

IONA SPORT

I AM IONIAN 

31 July 2024

TEAM IONA

Well done to our basketball, tennis and rugby league teams, who reaped the rewards of their hard work and rose to the occasion last weekend. Our challenge now is to back it up and continue to perform, week in and week out. Consistency is key, and it is created at training with all students in attendance at each session.

The College works hard to deliver the best possible coaching across our programs, with many very well qualified coaches in place so our students improve, along with the program as a whole. To have students not attend training without an apology is disappointing and disrespectful to these quality coaches. Please ensure your son follows through with the commitment given, or have him talk through any issues with the sports coordinators or sports office. We are here to help.

This weekend, we face Marist College Ashgrove, a strong rivalry which is highlighted with the Mere de Dieu Cup. Iona College and Marist College Ashgrove both have had a long and proud association over many years. While each college has its own unique strengths, there is much in common between our two school communities.

The founders of the Oblates (St Eugene de Mazenod) and the Society of Mary (St Marcellin Champagnat) shared a great devotion to Mary, and both were from rural France. Both orders were founded within a year of each other, and both have a special concern for those in need, especially youth. The Mere de Dieu Cup translates from French into 'Mother of God Cup', which honours Mary as our shared Mother.

In what is always a big weekend of sport filled with spirit and challenges, we must remember that win, lose or draw that we conduct ourselves in the manner that aligns to our College values – whether as a player or spectator. As always, we expect our boys to give 100 per cent on the court / playing field.

I wish everyone the best of luck this weekend.

Mr Anthony Bannerman

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 2 Aug:	AIC Rd 3 Basketball Yrs 5/6 vs Mar (A)
Fri 2 Aug:	Years 5 and 6 Basketball Team Photos
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
Sun 4 Aug:	Sailing 'Come and Try' Day
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
Fri 16 Aug:	Junior Schools Cup Volleyball Trials
Thu 22 Aug:	AIC Track & Field Meet (SAF)
Fri 23 Aug:	Junior Schools Cup Volleyball Trials
Fri 23 Aug:	AIC Rd 5 Basketball Yrs 5/6 vs SPLC (H)
Sat 24 Aug:	AIC Rd 5 Basketball 7-Open vs SPLC (H)
Sat 24 Aug:	AIC Rd 5 Tennis Yrs 5-Open vs SPLC (H)
Sat 24 Aug:	AIC Rd 5 League vs SPLC / ATC
Sat 25 Aug:	Sailing KC Cup & Blessing of Fleet
Wed 28 Aug:	AIC Track & Field Meet (SAF)
Thu 29 Aug:	AIC Rd 6 Basketball Yrs 5/6 vs Villa (A)
Sat 31 Aug:	AIC Rd 6 Basketball 7-Open vs Villa(A)
Sat 31 Aug:	Basketball Team Photos Years 7-9
Sat 31 Aug:	AIC Rd 6 Tennis Yrs 5-Open vs Villa (A)
Sat 31 Aug:	AIC Rd 6 League vs Villa
Wed 4 Sep:	Touch vs Cleveland (Iona)
Thurs 5 Sep:	AIC Track & Field Meet (SAF)
Fri 6 Sep:	AIC Rd 7 Basketball Yrs 5/6 vs SPC
Sat 7 Sep:	AIC Rd 7 Basketball 7-Open vs SPC (A)
Sat 7 Sep:	AIC Rd 7 Tennis Yrs 5-Open vs SPC (A)
Sat 7 Sep:	AIC Rd 6 League vs SPC

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

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](#)

Results Round 2

Last week saw Iona take on St Edmund's and Ambrose Treacy College in Round 2 of AIC Basketball. All teams should be very proud of their efforts and conduct on and off the court. Iona won all fixtures bar one game, which is something that should be congratulated. Many teams are vying for premierships and undefeated seasons, which makes this weekend's round against Marist Ashgrove a mouthwatering affair.

Players are reminded to contact the relevant basketball coordinators if they will be absent for training sessions or games.



Iona's First V team will be playing on Friday night to continue the Mere de Dieu Cup tradition.

Best of luck to all teams over the weekend.

Progressive Basketball Results

Team	Rd1 v SLC	Rd2 vs SEC	Rd3 vs MAR	Rd4 vs PAD	Rd5 vs SPLC	Rd6 vs Villa	Rd7 vs SPC
1 st	Won	Won 89-59					
2 nd	Lost	Won 52-38					
3 rd	Won	Won 58-19					
4 th	Won	Won 32-23					
11A	Lost	Won 55-48					
11B	Won	Won 62-35					
11C	Lost	Won 36-24					
11D	Won	Bye					
10A	Lost	Won 51-41					
10B	Won	Won 63-28					
10C	Won	Won 40-18					
10D	Lost	Won 70-14					
9A	Lost	Won 55-45					
9B	Lost	Lost 34-44					
9C	Won	Won 56-16					
9D	Lost	Won 82-9					
8A	Won	Won 72-23					
8B	Won	Won 67-17					
8C	Won	Won 53-11					
8D	Lost	Won 59-7					
7A	Lost	Won 65-43					
7B	Won	Won 59-28					
7C	Won	Won 20-0					
7D	Won	Won 54-8					
6A	Lost	Won 85-27					
6B	Lost	Won 33-223					
6C	Lost	Won 43-8					
6D	Won	Bye					
5A	Won	Won 62-3					
5B	Won	Won 54-2					
5C	Won	Won 25-0					
5D	Won	Bye					

Years 5/6 Round 3 vs Marist

Years 5 and 6 – Friday 2 August

Team	Venue	Court	Time
5A	Iona College	Provence 1	4.50pm
5B	Iona College	Provence 1	4pm
5C	Iona College	Provence 2	4.50pm
5D	Iona College	Provence 2	4pm
6A	Marist College Fraser's Rd, Ashgrove	Champagnat Court 1	4.50pm

6B	Marist College Frasers Rd, Ashgrove	Champagnat Court 1	4pm
6C	Marist College Frasers Rd, Ashgrove	Champagnat Court 1	4.50pm
6D	Marist College Frasers Rd, Ashgrove	Champagnat Court 1	4pm

Boys in Year 6 teams will meet at the Primary handball courts at 2.15pm to get their basketball team photos taken, then travel to Marist via bus. Boys will return to the Iona bus turnaround at approx 6.15pm. Boys must be collected promptly.

Boys in Year 5 will have their basketball team photos taken at 2.45pm at the Primary handball courts.

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

Years 7-Open Round 3 vs Marist

Years 7 to 12 – Friday 2 August, Saturday 3 August			
Team	Venue	Court	Time
1 st	Marist College Frasers Rd, Ashgrove	Champagnat Court 1	Friday 6.15pm
2 nd	Marist College Frasers Rd, Ashgrove	Champagnat Court 1	11am
3 rd	Marist College Frasers Rd, Ashgrove	Champagnat Court 2	11am
4 th	Marist College Frasers Rd, Ashgrove	Outside Court	10.30am
11A	Marist College Frasers Rd, Ashgrove	Champagnat Court 1	10am
11B	Marist College Frasers Rd, Ashgrove	Champagnat Court 2	9am
11C	Marist College Frasers Rd, Ashgrove	Champagnat Court 2	8am
11D	Marist College Frasers Rd, Ashgrove	Outside Court	9.30am
10A	Marist College Frasers Rd, Ashgrove	Champagnat Court 1	9am
10B	Marist College Frasers Rd, Ashgrove	Champagnat Court 1	8am
10C	Marist College Frasers Rd, Ashgrove	Champagnat Court 2	10am
10D	Marist College Frasers Rd, Ashgrove	Outside Court	8.30am
9A	Iona College	Provence 1	8am
9B	Iona College	Provence 1	9am
9C	Iona College	Provence 2	8am

Years 7 to 12 – Friday 2 August, Saturday 3 August			
Team	Venue	Court	Time
9D	Iona College	Oblate Hall	9am
8A	Iona College	Provence 1	12pm
8B	Iona College	Provence 1	11am
8C	Iona College	Provence 2	11am
8D	Iona College	Provence 2	12pm
7A	Iona College	Provence 1	10am
7B	Iona College	Provence 2	9am
7C	Iona College	Provence 2	10am
7D	Iona College	Oblate Hall	10am

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: Fri 2 Aug (Primary handball courts)

Years 7-9: Sat 31 Aug (outside McCarthy 7)

Yr 10-Open: Sat 10 Aug (outside McCarthy 7)

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

E-SPORTS

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

Esports Term 3

AIC E-Sports Competition Date: Sat 19 October

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

AIC Golf Championships Results

The AIC Golf Championships were held at Keperra Golf Club on Monday in cold winter conditions. The team was confident after a good season competing in the QIGA competition. Iona performed well, and successfully defended the AIC Gross Championship team division. This is the trophy to win, as it indicates the best school on the day, not accounting for handicaps.

In the Nett competition, the team came third – only one shot behind the winners. James Toscan had an outstanding day, finishing tied for first in the Gross competition and second in the Nett competition. The rest of the team – Luke Biddle, Aden Biddle, Rory MacLean and Nate Hughes – delivered solid contributions as well.



Congratulations also to Mr Beets, who came equal first in the Gross competition for AIC staff. Outstanding!

This brings the season to a close. Congratulations to all team members for a very good year.

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

	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	Intro to Gym
7:15 – 8:15am	Year 7 / 8 High Performance Day 1	1sts & 2nds League	Intro To Gym	1sts & 2nds League	Year 9, 10, 11 & 12 High Performance Day 2
3.15 – 4.15pm	Any High Performance	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

No current trials are scheduled for 10–12 Years.

Trial Information: 13–19 Years

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:



Oscar Stock on competing in the 13–19yrs QRSS State Carnival for Surfing from 25–28 July, where his Met East team placed fourth.



Thomas Haynes and Cooper Kearns on representing Met East at the 14–15yrs Rugby Union State Championships held in Brisbane from 25–28 July, where their team finished second. Thomas was named the Met East player of the final.



Blake Roberts recently participated in the WWBA (World Wood Bat Assoc) PG baseball tournament in Alabama (USA) from 12–19 July. This was a Baseball Australia initiative that saw two teams from Australia compete against some of the most talented players from across America.

Hugo Wheeler on competing in the QRSS 10–12yrs Swimming National Championships held on the Gold Coast from 24–27 July. Hugo had the most individual events of any member of the Qld team. Some of his impressive results, racing against the best in Australia, are below.



- 2nd Qld A Medley Relay
- 2nd Qld Freestyle Relay
- 4th 50m Butterfly
- 4th 100m Freestyle
- 5th 200m Ind Medley
- 5th 200m Freestyle
- 6th 50m Freestyle
- 6th 50m Breaststroke

MOUNTAIN BIKING

Coordinator

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

Remaining Competition Dates

- Sunshine Coast: Thursday 8 August (Yrs 5–8)
- Sunshine Coast: Friday 9 August (Yrs 9–12)
- Ipswich: Thursday 29 August (T3, Wk 8)

Upcoming Training

- DATE:** Sat 17 August
- TIME:** 3pm – 5pm
- LOCATION:** Castle Hill (Ipswich)

(Check emails closer to the date for sign-up information)

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

Round 2 Results

Last weekend against St Edmund's was almost flawless. Although Iona didn't lose any games, there were a number of hard-fought victories that were decided in the final minutes. Despite several missed opportunities to run in more points, the First XIII capped a successful Saturday with a dominant victory.

We now look forward to taking on our toughest rival, Marist Ashgrove, as the only two undefeated teams remaining meet this weekend in a game that may decide the First XIII premiership.

Team of The Week

Fullback	Oscar Hindmarsh	Year 7A
Wing	Riley Muir	2nd XIII
Centre	Cooper Cotter	Year 6B
Centre	Conor Quinn	1 st XIII
Wing	Lachlan Townsend	Year 6A
Five-Eighth	Tom Keough	Year 8
Halfback	Levi Hawea	1st XIII
Prop	Lehopoame Leota	2nd XIII
Hooker	Dominic Castner	Year 9
Prop	Troy Milton	Year 9
Second Row	Talin Nair	Year 6A
Second Row	Ned Page	Year 10
Lock	C'ezar-mayn Leota	Year 8

Progressive League Results

Team	Rd1 vs SLC	Rd2 vs SEC	Rd3 vs MAR	Rd4 vs PAD	Rd5 vs SPLC	Rd6 vs Villa	Rd7 vs SPC
1 st	Won	Won 42-12					
2 nd	Won	Won 32-16 SPLC					
Yr 10	Won	Won 22-20					
Yr 9	Won	Won 40-0					
Yr 8	Won	Won 40-0					
7A	Lost	Won 26-8					
7B	Lost	Won 26-4					
6A	Won	Won 28-4					
6B	Won	Draw 12-12					
5A	Won	Bye					
5B	Won	Bye					

Round 3 vs Marist College

Years 5 - 7	
Venue: Iona College	
TIME	Davine Oval
8am	5B
8.50am	5A
9.40am	6B
10.30pm	6A
11.30am	7B
12.30pm	7A

Years 8 - Open	
Venue: Padua Fields	
222 Elliott Rd, Banyo	
TIME	Field 3
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	northcottr@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](#)

Round 2 Results

Last Saturday, our players from Year 7 to Firsts played St Edmund's, while our younger teams played Ambrose Treacy. The overall result was 13-3 to Iona, with 11 of our teams between Year 7 to Firsts teams winning, and a 2-2 result against Ambrose Treacy in Primary. Our Firsts competed on the clay courts at Ipswich and produced a dominant performance across the board. With all four players winning in straight sets in singles, our First IV concluded the day with an 8-0 victory. Similarly, our Year 7 and 9 teams registered 8-0 wins, showcasing their depth.

This weekend, Iona takes on Marist College Ashgrove.

Good luck to all teams this Saturday.

Progressive Tennis Results

Team	Rd1 vs SLC	Rd2 vs SEC	Rd3 vs MAR	Rd4 vs PAD	Rd5 vs SPLC	Rd6 vs Villa	Rd7 vs SPC
1 st	Lost 3-5	Won 8-0					
2 nd	Won 5-3	Won 6-2					
3 rd	Won 6-2	Won 7-1					
4 th	Won 8-0	Won 8-0					
10A	Lost 3-5	Won 5-3					
10B	Lost 0-8	Lost 0-8					
9A	Lost 3-5	Won 8-0					
9B	Won 5-3	Won 8-0					
8A	Draw 27-27	Won 8-0					
8B	Won 29-27	Won 6-2					
7A	Won 7-1	Won 8-0					
7B	Won 7-1	Won 8-0					
6A	Won 8-0	Won 8-0					
6B	Lost 3-5	Lost 0-8					
5A	Lost 22-33	Lost 1-7					
5B	Lost 0-8	Won 8-0					

Tennis Round 3 vs Marist College

Team	Venue	Time
5A/B	Wynnum Tennis Centre Colina St, Wynnum	7.30am-10am
6A/B	Wynnum Tennis Centre Colina St, Wynnum	10am-12.30pm
7A/B	Iona College Tennis Centre	7.30am-10am
8A/B	Iona College Tennis Centre	10am-12.30pm
9A/B	Lifetime Tennis, Spring Hill, 278 Gregory Terrace	10.15am-12.30pm
10A/B	Marist College Frasers Rd, Ashgrove	10.15am-12.30pm
1 st IV	Marist College Frasers Rd, Ashgrove	7.45am-12.30pm
2 nd 3 rd	Marist College Frasers Rd, Ashgrove	7.45am-10am
4 th	Lifetime Tennis, Spring Hill, 278 Gregory Terrace	7.45am-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.



TOUCH

Touch Coordinator
Miss Dellit delliti@iona.qld.edu.au

Secondary Touch

Trials for Secondary All Schools Touch will be held on the following dates on Dwyer oval:

U13s – Monday 12 August 3:15pm-4:30pm
U15s – Tuesday 13 August 3:15pm-4:30pm
U18s – Tuesday 13 August 3:15pm-4:30pm

Please use the below link to sign up to the trials.

[Secondary Touch Sign-on Link](#)

Sign-on will open on Tuesday 23 July and will close on Friday 9 August.

Please note that boys in the **AIC Track and Field team** and the **Year 7 and Year 8 Schools Cup Volleyball teams** are not able to trial for touch as there are clashes with trainings and competitions.

Training for the selected teams will then be Friday afternoons in Weeks 6-10 on Dwyer Oval from 3.15-4.30pm. Players are expected to attend all sessions.

Please see the below link for more comprehensive touch information.

Secondary [Touch Information Link](#)

Primary Touch

Sign-on is now open for Years 5–6 Students wishing to trial for our Primary Touch Squad.

- Primary All Schools (1–3 November)
- AIC Touch Football Invitational (Saturday 19 October)

Primary Trials

Please use the below link to sign up to the trials.

[Primary Touch Sign-on Link](#)

Sign-on will close on Friday 9 August.

Trial Dates: Monday 9 Sept and Tuesday 10 Sep.
Time: 3:15pm–4:30pm
Location: St Eugene Park (across the road).

*Additional trials will be held in Thursday year-level sport time if required.

From the trials we will select a squad who will be given the opportunity to attend the Primary All Schools Touch Competition. At the same trial we will also select a Year 5 and Year 6 Squad for the AIC Invitation Tournament. Please note the squad will include shadow players who may not be required to play.

Primary Training (Term 4)

Training for selected students will be held every Tuesday afternoon (3:15pm–4:30pm) at St. Eugene Park, starting Week 1 (1/10/2024) and running to Week 5 (29/10/2024).

Please see the below link for more comprehensive touch information.

[Primary Touch Information Link](#)

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 Aug – AIC Track & Field meet @ SAF

Wednesday 28 Aug – AIC Track & Field meet @ SAF

Thursday 5 Sep – 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

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 etc

[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.

Training for selected students will be Friday afternoons.

The Junior Schools Cup Volleyball competition will be held at the Gold Coast from 18–20 October.

Please note that boys who trial for Junior Schools Cup Volleyball are not able to trial for touch as well, as there are clashes with training times and the AIC touch tournament.

Please email Mrs Otway if you are interested in trialling.