

IONA SPORT

I AM IONIAN 

7 August 2024

TEAM IONA

Many thanks to all those in our community who contributed towards making last weekend's round against Padua trouble-free. I believe the standard of behaviour and sportsmanship shown by both colleges was excellent. Well done, boys!

All three of our Firsts teams led by example, and produced outstanding results on the day: First IV Tennis won 6-2, First V Basketball won 101-49 and First XIII Rugby League winning 46-6. Although the scorelines were in our favour, it is equally pleasing to report the Iona boys showed a good sense of humility in victory. The camaraderie displayed by these boys as they work together to achieve a common goal has been excellent. They are forming lifelong memories and are representing our College with immense pride in the jersey. Keep up the good work boys, we are all behind you!

Both Iona and Padua would be considered among the top rugby league schools in the AIC competition. As a result, Round 4 was always shaping up to be a big weekend. Overall, Iona won 5, lost 5 and drew 1.

Iona dominated in both tennis and basketball. Although the results were pleasing, it is good to see the teams progressing well with their skill development and the players enjoying themselves.

The first meet for AIC Track & Field season is scheduled for next Thursday, 22 August. A full schedule of this event is posted below. The College will provide transport to and from the venue as per times listed in the respective Track & Field section. I encourage all students who are keen to represent Iona in Track and Field this season to take advantage of all training sessions, and to attend the meets on offer.

We do understand that many of our athletes will have other co-curricular commitments including AIC Rugby League, AIC Tennis or AIC Basketball. The Sports Office at Iona College can help these students participate and represent the College in Track and Field with an

individual training schedule. This is important to our program as it ensures our best athletes are representing Iona on the day of the Championships.

If a student is unable to attend his allocated training session for any reason, he must contact Mr Alex Jirasek, Mr Peter Holmes or myself as a matter of courtesy. Yet again, it is imperative that the College and our parents are working together in partnership to ensure our boys turn up to training.

As advertised last week, the Sports Office has decided to cancel most training sessions this week – including all rugby league, track & field and basketball training – across the College from Years 5-12. Only the Yr7-10 'A' tennis teams and Firsts and Seconds tennis teams will train this Friday morning (weather dependant). All other tennis sessions are cancelled.

Given the wet weather, the scheduled Touch Football trials due to be played on Monday and Tuesday afternoon this week were cancelled. We will move all these trials to be held this Friday afternoon after school.

Due to the shortened week caused by the Ekka public holiday, there are no AIC sports fixtures scheduled for this weekend. I hope families can relax and enjoy some time off together this weekend – although we are aware that many boys are involved in club sport, where finals are in full swing. In any case, enjoy the weekend off from school sport and well done to all for a good term so far!

Next week we return to the normal training programs as listed in the respective season schedule documents below. We hope the boys will feel well-rested and rejuvenated as we intend to hit the final three rounds of the season hard.

Rest up, enjoy the break and get ready to unleash again next week!

Mr Craig Stariha

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

16–17 Aug:	No AIC games
Fri 16 Aug:	Junior Schools Cup Volleyball Trials
Fri 16 Aug:	U13 Touch 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
Fri 27 Sep:	1 st and Development Cricket teams vs Grammar
2–6 Oct:	Qld All Schools Touch Championships
Thurs 3 Oct:	AIC Track & Field Champs (Day 1)
Fri 4 Oct:	AIC Track & Field Champs (Day 2)
18–20 Oct:	Junior Schools Cup volleyball
Sat 19 Oct:	AIC Invitational E–Sports Tournament
19–20 Oct:	AIC Invitational Touch Tournament
Sun 20 Oct:	AIC Invitational Water polo Tournament
Sat 26 Oct:	Year 7, 2025 Volleyball Trials
Sat 26 Oct:	Year 5 & Year 7 2025 AFL & Cricket Trials
1–3 Nov:	Primary All Schools Touch Tournament
Sat 2 Nov:	Internal Trial Games for AFL/ Volleyball/Cricket
Fri 8 Nov:	1 st & 2 ^{nds} AFL Trial vs Villanova
Sat 9 Nov:	2025, Years 7–12 Volleyball Trial vs Villanova
Sat 9 Nov:	Years 5–9 AFL Trial vs Villanova
Sat 9 Nov:	7A,8A,9A,10A,1 st , 2 nd Cricket Trial vs Villa
Sat 16 Nov:	AFL & Volleyball Trial vs SPC
Tues 3 Dec:	1 st Cricket vs Grammar

AFL

AFL Referee Course

This course is open to students aged 14 and above who play AFL and are interested in umpiring AIC matches and other inter-school sports competitions in 2025.

Date: Tuesday 27 August

Time: 4pm–6pm

Venue: AFL Queensland Administration & Training Centre, Cansdale Street, Yeronga

Interested students need to RSVP to Mr Bannerman bannermana@iona.qld.edu.au by Friday 16 August.

Match payments for qualified students are:

AIC Primary: \$35 per game

AIC Year 7: \$45 per game

Interschool Sport
Competitions (9–a-side) \$37

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 4

It was a weekend to be proud of. Iona had great success on the court, however it was the way all players conducted themselves off the court which needs to be highlighted. Across all games, Iona demonstrated exemplary sportsmanship, with players showing respect to teammates, opposition players, referees, and coaching staff. Iona finished the weekend with 29 wins and 3 losses, which is a fantastic effort. With no training or games this week, we will use this time to rest and recharge before we head into the home stretch.



Basketball Team Photos

Photos will be taken on the following dates:

Years 7–9: Sat 31 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

E-sports 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 E-sports. 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.

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.

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	Lost	Won 101–49			
2 nd	Lost	Won	Won	Won 33–30			
3 rd	Won	Won	Won	Won 28–22			
4 th	Won	Won	Lost	Won 25–13			
11A	Lost	Won	Won	Won 49–41			
11B	Won	Won	Lost	Won 67–29			
11C	Lost	Won	Won	Won 26–24			
11D	Won	Bye	Won	Won 28–26			
10A	Lost	Won	Lost	Won 41–19			
10B	Won	Won	Won	Won 73–41			
10C	Won	Won	Lost	Won 37–27			
10D	Lost	Won	Lost	Won 45–23			
9A	Lost	Won	Won	Won 89–19			
9B	Lost	Lost	Won	Won 56–9			
9C	Won	Won	Won	Won 86–16			
9D	Lost	Won	Won	Won 54–19			
8A	Won	Won	Won	Won 38–30			
8B	Won	Won	Won	Won 42–28			
8C	Won	Won	Won	Won 52–20			
8D	Lost	Won	Won	Won 66–27			
7A	Lost	Won	Lost	Won 39–45			
7B	Won	Won	Lost	Won 51–28			
7C	Won	Won	Lost	Won 39–23			
7D	Won	Won	Lost	Won 50–12			
6A	Lost	Won	Won	Won 46–41			
6B	Lost	Won	Lost	Won 27–24			
6C	Lost	Won	Lost	Lost 31–41			
6D	Won	Bye	Won	Lost 5–10			
5A	Won	Won	Won	Won 52–22			
5B	Won	Won	Won	Won 40–11			
5C	Won	Won	Lost	Won 41–11			
5D	Won	Bye	Won	Lost 12–32			

No basketball training this week.

No basketball games this Saturday (17 August).

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.



- '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

Sport	Details	Nominations Close
Aquathon 11-12 Yrs	Met East Trial	Friday 6 September

Trial Information: 13-19 Years

Sport	Details	Nominations Close
Triathlon 13-18 Yrs	Met East Trial	Friday 6 September

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

MOUNTAIN BIKING

Coordinator

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

On Thursday and Friday (August 8-9), the Iona Mountain Biking Squad participated in the Sunshine Coast competition against 48 schools from the South East. With unwavering determination, 42 students from Years 5 to 12 tackled the wet and challenging trails, showcasing their dedication to the sport. The event saw exceptional performances from the riders, emphasising the talent within the Iona mountain biking community.

This was a unique team-based event.



Individual Finishing Places Highlights:

Primary (63 competitors)

12th: Kye Werner

18th: Ashton Tolley

Junior (183 Competitors)

17th: Benjamin Doust

Senior (61 competitors)

9th: Lucas Longley

14th: Jack Thatcher

20th: Hudson Connolly

Special mention to Lucas Longley who set the 20th fastest time on one of the tracks (from 523 riders on the day).

Team Finishing Places Highlights:

Junior Competition

- 6th Benjamin Doust, Harry Hazel, Patrick Hazell
- 17th Andrew Santillan, Joshua Hobdell, Samuel Ventress
- 19th James Louw, Carlo Robson, Dylan Hammermeister

Intermediate Competition

- 16th Bodhi Dusha, Matt Plahotnyk, Jaiden Kappu
- 18th Adriaan Louw, Archie Hunwick, Lukas Daenemark
- 20th Kohen Loskill, Kale King, Miles Hayes, Cooper Mahoney

Senior Competition

- 3rd Lucas Longley, Jack Thatcher, Xavier Tromp
- 6th Hudson Connolly, Ashton Featherstonhaugh, Matthew Johnson

Remaining Competition Date

Ipswich (Years 7-12): Thursday 29 August (T3, Wk 8)

Upcoming Training

DATE: Sat 17 August (Years 7-12)

TIME: 2.45pm – 5pm

LOCATION: Castle Hill (Ipswich)

Keep an eye out on your emails for information on registering for this training session.

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 4 Results

Similar to Marist, Padua always presents a tough challenge, with victories and losses going both ways. Ultimately, Iona emerged with three wins and two losses in the aggregate competition.

In the juniors, the 5Bs played an outstanding game, while the 7As narrowly lost. Over on the Senior fields, the Year

8s continued their dominance in the competition, the Year 10s bounced back with a big win, and the Seconds played a see-sawing game that ended in a draw.

In the rematch of the Confraternity Carnival semi-final, the First XIII's defence was superb, continually repelling the opposition's attacking raids. The Firsts turned defence into attack, securing the victory and strengthening their position in the First XIII ladder as they head into the back-end of the season.

Please note: There will be **no rugby league training this week** as there are no games on Saturday 17 August. This will give everyone a break and time to recharge before the final three rounds.

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	Won	Won 46-6			
2 nd	Won	Won SPLC	Lost	Draw 16-16			
Yr 10	Won	Won	Lost	Won 34-10			
Yr 9	Won	Won	Lost	Lost 32-16			
Yr 8	Won	Won	Won	Won 34-0			
7A	Lost	Won	Lost	Lost 12-16			
7B	Lost	Won	Lost	Lost 4-14			
6A	Won	Won	Lost	Lost 0-16			
6B	Won	Draw	Won	Won 16-12			
5A	Won	Bye	Won	Lost 24-32			
5B	Won	Bye	Won	Won 20-4			



Round 3 Team of the Week.

Fullback	Cordell Boah	2 nd XIII
Wing	Leon Stankovic	5B
Centre	Oscar Mascaro	6B
Centre	Henry Astill	5A
Wing	Tristan Macdonald	1 st XIII
Five-Eighth	Hunter Swifte	7A
Halfback	Cooper Kearns	9A
Prop	Hudson Bool	6B
Hooker	Ezekiel Jones	1 st XIII
Prop	Lucian George	8A
Second Row	Aydan Holley	7B
Second Row	Samson Tofilau	7A
Lock	Jed Green	6A

Round 4 Team of the Week

Fullback	Ethan Astill	5A
Wing	Ethan Roberts	8A
Centre	Clyde Young	6A
Centre	James Louw	7B
Wing	Jai Poma	8A
Five-Eighth	James Turner	10A
Halfback	Keanu Bothma	10A
Prop	Wilkie Miller	7A
Hooker	Jonah Geiger	2nd XIII
Prop	Diesel Hauff	1st XIII
Second Row	Lachlan Smith	1st XIII
Second Row	Sam Hanneberry	6A
Lock	Oscar Mascaro	6B

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.



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 4 Results

Please note The only training this week will be Friday morning for the following teams:

Years 7-10 (A-teams only), Firsts and Seconds

There is no game on Saturday 17 August. This will give everyone a break and time to recharge before the final three rounds.

Iona faced Padua College last Saturday. With 12 wins and only four losses, it was a successful day on court for the black and white. The Firsts had a clinical approach, playing to their strengths in doubles and finishing the day with a 6-2 victory. Our 9s were the highlight of the round as both the A and B teams were successful with 8-0 scorelines. A special mention must also go to our youngest players, who have improved significantly since the start of the term and reaped the rewards with a victory in both the 5A and B teams. All players must be congratulated for the sportsmanship and teamwork they displayed throughout their matches. Padua commented on our excellent etiquette and overall conduct which was great to hear.

I wish all players a restful and enjoyable weekend.

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	Lost 2-6	Won 6-2			
2 nd	Won 5-3	Won 6-2	Lost 3-5	Won 7-1			
3 rd	Won 6-2	Won 7-1	Lost 2-6	Lost 3-5			
4 th	Won 8-0	Won 8-0	Won 6-2	Won 6-2			
10A	Lost 3-5	Won 5-3	Lost 3-5	Lost 3-5			
10B	Lost 0-8	Lost 0-8	Lost 0-8	Won 5-3			
9A	Lost 3-5	Won 8-0	Lost 2-6	Won 8-0			
9B	Won 5-3	Won 8-0	Lost 2-6	Won 8-0			
8A	Draw 27-27	Won 8-0	Lost 3-5	Lost 1-7			
8B	Won 29-27	Won 6-2	Lost 3-5	Won 6-2			
7A	Won 7-1	Won 8-0	Lost 0-8	Won 25-24			

7B	Won 7-1	Won 8-0	Lost 0-8	Won 6-2			
6A	Won 8-0	Won 8-0	Won 8-0	Won 7-1			
6B	Lost 3-5	Lost 0-8	Lost 2-6	Lost 2-6			
5A	Lost 22-33	Lost 1-7	Lost 0-8	Won 5-3			
5B	Lost 0-8	Won 8-0	Lost 0-8	Won 8-0			



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 now be held on the following date on Dwyer Oval:

U13s – Friday 16 August 3:15pm–4:30pm
U15s – Friday 16 August 3:15pm–4:30pm
U18s – Friday 16 August 3:15pm–4:30pm

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 7-10 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

Competition Dates:

Primary All Schools (1-3 November)

AIC Touch Football Invitational (Saturday 19 October)

Primary Trials

Trial Dates: Monday 9 Sep and Tuesday 10 Sep.

Time: 3.15pm–4.30pm

Location: St Eugene's 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 Invitational 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's Park, starting Week 1 (1 Oct) to Week 5 (29 Oct).

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

There will be **no training this week** (Week 6), we will use this as an opportunity to recuperate as we begin ramping up for a busy end of term. The final four weeks will require significant commitment from all of our competitors as we will complete our final preparations and selections for the AIC Championship team.

Important Dates

Thu 22 Aug AIC Track & Field meet @ SAF
Wed 28 Aug AIC Track & Field meet @ SAF
Thu 5 Sep AIC Track & Field meet @ SAF
Wed 11 Sep AIC Track & Field meet @ SAF

AIC Track & Field Championships

Day 1 – Thursday 3 October @ QSAC

Day 2 – Friday 4 October @ QSAC

Meet Organisation – Thursday 22 August

Venue: SAF @ Nathan

Event time: 3pm – 7.30pm

Bus Times for Thursday 22 August

- Years 5&6 – bus departs Iona 1.45pm and leaves SAF at 5pm for a 5.45pm return at Iona.
- Year 7-12 – bus departs Iona 3.05pm and leaves SAF at 7.30/45pm for an 8pm–8.15pm return at Iona.

Schedule of Field Events (Thursday 22 August)

Time	Event	Age Group
3pm	Shot Put	Year 5
	High Jump	Year 6
	Long Jump	Year 5
3.45pm	Long Jump	Year 6
	Shot Put	Year 6
	High Jump	Year 5
4.30pm	High Jump	13 Years
	Triple Jump	14 & 15 Years
	Long Jump	16 Years & Open
	Shot Put 1	16 Years & Open
	Discus	13 Years
	Javelin	14 & 15 Years
5.20pm	High Jump	12 Years
	Triple Jump	16 Years & Open
	Javelin	13 Years
	Discus	12 Years
	Long Jump	15 Years
	Shot Put 1	15 Years
	Shot Put 2	14 Years
6.10pm	Shot Put 1	12 Years
	Long Jump	12 & 13 Years
	High Jump 1	14 Years
	High Jump 2	15 Years
	Discus	14 & 15 Years
	Javelin	16 Years & Open
7pm	Triple Jump	12 & 13 Years
	Javelin	12 Years
	Long Jump	14 Years
	Discus	16 Years & Open
	High Jump 1	Open
	High Jump 2	16 Years
	Shot Put 1	13 Years

Schedule of Track Events (Thursday 22 August)

Time	Event
3pm	Hurdles Years 5/6
3.20pm	200m Years 5/6
4pm	800m Years 5/6
4.30pm	100m Years 5/6
4.45pm	3000m Open
5pm	Hurdles 12 Years - Open
5.30pm	800m
6pm	100m
6.50pm	400m
7.10pm	1500m

Frequently Asked Questions

Who attends?

All athletes in the training athletics squad.

What events can I compete in?

Only in the events you have attended training for.

What do I wear?

Iona black athletics singlet, Iona athletics shorts and Iona black sport socks. (Iona sport shorts are ok. NON-IONA SHORTS ARE NOT ALLOWED). You can compete in the Iona training shirt at the trial meets only.

Can parents attend the meets? Yes

Can I go home after my event?

Yes. Your parents can pick you up from SAF (only from the pick-up zone). YOU MUST NOTIFY MR JIRASEK (Years 7-12) or MR RUSSELL or MR HOLMES (Years 5 & 6).

Can I drive to the trial meet?

Yes, but only if you have permission from Mr Ben Devlin to drive to school. YOU MUST NOTIFY MR B DEVLIN.

Can I drive other students?

Yes, but only if you have permission from Mr B Devlin. YOU MUST NOTIFY MR B DEVLIN.

Do I have to attend the trial meets?

Yes, if you wish to be considered for selection. If there is a clash with other commitments, you must contact Mr Jirasek.

When is the team announced for the AIC Champs?

After the trial meets.

Any other questions, please feel free to email Mr Jirasek jiraseka@iona.qld.edu.au

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

2025 Iona Firsts Volleyball Trials

Trials for the 2025 Iona Firsts Volleyball team will take place in Week 10 this term.

Trial Dates: Tue–Thus 10–12 September
Time: 3.15 – 5pm each day
Venue: Provence Centre

Students currently in Years 10 and 11 who are interested in trialling are asked to email Mrs Otway otwayk@iona.qld.edu.au

Numbers attending the trials will be reduced after each trial day until we have a final squad.

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 and some Thursday 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.

Sharks Volleyball Camp

Sharks Camp September registrations are now open!

Cost: \$299 per player

Dates: 24–27 Sept

Time: 9am to 4.30pm each day

Locations:

Years 8–12 Mansfield State High School Sports Centre

Years 6–7 Eagles Sports Complex,
109 Weedon Street, Mansfield

What's included:

Camp T-shirt and water bottle

More information and to register:

<https://sharksvolleyball.com/landing-page-sharks-camp-qld>