

# IONA SPORT

I AM IONIAN 

15 May, 2024

## TEAM IONA

The Sports Office is currently looking at plans for the next term of AIC sport. During Term 3, the boys may play basketball, tennis, rugby league and track & field in the AIC competition.

As has been the case here at Iona since day dot, if you are good enough to represent the College, we expect you to sign up and do your best to represent Iona. We would like to think all our students are more than willing to shine for their College when the opportunity arises.

### IMPORTANT NOTE:

**Years 5-6:** Students can choose to play AIC basketball and tennis, as basketball is played Friday night and tennis on Saturday mornings. Boys cannot choose tennis and rugby league, as they are both played on Saturday. All Year 5-6 boys can choose track & field on top of basketball and tennis or rugby league, as this will be at different times to all other sports on offer.

**Years 7-12:** Students may only choose to play basketball or tennis or rugby league, as these are all played on Saturday. All Year 7-12 students can choose track & field on top of basketball or tennis or rugby league, as this will be at different times to all other sports on offer.

**Term 3 Sign-on:** Sign on for AIC Rugby League / Tennis / Basketball and Track & Field will be open from this Friday, 17 May, and will close on Friday 31 May. Sign-ons are accessed via the new sports management app Clipboard. Parents / guardians of Year 5 and 6 students will have to sign their son up via the Activity Selection tab. Students in Years 7-12 can do this on their own. Students can follow this link <https://portal.clipboard.app/iona> and sign in with their Iona email (Microsoft account). If you are having issues or are yet to log on to Clipboard, please contact Mr Alexander Jirasek ([jiraseka@iona.qld.edu.au](mailto:jiraseka@iona.qld.edu.au)).

The registration link will close on Friday 31 May.

Be aware of some important points:

- All players must complete the sign-on process (activity selection via Clipboard), including those training in Firsts or development squads
- You do not need to complete a sign-on or (activity selection) if you are not going to play AIC sport in Term 3
- Watch for important trial times and dates in the weekly newsletter.

In the respective Rugby League, Basketball and Tennis sections below are full season schedules for each of these sports. These schedules outline all important information about the up-coming season, including all trial and training dates and times, regular season playing times, uniform requirements etc. This information may be useful before you decide to sign-on.

This weekend, Iona faces Padua College in Round 4 of the AIC Chess, Rugby and Football seasons. We would hope that many of our boys will stay and support the Firsts teams this weekend. The support of our parents to encourage their son/s to stay and support would be very much appreciated.

As expected, Marist College Ashgrove were a challenge last weekend. Our rugby boys did well overall to share the successes equally. In truth, the opposition did dominate us on the paddock in football. Regardless of the result (good or bad), I urge the boys to shrug off what happened last weekend and work harder to be even better this weekend.

**Note:** The Round 5 First XV rugby game against St Peters scheduled for Saturday 25 May has now been moved to next Tuesday 21 May after school, with kick-off at 3.45pm. This is due to several players missing at the state rugby championships held next weekend. This game will be played away at St Peters. Players will be transported to and from this event.

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

Finally, please be aware that team photos will be taken this weekend for those rugby and football teams playing at home. Take time to look at the photo schedules listed in the respective sport sections below and please turn up in the full and correct uniform (including footy boots, not sneakers).

Best wishes to all involved. Please enjoy!

**Craig Stariha**

**Iona College Head of Sport**

**Date claimer:** Please be aware the College will run our annual Track & Field Carnivals (Years 5-6 on second-last day of term; Years 7-12 on the last day of term) in a few short weeks. There will be many events for all students to participate in, as well as several championship events where our better athletes will be able to nominate. Keep watch for more information regarding these Carnivals and the nomination process in the coming weeks.

## IONA UNIFORM SHOP

2024 Opening Hours:

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

## IONA SPORT SEASON PLANNER

### 2024 DATES

Wed 15 May: AIC Cross Country Meet (Curlew Park)  
 Fri 17 May: Water Polo Invitational  
 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)  
 Week 7: Basketball Trials for Years 5/6 start  
 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  
 3-15 June: Trials for all term 3 sports.  
 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  
 23-28 Jun: Confraternity Rugby League Carnival  
 4-7 July: Gold Coast Invitational Basketball

## BASKETBALL

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

### First V Training (for selected students only)

Tuesdays 3.15pm-4.30pm Provence Centre  
 Thursdays 3.15pm-4.30pm Provence Centre

### AIC Basketball Scoring Bench / Referee Registration

Students who are interested in assisting with AIC Basketball as either a referee or on the scoring bench are invited to send through an expression of interest to Mr. Bannerman ([bannermana@iona.qld.edu.au](mailto:bannermana@iona.qld.edu.au))

### STUDENTS GET PAID FOR EACH GAME.

You can do Friday afternoons (Primary school), or Saturdays (Year 7-12) – or both! Students will need to have experience in this to be considered.

### Basketball Trials

Trials will be held at the following Times:

#### Year 5:

Tues 28 May 7am – 8.10am Provence Centre  
 Tues 11 June 7am – 8.10am Provence Centre  
 Sat 15 June 10-11.30am Provence Centre  
**(This is the first Saturday of the holidays)**

#### Year 6:

Mon 27 May 7am – 8.10am Provence Centre  
 Mon 10 June 7am – 8.10am Provence Centre  
 Sat 15 June 11.30 – 1pm Provence Centre  
**(This is the first Saturday of the holidays)**

#### Year 7:

Mon 10 June 3.15 – 5pm Provence Centre  
 Wed 12 June 7am – 8.10am Provence Centre  
 Sat 15 June 8am – 10am Provence Centre  
**(This is the first Saturday of the holidays)**

#### Year 8:

Wed 5 June 3.15 – 5pm Oblate Hall  
 Wed 12 June 3.15 – 5pm Oblate Hall  
 Sat 15 June 10 – 11.30am Oblate Hall  
**(This is the first Saturday of the holidays)**

#### Year 9:

Wed 5 June 3.15 – 5pm Provence Centre  
 Thurs 6 June 3.15 – 5pm Provence Centre  
 Sat 15 June 11.30 – 1pm Oblate Hall  
**(This is the first Saturday of the holidays)**

## Year 10:

Fri 7 June 3.15 – 4.30pm Provence Centre

Wed 12 June 3.15–4.30pm Provence Centre

## Year 11:

Mon 3 June 3.15 – 4.30pm Oblate Hall

Tues 11 June 3.15 – 4.30pm Provence Court 1

## Open (2nds – 4ths):

Tues 4 June: 3.15 – 4.30pm Oblate Hall

Tues 11 June 3.15 – 4.30pm Provence Court 2

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
- [Basketball Information Link](#)

## CHESS

Coordinator

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

### Chess Photos

Chess Team Photos will be taken on Friday 31 May after school on the Primary handball courts.

### 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.

### Round 3 vs Marist

What a cracker! Very proud of all the boys for their efforts. In terms of overall points, it was 59 to 55, with Ashgrove taking the day. The First IV came away with a draw, keeping them in the running. Intermediate A and Junior A both won convincingly.



## Progressive Chess Results

Team	Rd1 vs SLC	Rd 2 vs SEC	Rd 3 vs MAR	Rd 4 vs PAD	Rd 5 vs SPLC	Rd 6 vs Villa	Rd 7 vs SPC
Jun A	Lost 6-10	Bye	Won 12-4				
Jun B	Lost 4-12	Bye	Lost 6-10				
Jun C	Lost 3-13	Bye	Won 16-0				
Int A	Draw 8-8	Draw 8-8	Won 13-3				
Int B	Lost 4-12	Won 9-7	Lost 7-9				
Int C	Lost 0-16	Bye	Bye				
Sen A	Draw 8-8	Won 10-6	Lost 7-9				
Sen B	Lost 0-16	Won 11-5	Lost 4-12				
Sen C	Bye	Bye	Bye				
1st	Lost 7-9	Won 12-4	Draw 8-8				

### Chess Round 4 vs Padua College

This Friday we are away against Padua. Boys will need to depart at 2:45pm from class and make your way down to the bus turnaround. There will be no announcement, but it should be in your Compass. We want to be on the bus and gone by 2:55pm at the latest.

Date: Friday 17 May

Venue: Padua College

Time: 4pm

## 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)

### Cross Country Team Photo

The Cross Country team photo will be taken on Wednesday 29 May in the Provence Centre before the boys board the bus to the Championships. All boys must ensure they are wearing the correct uniform.

### 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.

### Trainers of the Week

Jack Shelton, James Draper, Arlo Pickford,  
Dustin Conran.

### Sherwood Trial Meet

The first trial meet for the Primary Cross-Country squad was at Sherwood Arboretum last Wednesday 8 May.

Best Performances were:

Year 5: William Stevenson, Ethan Sonnekus

Year 6: Ryder Henrick and Zac Brown.

### **Cross Country Training Schedule (Years 7-12)**

#### **Week 5**

<p><b>Monday:</b> <b>6.15am-7.15am</b></p> <p>@ Wynnum Wading Pool</p> <p><u>Aerobic Run</u></p> <p>(A minibus will depart from the chapel at 6am if you cannot meet at Wynnum wading pool)</p>	<p><b>Wednesday:</b></p> <p>No morning training</p> <p>After School Cross Country meet at Curlew Park, Shorncliffe</p>	<p><b>Friday:</b> <b>6.45-7.45am</b></p> <p>Meet at Junior handball courts</p> <p>Speed / games followed by breakfast</p>
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#### **Week 6**

<p><b>Monday:</b> <b>6.15am-7.15am</b></p> <p>@ Wynnum Wading Pool</p> <p><u>Aerobic Run</u></p> <p>(A minibus will depart from the chapel at 6am if you cannot meet at Wynnum wading pool)</p>	<p><b>Wednesday:</b> <b>6.45-7.40am</b></p> <p>No morning training</p> <p>After School Cross Country meet at Runcorn</p>	<p><b>Friday:</b> <b>6.45-7.45am</b></p> <p>Meet at Junior handball courts</p> <p>Speed / games</p>
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### **Cross Country Trial Meet (Curlew Park Wed 15 May)**

#### Bus Times

##### Primary and Yrs 7/8

Leave Iona cricket nets at 2:45pm

Return to Iona at approximately 5:15pm for pick-up.

##### Years 9-12

Leave Iona cricket nets at 3:10pm

Returns to Iona approx. 6pm

All Squad members are expected to attend.

Uniform: Athletes will be required to wear the College polo shirt, Iona Shorts, Iona sports socks and joggers to the meet. The full College tracksuit may also be worn. At the meet, athletes will be able to change into the Yura shirt, black training shirt or Iona athletics singlet, which they can compete in.

The Iona athletics singlet is not compulsory for this Meet, but will be for the AIC Championships.

Please ensure your son brings a water bottle and healthy snacks to eat at the conclusion of his race.

#### Race Times

Year 5:	2km race	4:15pm
Year 6:	3km race	4:25pm
12 & 13 Years:	3km race	4:25pm
14 & 15 Years:	4km race	4:35pm
16 Yrs & Open	6km race	4:45pm

Parents are welcome to attend the meets, but you must let Iona staff know if you are transporting your son home on the day.

The next trial meet will be at St. Laurence's College Playing Fields at Runcorn on Wednesday 22 May.

The final squad for Years 7-12 will be announced after the two trial meets. Successful students will be invited to a Presentation Evening on Monday 27 May.

## **E-SPORTS**

Coordinator

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

### **Esports Term 2 Training**

Boys can check the noticeboard outside the Health and Wellness Centre for the team lists. Training will commence in Week 3 at the following times:

Teams 1 & 2:	Tuesdays 3pm-4pm	(Venue Mus 3)
Teams 3 & 4:	Thursdays 3pm-4pm	(Venue Mus 3)
Teams 5 & 6:	Wednesdays 3pm-4pm	(Venue Mus 3)

Students will be provided with gaming laptops and accounts for their respective games, but are encouraged to bring a mouse for the initial weeks of eSports.

It is expected that if a student cannot show up to training, they contact Mr Eades so a temporary reserve to fill in for the session can be arranged.

Information about AIC eSports competitions for Terms 3 and 4 will be released later in the term. Only students in Years 7-9 can compete.



# 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)

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

## [Football Information Link](#)

- Covered shoes must be worn at all times. (No slides / thongs / Crocs / bare feet)
- Iona sport jacket or hoodie (no non-Iona jumpers or tracksuit pants to be worn)
- **Shin guards are compulsory for both training and matches.**

## Progressive Football Results

Team	Rd1 vs SLC	Rd 2 vs SEC	Rd 3 vs MAR	Rd 4 vs PAD	Rd 5 vs SPLC	Rd 6 vs Villa	Rd 7 vs SPC
1st	Draw 2-2	Lost 0-1	Lost 0-4				
2nd	Lost 1-2	Draw 2-2	Lost 0-7				
3rd	Lost 1-6	Won 3-0	Lost 1-3				
4th	Lost 1-4	Won 3-0	Lost 0-6				
5th	Lost 1-6	Lost 2-3 ATC 3 <sup>rd</sup>	Lost 1-2				
6th	Draw 0-0	Won 1-0 ATC 4 <sup>th</sup>	Won 3-0				
10A	Lost 2-3	Won 5-3	Lost 0-3				
10B	Lost 0-1	Won 5-1	Lost 0-2				
10C	Lost 2-5	Lost 1-4 ATC B	Lost 5-2 Pad D				
10D	Lost 2-10	Lost 0-7 ATC C	Lost 0-13				
9A	Lost 0-7	Won 4-1	Lost 7-1				
9B	Lost 1-6	Lost 0-4 ATC B	Lost 0-4				
9C	Lost 2-3	Lost 0-6 ATC C	Lost 9-1				
8A	Lost 2-5	Lost 2-3	Draw 1-1				

8B	Lost 0-12	Lost 0-3	Lost 1-3				
8C	Lost 1-4	Won 0-7	Lost 1-6				
8D	Lost 5-1	Lost 0-2 SLC E	Lost 1-2				
7A	Lost 1-5	Draw 4-4	Lost 1-4				
7B	Lost 0-5	Won 3-2	Lost 0-1				
7C	Draw 3-3	Won 6-0	Lost 0-1				
7D	Lost 1-7	Won 5-4	Lost 1-2				
7E	Lost 0-3	Won 2-0 SLC F	Won 8-1				
7F	Lost 0-2	Lost 3-4 Mar E	Lost 0-3 SLC 7E				
6A	Lost 1-5	Lost 0-3 ATC	Lost 0-1				
6B	Won 3-1	Won 3-0 ATC	Won 1-0				
6C	Won 7-0	Won 7-2 Mar D	Lost 0-2				
6D	Draw 2-2	Won 3-0 SPC	Won 4-3				
5A	Won 3-2	Won 4-1 ATC	Won 5-0				
5B	Lost Pad C 1-2	Won 5-0 ATC	Lost 0-3				
5C	Lost 0-6	Won 4-1 ATC	Lost 0-5				
5D	Lost 1-4	Lost 0-6 Mar E	Lost 0-9				

## Action Photos

If parents take action photos on a Saturday, it would be appreciated if any quality photos could be emailed to [otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au) by midday Tuesday for possible inclusion in the weekly sport newsletter or College newsletter sport photo gallery.



**NO DOGS** are allowed at Iona sporting venues.

## Medication for Saturday Sport

Any boys who require medication for anaphylaxis, asthma, diabetes etc that may be required during sport on a Saturday are asked to make sure they have their own medication with them for all Saturday matches.

### Football Round 3 vs Marist

Last weekend we faced up against Ashgrove. Going into this round, we knew it would be difficult. Luckily the weather allowed us to continue to train in what was a very wet week.

The results didn't go our way on the day. However, most games were close contests, with only one goal separating us from Ashgrove. Congratulations to our 5A, 6B, 6D and 6ths teams who remain undefeated. Our First XI played entertaining football in a game that was close until Ashgrove slotted four past us in the second half. This weekend we face Padua in what will be an important round for all our teams to ensure their seasons remain on track. Good luck to all Iona footballers on the weekend.



### Iona Football Team of the Week

Congratulations to the following boys for making the Round 3 Team of the Week:

Name	Team
Nate Graham	7B
Oliver Patullo	8A
Luke Vella	6A
Sebastian Forgiarini	10A
Kingston Lochunah	6D
Jacob Johns	9C
Arlo Pickford	5A
Alex Byhalove	5D
Darcy Roche	4ths
Lucas Kenny	3rds
Harry Kerle	7D
Luke Morris	Coach - 5A

### Football Round 4 vs Padua College

#### Saturday 18 May

Team	Venue	Oval	Time
1 <sup>st</sup> XI	Padua Fields 222 Elliott Rd, Banyo	Football 1	12.15pm
2 <sup>nd</sup> XI	Padua Fields 222 Elliott Rd, Banyo	Football 1	11am
3 <sup>rd</sup> XI	Padua Fields 222 Elliott Rd, Banyo	Football 2	12.15pm
4 <sup>th</sup> XI	Padua Fields 222 Elliott Rd, Banyo	Football 2	11am
5 <sup>th</sup> XI	Padua Fields 222 Elliott Rd, Banyo	Football 3	12.15pm
6 <sup>th</sup> XI	Padua Fields 222 Elliott Rd, Banyo	Football 3	11am
10A	Padua Fields 222 Elliott Rd, Banyo	Football 1	9.45am
10B	Padua Fields 222 Elliott Rd, Banyo	Football 2	9.45am
10C	Padua Fields 222 Elliott Rd, Banyo	Football 3	9.45am
10D	Padua Fields 222 Elliott Rd, Banyo	Football 2	7.30am
9A	Padua Fields 222 Elliott Rd, Banyo	Football 1	8.30am
9B	Padua Fields 222 Elliott Rd, Banyo	Football 2	8.30am
9C	Padua Fields 222 Elliott Rd, Banyo	Football 3	8.30am
8A	Iona College	Fuller	7.30am
8B	Iona College	Fuller	8.30am
8C	Iona College	Fuller	9.30am
8D	Iona College	Fuller	10.30am
7A	Iona College	Coghill	7.30am
7B	Iona College	Coghill	8.30am
7C	Iona College	Coghill	9.30am
7D	Iona College	Coghill	10.30am
7E vs Iona 7F	Iona College	Fuller	11.30am
7F vs Iona 7E	Iona College	Fuller	11.30am
6A	Iona College	Dwyer 1	7.30am
6B	Iona College	Dwyer 1	8.30am
6C	Iona College	Dwyer 1	9.30am
6D vs Pad 6F	Iona College	Dwyer 1	10.30am

Team	Venue	Oval	Time
5A	Iona College	Dwyer 2	7.30am
5B	Iona College	Dwyer 2	8.30am
5C vs Pad 5D	Iona College	Dwyer 2	9.30am
5D vs Pad 5E	Iona College	Dwyer 2	10.30am

### Football Team Photos

Venue: Behind the football canteen



Sat 18 May: Year 5, 6, 7, 8 teams playing at Iona.

Sat 1 June: Year 9, 10, Open teams playing at Iona.

A photo schedule will be published on the Wednesday before each photo day.

The photo schedule is very tight. **Boys need to arrive at the photo venue at the 'arrival time' below.** Arriving at the 'photo time' can mean boys may miss their photo.

*All boys must be in fully correct Iona football uniforms (including correct shorts and Iona football socks)*

### Football Photo Schedule for Saturday 18 May

Team	Arrival Time	Photo Time	Game Time
8A Football	6.50am	<b>7am</b>	7.30am
7A Football	6.55am	<b>7.05am</b>	7.30am
6A Football	7am	<b>7.10am</b>	7.30am
5A Football	7.05am	<b>7.15am</b>	7.30am
8B Football	7.40am	<b>7.50am</b>	8.30am
7B Football	7.45am	<b>7.55am</b>	8.30am
6B Football	7.50am	<b>8am</b>	8.30am
5B Football	7.55am	<b>8.05am</b>	8.30am
8C Football	8.40am	<b>8.50am</b>	9.30am
7C Football	8.45am	<b>8.55am</b>	9.30am
6C Football	8.50am	<b>9am</b>	9.30am
5C Football	8.55am	<b>9.05am</b>	9.30am
7D Football	9.40am	<b>9.50am</b>	10.30am
6D Football	9.45am	<b>9.55am</b>	10.30am
5D Football	9.50am	<b>10am</b>	10.30am
8D Football	9.55am	<b>10.05am</b>	10.30am
7E Football	10.50am	<b>11am</b>	11.30am
7F Football	10.55am	<b>11.05am</b>	11.30am

Teams not playing at Iona on the photo days will have their team photos taken later in the year.

### Merchandise Container

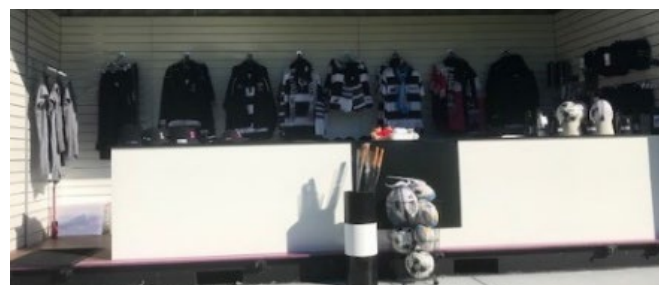
Uniform Shop will be open every Saturday during the football season in a container on Davine Oval.

Uniforms and supporter merchandise can be purchased.

### Saturday Opening Times:

8am–11am on weeks the Year 5–8 teams play at Iona.

9am–12pm on weeks Year 9–Open teams play at Iona.



## 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
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- Prioritise the safety of yourself and others
- Ensure you use all equipment correctly and return it to where you got it from.

## Term 2 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 Sports 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

Softball	Lytton District Trial	Tues 21 May
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### 13–19 Years Information

No current trials are scheduled.

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:



Benjamin Lillico is part of the Level 3 Lions Academy AFL team which competes in the Coates Talent League. This is a huge achievement.



Seth Woolgar competed in the 16–19yrs QRSS State Championships for Met East in Volleyball.

## MOUNTAIN BIKING

Coordinator

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

If you are in the squad and are planning on participating at the next event in Toowoomba on Friday June 7, please register via the Rocky Trail Academy website as soon as possible.

### 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

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)

## RUGBY LEAGUE

Coordinator: Mr Andrew Fildes

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

### Rugby League Trials

#### Year 5

Monday 3 June 6.45 – 8am Harron Oval

Monday 10 June 6.45 – 8am Harron Oval

Saturday 15 June 7.30 – 9.30am Davine Oval

**(This is the first Saturday of the holidays)**

#### Year 6

Monday 3 June 6.45 – 8am McCarthy Oval

Monday 10 June 6.45 – 8am McCarthy Oval

Saturday 15 June 7.30 – 9.30am McCarthy Oval

**(This is the first Saturday of the holidays)**

#### Year 7

Monday 3 June 6.45 – 8am Davine Oval

Monday 10 June 6.45 – 8am Davine Oval

Saturday 15 June 9.30 – 11.30am Davine Oval

**(This is the first Saturday of the holidays)**



### Year 8

Tuesday 4 June	6.45 – 8am	Harron Oval
Tuesday 11 June	6.45 – 8am	Harron Oval
Saturday 15 June	9.30 – 11.30am	McCarthy Oval

**(This is the first Saturday of the holidays)**

### Year 9

Tuesday 11 June	6.45 – 8am	McCarthy Oval
Saturday 15 June	11.30 – 1.30pm	Davine Oval

**(This is the first Saturday of the holidays)**

### Year 10

Tuesday 4 June	6.45 – 8am	Davine Oval
Tuesday 11 June	6.45 – 8am	Davine Oval
Saturday 15 June	11.30 – 1.30pm	McCarthy Oval

**(This is the first Saturday of the holidays)**

### Open

Monday 3 June	3.15 – 4.30pm	Davine Oval
Monday 10 June	3.15 – 4.30pm	Davine Oval
Saturday 15 June	1.30 – 3.30pm	McCarthy Oval

**(This is the first Saturday of the holidays)**

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
- [Rugby League Information Link](#)

## RUGBY UNION

Coordinator: Mr Alex Jirasek [jiraseka@iona.qld.edu.au](mailto:jiraseka@iona.qld.edu.au)

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](#)

**Mouthguards are compulsory for both training and matches.**

- Covered shoes must be worn at all times. (No slides / thongs / Crocs / bare feet)
- Iona sport jacket or hoodie (no non-Iona jumpers or tracksuit pants to be worn)

### Action Photos

If parents take action photos on a Saturday, it would be appreciated if any quality photos could be emailed to [otwayk@iona.qld.edu.au](mailto:otwayk@iona.qld.edu.au) by midday Tuesday for possible inclusion in the weekly sport newsletter or College newsletter sport photo gallery.

### Rugby Round 3 vs Marist

Every year Marist turns up in force and provides the toughest test for all teams. So to come away with six wins and six losses in aggregate games is a tremendous achievement. Iona's Thirds, Sixths, 10Bs, 8As, 8Bs and 5Ds remain undefeated. Special mention to the Seconds on a victory to be proud of. Our First XV are still in premiership contention with a strong performance that the scoreline may not have reflected.

We face Padua away this week, and although lacking the depth of Marist, their top grades are just as formidable.

### Iona Rugby Union Team of the Week

1	Eli McDonnell	6C
2	Benjamin Roderick	8A
3	John Dyke	6ths
4	Leo Ah Wong	6A
5	Joseph Baker	3rds
6	Max Thatcher	9D
7	Bailey Barker	8B
8	Hugo O'Connor	6B
9	Tom Longhurst	9D
10	Harry Burrows	5D
11	Mattheus Slocombe	7C
12	Bailey Allen	10B
13	Jed Green	6A
14	Finn Lucock	2nds
15	Heath Roylance	10D
Coach	Ken Watson & Arthur Eustace-Earle	2nds



### Progressive Rugby Results

Team	Rd1 vs SLC	Rd 2 vs SEC	Rd 3 vs MAR	Rd 4 vs PAD	Rd 5 vs SPLC	Rd 6 vs Villa	Rd 7 vs SPC
1st	Lost 27-29	Won 52-7	Won 17-14				
2nd	Lost 12-17	Won 50-0	Won 14-10				
3rd	Won 43-12	No Game	Won 19-17				
4th	Lost 19-26	BYE	Lost 0-24				
5th	Won 36-0	Won 15-5 St Col	Lost 17-30				

6th	Won 22-12	Won 22-5 Mar 7th	Won 22-20				
7th	Lost Mar 8 <sup>th</sup> 15-30	BYE	Lost 5-45				
10A	Won 17-3	Won 24-7	Lost 7-26				
10B	Won 40-10	Won 38-0	Won 26-24				
10C	Won 27-12	Won 48-0	Lost 5-24				
10D	BYE	Lost 7-50 Villa C	Won 24-22 Mar E				
9A	Lost 14-26	Won 31-7	Lost 7-27				
9B	Lost 0-27	Won 39-0	Lost 0-61				
9C	Won 38-33	Lost 22-31	Lost 21-33				
9D	Lost 17-35	Lost 0-69 St Pauls	Won 19-12				
8A	Won 37-5	Won 12-7	Won 40-5				
8B	Won 26-12	Won 80-0	Won 24-12				
8C	Lost 22-27	Won 10-5 Mar D	Lost 10-15				
8D	Lost 19-48	Bye	Lost 0-59				
7A	Lost 5-41	Won 31-12	Lost 7-31				
7B	Won 55-5	Won 28-7	Lost 0-19				
7C	Won 26-21	Won 66-0	Lost 24-26				
7D	Draw 29-29	Bye	Lost 12-41				
7E	Won 34-5	Lost 15-34 Villa D	Lost 5-21				
6A	Lost 15-25	Internal	Won 21-0				
6B	Lost 5-55	Internal	Draw 7-7				
6C	Won 69-5	Internal	Lost 10-26				
6D	Lost 12-44 Villa D	Internal	WOF				
5A	Won 80-5	Internal	Lost 12-14				
5B	Won 37-0	Internal	Lost 17-26				
5C	Won 34-0	Internal	Lost 0-7				
5D	Won 22-5	Internal	Won 22-20 Pad C				

### Medication for Saturday Sport

Any boys who require medication for anaphylaxis, asthma, diabetes etc that may be required during sport on a Saturday are asked to make sure they have their own medication with them for all Saturday matches.



**No Dogs** are allowed at Iona sporting venues.

### Rugby Round 4 vs Padua College

#### Saturday 18 May

Team	Venue	Oval	Time
1 <sup>st</sup> XV	Padua Fields 222 Elliott Rd, Banyo	Rugby 1	2.15pm
2 <sup>nd</sup> XV	Padua Fields 222 Elliott Rd, Banyo	Rugby 1	1pm
3 <sup>rd</sup> XV	Padua Fields 222 Elliott Rd, Banyo	Rugby 1	12pm
4 <sup>th</sup> XV	Padua Fields 222 Elliott Rd, Banyo	Rugby 1	11am
5 <sup>th</sup> vs Pad 6 <sup>th</sup>	Padua Fields 222 Elliott Rd, Banyo	Rugby 1	9am
6 <sup>th</sup> vs St Columbans	100 McKean St, Caboolture	Hennessy	10am
7 <sup>th</sup> vs SLC 6 <sup>th</sup>	St Laurence's Fields Nathan Rd, Runcorn	Field 1	8am
10A	Padua Fields 222 Elliott Rd, Banyo	Rugby 3	1pm
10B	Padua Fields 222 Elliott Rd, Banyo	Rugby 3	12pm
10C vs Marist 10C	Marist College Frasers Rd, Ashgrove	Hayden	11am
10D vs Marist D/E	Marist College Frasers Rd, Ashgrove	Hayden	10am
9A	Padua Fields 222 Elliott Rd, Banyo	Rugby 3	11am
9B	Padua Fields 222 Elliott Rd, Banyo	Rugby 3	10am
9C	Padua Fields 222 Elliott Rd, Banyo	Rugby 3	9am
9D	BYE		
8A	Iona College	Davine	12pm
8B	Iona College	Davine	11am
8C	Iona College	Davine	10am

Team	Venue	Oval	Time
8D vs SLC 8C	Iona College	Davine	9am
7A	Iona College	McCarthy	12pm
7B	Iona College	McCarthy	11am
7C	Iona College	McCarthy	10am
7D vs Marist 7E	Iona College	McCarthy	9am
6A	Iona College	Harron	12pm
6B	Iona College	Harron	11am
6C	BYE		
6D vs Villa 6C	Iona College	Harron	10am
5A	Iona College	Harron	9am
5B	Iona College	Harron	8am
5C	Iona College	McCarthy	8am
5D vs Villa 5C	Iona College	Davine	8am

## Rugby Team Photos

Venue: Primary Handball Courts



Sat 18 May: Year 5, 6, 7, 8 teams playing at Iona.

Sat 1 June: Year 9, 10, Open teams playing at Iona.

A photo schedule will be published on the Wednesday before the photo day.

The photo schedule is very tight. **Boys need to arrive at the photo venue at the 'arrival time' below.** Arriving at the 'photo time' will mean boys may miss their photo. *All boys must be in fully correct Iona rugby uniforms (including correct shorts and Iona Rugby socks)*

### Rugby Photo Schedule for Saturday 18 May

Team	Arrival Time	Photo Time	Game Time
5B Rugby	7.10am	<b>7.20am</b>	8.00am
5C Rugby	7.15am	<b>7.25am</b>	8.00am
5D Rugby	7.20am	<b>7.30am</b>	8.00am
8D Rugby	7.55am	<b>8.05am</b>	9am
7D Rugby	8am	<b>8.10am</b>	9am
5A Rugby	8.05am	<b>8.15am</b>	9am
7C Rugby	8.55am	<b>9.05am</b>	10am
6D Rugby	9.00am	<b>9.10am</b>	10am
8C Rugby	9.05am	<b>9.15am</b>	10am
7B Rugby	9.55am	<b>10.05am</b>	11am
6B Rugby	10am	<b>10.10am</b>	11am
8B Rugby	10.05am	<b>10.15am</b>	11am
7A Rugby	10.55am	<b>11.05am</b>	12pm
6A Rugby	11am	<b>11.10am</b>	12pm
8A Rugby	11.05am	<b>11.15am</b>	12pm

Teams not playing at Iona on the photo days will have their team photos taken later in the year.

## Merchandise Container

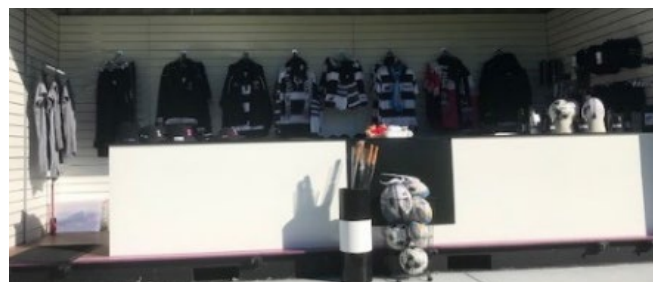
Uniform Shop will be open every Saturday during the rugby season in a container on Davine Oval.

Rugby uniforms and supporter merchandise can be purchased.

### Saturday Opening Times:

8am–11am on weeks the Year 5–8 teams play at Iona.

9am–12pm on weeks Year 9–Open teams play at Iona.



## TENNIS

Tennis Coordinator

Gemma Cook – [cookg@iona.qld.edu.au](mailto:cookg@iona.qld.edu.au)

## Tennis Trials

Initial trialling will take place during sports lessons in Week 8 for Years 5 – 7. In addition to this, any student (Years 5–12) who has registered their interest in making a tennis team is invited to attend a morning session on the College Courts. These sessions will serve as initial trials and are on offer in Weeks 8 and 9 of Term 2. Details about these morning sessions can be seen below:

### Morning Tennis Sessions take place on the College Courts from 6:30am–7:45am/8am

	Mon 3 & 10 June	Tues 4 & 11 June	Wed 5 & 12 June
Week 8 and 9 Morning Tennis Sessions	Years 5–7	Years 11 Open	Years 8–10

In addition to the initial trialling, all players who intend on making a team are expected to attend the Iona Tennis Championships which will be held in Week 9.

## Year 5-6 Iona Tennis Championships

Date: Thursday 13 June

Time: During school time,

## Year 7 – Open Iona Tennis Championships

Date: Friday 14 June.

Times: Years 7 & 8: 7.30am – 12pm

Years 9-12 12pm – 4.30pm

These Championships coupled with the initial trialling during Weeks 8 and 9 will be used to determine the AIC Tennis Squads.

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
- [Tennis Information Link](#)

## VOLLEYBALL

Volleyball Coordinator

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

## Intermediate Schools Cup Volleyball Training

Year 9 (3.15pm-4.30pm)

Thursday 16 May: Provence Centre  
Friday 17 May: Provence Centre  
Thursday 23 May: Oblate Hall (Game vs Cleveland)  
Friday 24 May: Oblate Hall

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

## WATER POLO

Coordinator

Mr Adam Easton – [eastona@iona.qld.edu.au](mailto:eastona@iona.qld.edu.au)

## Water Polo Invitational tournament (Senior team only)

Date: Friday 17 May  
Venue: Somerville House Pool  
Times: TBA

### Training for the above tournament

Day: Tuesdays  
Time: 6.45-7.45am  
Venue: Iona pool