

# IONA SPORT

I AM IONIAN 

12 June 2024

## TEAM IONA

Iona finished the Term 2 season against St Patrick's College, winning the rounds overall in rugby and football. Although very close, St Patrick's got the better of Iona in the chess. In terms of our results across the season, Iona performed well from Years 5-12 – having two undefeated / premiership football teams and five undefeated / rugby premierships. Please read the sections below for further information on the respective rugby, football and chess seasons.

There is little doubt that receiving awards and recognition as a premiership / undefeated team is always good. However, schools should not gauge the true success of their sports program on these awards alone. The students' participation and enjoyment of sport should be at the forefront, and the key indicators of success.

Having committed boys with the right attitude, as well as quality coaches and managers involved who can extract the very best from the boys individually and as part of a team, is ideal. In most cases this has happened. I was personally very pleased with the level of pride, dress standards and behaviour of our students overall across the season, too.

For any sport season to run smoothly, the College relies on the goodwill of many within our community to fulfil the various roles needed. When I look back at the season just completed, I believe Iona's success was because our community 'pitched in' to make the season work.

To this end, I thank the players, canteen helpers and grounds staff. A special mention is given to all the coaches and refs, who gave freely of themselves to provide the opportunity for our boys to play schoolboy footy and chess. Iona did well this season, and I am proud to be a member of a community whose participants are prepared to be involved and to have fun along the way.

I would like to acknowledge the great work of our AIC Football Co-ordinators, Mr Connor Russell and Mr Lachlan Sayers; our Rugby Co-ordinator Mr Alex Jirasek, and our Chess Co-ordinator Mr Kevin Caine for leading their respective programs.

As one season finishes, the next begins. Good luck to the many students who have participated in rugby league, basketball and tennis trials over the past fortnight. It is great to see so many boys keen to represent the College in these sports. It is extremely vital that those interested continue to attend all trials to give themselves every chance to be considered for selection. We hope to announce all teams by early next week, but some may be as late as Week 1 next term.

Please be aware that we have further internal trials this Saturday, 15 June, at the College as listed below. We also have the Iona College Tennis Championships being held today and tomorrow for all boys from Years 5-12. From these Championships, our teams will be selected. Please read further details below.

Finally, we wish our First XIII Rugby League team all the best as they compete in the upcoming Confraternity Carnival hosted by Ignatius Park in Townsville over the break. Go well!

**Year 7-12 Interhouse Track & Field Carnival** will be held tomorrow, Thursday 13 June.

Period	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
HOMEROOM 8:30-8:48	Roll Marking / Notices	Roll Marking / Notices	Roll Marking / Notices	Roll Marking / Notices	Roll Marking / Notices	Roll Marking / Notices
9:00am – 9:35am	Iona fast and furious race Year 5 – 12 students involved.					
Rotation # 1 9:35am – 10:10am	Javelin	Long Jump	100m	800m Championship 400m non-Champ	Tug of war	Shot Put
Rotation # 2 10:10am – 10:45am	Long Jump	100m	800m Championship 400m non-Champ	Tug of war	Shot Put	Javelin
Rotation # 3 10:45am – 11:20am	100m	800m Championship 400m non-Champ	Tug of war	Shot Put	Javelin	Long Jump
*MORNING TEA* 11:20am – 12pm						
Rotation # 4 12 – 12:35pm	800m Championship 400m non-Champ	Tug of war	Shot Put	Javelin	Long Jump	100m
Rotation # 5 12:30 – 1:10pm	Tug of war	Shot Put	Javelin	Long Jump	100m	800m Championship 400m non-Champ
Rotation # 6 1:10 – 1:45pm	Shot Put	Javelin	Long Jump	100m	800m Championship 400m non-Champ	Year 12s to depart Best 800m
Relay + Staff v Students 1:45 – 2:15pm	Davine	Davine	Davine	Davine	Davine	Davine
*Presentations* 2:15pm – 2:35pm						
HOMEROOM / DISMISSAL 2:40pm – 2:55pm	Led by HOH	Led by HOH	Led by HOH	Led by HOH	Led by HOH	Led by HOH

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

Please read these important points:

- This will be a full-day event with no academic classes.
- It is compulsory for students to attend this day and support the College.
- Students are to wear their College polo to and from school and get changed into their House shirt when at school.
- Boys are to bring a bag with their lunch, money (if needed), sunscreen and water bottles. All boys must wear a hat. The boys will stay on the ovals all day and will not be permitted to come back into the College building areas. Mrs Ryan and her team will run a canteen on Davine Oval from 10.30am–1.30pm, selling sausage sizzles, drinks and ice blocks. All proceeds will go to Rosies. In between events, boys may go and purchase these items.
- We will have one break during the day where students will be permitted to use the College tuckshop to purchase food. This will be the only time boys can come back into the College.
- The first event for the day will be the 'fast and furious' race, which is a 100m showcase event. It will be conducted on Davine Oval and feature the top 10 runners from each year level. These runners will be selected from their year-level sport lesson 'run offs'. Any Year 11 or 12 students who would like to run in the 'fast and furious' must see Mr Bannerman.
- After the 'fast and furious' event, the six year levels from 7–12 will rotate around six activities, spending 35min at each rotation. The activities are: 100m, 400m, 800m, long jump, shot put, javelin/vortex throwing, tug-o-war. All students will compete in at least six events on the day.
- At each rotation, two boys per house, per year level will compete in the championship events, whilst all other boys will compete in the non-championship events.
- Points will be accumulated for all championship and non-championship events. Points will be accumulated for each athlete in the championship event. The athlete with the most points accumulated in the championship events will be crowned the Year Level Track &

Field Champion and will be presented with a medal at the end of the day.

- Year 12 students have their formal tomorrow evening. In consultation with Mr Harvey, all Year 12 boys may have an early departure from the College. Therefore, the Year 12 boys will miss their last rotation on the day and will be permitted to depart the College at 1.10pm.
- A Staff vs Student race will be run just before the presentations. The students selected will be those who won the 'fast and furious' race earlier that day.

This is the first time the College has gone to a full Year 7–12 carnival for many years. We are looking for the 'buy-in' from all students and families.

We encourage you all to get involved, have fun and add to the positive spirit of the College – just as we came together for the successful Interhouse Cross Country Carnival held earlier in the term.

All the best and please enjoy.

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

## IONA UNIFORM SHOP

2024 Opening Hours:

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

## IONA SPORT SEASON PLANNER

### 2024 DATES

3–15 Jun:	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)
Thu 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
Tues 9 July:	1 <sup>st</sup> Tennis Trial vs Villa
Tues 9 July:	Yr5 – Open A/B Basketball Trial vs Villa
Fri 12 July:	Yr 5/6 Basketball Trial vs St Patrick's
Sat 13 July:	Basketball/Tennis/League Trial vs SPC

# 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

## Basketball Trials

Trials will be held at the following times:

### Year 5:

Sat 15 June 10-11.30am Provence Centre  
**(This is the first Saturday of the holidays)**

### Year 6:

Sat 15 June 11.30 – 1pm Provence Centre  
**(This is the first Saturday of the holidays)**

### Year 7:

Sat 15 June 8am – 10am Provence Centre  
**(This is the first Saturday of the holidays)**

### Year 8:

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:

Sat 15 June 11.30 – 1pm Oblate Hall  
**(This is the first Saturday of the holidays)**

### Year 10:

Wed 12 June 3.15 – 4.30pm Provence Centre

### Year 11:

Tues 11 June 3.15 – 4.30pm Provence Court 1

### Open (2nds – 4ths):

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](#)

Due to the number of injuries and boys with illness in Years 7 and 9, trials for basketball for selected students will continue in Week 1 of Term 3.

Boys are not able to purchase basketball uniforms from the uniform shop until the final teams have been announced. (Week 1, Term 3). Yura shirts or black training shirts may be worn for the trial games if you don't have an Iona basketball shirt.

Any boys who are purchasing second-hand basketball shirts or using hand-me-down shirts need to email Mrs Otway to check that there are no clashes of shirt number in the year level before purchasing the shirt. Boys who purchase shirts from the uniform shop will be given preference to numbers.

# CHESS

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

## Round 7 vs St Patrick's College

Here we are again, with just a single game deciding the overall result! Oh so close, and well done to all for a great season. The Juniors and Intermediate A teams smashed it, while the senior A team also pulled out a win.

It was a tough night for the First IV, with Rafferty getting the best results (two draws). St Patrick's came away with the win – three divisions to two. Again, a single extra game win in either the Senior or Intermediate Bs would have pushed the game our way. It just doesn't get any closer.

I would like to take this opportunity to thank and congratulate all our wonderful Year 12s. These fine young men have been the backbone and driving force behind chess at Iona over there many years of involvement. If you see them around, please say thank you and wish them the best of luck moving forward.

## 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	Final Place
Jun A	Lost 6-10	Bye	Won 12-4	Won 11-5	Won 13-3	Lost 6-10	Won 14-2	3rd
Jun B	Lost 4-12	Bye	Lost 6-10	Won 11-5	Won 12-4	Won 12-4	Won 13-3	2nd
Jun C	Lost 3-13	Bye	Won 16-0	Won 10-6	Bye	Won 13-3	Bye	
Int A	Draw 8-8	Draw 8-8	Won 13-3	Lost 4-12	Lost 5-11	Lost 7-9	Won 15-1	5th
Int B	Lost 4-12	Won 9-7	Lost 7-9	Lost 4-12	Lost 3-13	Lost 7-9	Lost 7-9	8th
Int C	Lost 0-16	Bye	Bye	Bye	Bye	Draw 8-8	Bye	
Sen A	Draw 8-8	Won 10-6	Lost 7-9	Won 12-4	Lost 1-15	Draw 8-8	Won 10-6	4th
Sen B	Lost 0-16	Won 11-5	Lost 4-12	Lost 4-12	Lost 0-16	Won 11-5	Lost 6-10	6th
Sen C	Bye	Bye	Bye	Bye	Bye	Win 10-6	Bye	
1st	Lost 7-9	Won 12-4	Draw 8-8	Lost 4-12	Lost 4-12	Won 9-7	Lost 3-13	6th

## Finished 7th in the Aggregate

## 2024 Award Winners

2024 Major Chess Awards	
Senior Player of the Year	Hudson Berrill
Junior Player of the Year	Alexander Borycz
Primary Player of the Year	William Stevenson
2024 Team Chess Awards	
Team Contribution Awards	
Firsts	Owen Porter
Senior A	Finn Sinclair
Senior B	Reuben Sheppard
Senior C	Max Urquhart
Intermediate A	Jude Lindner L'Hullier
Intermediate B	Joshua Lindsey
Intermediate C	Dylan Harris
Junior A	Finnigan Price
Junior B	Charlie Corrado
Junior C	Isaac Phillips

## 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)

### Primary Cross Country Results

The AIC Championships were held on Wednesday 29 May at Curlew Park, Shorncliffe. A team of 24 boys were chosen to compete against each of the competing AIC schools at the carnival. Twelve runners competed in the Year 5 and Year 6 age groups.

Our Year 5 team competed over a distance of 2km. Iona's first six runners placed in the first eight places for the whole race. This could only be described as absolutely outstanding, and is rarely seen. Seeing six Iona runners in the first eight places of the race was a very happy and proud moment for all Ionians. Final places overall were:

- 1 William Stevenson
- 2 Arlo Pickford
- 5 Ethan Sonnekus
- 6 Henry Astill
- 7 Mason Spencer
- 8 Tristan Cloonan
- 13 Jameson Conwell
- 33 Carter Balfe
- 36 Ben Davies

- 37 Ethan Astill
- 44 Leon Stankovic
- 60 Dustin Conran

Our Year 5 team finished first overall in their age group.

Our Year 6 team competed over a distance of 3km. Our first six runners home finished in the Top 41 overall. Final places were:

- 7 Ryder Henrick
- 18 Zachary Brown
- 22 Luke Vella
- 36 Tom Day
- 39 Hugo Wheeler
- 41 Murray Klintworth
- 46 Diego Gil
- 51 Joshua Clancy
- 55 Jacob Brown
- 59 Harry Young St Ledger
- 64 Jack Shelton
- 68 Boston Raju

Our Year 6 team came fourth overall in their age group.

Iona placed second overall in the Junior Aggregate competition, a position we were pleased to be in this year after a disappointing effort last year.

### 2024 Cross Country Award Winners

2024 Cross Country Awards	
Senior Cross Country Runner of the Year	Noah Carter
Junior Cross Country Runner of the Year	Aiden Levitt
Primary Cross Country Runner of the Year	William Stevenson
Joshua Montgomery Memorial Award for Best Team Contribution	Lachlan McClure
Open Champion	Noah Carter
Open Team Contribution	Henry Baker
16-Years Champion	Lewis Johnson
16-Years Team Contribution	Ryan Catalano
15-Years Champion	Arlo Searles
15-Years Team Contribution	Hamish Cox
14-Years Champion	Tom Longhurst
14-Years Team Contribution	John Connolly
13-Years Champion	Aiden Levitt
13-Years Team Contribution	Kye Hinchy
12-Years Champion	Andrew Hempstock
12-Years Team Contribution	Gianni Di Pino
Year 6 Champion	Ryder Henrick
Year 6 Team Contribution	Zac Brown
Year 5 Champion	William Stevenson
Year 5 Team Contribution	Arlo Pickford

# E-SPORTS

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

## Esports Term 3

Students will continue training throughout Term 3 at the following times beginning in Week 2.

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.

If any student cannot attend due to other commitments, please contact [eadesc@iona.qld.edu.au](mailto:eadesc@iona.qld.edu.au) so a reserve can be arranged for your team.

# 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)

## 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	Final Place
1st	Draw 2-2	Lost 0-1	Lost 0-4	Lost 3-4	Won 1-0	Won 5-1	Draw 1-1	5th
2nd	Lost 1-2	Draw 2-2	Lost 0-7	Won 3-1	Lost 0-1	Lost 1-4	Lost 1-3	6th
3rd	Lost 1-6	Won 3-0	Lost 1-3	Lost 1-4	Lost 0-1	Won 2-1	Won 2-0	6th
4th	Lost 1-4	Won 3-0	Lost 0-6	Won 4-2	Won 4-2	Won 5-2	Draw 2-2	3rd
5th	Lost 1-6	Lost 2-3 ATC 3 <sup>rd</sup>	Lost 1-2	Won 1-0	Lost 0-3 Forfeit	Draw 2-2	Lost 1-3	
6th	Draw 0-0	Won 1-0 ATC 4 <sup>th</sup>	Won 3-0	Won 7-3	Lost 2-6 Mar 7 <sup>th</sup>	Won 2-1	Draw 2-2 SLC 8	
10A	Lost 2-3	Won 5-3	Lost 0-3	Lost 0-5	Lost 1-3	Won 1-0	Lost 1-4	6th
10B	Lost 0-1	Won 5-1	Lost 0-2	Lost 0-1	Draw 1-1	Won 4-0	Won 7-0	4th
10C	Lost 2-5	Lost 1-4 ATC B	Lost 5-2 Pad D	Lost 0-2	Won 2-1	Lost 1-2	Won 5-0	3rd
10D	Lost 2-10	Lost 0-7	Lost 0-13	Lost 2-6	Won 11-4	Won 3-0	Draw 2-2	

		ATC C			SLC E		SLC D	
9A	Lost 0-7	Won 4-1	Lost 7-1	Lost 1-5	Won 3-1	Won 2-1	Draw 1-1	4th
9B	Lost 1-6	Lost 0-4 ATC B	Lost 0-4	Lost 1-10	Won 3-2	Lost 5-6	Lost 2-5	6th
9C	Lost 2-3	Lost 0-6 ATC C	Lost 9-1	Lost 0-6	Won 9-1	Lost 1-3	Won 3-0	6th
8A	Lost 2-5	Lost 2-3	Draw 1-1	Lost 1-4	Draw 2-2	Lost 1-2	Lost 0-4	8th
8B	Lost 0-12	Lost 0-3	Lost 1-3	Lost 2-3	Lost 1-4	Won 1-0	Won 2-1	5th
8C	Lost 1-4	Won 0-7	Lost 1-6	Lost 1-4	Won on Forfeit	Lost 0-7	Lost 1-3	6th
8D	Lost 5-1	Lost 0-2 SLC E	Lost 1-2	Won 3-2	Won 1-0 SLC F	Lost 1-3	Won 2-0	
7A	Lost 1-5	Draw 4-4	Lost 1-4	Lost 2-3	Lost 0-2	Lost 1-5	Lost 1-2	8th
7B	Lost 0-5	Won 3-2	Lost 0-1	Won 3-1	Won 3-2	Won 3-0	Won 3-1	2nd
7C	Draw 3-3	Won 6-0	Lost 0-1	Won 2-1	Won 8-0	Won 4-0	Won 3-0	2nd
7D	Lost 1-7	Won 5-4	Lost 1-2	Won 3-0	Won 5-0	Won 14-0	Won 8-0	
7E	Lost 0-3	Won 2-0 SLC F	Won 8-1	Internal	Won 12-1 Pad E	Draw 2-2	Won 12-0 Mar E	
7F	Lost 0-2	Lost 3-4 Mar E	Lost 0-3 SLC 7E	Internal	Won 9-1 SLC 7F	Won 8-0	Lost on forfeit	
6A	Lost 1-5	Lost 0-3 ATC	Lost 0-1	Lost 0-2	Draw 1-1 SLC Gold	Draw 3-3	Won 5-3	
6B	Won 3-1	Won 3-0 ATC	Won 1-0	Won 3-1	Lost 0-1 SPLC 6A	Draw 3-3	Lost 2-5	
6C	Won 7-0	Won 7-2 Mar D	Lost 0-2	Won 3-2	Won 3-0 SPE B	Draw 0-0	Draw 4-4	
6D	Draw 2-2	Won 3-0 SPC	Won 4-3	Won 3-1	Won 4-0 SLC E	Draw 1-1	Draw 4-4 SPC C	1st
5A	Won 3-2	Won 4-1 ATC	Won 5-0	Won 2-0	Won 6-1 SLC Gold	Won 7-1	Draw 4-4	1st
5B	Lost Pad C 1-2	Won 5-0 ATC	Lost 0-3	Won 3-2	Won 3-1 SPE A	Won 3-2	Won 4-2	
5C	Lost 0-6	Won 4-1 ATC	Lost 0-5	Won 4-3	WOF 3-0 SPE B	Lost 1-2	Won 3-0	
5D	Lost 1-4	Lost 0-6 Mar E	Lost 0-9	Draw 2-2	Lost 0-7 Mar F	Lost 0-7	Lost 0-10	

Finished 5<sup>th</sup> in the Aggregate

Undefeated teams – 5A, 6D



## Football Round 7 vs St Patrick's College

Last weekend was the final round of AIC Football for 2024. Congratulations to all players who represented Iona this season. Congratulations to those Seniors in Year 12 who played their last football game for the College. We hope to welcome you back either as a spectator or coach.

Special congratulations must go to the 6D and 5A teams who remained undefeated. A massive thank you to all coaches, referees, parents, supporters, canteen staff, grounds staff and admin officers who supported the football program in 2024. Looking forward to a bigger and better 2025 Football Season.

### 2024 Award Winners

2024 Major Football Awards	
Senior Player of the Year	Jackson Invincibile
1 <sup>st</sup> XI Best Back	Kian Meester
1 <sup>st</sup> XI Best Forward	Chayce Wallace
Junior Player of the Year	Rocco Laurito
Primary Player of the Year	Leo Osterman
2024 Team Football Awards	
MVP Awards	Team Contribution Awards
Open Jackson Invincibile	1 <sup>st</sup> – Rocco Laurito 2 <sup>nd</sup> – Hudson Berrill 3 <sup>rd</sup> – Travis Verster 4 <sup>th</sup> – Max Sinclair 5 <sup>th</sup> – Tobias Reardon 6 <sup>th</sup> – Alexander Wheddon
Year 10 Maxwell Harnisch	10A – Sebastian Forgiarini 10B – Jacob Bridge 10C – Isaac Anderson 10D – Evan McGilvary
Year 9 Miles Hayes	9A – Cayden Ferreira 9B – Lennox Florentine 9C – Jacob Johns
Year 8 Braxton Exton	8A – Theo Yin 8B – George Woodbridge 8C – Ethan Love 8D – Finn Coglean
Year 7 James Patterson	7A – Noah Harding 7B – Nate Graham 7C – Mason Hoy Poy 7D – Hudson Whipps 7E – Henry Kulpa 7F – Chase McMillian
Year 6 Luke Vella	6A – Lachlan Coote 6B – Charlie Corrado 6C – James Gough 6D – Preston Pitt
Year 5 Hunter King	5A – Mitchell Patterson 5B – Louis Spina 5C – Benjamin Davies 5D – Isaac Read

## Iona Football Team of the Week

Congratulations to the following boys for making the Round 7 Team of the Week:

Name	Team
Rory Mclean	7C
James Gough	6C
Louis Spina	5B
Caleb Barrie	4ths
Blake Roberts	8B
Blake Greenway	10D
Thomas Hewitt	3rds
Aldo Rosales	7B
Jules Walsh	6A
Nate Ferreira	5A
Henry Kulpa	7E
Harry and Charlie Leis	Coaches – 5C



## 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.
- 

### Term 3 updated Gym Schedule (Starts Week 1)

	MON	TUES	WED	THURS	FRI
6:30 – 7:30am	Intro To Gym	Year 10 League & Basketball	Year 9, 10, 11 & 12 High Performance Day 1	Year 10 League & Basketball	Year 9, 10, 11 & 12 High Performance Day 2
7:15 – 8:15am	Year 7 / 8 High Performance Day 1	1sts & 2nds League	Intro To Gym	1sts & 2nds League	Year 11 & 12 Basketball
3.15 – 4.15pm	Year 11/12 Basketball	Year 9 League & Basketball	Year 7 & 8 High Performance Day 1 Or 2	Year 9 League & Basketball	Any High Performance & Intro To Gym
4:15 – 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)

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Mr Harding and Mr Russell will then return contact the students wishing to trial with further information.

## Trial Information 10-12 Years Information

Sport	Details	Nominations Close
Athletics	Lytton District Trial	Wednesday 10 July
Cricket	Lytton District Trial	Wednesday 10 July

## Trial Information 13-19 Years Information

No current trials are scheduled for 13-19 Years.

**Important:** All school-based representative sport nominations must be endorsed by the Iona Sport Department.

## Congratulations to the following students on their sporting achievements:



Cameron Jagga on captaining the gold medal-winning Qld 12-15yrs Schools Volleyball team that played in Sydney.

Cameron was also selected in the honorary All-Australian team.



Bailey Burns on winning the gold medal at the 2024 Oceania Area Athletics Championships in Fiji in Under-18 Men's Long Jump. Bailey jumped 7.48m, which is a new Oceania Championship Record and a new Oceania Area Record.



Jalen Taulapiu on his selection in the bronze medal-winning Met East boys basketball team.

Jalen has also been selected in the Qld 10-12 Years Boys basketball team.

## 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, 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

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

Saturday 15 June 7.30 – 9.30am Davine Oval  
**(This is the first Saturday of the holidays)**

#### Year 6

Saturday 15 June 7.30 – 9.30am McCarthy Oval  
**(This is the first Saturday of the holidays)**

#### Year 7

Saturday 15 June 9.30 – 11.30am Davine Oval  
**(This is the first Saturday of the holidays)**

#### Year 8

Saturday 15 June 9.30 – 11.30am McCarthy Oval  
**(This is the first Saturday of the holidays)**

#### Year 9

Saturday 15 June 11.30 – 1.30pm Davine Oval  
**(This is the first Saturday of the holidays)**

#### Year 10

Thursday 13 June 6.45 – 8am Davine Oval  
 Saturday 15 June 11.30 – 1.30pm McCarthy Oval  
**(This is the first Saturday of the holidays)**

#### Open

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)

### Rugby Round 7 vs St Patrick's College

As the rugby season draws to a close, I want to thank all involved: players, coaches, staff and those that showed up in force to offer their support from the sidelines.

Unfortunately, we were unable to go back-to-back in the aggregate as we finished runners-up to Marist. However, there were exceptional results that require recognition:

**Undefeated Premiers:** Third XV, Sixth XV, 8B.

**Premiers:** Second XV, 8A.

**Runners-Up:** First XV, 10B, 7B, 7C, 8C, 9C

Now it's time to reflect on what could have been, opportunities for improvement, and the moments that will endure as memories for a lifetime. Until next year.

### Iona Rugby Union Team of the Week

1	Isaiah Thrupp	7D
2	Thomas Spragg	3rds
3	Roman Barnes	9A
4	Joshua Schoeman	5D
5	Matthew Hobson	4ths
6	Benji Bird	10B
7	Noah Rowell	10A
8	Luke Davidson	9D
9	Nathaniel Williams	5D
10	Max Bolton	2nds
11	Zaak Tikkainen	7C
12	Lachy Appleton-Seymour	10C
13	Kalan DeKroo	10D
14	Hunter Swifte	7A
15	Harrison Cameron	9B
<b>Coach</b>	Sam Hazell	3rds



## 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	Final Place
1st	Lost 27-29	Won 52-7	Won 17-14	Lost 24-43	Won 71-7	Won 32-7	Won 43-27	2nd
2nd	Lost 12-17	Won 50-0	Won 14-10	Won 10-0	Won 33-28 ATC 1 <sup>st</sup>	Won 26-3	Won 31-17	1st
3rd	Won 43-12	No Game	Won 19-17	Won 26-14	Won 29-0 SLC 3 <sup>rd</sup>	Won 34-7	Won 72-0	1st
4th	Lost 19-26	BYE	Lost 0-24	Lost 7-12	Won 28-0 ATC 2 <sup>nd</sup>	Lost 7-14	Won 46-5	5th
5th	Won 36-0	Won 15-5 St Col	Lost 17-30	Won 65-7	Lost 14-17 SLC 4 <sup>th</sup>	Won 45-0	Won on forfeit	
6th	Won 22-12	Won 22-5 Mar 7 <sup>th</sup>	Won 22-20	Won 7-5 St Col	Won 41-12 SLC 5 <sup>th</sup>	Won 21-14 OC 2 <sup>nd</sup>	Bye	1st
7th	Lost 15-30 Mar 8 <sup>th</sup>	BYE	Lost 5-45	Lost 10-36 SLC 6 <sup>th</sup>	Lost 7-31 Pad 6 <sup>th</sup>	Lost 7-12 OC 2 <sup>nd</sup>	BYE	
10A	Won 17-3	Won 24-7	Lost 7-26	Won 40-10	Won 59-0	Lost 12-15	Won 33-24	3rd
10B	Won 40-10	Won 38-0	Won 26-24	Won 26-5	Won 34-12 ATC A	Lost 19-24	Won 25-0 SPC B	2nd
10C	Won 27-12	Won 48-0	Lost 5-24	Loss 0-50 Mar C	Internal	Won 17-0	Won 26-0 SPC B	
10D	BYE	Lost 7-50 Villa C	Won 24-22 Mar E	Lost 5-34 Mar 10D/E	Internal	Lost 61-21	Lost 15-24 Mar E	
9A	Lost 14-26	Won 31-7	Lost 7-27	Won 31-5	BYE	Lost 13-19	Won 22-19	5th
9B	Lost 0-27	Won 39-0	Lost 0-61	Won 10-5	Won 22-18 SPLC A	Lost 5-19	Won 39-10	4th
9C	Won 38-33	Lost 22-31	Lost 21-33	Won 79-0	Lost 12-29 ATC 9A	Won 22-5	Lost 29-34 St Col	2nd
9D	Lost 17-35	Lost 0-69 St Pauls	Won 19-12	BYE	Lost 25-45 Mar D/E	BYE	Won 72-0 Mar E	
8A	Won 37-5	Won 12-7	Won 40-5	Won 41-5	BYE	Lost 19-24	Won 33-19	1st
8B	Won 26-12	Won 80-0	Won 24-12	Won 43-12	Won 29-14 SPLC A	Won 36-10	Won 62-0	1st
8C	Lost 22-27	Won 10-5 Mar D	Lost 10-15	Won 39-5	Internal	Won 27-20	Won 67-0 Mar D	2nd
8D	Lost 19-48	Bye	Lost 0-59	Lost 5-61 SLC 8C	Internal	Lost 17-33	Lost 0-56 Mar E	
7A	Lost 5-41	Won 31-12	Lost 7-31	Won 44-10	Bye	Won 29-10	Lost 10-26	4th
7B	Won 55-5	Won 28-7	Lost 0-19	Won 19-17	Won 61-7 SPLC A	Won 19-5	BYE	2nd
7C	Won 26-21	Won 66-0	Lost 24-26	Won 45-7	Won 27-10 ATC 7B	Won 38-5	Won 22-5 SPC B	2nd
7D	Draw 29-29	Bye	Lost 12-41	Won 22-21 Mar 7E	Won 15-5 SLC 7D	Lost 12-42	Won 29-15 Mar E	
7E	Won 34-5	Lost 15-34 Villa D	Lost 5-21					
6A	Lost 15-25	Intern al	Won 21-0	Lost 14-24	Lost 7-14 SLC 6A	Lost 7-49	Draw 5-5	
6B	Lost 5-55	Intern al	Draw 7-7	Lost 10-24	Won 54-7	Lost 7-31	Lost 1-2	

					SLC 6B			
6C	Won 69-5	Intern al	Lost 10-26	BYE	Won 51-10 Villa 6C	Lost 0-64	Lost 2-5	
6D	Lost 12-44 Villa D	Intern al	WOF	Lost 0-66 Villa 6C	Bye	Lost 0-29 SPC 6B	Lost 5-38 Mar C	
5A	Won 80-5	Intern al	Lost 12-14	Won 96-0	Won 47-0 SLC 5A	Won 63-0	Won 40-12	
5B	Won 37-0	Intern al	Lost 17-26	Won 45-0	Won 44-0 SLC 5B	Won 63-5	Won 57-0	
5C	Won 34-0	Intern al	Lost 0-7	Won 42-0	Won 22-0 Mar 5C	Won 62-0	Lost 5-26 Mar C	
5D	Won 22-5	Intern al	Won 22-20 Pad C	Won 31-10	Won 43-5 SLC 5C	Lost 17-47	Won 24-14 Mar D	

Placed second in the Aggregate

Premiership Teams: Second, Thirds, Sixths, 8A, 8B

2024 Award Winners

2024 Major Rugby Awards	
Senior Player of the Year	Hopo Leota
1 <sup>st</sup> XV Best Back	Matty Doherty
1 <sup>st</sup> XV Best Forward	Fononga Tuitahi
Junior Player of the Year	Keanu Bothma
Primary Player of the Year	Henry Astill
2024 Team Rugby Awards	
MVP Awards	Team Contribution Awards
1 <sup>st</sup> XV Campbell Rolfe	1 <sup>st</sup> – Ned Dore 2 <sup>nd</sup> – Alexander Agius 3 <sup>rd</sup> – Alex Ragonesi 4 <sup>th</sup> – Benjamin Pfeffer 5 <sup>th</sup> – Cooper Wasiak 6 <sup>th</sup> – Bradley Demmert 7 <sup>th</sup> – Zac Caton
Year 10 Thomas Haynes	10A – Jack Garnier 10B – Cohen Hamilton 10C – Brodie Beauchamp 10D – Lucas Heard
Year 9 Kobe Sergeant	9A – Xavier Armstrong 9B – Edward Cunningham 9C – Rocco Long 9D – Max Thatcher
Year 8 C'ezar-Mayn Leota	8A – Benjamin Roderick 8B – Archer Young 8C – Curtis Lockhart 8D – Ted Bryant
Year 7 Hunter Swifte	7A – Callum McNicol 7B – Andrew Snyman 7C – Leo Donnelly 7D – Dallas McNab

Year 6	Leo Ah Wong	6A – Hudson Bool 6B – Patrick Hishon 6C – William Patterson 6D – Jett Lindsey
Year 5	Henry Astill	5A – William Roussetos 5B – Maxwell Cruickshank 5C – Ethan Sonnekus 5D – Harry Burrows



## TENNIS

Tennis Coordinator

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

### Tennis Trials

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 @ Iona

Years 9 & 10: 11am–3.30pm @ Iona

Years 11 & 12: 11am–3.30pm @ Wynnum  
Tennis Centre

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](#)