> XI			7D		
10A	3rd	Villanova	6A		
10B	4th	St Patrick's	6B		
10C			6C		
9A	2nd	St Patrick's	5A		
9B	3rd	SPC, SLC	5B		
9C	3rd	SPLC, SPC	5C		
8A	3rd	St Patrick's	5D		
8B	1st	Iona, Mar, SPC			
8C	5th	St Patrick's	Aggregate	2nd	St Patrick's

### 2024 Cricket Awards

2024 Cricket Awards	
Senior Cricketer of the Year	Harley Malpass
Junior Cricketer of the Year	James Turner
Primary Cricketer of the Year	James Draper
Centurians	
Joshua Ritchie	112 runs Rd 1 vs SLC
Harley Malpass	112 runs Rd 5 vs SPLC
Harley Malpass	109 (n/o) Rd 6 vs Villa
Xander Thierry	101 (n/o) Rd 6 vs Villa
Hat-tricks	
Harry Woodhead	Wyatt Milzewski
Five-Wicket Innings	
Harry Woodhead	

Year	MVP Awards	Team Contribution
First XI	Lachlan McClure	1 <sup>st</sup> – Toby Collins 2 <sup>nd</sup> – Luke Biddle 3 <sup>rd</sup> – Jacob Curyer 4 <sup>th</sup> – Boyd Richter
Year 10	Alexander Harrison	10A – Flynn Donnelly Oscar Sweetnam 10B – Dominic Hewitt 10C – Oliver Puljic
Year 9	Finn Haller Henry Bader	9A – Aden Biddle 9B – Lincoln Andrews 9C – Declan Collins
Year 8	Ethan Wright	8A – Alexander Gidney 8B – Aiden Chandra 8C – Harrison Pannekoek
Year 7	Baxter Taylor	7A – Isaiah Thrupp 7B – Thomas Qureshi 7C – Matthew Slocombe 7D – Hunter Hayden
Year 6	James Draper	6A – Jackson Neil 6B – Joseph Goldman Lachlan Winnel 6C – Preston Pitt
Year 5	William Stevenson	5A – Samuel Christer 5B – Daniel Hollier 5C – Benjamin Davies 5D – Austin Vassiliou

## CROSS COUNTRY

Years 7-12 Coordinator  
Mr Brendan Merrotsy – [merrotsyb@iona.qld.edu.au](mailto:merrotsyb@iona.qld.edu.au)  
Primary Coordinator (Years 5 & 6)  
Mr Adam McClure – [mcclurea@iona.qld.edu.au](mailto:mcclurea@iona.qld.edu.au)

### 2024 Cross Country Training: (Years 5 and 6)

Days: Tuesdays and Thursdays  
Time: 3.10pm–4.15pm.  
Meet at Primary Handball Courts

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.

## Primary running / fitness sessions

As rugby and football trials begin, **the Primary Running Club on Wednesday Mornings has now concluded.**

Boys interested in being a part of the Cross Country Squad should attend the Interhouse Cross Country Carnival on Thursday 28 March where we will select the top runners to join our Cross-Country Training Squad.

## 2024 Cross Country (Years 7-12)

Well done to those who balanced running and studies. It can be tricky around exam block, but sometimes a good run to clear the head can help with productivity levels.

Congratulations to our top trainers of Week 8. A big shout out to Lewis, Victor, Lucas and Ryan for being the only team to crack the 10k record on Wednesday. It was a solid session by all who attended. Respect, boys.

## XC Camp

Details were sent out to confirm attendance and payment via Compass. The itinerary will be sent shortly. Payment window for the camp has been extended to this Friday due to issues with the Compass system.

## 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 8

Dallas Ford (13 yrs), Jacob Lockhart (14 yrs), Luke Wills (Open)

## Week 9

Monday:	Wednesday:	Friday:
<b>6.15am-7.15am</b> @ Wynnum Wading Pool <u>Aerobic Run</u> (Minibus departs Chapel at 6.05am if you cannot meet at Wynnum wading pool)	<b>6.45am-8am</b> Meet at Junior handball courts <u>Time Trial</u> <u>3km – 12,13 Yrs</u> <u>4km – 14,15 yrs</u> <u>5km – 16, Open</u>	<b>6.45am-8am</b> Meet at Junior handball courts  Speed / games

## Week 10

Wednesday and Friday sessions are cancelled this week.

<b>Monday:</b> <b>6.15am-7.15am</b> @ Wynnum Wading Pool <u>Aerobic Run</u> (Minibus departs Chapel at 6am if you cannot meet at Wynnum wading pool)
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## E-SPORTS

Coordinator  
Mr Chris Eades [eadesc@iona.qld.edu.au](mailto:eadesc@iona.qld.edu.au)

## Esports Term 2

### Registration of Interest has 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](mailto: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](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)

Football is played on Saturday mornings in Term 2. However, trials / training have commenced this week, with one trial session held after school for each year level as well as internal trials held on Saturday 23 March.

We ask all boys to attend the internal trial at least 30min before the allocated time. Football players must wear shin guards. All players are to bring the Yura training shirt (or the black & white shirt) as well as the Iona football jersey. As this is an internal trial, teams will wear either one on the day of these trials.

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

Football training will continue next week as per schedule below.

## Training schedule (Week 10)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>After School – 3.15–4.30/45pm</b>				
<b>Fuller Oval</b>		Year 9	Opens (Exc 1sts)	Year 10 Cancelled
<b>Coghill Oval</b>	Year 6	Year 7		Year 8 Cancelled
<b>Dwyer Oval</b>	Year 6		Year 5	

## Internal Trial Schedule – Saturday 23 March

<b>Year 5 –12 Football Internal Trial</b>			
	Fuller Oval	Coghill Oval	Dwyer Oval
7.30 – 9.30am	Year 9	Year 8	Year 5
9.30 – 11.30am	Year 10	Opens	Year 6
11.30am	2 <sup>nd</sup> v SPLC		Year 7 (11.30–1:30pm)
12.30pm	1 <sup>st</sup> v SPLC		

## Football trial Games vs St Peters

Date:	Saturday 23 March
Venue:	Iona College Fuller Oval
2nds:	11.30am
1sts:	12.30pm

## 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

- 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 (Starts Term 1 Week 9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am – 7:30am	<b>INTRO TO GYM</b>	<b>YEAR 9 RUGBY</b>	<b>YEAR 9 &amp; 10 HIGH PERFORMANCE DAY 1</b>	<b>YEAR 10 RUGBY</b>	<b>INTRO TO GYM</b>
7:15am – 8:15am	<b>YEAR 11 &amp; 12 HIGH PERFORMANCE</b>	<b>1sts &amp; 2nds RUGBY</b>	<b>YEAR 11 &amp; 12 HIGH PERFORMANCE</b>	<b>1sts &amp; 2nds RUGBY</b>	<b>YEAR 9 &amp; 10 HIGH PERFORMANCE DAY 2</b>
3:15pm – 4:15pm	<b>YEAR 7 &amp; 8 HIGH PERFORMANCE DAY 1</b>	<b>YEAR 10 RUGBY</b>	<b>YEAR 7 &amp; 8 HIGH PERFORMANCE DAY 1 or 2</b>	<b>YEAR 9 RUGBY</b>	<b>YEAR 7 &amp; 8 HIGH PERFORMANCE DAY 2</b>
4:15pm – 5:45pm		<b>IONA SWIMMING CLUB</b>		<b>IONA SWIMMING CLUB</b>	

## 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
Tennis 10–12 Yrs	Lytton District Trial	Mon 25 March
Cross Country 10–12 Yrs	Lytton District Trial	Top students from Iona interhouse carnival attend.
Rugby Union	Lytton District Trial	Fri 26 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.

## MOUNTAIN BIKING

Coordinator: Mr Daniel Davison  
[davisond@iona.qld.edu.au](mailto: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.

### Upcoming Training

**DATE:** Saturday 23 March

**TIME:** 3pm-5pm

**LOCATION:** Mt Cotton

(Keep an eye out on your emails for information 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](mailto:jiraseka@iona.qld.edu.au)

Rugby is played on Saturday mornings in Term 2. However, trials / training have commenced this week, with one trial session held after school for each year level as well as internal trials held on Saturday 23 March.

We ask all boys to attend the internal trial at least 30min before the allocated time. Rugby players must wear a mouth guard. All players are to bring the Yura training shirt (or the black and white shirt) as well as the Iona rugby jersey. As this is an internal trial, teams will wear either one on the day of these trials.

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

[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.

Rugby training will continue next week as per schedule below.

### Trial schedule Week 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
After School – 3.15-4.30/45pm				
Davine Oval	Year 6	1 <sup>st</sup> & 2 <sup>nd</sup> XV	Opens	1 <sup>st</sup> & 2 <sup>nd</sup> XV TBC
McCarthy Oval	Year 6	Year 7		Year 10 Cancelled
Harron Oval		Year 9	Year 5	Year 8 Cancelled

### Internal Trial Schedule – Saturday 23 March

Year 5 -12 Rugby Internal Trial			
	Davine Oval	McCarthy Oval	Harron Oval
7.30 – 9.30am	Year 9	Year 8	Year 5
9.30 – 11.30am	Year 10	Opens	Year 6
11.30am	2 <sup>nd</sup> v SPLC		Year 7 – (11.30-1:30pm)
12.30pm	1 <sup>st</sup> v SPLC		

### Trial Games vs St Peters

Date: Saturday 23 March  
Venue: Iona College, Davine Oval  
2nds: 11.30am  
1sts: 12.30pm

### 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).

All Years 10 & 11 families have been emailed information regarding an upcoming Information Night on Tuesday 26 March at 6pm in the College Lecture Theatre.

We ask families to complete the 'Expression of Interest Link' found within the email to register your attendance to attend the Information Night.

At present we do not have enough numbers to go ahead with the tour. A call will be made on Monday to cancel the information night if we do not get the numbers.



## SAILING

Team Iona has carried its strong form throughout the inter-school sailing season into Day 1 of the SEQ championships.

After two rounds of racing, our two teams sit at the top of the leader board in their respective pools, with each team only losing one race out of 10 over the day's competition.

Thanks to our families, teammates, coaches and volunteers for the continued support throughout the season.

The final day of the SEQ championships this Sunday is also the end of the 2023/2024 sailing season at RQYS.

Sailors are requested to arrive for rigging by 8.30am and are reminded of the requirement to be wearing the full Iona sports uniform for briefing and the presentation after sailing on Sunday.

Please check TeamApp for details of all events and to confirm attendance of sailors.

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)

### 2024 Swimming Awards

Senior Swimmer of the Year	Jack Hood
Junior Swimmer of the Year	Cooper Townsend
Primary Swimmer of the Year	Hugo Wheeler
Open Champion	Austin King
16 Years Champion	Hunter Cushway
15 Years Champion	Kobe Sergeant
14 Years Champion	Cooper Townsend
13 Years Champion	Leroy Latimer
12 Years Champion	Zachary Erdmann
Year 6 Champion	Hugo Wheeler
Year 5 Champion	Hunter Deane

## VOLLEYBALL

Volleyball Coordinator

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

What an amazing volleyball season it was:

- We won the AIC aggregate with 87 points out of a total possible 96 points. We were a massive 22 points ahead of second-placed St Laurence's.
- 14 premierships in total (First VI, Second VI, 10B, 10C, 10D, 9A, 9B, 9C, 9D, 8B, 8C, 8D, 7B, 7D)
- An undefeated First VI Premiership
- 8 undefeated premierships.
- A further 5 teams finished second



Results like this do not happen without great coaches. I would like to thank all the coaches for their hard work and dedication to the Iona volleyball program. I would especially like to thank our First VI coach Rolf Vogelbusch, who gave up his time to coach our Year 7, 8, 9 and 10A and 10B volleyball teams during their sport lessons each week.

Congratulations to the Firsts players on their undefeated season. Winning a Firsts Premiership is not easy and is something to be very proud of!

Thank you to the departing Year 12s in all the Open teams. I hope you all enjoyed playing volleyball for Iona.

I hope all players and parents enjoyed the volleyball season. I look forward to seeing all players back in Term 4 for our 2025 preseason.

If you have not played volleyball before and would like to give it a try, please sign up in Term 4 and give this exciting sport a go.



## Progressive Volleyball Results

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

## 2024 Team Placings

2024 Season Volleyball Results					
Team	Iona	Premiers	Team	Iona	Premiers
1 <sup>st</sup> VI	1st	Iona	9B	1st	Iona
2 <sup>nd</sup> VI	1st	Iona, Marist	9C	1st	Iona
3 <sup>rd</sup> VI	4th	St Laurence's	9D	1st	Iona, SLC, Padua
4 <sup>th</sup> VI	3rd	SLC, Marist	8A	2nd	St Edmund's
11A	2nd	St Laurence's	8B	1st	Iona
11B	3rd	St Laurence's	8C	1st	Iona
10A	2nd	St Laurence's	8D	1st	Iona
10B	1st	Iona	7A	2nd	St Patrick's
10C	1st	Iona	7B	1st	Iona, Padua
10D	1st	Iona	7C	2nd	St Laurence's
9A	1st	Iona	7D	1st	Iona, St Edmunds
			<b>Aggregate</b>	1st	Iona

## 2024 Volleyball Awards

2024 Volleyball Awards		
Senior Volleyballer of the Year	Finn Barker	
Junior Volleyballer of the Year	Cameron Jagga	
Year	MVP Awards	Team Contribution
Open	Bradley Mitchell	1 <sup>st</sup> – Hudson Berrill Riley Amorsen 2 <sup>nd</sup> – Benjamin Mitchell 3 <sup>rd</sup> – Finn O'Malley-Jones 4 <sup>th</sup> – Thane White
Year 11	Joseph Baker Samuel Olm	11A – Hayden Hookham 11B – Matthew Allard
Year 10	Levi Laurie Ethan James	10A – Nicholas Cook 10B – Keegan Boyd 10C – Jameson Chippendale 10D – Baxter Prescott
Year 9	Jake Ryan	9A – Matt Medford 9B – Daniel Fenton-Vasau 9C – Oliver Klumpp 9D – Max Thatcher
Year 8	Alberto Piloto	8A – Braxton Exton 8B – William Fuller 8C – Eamon Greive 8D – Orson Cooper
Year 7	Samson Tofilau	7A – Riley Chin 7B – Daltyn Hillian 7C – Kobi Watson 7D – Henry Eastland

