

IONA SPORT

I AM IONIAN 

17 July 2024

TEAM IONA

At this morning's College assembly, we presented the major Term 2 sports awards, as well as the Firsts teams for tennis, basketball and rugby league. It was great to hear the respective captains speak about the honour of playing for Iona, captaining the Firsts, and their messages of support for Iona's other teams.

Last weekend in our games against St Patrick's College, I was very pleased with the standards set by the coaches and players in the correct uniforms, giving their best and enjoying themselves. Well done to all involved on a great start to the term.

As we approach Round 1 this weekend against St Laurence's College, I encourage all players to keep the standards high. When the Iona uniform is worn, that individual represents everyone in our community. Rightly or wrongly, people will form opinions of Iona based on what they see us do on the weekends.

As we reach the colder months, we ask all families to make sure their sons are wearing the Iona-branded tracksuits or jumpers. Non-Iona branded gear is not acceptable. Students must also wear shoes and socks to and from the games each week. The wearing of socks with Crocs / slides / Birkenstocks is not permitted. I am certain you will see players from other schools wearing these items. It is not what we wear at Iona.

We ask those who can stay and support teams this term to wear either their sports playing uniform or the Yura shirt and black Iona shorts please.

When we take to the court or field this term, our expectation is that our players give their very best. We cannot expect to do well if we are not prepared to put in the hard work – at training through the week and on game day. The effort, attendance and attitude from all members of the team needs to be at a high standard all season – that's what we do here at Iona! Good luck to everyone this term. Give your best and enjoy yourselves.

Our Track & Field (T&F) program commences next week. An email was sent yesterday to all those who have expressed an interest to be involved, or who were identified at our Interhouse T&F Carnivals. The email contains the training schedules and a list of athletes invited to train for each discipline. We know it is a busy term with many T&F squad members also involved in other sports. Our T&F training schedule offers two training sessions per discipline. If training sessions clash, boys have an option of attending an alternative session.

Iona has a great history in cross country and track & field, which we want to keep this alive. We expect that those who have been invited accept the invitation to be part of the squad and attend the sessions starting next week. A full list of athletes in each discipline and age group has been posted on the noticeboard outside the Wellness Centre. Students should check their emails. If you did not receive an email and wish to be included, please see myself or Mr Jirasek.

Yesterday, eight of our top sailors headed for Adelaide to compete in the National Sailing Championships. We hope to receive some photos and news each day from the touring party to share on social media. We wish these boys and their coaches / managers all the best as they take on the nation's best. A full report will be given in next week's edition.

Season schedules for AIC Tennis, Basketball, Rugby League and now AIC Track & Field have been added to the respective sections below. These documents contain the complete training schedules, coaches and contact information, uniform expectations, home and away schedules, games times and much more for each of those sports. Information regarding your respective sport will be found in these documents.

Good luck this weekend. Turn up on time, give maximum effort and keep the standards high. Go get them, boys!

Craig Stariha,
Iona College Head of Sport

AIC Sports Information (via Twitter): [@SportIona](#) (includes wet weather updates)

Head of Sport: Mr Craig Stariha – 3893 8851

Sports Administrator: Mrs Karen Otway – 3893 8805

Sports Administrator: Mr Alex Jirasek – 3893 8805

Assistant Head of Sport (5-6): Mr Connor Russell – 3893 8869

Assistant Head of Sport (7-12): Mr Anthony Bannerman – 3906 8905

IONA UNIFORM SHOP

2024 Opening Hours:

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

IONA SPORT SEASON PLANNER

2024 DATES

Fri 19 July:	AIC Rd 1 Basketball Yrs 5/6 vs SLC (H)
Sat 20 July:	AIC Rd 1 Basketball 7-Open vs SLC (H)
Sat 20 July:	AIC Rd 1 Tennis Yrs 5-Open vs SLC (H)
Sat 20 July:	AIC Rd 1 League vs SLC
Mon 22 July:	QIGA Golf @ Keperra
Fri 26 July:	AIC Rd 2 Basketball Yrs 5/6 vs ATC
Sat 27 July:	AIC Rd 2 Basketball 7-Open vs SEC (A)
Sat 27 July:	AIC Rd 2 Tennis Yrs 5-Open vs SEC (A)
Sat 27 July:	AIC Rd 2 League vs SEC
Mon 29 July:	AIC Golf Championships
Fri 2 Aug:	AIC Rd 3 Basketball Yrs 5/6 vs Mar (A)
Sat 3 Aug:	AIC Rd 3 Basketball 7-Open vs Mar (A)
Sat 3 Aug:	AIC Rd 3 Tennis Yrs 5-Open vs Mar (A)
Sat 3 Aug:	AIC Rd 3 League vs Marist
Fri 9 Aug:	AIC Rd 4 Basketball Yrs 5/6 vs Pad (H)
Sat 10 Aug:	AIC Rd 4 Basketball 7-Open vs Pad (H)
Sat 10 Aug:	AIC Rd 4 Tennis Yrs 5-Open vs Pad (H)
Sat 10 Aug:	AIC Rd 4 League vs Padua
Sat 10 Aug:	Years 10-12 Basketball Team Photos
16-17 Aug:	No AIC games

BASKETBALL

Firsts Manager

Mr Anthony Bannerman bannermana@iona.qld.edu.au

Yr 10-12 Coordinator

Mr Anthony Bannerman bannermana@iona.qld.edu.au

Yr 7-9 Coordinator

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

Yr 5-6 Coordinator

Mr Anthony Bannerman bannermana@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
- [Basketball Information Link](#)

Week 3 Training Venue Changes

- 1st/2nd/10A venue change to Oblate Hall on Tuesday.
- 9AB – Venue change to outside Oblate Hall on Tuesday
- 8CD – Venue change to Daly courts.
- 11AB – Venue change to Oblate Hall.
- 7AB – Venue change to Oblate Hall (both days)
- All Wednesday after-school trainings are cancelled due to Student Progress Meetings.
- 6AB – Venue change to Oblate Hall.

We ask families who have boys selected in an AIC sport this term to give full commitment to their respective games and not to miss Saturday games or training sessions due to club sport, parties or holidays.

We do realise at times there are unavoidable situations which may arise. However, we do ask for families to consider the commitment made to the team when signing on before being absent for other reasons.

In the AIC competition, every Saturday is like a grand final. Teams rely on their teammates turning up to the games to give each team the best chance of doing well in the competition.

With boys already missing games due to illness, injury and family emergencies it makes it very difficult for coaches if boys miss games for the other reasons.

Years 5/6 Round 1 vs St Laurence's (Fri 19 July)



Years 5 and 6 – Friday 19 July

Team	Venue	Court	Time
5A	St Laurence's Stephen's Rd, South Brisbane	Court 1	4.50pm
5B	St Laurence's Stephen's Rd, South Brisbane	Court 1	4pm
5C	St Laurence's Stephen's Rd, South Brisbane	Court 2	4.50pm
5D	St Laurence's Stephen's Rd, South Brisbane	Court 2	4pm
6A	Iona College	Provence 1	4.50pm
6B	Iona College	Provence 1	4pm
6C	Iona College	Provence 2	4.50pm
6D	Iona College	Provence 2	4pm

Boys in Year 5 teams will meet at the Primary handball courts after school and travel to St Laurence's via bus. Boys will return to the Iona bus turnaround at approx 6.30pm. Boys must be collected promptly.

Parents are welcome to watch the games and collect their son at conclusion of games at St Laurence's. Please notify the Iona staff members at the venue if your son is not travelling back on the bus.

Years 7–Open Round 1 vs St Laurence's (Sat 20 July)

Years 7 to 12 – Saturday 20 July			
Team	Venue	Court	Time
1 st	Iona College	Provence 1	12pm
2 nd	Iona College	Provence 1	11am
3 rd	Iona College	Provence 2	11am
4 th	Iona College	Provence 2	10am
11A	Iona College	Provence 1	10am
11B	Iona College	Provence 2	9am
11C	Iona College	Provence 2	8am
11D	Iona College	Oblate Hall	8am
10A	Iona College	Provence 1	9am
10B	Iona College	Provence 1	8am
10C	Iona College	Oblate Hall	9am
10D	Iona College	Oblate Hall	10am
9A	St Laurence's Stephen's Rd, South Brisbane	Court 1	8.30am
9B	St Laurence's Stephen's Rd, South Brisbane	Court 1	7.30am

Years 7 to 12 – Saturday 20 July

Team	Venue	Court	Time
9C	St Laurence's Stephen's Rd, South Brisbane	Court 2	8.30am
9D	St Laurence's Stephen's Rd, South Brisbane	Court 2	7.30am
8A	St Laurence's Stephen's Rd, South Brisbane	Court 1	12.30pm
8B	St Laurence's Stephen's Rd, South Brisbane	Court 1	11.30am
8C	St Laurence's Stephen's Rd, South Brisbane	Court 2	12.30am
8D	St Laurence's Stephen's Rd, South Brisbane	Court 2	11.30am
7A	St Laurence's Stephen's Rd, South Brisbane	Court 1	10.30am
7B	St Laurence's Stephen's Rd, South Brisbane	Court 1	9.30am
7C	St Laurence's Stephen's Rd, South Brisbane	Court 2	10.30am
7D	St Laurence's Stephen's Rd, South Brisbane	Court 2	9.30am

Action Photos: Send your action photos of the Friday and Saturday basketball matches to otwayk@iona.qld.edu.au for inclusion in the sport newsletter or College newsletter sport photo gallery.



Basketball Team Photos

Photos will be taken on the following dates:
 Years 5–6: During Co-curricular days 21 and 22 August
 Years 7–9: Saturday 31 August (Outside McCarthy 7)
 Years 10–Open: Saturday 10 Aug (Outside McCarthy 7)

A photo schedule will be published the week of the photos.

E-SPORTS

Coordinator
Mr Chris Eades 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 so a reserve can be arranged for your team.

GOLF

Coordinator
Mr Richard Beets – beetsr@iona.qld.edu.au

QIGA Golf

The next competition is Monday 22 July at Keperra.

AIC Golf Championships: Monday 29 July at Keperra.

Mr Beets has selected a team of five to represent Iona at the annual AIC Golf Championships based on handicaps. Students will be notified if they are selected.

HIGH PERFORMANCE

Coordinator
Mr Leigh Harding – hardingl@iona.qld.edu.au

Iona Strength and Conditioning

The Iona Strength and Conditioning program is overseen by accredited industry experts and guided by the ASCA Position Stand on Resistance Training for Children and Youth. The sequential programs also closely align to long-term athletic development principles.

Any student wishing to attend the Iona gym for the first time must first contact Mr Harding prior to attending.

Gym groups

- 7-10 HIGH PERFORMANCE' groups are for players that play 'A'-Level or regional rep sport. Students should attend one Day-1 and one Day-2 session each week.

- 'YEAR 11 & 12 HIGH PERFORMANCE' groups are for players that are members of Iona Firsts Squads or regional rep sport. Students are given two-day programs based on their S&C goals.
- 'INTRODUCTION TO GYM TRAINING' is for Year 7-12 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

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

Trial Information 10–12 Years Information

No current trials are scheduled for 10–12 Years.

Trial Information 13–19 Years Information

Sport	Details	Nominations Close
Track and Field	Met East Trial	Friday 2 August

Important: All school-based representative sport nominations must be endorsed by the Iona Sport Department. **Congratulations to the following students on their achievements:**

- Jack Pascoe on representing Queensland at the Australian Schols Rugby Union Championships 17–18yrs on the Sunshine Coast on 2–7 July
- Archie Watts on being named vice captain of the Brisbane Lions at the U16 AFL National Carnival held on the Gold Coast on 7–11 July.

MOUNTAIN BIKING

Coordinator

Mr Daniel Davison – davisond@iona.qld.edu.au

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)

Remaining 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

Term 3 Rugby League Host Colleges

Round	Years 5–7	Years 8 – Open
Round 1	Marist	Villanova
Round 2	Villanova	Iona
Round 3	Iona	Padua
Round 4	Padua	St Patrick's
Round 5	St Patrick's	St Edmund's
Round 6	St Edmund's	St Laurence's
Round 7	St Laurence's	Marist

We ask families who have boys selected in an AIC sport this term to give full commitment to their respective games and not to miss Saturday games or training sessions due to club sport, parties or holidays. We do realise at times there are unavoidable situations which may arise. However, we do ask for families to consider the commitment made to the team when signing on before being absent for other reasons.

In the AIC competition, every Saturday is like a grand final. Teams rely on their teammates turning up to the games to give each team the best chance of doing well in the competition. With boys already missing games due to illness, injury and family emergencies it makes it very difficult for coaches if boys miss games for the other reasons.

Round 1 vs St Laurence's (Sat 20 July)

Years 5 – 7 Venue: Marist College Frasers Rd, Ashgrove	
TIME	Hayden Oval
8am	5B
8.50am	5A
9.40am	6B
10.30am	6A
11.30am	7B
12.30pm	7A

Years 8 – Open Venue: Villanova Fields, Manly Rd, Tingalpa	
TIME	Charlie Fisher Oval
8am	8A
9am	9A
10am	10A
11am	2nds
12.15pm	1sts

Action Photos: Send your action photos of the Saturday League matches to otwayk@iona.qld.edu.au for inclusion in the sport newsletter or College newsletter sport photo gallery.



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](#)

TENNIS

Tennis Coordinator

Gemma Cook – cookg@iona.qld.edu.au

Team	Managers	Email
1 ST IV, 2 ND IV	Renae Northcott	northcott@iona.qld.edu.au
3 RD IV, 4 TH IV	Kevin Caine	cainek@iona.qld.edu.au
10A & 10B	Michael Cook	cookm@iona.qld.edu.au
9A & 9B	Andrew Goodwin	goodwina@iona.qld.edu.au
8A & 8B	Richard Cook	cookr@iona.qld.edu.au
7A & 7B	Richard Cook	cookr@iona.qld.edu.au
6A & 6B	Gemma Cook	cookg@iona.qld.edu.au
5A & 5B	Gemma Cook	cookg@iona.qld.edu.au

Tennis Team Photos

Tennis team photos will be taken during the co-curricular days on 21–22 August.



A photo schedule will be published the week of the photos.

Please see the below link for:

- All 2024 training / trial times
- 2024 season game dates and opposition
- 2024 managers
- Uniform expectations for training/games
- Code of Conduct

[Tennis Information Link](#)

Trial Matches

Last week, our Firsts tennis squad played trials against Villanova and St Laurence's College. Throughout both rounds, Iona showcased our depth with a selection of Year 9 and 10 players stepping up and representing our Firsts. With a competitive season ahead of them, our Firsts IV are ready to show what they are truly made of.



Last weekend, our players rallied it out to an 8–7 victory against St Patrick's College. Our Open teams led the way with wins in the Firsts, Seconds and Thirds. While our Year 7 and 9 age groups also had a promising trial round, with success achieved in both the A and B teams. Across all teams, players put forward a professional front by wearing

the uniform with pride and staying to support their teammates until the end.

This Saturday 20 July the First IV will be presented with their 2024 uniform prior to playing their first official round of the season against St Laurence's College, where they will look to challenge one of the strongest teams in the AIC Competition.

Good luck to all tennis players this weekend.

Term 3 Training Schedule

The students who have been successful in making a team will be expected to attend two training sessions per week as outlined in the schedule. (See Tennis Information Link above)

Tennis Round 1 vs St Laurence's Saturday 20 July

Team	Venue	Time
5A/B	Griffith University 176 Messines Ridge Rd, Mt Gravatt	7.30am–10am
6A/B	Griffith University 176 Messines Ridge Rd, Mt Gravatt	10am–12.30pm
7A/B	Griffith University 176 Messines Ridge Rd, Mt Gravatt	7.30am–10am
8A/B	Griffith University 176 Messines Ridge Rd, Mt Gravatt	10am–12.30pm
9A/B	Wynnum Tennis Centre Colina St, Wynnum	10am–12.30pm
10A/B	Iona College Tennis Centre	10am–12.30pm
1 st IV	Iona College Tennis Centre	7.30am–12.30pm
2 nd	Iona College Tennis Centre	7.30am–10am
3 rd	Wynnum Tennis Centre Colina St, Wynnum	7.30am–10am
4 th	Wynnum Tennis Centre Colina St, Wynnum	7.30am–10am

Action Photos: Send your action photos of the Saturday Tennis matches to

otwayk@iona.qld.edu.au for inclusion in

the sport newsletter or College newsletter sport photo gallery.



TRACK & FIELD

Primary Coordinator: Mr Connor Russell

russellc@iona.qld.edu.au

Secondary Coordinators:

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

Mr Craig Stariha starihac@iona.edu.edu.au

Important Dates

Thursday 22 August – AIC Track & Field meet @ SAF

Wednesday 28 Aug – AIC Track & Field meet @ SAF

Thursday 5 September – AIC Track & Field meet @ SAF

Wednesday 11 Sept – AIC Track & Field meet @ SAF

AIC Track & Field Championships

Day 1 – Thursday 3 October @ QSAC

Day 2 – Friday 4 October @ QSAC

The Track & Field pre-season training program will begin next week for all students from Year 5–12.

At this early stage, all interested boys in Years 5–12 may attend training. We have gone through the Interhouse Track & Field results and have issued invitations to those who performed particularly well. It is expected that those who have a special gift or talent are willing and able to join the Track & Field squad.

It is normal for our better athletes to be involved in AIC Basketball, Rugby League or Tennis. We can tailor a program where boys can do both.

If you have received an invitation email, please complete the link found within the email to accept or decline the invitation to join the squad. Those who did not receive an email of invitation may contact the respective coordinator listed above and be asked to be included.

Please see the below link for:

- 2024 training schedule
- 2024 important calendar dates for meets and championships
- 2024 coaches
- Uniform expectations for training/games and much more

[Track & Field Information Link.](#)

VOLLEYBALL

Volleyball Coordinator

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

Junior Schools Cup Volleyball (Years 7 & 8)

Trials for the Iona teams to compete at the Junior Schools Cup volleyball tournament will be held on Friday 16 August and Friday 23 August from 3.15pm–5pm in Oblate Hall.

Please email Mrs Otway if you are interested in trialling.