

IONA SPORT

I AM IONIAN 

21 August 2024

TEAM IONA

I am sure it was a welcome change to wake up last Saturday morning and not think about heading off to a schoolboy sporting event. I hope you all had time to recharge the batteries because from this weekend, it is on again!

All training programs return to normal as listed in the respective season schedule documents below. With three rounds remaining, nothing should be left in our tanks at season's end. Let's get after it, boys!

Well done to all basketball, rugby league and tennis players on some great overall results so far this season. There has been a high level of sportsmanship displayed, and it is a pleasure to witness the Iona teams playing hard and digging deep each week. In tennis and basketball, we have managed to secure wins from many close games this season, some of which have been last-second baskets or tennis matches won on a countback to games won. The past two rounds were predicted to be our toughest in rugby league but, in typical Iona fashion, we faced these challenges head-on and came away with some favourable results overall. This weekend, all rugby league teams will play either Ambrose Treacy or St Peters. **Note:** The 5B, 6B and First XIII teams have a BYE this week. Please be aware that these games will be played away at Ambrose Treacy (not at St Peters).

Our overall rankings in basketball, tennis and rugby league are looking good at present. During this last half of the season, all teams need to lift and finish off well, as this is typically when many schools / teams drop in their standards at training – which is then reflected on game day. We hope our rest last week will stop this from happening to our teams. Again, I am very pleased to see our teams come together, and playing as one unit each week to give their very best. Keep up this effort boys!

This week marks the first AIC Track & Field meet for the season. The AIC Track & Field season is relatively short,

with only four meets. I appreciate that many of our better athletes will have very full plates right now. I also appreciate the many emails sent by parents who are willing to work in with the College to accommodate Track & Field training among the other activities their sons are presently doing. We realise that some rugby league, tennis and basketball training conflicts with the Track & Field program. Alternative sessions are on offer for our boys, so they can do at least one training session for each sport each week.

All Track & Field squad members are asked to open the email sent by me earlier in the week and click on the link to indicate if you can attend the meet this week, as well as indicating whether you need bus transportation back to the College after the event. A complete program for this week and next is found below.

Last week, the annual 'Iona Gift' and 'All-Age Relay' events were cancelled on OMAD due to the wet weather. We were able to run these events earlier this week during a lunch break. It was good to see most boys were able to come down to support these events.

The Iona Gift is a handicap 100m event consisting of one boy per year level from Years 5–12. Based on an athlete's individual 100m time, all competitors were given a handicap using the 'tried and tested' Tim McKennarley System (TMS). When using the TMS, the handicaps (head starts) are mathematically calculated, resulting in the boys finishing at the same time. The race did not disappoint, the finish was close. Well done to the boys listed below who competed in the event.

Gift Results

1 st	Conor Quinn (Year 11)
2 nd	Jai Poma (Year 8)
3 rd	Jacob Curyer (Year 12)
4 th	Harry Egan (Year 10)
5 th	Henry Astill (Year 5)
6 th	Walker Rogers (Year 6)
7 th	Mattheus Slocombe (Year 7)
8 th	William Morris (Year 9)

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



Pictured: Conor Quinn Year 11 – 2024 Iona Gift Winner

The All-Age Relay is another annual event where each of the 10 Houses nominates one runner per year level to compete in an 8x400m relay event. The result of this event is used in the calculation of the Annual Oblate Cup Trophy (for overall best House of the year) which is announced at the end of the year. Well done to all those who participated and supported the boys.

All Age Relay Results

1 st	Chisholm Cebula
2 nd	Charlebois
3 rd	McAuley
4 th	Albini
5 th	Gerard
6 th	Mazenod
7 th	Mackillop
8 th	Long
9 th	Grandin
10 th	Anthony



Pictured: Chisholm Cebula All Age Relay Team and Head of House, Mr Connelly

As usual, we challenge the boys to give their best again this week as we face St Peters Lutheran College and Ambrose Treacy College in Round 5 of the AIC competition. Best wishes and enjoy!

Mr Craig Stariha – 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

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:	1sts 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: Years 5 & 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: 1sts & 2nds 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, 1sts, 2nds Cricket trial vs Villanova
 Sat 16 Nov: AFL & Volleyball Trial vs SPC
 Tues 3 Dec: 1sts 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](#)

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			
2 nd	Lost	Won	Won	Won			
3 rd	Won	Won	Won	Won			
4 th	Won	Won	Lost	Won			
11A	Lost	Won	Won	Won			
11B	Won	Won	Lost	Won			
11C	Lost	Won	Won	Won			
11D	Won	Bye	Won	Won			
10A	Lost	Won	Lost	Won			
10B	Won	Won	Won	Won			
10C	Won	Won	Lost	Won			
10D	Lost	Won	Lost	Won			
9A	Lost	Won	Won	Won			
9B	Lost	Lost	Won	Won			
9C	Won	Won	Won	Won			
9D	Lost	Won	Won	Won			
8A	Won	Won	Won	Won			
8B	Won	Won	Won	Won			
8C	Won	Won	Won	Won			
8D	Lost	Won	Won	Won			
7A	Lost	Won	Lost	Won			
7B	Won	Won	Lost	Won			
7C	Won	Won	Lost	Won			
7D	Won	Won	Lost	Won			
6A	Lost	Won	Won	Won			
6B	Lost	Won	Lost	Won			
6C	Lost	Won	Lost	Lost			
6D	Won	Bye	Won	Lost			
5A	Won	Won	Won	Won			
5B	Won	Won	Won	Won			
5C	Won	Won	Lost	Won			
5D	Won	Bye	Won	Lost			

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

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

Please note the following changes to training for next week (Week 8)

Monday 26 August

10C/D training moved to Oblate Hall

Tuesday 27 August

2nds training moved to Provence

10A training moved to Oblate Hall

9A/B training moved to court outside Oblate Hall

8C/D training moved to Daly Courts

Wednesday 28 August

7A/B moved to Oblate Hall

Thursday 29 August

1sts/2nds training cancelled

11A/B training cancelled

3rds/4ths moved to court outside Oblate Hall

7C/D moved to Daly Courts

Friday 30 August

10B training cancelled

Years 5/6 Round 5 vs St Peters

Years 5 and 6 – Friday 23 August			
Team	Venue	Court	Time
5A	Iona College	Provence 2	4.50pm
5B	Iona College	Provence 2	4pm
5C	BYE		
5D	BYE		
6A	Iona College	Provence 1	4.50pm
6B	Iona College	Provence 1	4pm
6C	BYE		
6D	BYE		

Years 7-Open Round 5 vs St Peters

Years 7 to 12 – Saturday 24 August			
Team	Venue	Court	Time
1 st	Iona College	Provence 1	12.15pm
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 vs Pad 11D	Iona College	Provence 2	8am
11D vs SLC D	Somerville House via Stephen's Rd, Sth Bne	Court 1	9am
10A	Iona College	Provence 1	9am
10B	Iona College	Provence 1	8am
10C	Iona College	Oblate Hall	9am
10D	BYE		
9A	St Peters Lutheran via Lambert Rd, Indooroopilly	Indoor Gym	8am
9B	St Peters Lutheran via Lambert Rd, Indooroopilly	Indoor Gym	9am
9C	St Peters Lutheran via Lambert Rd, Indooroopilly	Outdoor Court 1	8am

Years 7 to 12 – Saturday 24 August			
Team	Venue	Court	Time
9D	BYE		
8A	St Peters Lutheran via Lambert Rd, Indooroopilly	Indoor Gym	12pm
8B	St Peters Lutheran via Lambert Rd, Indooroopilly	Indoor Gym	11am
8C	St Peters Lutheran via Lambert Rd, Indooroopilly	Outdoor Court 1	11am
8D	St Peters Lutheran via Lambert Rd, Indooroopilly	Outdoor Court 2	9am
7A	St Peters Lutheran via Lambert Rd, Indooroopilly	Indoor Gym	10am
7B	St Peters Lutheran via Lambert Rd, Indooroopilly	Outdoor Court 1	9am
7C	St Peters Lutheran via Lambert Rd, Indooroopilly	Outdoor Court 1	10am
7D	St Peters Lutheran via Lambert Rd, Indooroopilly	Outdoor Court 2	8am

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.
- '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
Cricket 13-15 Yrs	Composite Trial	Monday 26 August

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

Round 5 vs St Peters / ATC

Congratulations to the following boys on their sporting achievements:



Darcy Vella for achieving third place at the CAPO national powerlifting competition in both bench and deadlift.

Venue: Jack Bowers Fields, Kate St, Indooroopilly		
TIME	Field 1	Field 2
8am	8A vs ATC	7A vs St Peters
9am	9A vs ATC	7B vs ATC A
10am	10A vs ATC	5A vs ATC
11am	2nds vs ATC	6A vs ATC
BYE	1sts, 6B, 5B	

MOUNTAIN BIKING

Coordinator

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

Remaining Competition Date

Ipswich (Years 7-12): Thursday 29 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

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			
2 nd	Won	Won	Lost	Draw			
Yr 10	Won	Won	Lost	Won			
Yr 9	Won	Won	Lost	Lost			
Yr 8	Won	Won	Won	Won			
7A	Lost	Won	Lost	Lost			
7B	Lost	Won	Lost	Lost			
6A	Won	Won	Lost	Lost			
6B	Won	Draw	Won	Won			
5A	Won	Bye	Won	Lost			
5B	Won	Bye	Won	Won			

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](#)

SAILING

In preparation for the Term 4 interschool sailing program, we are asking all sailors interested in being involved to register.

Sailing Sign-On

The official sign on for sailing will be open from Monday 19 August until Friday 6 September.

Sign-on can be accessed via the new sports management app, Clipboard.

Year 6 sign-on

Only the parents / guardians of the current Year 6 students can sign their son up for sailing via the Activity Selection tab.

Years 7-12 sign-on

Students in Years 7-12 can sign up on their own. Students can follow this link

<https://portal.clipboard.app/iona> and sign in using their Iona email (Microsoft account).

If you are having issues or are yet to log on to Clipboard, please contact Mr Alexander Jirasek (jiraseka@iona.qld.edu.au).

Blessing of Fleet and Sailing Information Session

Date: Sunday 25 August
 Information Session: 8am-12pm
 Blessing of Fleet: 9.30am
 Venue: Royal Qld Yacht Squadron

For more information and to participate in the come and try day please contact ionacollegesailing@gmail.com.au

Please see the below link for further information

[Sailing 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 day on 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](#)

I hope all students enjoyed last week's bye and are refreshed and ready for our upcoming round. Many of our tennis players are also talented musicians, so congratulations to all involved in the Queensland Catholic Music Festival. With only three rounds to go, it is essential that all players attend their allocated training session outlined in the information link below.

This Saturday, Iona will take on St Peter's Lutheran College. Please see the table for information regarding game times and venues.

I wish all teams the best of luck.

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			

Tennis Round 5 vs St Peters

Team	Venue	Time
5A/B	St Peters Lutheran College via Lohe St, Indooroopilly	7:45am-10am
6A/B	St Peters Lutheran College via Lohe St, Indooroopilly	10:15am-12:30pm
7A/B	UQ Tennis Centre Blair Drive St Lucia	7:45am-10am
8A/B	UQ Tennis Centre Blair Drive St Lucia	10:15am-12:30pm
9A/B	Wynnum Tennis Centre	10:15am-12:30pm
10A/B	Iona College Tennis Centre	10:15am-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	7:30am-10am
4 th	Wynnum Tennis Centre	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.



TOUCH

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

Secondary Touch

Training for the selected teams is Friday afternoons in Weeks 7-10 on Dwyer Oval from 3.15-4.30pm. Players are expected to attend all sessions.

All teams will play Cleveland SHS in a training game held on Wednesday 4 September at Iona. Members of all teams are expected to play. Be advised that the Under-13 game will count as a preliminary game for the All-Schools competition.

The Under-18 team will be required to play Mansfield SHS in a preliminary game in Week 10. The College will supply a bus to transport students to Mansfield SHS after school, however, students will need to be collected afterwards.

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

The first of four AIC Track & Field meets will be held this Thursday 22 August at the State Athletic Facility (SAF) at Nathan (next to the old QEII Stadium, now called QSAC). Buses have been organised to transport our squad to and from this meet.

Parents are welcome to attend these meets and collect their sons after their events if they wish. Alternatively, a bus service will be supplied to return the boys back to the College.

Please find below a program for the meet held this Thursday and next Wednesday.

It is important that all squad members attend these meets each week. All boys will have a chance to run in the track events. Only a maximum of three boys per age can compete in the field events. Coaches of the field events will notify which three boys will compete in each age group each week (**Note:** Up to five boys can compete in the Primary division for each field event). Coaches advised field event boys at training this week.

We ask all families to complete the link below to indicate whether you intend on attending the meet this week:

[AIC T&F Meet 1 - Attendance Form](#)

We wish the boys all the best in the final four weeks of training this term.

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 - Thurs 22 Aug & Wed 28 Aug.

Venue:	SAF @ Nathan
Event time:	3pm - 7.45pm

Bus Times for Thu 22 Aug & Wed 28 Aug

- Years 5 & 6 - Bus departs Iona 1.45pm and leaves SAF at 5pm for a 5.45pm return at Iona.
- Years 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
5.20pm	Javelin	14 & 15 Years
	High Jump	12 Years
	Triple Jump	16 Years & Open
	Javelin	13 Years
	Discus	12 Years
	Long Jump	15 Years
6.10pm	Shot Put 1	15 Years
	Long Jump	15 Years
	High Jump 1	14 Years
	High Jump 2	15 Years
	Discus	14 & 15 Years
7pm	Javelin	16 Years & Open
	Triple Jump	12 & 13 Years
	Long Jump	12 Years
	Discus	14 Years
	High Jump 1	16 Years & Open
7pm	High Jump 2	Open
	High Jump 2	16 Years
	Shot Put 1	13 Years
	Shot Put 1	12 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 (Yrs 7-12) or MR RUSSELL or MR HOLMES (Yrs 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](#)

Schedule of Track Events (Wednesday 28 August)

Schedule of Track Events	
TIME	EVENT
3pm	200m Years 5 & 6
3.20pm	800m Years 5 & 6
3.45pm	100m Years 5 & 6
4pm	Hurdles Years 5 & 6
4.20pm	Hurdles 12 Yrs-Open
4.50pm	800m
5.20pm	100m
6pm	400m
6.20pm	4 x 100m Relays
7pm	200m

Schedule Of Field Events (Wednesday 28 August)

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

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 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>

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–Thu 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.