

IONA SPORT

I AM IONIAN 

28 August 2024

TEAM IONA

This week, Iona plays Villanova in Round 6 of the AIC rugby league, basketball and tennis competitions. With only two rounds remaining, I encourage all teams to keep up their efforts and enthusiasm. Our aim is to finish off the season well.

The forecast this weekend is for extreme heat. The prediction is for temperatures to hit as high as 36 degrees in Ipswich, where the Year 5-7 rugby league round will be held.

Given this prediction, the AIC association has been proactive in making changes to the scheduling of games. All Year 5 & 6 rugby league games will still be hosted by St Edmund's at Tivoli, Ipswich. These games are scheduled early in the morning and should avoid the midday heat. The Year 7 games scheduled to be played in Ipswich around midday have now been moved to Runcorn. These games will be played in the early part of the day, and will be reduced to 20-minute halves to accommodate the move.

All other Year 8-12 rugby league games will remain at Runcorn on the original schedule. The predicted temperature at Runcorn is 34, and should be a lot cooler than Ipswich. There are discussions around shortening the length of games, having more drinks breaks, increasing the halftime breaks. These could all fall into play if the forecast worsens over the next few days. For now, please check the schedule posted below and the Clipboard App for all the current schedules.

Although it will be hot. Tennis and basketball fixtures will be played on the normal schedule. Coaches / managers at these venues will ensure players have the appropriate rest and drink breaks. For those outdoors this weekend, please make sure you are wearing your hats and please make sure you drink plenty of water throughout the day.

With two rounds remaining, Iona is in an outstanding position to take out the basketball aggregate in 2024 – but it is not in the bag yet, we have some work to do. Villanova has held this title for the past six seasons. Last year, Iona was leading the aggregate right up until the final round when we had an ordinary round against St Patrick's and let it slip away. We lost games we were good enough to win, and took the foot off the throat.

Given the talent in our program, we have the ability to take out the aggregate this year. Both Villanova and St Patrick's have some very good teams across the board, but so does Iona. There are many premierships matches on the line over the next two rounds. I am asking all Iona boys to stand up, be counted and be prepared for some tough games. Grit your teeth, do not give up when the chips are down, and be determined to do well. That is what Ionians do. Every win is important this week – and next – if we want that aggregate.

This afternoon, our Track & Field squad will participate in the second AIC T&F meet of the season. We wish these boys all the best. As we reach this busy time of year with our studies and the various sports on offer, I am aware our athletes are juggling a number of commitments.

For Iona to produce our best, we need boys and their families to be willing to make things work and not take the easy option of withdrawing from training or making empty promises to attend. Our thanks are given to all those families who are supporting the College to accommodate the T&F program.

In Week 1 next term, we will formally commence the AIC swim program. In Week 4, we will commence all AFL, cricket and volleyball trials in readiness for 2025 (some volleyball trials will start earlier). Sign-ons for these sports will be open towards the end of this term via the Clipboard App so students can register their interest. Stay tuned to the newsletter for the opening date for sign-ons. A reminder, we have photos here this Saturday for all Year 7-9 basketball teams.

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

Our First XIII rugby league team is currently undefeated with two rounds to go. Our First V basketball team needs to win their game against Villanova this weekend to go to the top of the table. Our First IV tennis team has played extremely well throughout the season, facing many tough opponents and are looking to win their last two games. We also have many other teams across the three sports still in premiership contention.

No matter where you stand on the table, we wish all teams the very best this weekend. Let's get after that basketball aggregate, let's keep up the good standards we have set all season, and let's get stuck into those Villanova boys! Most importantly, let's enjoy!

Head of Sport – Craig Stariha

IONA UNIFORM SHOP

2024 Opening hours:

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

IONA SPORT SEASON PLANNER

2024 DATES

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)
 Thu 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
 Thu 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

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	Won 80-63		
2 nd	Lost	Won	Won	Won	Won 57-13		
3 rd	Won	Won	Won	Won	Won 26-24		
4 th	Won	Won	Lost	Won	Won 19-16		
11A	Lost	Won	Won	Won	Won 51-38		
11B	Won	Won	Lost	Won	Won 64-20		
11C	Lost	Won	Won	Won	Won 44-12 Pad D		
11D	Won	Bye	Won	Won	Draw 27-27 vs SLC D		
10A	Lost	Won	Lost	Won	Won 55-27		
10B	Won	Won	Won	Won	Won 65-17		
10C	Won	Won	Lost	Won	Won 58-10		
10D	Lost	Won	Lost	Won	BYE		
9A	Lost	Won	Won	Won	Won 102-7		
9B	Lost	Lost	Won	Won	Won 71-15		
9C	Won	Won	Won	Won	Won 91-4		
9D	Lost	Won	Won	Won	BYE		
8A	Won	Won	Won	Won	Won 67-40		
8B	Won	Won	Won	Won	Won 53-30		
8C	Won	Won	Won	Won	Won 55-8		
8D	Lost	Won	Won	Won	Won 57-8		
7A	Lost	Won	Lost	Won	Won 72-36		
7B	Won	Won	Lost	Won	Won 36-19		
7C	Won	Won	Lost	Won	Won 27-2		
7D	Won	Won	Lost	Won	Won 62-11		
6A	Lost	Won	Won	Won	Won 92-9		
6B	Lost	Won	Lost	Won	Won 64-14		
6C	Lost	Won	Lost	Lost	BYE		

6D	Won	Bye	Won	Lost	BYE		
5A	Won	Won	Won	Won	Won 49-4		
5B	Won	Won	Won	Won	Won 85-0		
5C	Won	Won	Lost	Won	BYE		
5D	Won	Bye	Won	Lost	BYE		

This week, Villanova will challenge our boys' basketball skills, and Iona will need to train well this week and work hard on Saturday to secure wins. We still have many teams in contention for premierships, and we are also in contention for winning the overall aggregate as best AIC basketball college. Good luck to all teams.

Photos for Years 7-9 basketball teams will be taken this Saturday. See photo schedule below.



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

Photo Schedule for Saturday 31 August

Photo Venue: Outside McCarthy 7

(Boys must arrive outside McCarthy 7, 10mins before their photo time or they risk missing the photo)

Team	Arrival Time	Photo Time	Game Time
9A Basketball	7.30am	7.40am	8am
9C Basketball	7.35am	7.45am	8am
9B Basketball	8.20am	8.30am	9am
7B Basketball	8.25am	8.35am	9am
9D Basketball	8.30am	8.40am	9am
7A Basketball	9.20am	9.30am	10am
7C Basketball	9.25am	9.35am	10am
7D Basketball	9.30am	9.40am	10am
8B Basketball	10.20am	10.30am	11am
8C Basketball	10.25am	10.35am	11am
8A Basketball	11.20am	11.30am	12pm
8D Basketball	11.25am	11.35am	12pm

Please note the following changes to training for next week (Week 9)

Monday 2 September

10C/D training moved to Oblate Hall

Tuesday 3 September

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

Years 5/6 Round 6 vs Villanova

Years 5 and 6 – Thursday 29 August			
Team	Venue	Court	Time
5A	Iona College	Provence 1	4.35pm
5B	Iona College	Provence 1	3.45pm
5C	Iona College	Provence 2	4.35pm
5D	Iona College	Provence 2	3.45pm
6A	Villanova College Eighth Ave, Coorparoo	Goold Hall	4.50pm
6B	Villanova College Eighth Ave, Coorparoo	Goold Hall	4pm
6C	Villanova College Eighth Ave, Coorparoo	Multi Court	4.50pm
6D	Villanova College Eighth Ave, Coorparoo	Multi Court	4pm

Years 7-Open Round 6 vs Villanova

Years 7 to 12 – Saturday 31 August			
Team	Venue	Court	Time
1 st	Villanova College Eighth Ave, Coorparoo	Goold Hall	12.15pm
2 nd	Villanova College Eighth Ave, Coorparoo	Goold Hall	11am
3 rd	St Martin's Primary Mayfield Rd, Carina	Dominic Centre Crt 1	11am
4 th	St Martin's Primary Mayfield Rd, Carina	Dominic Centre Crt 1	10am
11A	Villanova College Eighth Ave, Coorparoo	Goold Hall	10am
11B	St Martin's Primary Mayfield Rd, Carina	Dominic Centre Crt 1	9am
11C	St Martin's Primary Mayfield Rd, Carina	Dominic Centre Crt 1	8am
11D vs Pad C	Mt Alvernia College via Somerset Rd, Kedron	San Damiano	8am
10A	Villanova College Eighth Ave, Coorparoo	Goold Hall	9am
10B	Villanova College Eighth Ave, Coorparoo	Goold Hall	8am

Years 7 to 12 – Saturday 31 August

Team	Venue	Court	Time
10C	Villanova College Eighth Ave, Coorparoo	Multi court	9am
10D	Villanova College Eighth Ave, Coorparoo	Multi court	8am
9A	Iona College	Provence 1	8am
9B	Iona College	Provence 1	9am
9C	Iona College	Provence 2	8am
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

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

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

Congratulations to the following boys on their sporting achievements:



Oscar Curtis for being awarded the 57kg Champion for his division at the 2024 Golden Gloves Boxing Tournament.

Zac Erdmann on representing Met East U12s at the Queensland State Softball Championships held in Harvey Bay, where his team finished fourth. On the back of Zac's performance, he has now been selected to represent Queensland at the National Championships to be held in Cairns later this year.

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/ATC	Rd6 vs Villa	Rd7 vs SPC
1 st	Won	Won	Won	Won	Bye		
2 nd	Won	Won SPLC	Lost	Draw	Won 46-6		
Yr 10	Won	Won	Lost	Won	Won 48-6		
Yr 9	Won	Won	Lost	Lost	Won 54-6		
Yr 8	Won	Won	Won	Won	Won 32-4		
7A	Lost	Won	Lost	Lost	Lost 28-38		
7B	Lost	Won	Lost	Lost	Lost 10-18		
6A	Won	Won	Lost	Lost	Won 20-12		
6B	Won	Draw	Won	Won	Bye		
5A	Won	Bye	Won	Lost	Won 56-0		
5B	Won	Bye	Won	Won	Bye		

In Round 5, our dedicated players, coaches, and families made the journey west to St Peters/ATC, and the results were nothing short of impressive. Iona teams dominated the round, with tries flowing thick and fast.

In the junior divisions, our Year 5 and Year 6 teams continued their stronghold on the competition with commanding victories. While the Year 7A and 7B teams faced narrow losses once again, their determination remains unwavering.

On the senior fields, despite the First XIII having a bye, the teams from Year 8 to the Second XIII ensured a clean sweep, securing wins with a combined score of 182-22 in four matches. This remarkable performance highlights our teams' strength and cohesion.

We still have four undefeated teams, and three aggregate teams are in contention for premiership glory. Looking ahead to Round 6, our First XIII is set to face a formidable Villanova team, fresh off their victory against Padua. We eagerly anticipate the challenge, and are ready to rise to the occasion.

Round 5 Team of the Week

Fullback	Harrison Cameron	9A
Wing	George Harvey	10A
Centre	Joseph Marchitto	6A
Centre	Mu Quai	2nd XIII
Wing	Samson Smith	7B
Five Eighth	Aidan Johns	6A
Halfback	Quinn Davidson	8A
Prop	Harrison Versluis	5A
Hooker	Cooper Searston	7A
Prop	Kalix Swifte	10A
2 nd Row	Lachlan Burke	2nd XIII
2 nd Row	Jace Wilton	5A
Lock	Xavier Armstrong	9A

Round 6 vs Villanova (Saturday 31 August)

Years 5 – 7	
Venue: Tivoli Sporting Complex Church St, Tivoli	
TIME	Field 3
8am	5B
8.50am	5A
9.40am	6B
10.30pm	6A

Years 8 – Open		
Venue: St Laurence's Fields Nathan Rd, Runcorn		
TIME	Field 2	Field 5
8am	8A	7B (7:30am)
9am	9A	7A (8:20am)
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](#)

SAILING

Sailing Sign-On

Sailing registrations via Clipboard are now open for Term 4 racing. All sailors are required to complete this registration. Sign-on will close on Friday 6 September.

For boys interested in participating in sailing, or for more information, please contact the coordinators via ionacollegesailing@gmail.com for details and to arrange to come along for a try-out.

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).

Please see the below link for further information

[Sailing Information Link](#)

Blessing of Fleet



Last Sunday, our Rector Fr Joe Antony OMI, celebrated the annual 'blessing of the fleet' with the Iona sailing community to kick off the 2024/25 sailing season.

It was good to see our Year 6 boys joining the sailing program for the first time.

Although the new season is underway, we have yet to finish the 2023/24 season. Iona has qualified represent Australia in the upcoming annual Interdominion Sailing Championship, to be held in Auckland during Term 4.

We wish our sailors all the best for an enjoyable and safe season ahead.

SWIMMING – ISWIM

Head Coach

Mr Zane King – iswim@iona.qld.edu.au

Assistant Coach

Mr Nic Keune – iswim@iona.qld.edu.au

Swim Co-ordinator

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

We encourage as many boys as possible to commence training. We are very aware that many of our elite swimmers are in the pool already. Well done to those boys, keep up the great work!

For more information, email the coaches listed above.

Term 4 AIC Swimming Program

The AIC swim training program will consist of three sessions per week. The Monday afternoon sessions will focus on aerobic development, and strength and conditioning. Wednesday afternoon sessions will focus on stroke skill development. Friday afternoon sessions will focus on race preparation and race practice.

We encourage the boys to try to take part in as many of the sessions as possible. All these sessions combined contribute to creating swimmers with a complete skill set.

AIC Squads (Weeks 1 – 9)		
AIC Squad	Mon / Wed/ Fri	3.10-4.15pm

Elite Squads (Invitation Only)

National Squad	Mon / Wed / Fri	5.15-7.30am
	Mon/ Wed / Fri	4.15-6.45pm
	Tues / Thu	3.30-6.30pm
	Saturday	5.45-9.30am
State Squad	Tues / Thu	5.15-7.30am
	Mon / Wed/ Fri	3.30-5pm
	Tues / Thu	4pm-6.30pm
	Saturday	7.15-9.15am
Mets Squad	Mon-Fri	3.30-5pm
Junior Squad	Mon-Fri	3.45-4.45pm

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

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](#)

In Round 5, Iona faced the AIC Tennis powerhouse St Peters. It was a tough day for the black and white, going down with an end score of 3-13.

Despite the dominance shown by our competitors, the Firsts showed class on and off the court. They competed for every point and were gracious in defeat, modelling the traits of true sportsmen. Our Year 5s were the surprise packets, with our A team winning by one game, and the Bs also tasting victory. Our Fourths continued their undefeated record, finishing Round 5 with a 6-2 win. Across all cohorts, our players epitomised the Ionian spirit through their integrity and decorum.

This Saturday, Iona are up against Villanova College. I wish all teams the best of luck for Round 6.



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	Lost 0-8		
2 nd	Won 5-3	Won 6-2	Lost 3-5	Won 7-1	Lost 0-8		
3 rd	Won 6-2	Won 7-1	Lost 2-6	Lost 3-5	Lost 0-8		
4 th	Won 8-0	Won 8-0	Won 6-2	Won 6-2	Won 6-2		
10A	Lost 3-5	Won 5-3	Lost 3-5	Lost 3-5	Lost 0-8		
10B	Lost 0-8	Lost 0-8	Lost 0-8	Won 5-3	Lost 3-5		
9A	Lost 3-5	Won 8-0	Lost 2-6	Won 8-0	Lost 3-5		
9B	Won 5-3	Won 8-0	Lost 2-6	Won 8-0	Lost 3-5		
8A	Draw 27-27	Won 8-0	Lost 3-5	Lost 1-7	Lost 1-7		
8B	Won 29-27	Won 6-2	Lost 3-5	Won 6-2	Lost 3-5		
7A	Won 7-1	Won 8-0	Lost 0-8	Won 25-24	Lost 3-5		
7B	Won 7-1	Won 8-0	Lost 0-8	Won 6-2	Lost 1-7		
6A	Won 8-0	Won 8-0	Won 8-0	Won 7-1	Lost 30-34		
6B	Lost 3-5	Lost 0-8	Lost 2-6	Lost 2-6	Lost 2-6		
5A	Lost 22-33	Lost 1-7	Lost 0-8	Won 5-3	Won 28-27		
5B	Lost 0-8	Won 8-0	Lost 0-8	Won 8-0	Won 5-3		

Tennis Round 6 vs Villanova

Team	Venue	Time
5A/B	Wynnum Tennis Centre Colina St, Wynnum	7.45am - 10am
6A/B	Wynnum Tennis Centre Colina St, Wynnum	10.15am - 12.30pm
7A/B	Iona College	7.45am - 10am
8A/B	Iona College	10.15am - 12.30pm
9A/B	Morningside Tennis Ctr Beverley St, Morningside	10.15am - 12.30pm
10A/B	Morningside Tennis Ctr Beverley St, Morningside	10.15am - 12.30pm
1 st IV	Morningside Tennis Ctr Beverley St, Morningside	7.45am - 12.30pm
2 nd	Morningside Tennis Ctr Beverley St, Morningside	7.45am - 10am
3 rd	Morningside Tennis Ctr Beverley St, Morningside	7.45am - 10am
4 th	Morningside Tennis Ctr Beverley St, Morningside	7.45am - 10am

Social Tennis

Social Tennis is on offer in Term 4. It is the perfect opportunity for students to develop their skills and play in a variety of team-based games with their friends. It is available for students in Years 5-7. Students who are interested in participating need to collect a permission slip from PROSPER or Primary Reception. Permission slips are due back Monday 9th of September.

When: Starting in Term 4 (Weeks 1-7) – every Thursday 3:15pm-4:30pm

Where: Iona College Tennis Courts

Who: Students in Years 5-7

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



It was great to see a strong turn out to the first AIC practice meet last Thursday, with many experiencing running, jumping or throwing against other competitors for the first time.

The second practice meet will be held this Wednesday (28 August) at the State Athletic Facility (SAF) at Nathan. 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 meets this Wednesday and next Thursday.

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

Important Dates

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 – Wed 28 Aug.

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

Bus Times for 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.

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	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 1	12 Years
	Triple Jump	16 Years & Open
	Javelin	13 Years
	Discus	12 Years
	Long Jump	15 Years
	Shot Put 1	14&15 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 5 September)

Schedule of Track Events	
TIME	EVENT
3.20pm	200m Years 5 & 6
3.40pm	800m Years 5 & 6
4pm	100m Years 5 & 6
4.30pm	Hurdles Years 5 & 6
4.45pm	Hurdles 12 Years – Open
5pm	1500m
5.30pm	200m
6pm	3000m
6.15pm	400m
6.40pm	100m
7.15pm	4 x 100m Relays

Schedule of Track Events (Thursday 5 September)

Time	Event	Age Group
3.15pm	Shot Put	Year 5
	High Jump	Year 6
	Long Jump	Year 5
4pm	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 1	12 Years
	Triple Jump	16 Years & Open
	Javelin	13 Years
	Discus	12 Years
	Long Jump	15 Years
	Shot Put 1	15 Years
6.10pm	Shot Put 2	14 Years
	Shot Put 1	12 Years
	Long Jump	12 & 13 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
	Javelin	12 Years
	Long Jump	14 Years
	Discus	16 Years & Open
	High Jump 1	Open
7pm	High Jump 2	16 Years
	Shot Put 1	13 Years

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: 3.15pm–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 Training Times

Year 7

Thursday 29 August: in Oblate Hall (Second break – wear your greys, but bring volleyball shoes)

Training will be from 3.15pm–5pm on the below dates:

Friday 6 September: in Oblate Hall

Friday 13 September: in Provence Centre (last day of term)

Friday 4 October: in Provence Centre

Thursday 10 October: in Oblate Hall

Friday 11 October: in Provence Centre

Wednesday 16 Oct: in Provence Centre

Year 8

Training will be from 3.15pm–5pm on the following dates:

Thursday 29 August: in Oblate Hall

Friday 6 September: in Oblate Hall

Friday 13 September: in Provence Centre (last day of school)

Thursday 3 October: in Provence Centre (Yr 9, 2025 trials)

Friday 4 October: in Provence Centre

Thursday 10 October: in Oblate Hall

Friday 11 October: in Provence Centre

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

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>