

IONA SPORT

I AM IONIAN 

4 September 2024

TEAM IONA

This time last year, Iona was heading into the final round of the AIC basketball season on top of the table and looking to take out the AIC basketball aggregate. Unfortunately, we did not play to our potential. We lost a few games we were good enough to win, and as a result, Iona narrowly lost the aggregate. I am still trying to get over it.

This year, we are in the same position – leading the aggregate with one round to go. Villanova has had a stronghold on the basketball aggregate trophy for the past six seasons. All Iona coaches and players are aware of our goal this weekend. Every win is important. History is there if you want it. Best wishes go to our basketball fraternity for a successfully weekend.

At this stage, Iona is half a point behind Marist College Ashgrove in the rugby league aggregate. Again, a big round is needed by all Iona teams this weekend to overtake Marist. It is certainly an achievable goal, and I am backing the boys in black and white!

Participation and enjoyment remain the most fundamental reasons to play sport. It is great to see boys being involved and having fun. Boys are naturally competitive, and are keen to do well whatever the sport – handball at lunchtime, throwing darts with friends or playing a footy match on the weekend. This natural urge to do well is encouraged at Iona, as long as we always represent our College well, show respect to all and always show good sportsmanship.

When premierships and aggregates are on the line, I make no apology for our boys to go after them. If we happen to win, that is great. We celebrate for a bit, then move on with our lives. If we happen to lose, it is a matter of 'back luck, better luck next time' and we move on with our lives. If the boys compete to the best of their ability and leave nothing in the tank (as well as being good competitors), that is all we can ask. We just do not want to miss the opportunities we are good

enough to take. Being honest, Iona is good enough this year. All the best this weekend, boys!

Trials / training for those wishing to play AIC AFL, Volleyball, Cricket and Swimming in 2025 will be conducted in Term 4 this year. Our aim is to have all teams for all sports selected by the end of this year. The idea is that our teams will be fully prepared right from the start of 2025. A full trial schedule as well as information regarding the sign-on process will be placed in next week's newsletter. Please keep an eye out.

Last weekend, Iona played Villanova in Round 6 of the AIC fixtures. As expected, we were challenged in basketball. Both colleges enjoyed their fair share of victories, with Iona taking out the majority of aggregate games. Overall, Iona was by far the dominant school in rugby league, winning all games from Years 5–12. Villanova were slightly better overall in the tennis. Our boys are going well this season, and are strongly encouraged to finish the year to the best of their ability.

This week all squad members will attend the third (of four) AIC Track & Field meets for the season at SAF. We expect full attendance by all squad members. After this week, we only have four more weeks before the AIC Track & Field Championships – held in Week 1 next term – so our full attention and commitment to training and meets this Thursday and next Wednesday is a must.

The Iona swim program will look to get into full swing next term. We encourage as many boys as possible to join our program as we know the hard work done now will pay dividends later in the season. Boys can join the program to make the AIC swim team, or they may choose to join the swim program to enhance their physical fitness and general wellbeing. The swim program is free!

I would certainly encourage as many boys as possible to take up this opportunity to jump in the pool and work on their fitness, or perhaps their goal to make the AIC swim team next year. Parents, we urge you to get your sons off their devices and for them to take this opportunity. Please see below more details regarding session times.

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

As mentioned above, the final round of AIC fixtures this weekend will see Iona up against St Patrick's. This will be the final time that our Year 12 students will play basketball, rugby league and tennis for the black and white. I thank these men for their contributions over the years and wish them, and all our teams, the very best this weekend.

Let's play hard till the end, boys, and please 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 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](#)

This Saturday is very important for Iona basketball. We are currently leading the Aggregate race to be crowned the Champion AIC basketball school, but it all hinges on results this Saturday as the Aggregate competition is really close. We need all A and B teams to do their best to win their matches against St Patrick's to give us the best chance of taking out the aggregate for 2024.

The following basketball teams have a chance of winning premierships:

8A, 8B, 8C, 8D, 9A, 9C, Third V.

The following basketball teams have a chance of winning premierships, but are also relying on results of other games to go their way:

11B, 11D.

Good luck to all teams for the last game of the season!

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 | Lost 67-82 | |
| 2 nd | Lost | Won | Won | Won | Won | Won 29-19 | |
| 3 rd | Won | Won | Won | Won | Won | Won 35-12 | |
| 4 th | Won | Won | Lost | Won | Won | Won 28-19 | |
| 11A | Lost | Won | Won | Won | Won | Won 53-39 | |
| 11B | Won | Won | Lost | Won | Won | Won 36-28 | |
| 11C | Lost | Won | Won | Won | Won Pad D | Lost 33-36 | |
| 11D | Won | Bye | Won | Won | Draw SLC D | Won 38-30 Pad C | |
| 10A | Lost | Won | Lost | Won | Won | Won 52-32 | |
| 10B | Won | Won | Won | Won | Won | Lost 42-50 | |
| 10C | Won | Won | Lost | Won | Won | Lost 25-61 | |
| 10D | Lost | Won | Lost | Won | BYE | Lost 22-56 | |
| 9A | Lost | Won | Won | Won | Won | Won 70-46 | |
| 9B | Lost | Lost | Won | Won | Won | Won 61-35 | |
| 9C | Won | Won | Won | Won | Won | Won 41-27 | |

| | | | | | | | |
|----|------|-----|------|------|-----|------------|--|
| 9D | Lost | Won | Won | Won | BYE | Lost 9-31 | |
| 8A | Won | Won | Won | Won | Won | Lost 52-56 | |
| 8B | Won | Won | Won | Won | Won | Won 44-34 | |
| 8C | Won | Won | Won | Won | Won | Won 18-17 | |
| 8D | Lost | Won | Won | Won | Won | Won 31-21 | |
| 7A | Lost | Won | Lost | Won | Won | Lost 42-60 | |
| 7B | Won | Won | Lost | Won | Won | Lost 32-39 | |
| 7C | Won | Won | Lost | Won | Won | Lost 13-28 | |
| 7D | Won | Won | Lost | Won | Won | Lost 18-22 | |
| 6A | Lost | Won | Won | Won | Won | Won 34-31 | |
| 6B | Lost | Won | Lost | Won | Won | Lost 27-36 | |
| 6C | Lost | Won | Lost | Lost | BYE | Lost 43-10 | |
| 6D | Won | Bye | Won | Lost | BYE | Lost 12-21 | |
| 5A | Won | Won | Won | Won | Won | Lost 16-25 | |
| 5B | Won | Won | Won | Won | Won | Lost 25-27 | |
| 5C | Won | Won | Lost | Won | BYE | Lost 20-30 | |
| 5D | Won | Bye | Won | Lost | BYE | Lost 3-31 | |



Boys will return to the Iona bus turnaround at approx 6.30pm. Boys must be collected promptly.

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

Years 7-Open Round 7 vs St Patrick's

| Years 7 to 12 – Saturday 7 September | | | |
|--------------------------------------|--|--------------------|---------|
| Team | Venue | Court | Time |
| 1 st | St Patrick's College 60 Park Pde, Shorncliffe | Christian Brothers | 12.15pm |
| 2 nd | St Patrick's College 60 Park Pde, Shorncliffe | Christian Brothers | 11am |
| 3 rd | St Patrick's College 60 Park Pde, Shorncliffe | Callan Centre | 11am |
| 4 th | St Patrick's College 60 Park Pde, Shorncliffe | Morven Outdoor | 10am |
| 11A | St Patrick's College 60 Park Pde, Shorncliffe | Christian Brothers | 10am |
| 11B | St Patrick's College 60 Park Pde, Shorncliffe | Callan Centre | 9am |
| 11C | St Patrick's College 60 Park Pde, Shorncliffe | Callan Centre | 8am |
| 11D | St Patrick's College 60 Park Pde, Shorncliffe | Morven Outdoor | 9am |
| 10A | St Patrick's College 60 Park Pde, Shorncliffe | Christian Brothers | 9am |
| 10B | St Patrick's College 60 Park Pde, Shorncliffe | Christian Brothers | 8am |
| 10C | St Patrick's College 60 Park Pde, Shorncliffe | Callan Centre | 10am |
| 10D vs Villa | Villanova College Eighth Ave, Coorparoo | Multicourt | 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 |

Years 5/6 Round 7 vs St Patrick's

| Years 5 and 6 – Friday 6 September | | | |
|------------------------------------|--|--------------------|--------|
| 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 | St Patrick's College 60 Park Pde, Shorncliffe | Christian Brothers | 4.50pm |
| 6B | St Patrick's College 60 Park Pde, Shorncliffe | Christian Brothers | 4pm |
| 6C | St Patrick's College 60 Park Pde, Shorncliffe | Callan Centre | 4.50pm |
| 6D | St Patrick's College 60 Park Pde, Shorncliffe | Callan Centre | 4pm |

Boys in Year 6 teams will meet at the Primary handball courts after school and travel to St Patrick's via bus.

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:

Noah Carter (Under-20), Casper Greatorex (Under-18) and Arlo Searls (Under-16) on representing Queensland at National Cross Country Championships in Launceston on 31 August.



Mitch Price on his selection in the Australian Under-18 Volleyball team who played in a four-match series against Japan in Osaka.

MOUNTAIN BIKING

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

On Thursday 29 August, the Iona Mountain Biking Squad wrapped up their season by competing against 41 schools from across southeast Queensland. A group of 28 dedicated Ionians demonstrated their commitment to the sport as they navigated the rugged trails with unwavering determination. The event showcased outstanding performances, highlighting the depth of talent within the Iona mountain-biking community. This competition concluded the season, and a special thank you goes to all 60 riders for their dedication and hard work throughout the year.



Finishing Places Highlights:

- Benjamin Doust 8th (of 148) – Yr 7/8 (Junior)
- Harry Hazell 14th (of 148) – Yr 7/8 (Junior)
- Bodhi Dusha 19th (of 114) – Yr 9/10 (Inter)
- Lucas Longley 3rd (of 21) – Yr11/12 (Senior)
- Xavier Tromp 7th (of 21) – Yr11/12 (Senior)
- Hudson Connolly 10th (of 21) – Yr11/12 (Senior)

Special mention to Lucas Longley, who set the 11th, 13th, and 17th fastest times on the three tracks, and Xavier Tromp setting the 16th fastest on one track of all 297 riders on the day. Great work, boys.

Contact Mr Davison for any further information about the 2025 Mountain Biking squad.

RUGBY LEAGUE

Coordinator: Mr Andrew Fildes
fildesa@iona.qld.edu.au

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 |
|-------|------------|------------|------------|------------|-----------------|--------------|------------|
| 1st | Won | Won | Won | Won | Bye | Won 34-6 | |
| 2nd | Won | Won SPLC | Lost | Draw | Won | Won 12-6 | |
| Yr 10 | Won | Won | Lost | Won | Won | Won 30-0 | |
| Yr 9 | Won | Won | Lost | Lost | Won | Won 16-10 | |
| Yr 8 | Won | Won | Won | Won | Won | Won 40-4 | |
| 7A | Lost | Won | Lost | Lost | Lost | Won 46-6 | |
| 7B | Lost | Won | Lost | Lost | Lost | Won 24-0 | |
| 6A | Won | Won | Lost | Lost | Won | Won 20-12 | |
| 6B | Won | Draw | Won | Won | Bye | Won 20-4 | |
| 5A | Won | Bye | Won | Lost | Won | Won 44-4 | |
| 5B | Won | Bye | Won | Won | Bye | Won 24-8 | |

As we near the end of the 2024 season, our penultimate round saw Iona take on local rivals Villanova on an unseasonably hot winter's day. Our teams rose to the challenge, delivering a clean sweep with 11 victories across all matches.

In the junior divisions, the 5Bs and 6Bs continued their undefeated streak, while the 7A, 7B, 6A, and 5A teams also secured impressive wins despite the blistering heat.

On the senior fields, every player contributed to the success of the day. The Year 9 team is beginning to truly showcase their skills, while the Year 8 and 1st XIII teams maintained their undefeated records. The atmosphere was electric, with team songs echoing across the grounds every hour.

Looking Ahead to Round 7: The Decisive Weekend

This weekend is pivotal for our College in rugby league. The aggregate shield is on the line, and victories in five key matches (7A, 8A, 9A, 10A, and 1st XIII) will put us in an excellent position to claim the shield for the second consecutive year.

Every student's effort counts—let's rally together and secure these wins!

Round 6 Team of the Week

| | | |
|-------------|-----------------|----------|
| Fullback | Hunter Swifte | 7A |
| Wing | Liam Crosby | 7B |
| Centre | Jack Shelton | 6A |
| Centre | Tate Firmin | 8A |
| Wing | Emmett Gibson | 7B |
| Five-Eighth | Samson Pereira | 9A |
| Halfback | Samuel Christer | 5A |
| Prop | Fononga Tuitahi | 1st XIII |
| Hooker | Hayden Castner | 1st XIII |
| Prop | Reece Dunn | 5B |
| Second Row | Charlie Hansson | 2nd XIII |
| Second Row | Thomas Haynes | 10A |
| Lock | Kobe Sergeant | 9A |

Round 7 vs St Patrick's (Saturday 7 September)

Years 5-7

| Venue: SLC Playing Fields | |
|---------------------------|---------|
| TIME | Field 4 |
| 8am | 5B |
| 8.50am | 5A |
| 9.40am | 6B |
| 10.30am | 6A |
| 11.30am | 7B |
| 12.30pm | 7A |

Year 8 – Open

| Venue: Marist College | |
|-----------------------|-------------|
| TIME | Hayden Oval |
| 8am | 8A |
| 9am | 9A |
| 10am | 10A |
| 11am | 2nd |
| 12.15pm | 1st |

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](#)

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

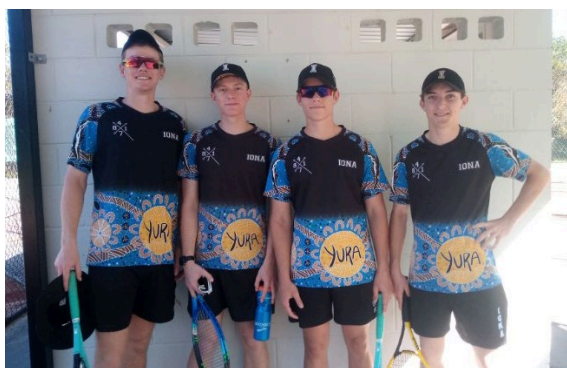
| Team | Managers | Email |
|---|-----------------|--|
| 1 ST IV, 2 ND IV | Renae Northcott | northcottr@iona.qld.edu.au |
| 3 RD IV, 4 TH IV | Kevin Caine | cainek@iona.qld.edu.au |
| 10A & 10B | Michael Cook | cookm@iona.qld.edu.au |
| 9A & 9B | Andrew Goodwin | goodwina@iona.qld.edu.au |
| 8A & 8B | 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](#)

Last Saturday was a nailbiting round as we faced our greatest rival in the AIC Competition – Villanova. The narrow 7-9 loss was humbling for our tennis players. The Firsts fought to stay in the running against Villanova by winning two doubles matches, but went down 3-5.



Congratulations must go to our Seconds and Thirds, who were able to convert their suspenseful matches into victories, both winning by only one game. Even though the final result was a tough loss, we learn the most from our defeats. From this we need to reflect and refocus in preparation for our last round against St Patrick's College.

Good luck to all teams for the final round of the season.

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 | Lost 3-5 | |
| 2 nd | Won 5-3 | Won 6-2 | Lost 3-5 | Won 7-1 | Lost 0-8 | Won 32-31 | |
| 3 rd | Won 6-2 | Won 7-1 | Lost 2-6 | Lost 3-5 | Lost 0-8 | Won 31-30 | |
| 4 th | Won 8-0 | Won 8-0 | Won 6-2 | Won 6-2 | Won 6-2 | Won 7-1 | |
| 10A | Lost 3-5 | Won 5-3 | Lost 3-5 | Lost 3-5 | Lost 0-8 | Lost 28-33 | |
| 10B | Lost 0-8 | Lost 0-8 | Lost 0-8 | Won 5-3 | Lost 3-5 | Lost 2-6 | |
| 9A | Lost 3-5 | Won 8-0 | Lost 2-6 | Won 8-0 | Lost 3-5 | Won 5-3 | |
| 9B | Won 5-3 | Won 8-0 | Lost 2-6 | Won 8-0 | Lost 3-5 | Lost 3-5 | |
| 8A | Draw 27-27 | Won 8-0 | Lost 3-5 | Lost 1-7 | Lost 1-7 | Won 8-0 | |
| 8B | Won 29-27 | Won 6-2 | Lost 3-5 | Won 6-2 | Lost 3-5 | Lost 0-8 | |
| 7A | Won 7-1 | Won 8-0 | Lost 0-8 | Won 25-24 | Lost 3-5 | Lost 3-5 | |
| 7B | Won 7-1 | Won 8-0 | Lost 0-8 | Won 6-2 | Lost 1-7 | Lost 28-31 | |
| 6A | Won 8-0 | Won 8-0 | Won 8-0 | Won 7-1 | Lost 30-34 | Won 7-1 | |
| 6B | Lost 3-5 | Lost 0-8 | Lost 2-6 | Lost 2-6 | Lost 2-6 | Lost 3-5 | |
| 5A | Lost 22-33 | Lost 1-7 | Lost 0-8 | Won 5-3 | Won 28-27 | Lost 0-8 | |
| 5B | Lost 0-8 | Won 8-0 | Lost 0-8 | Won 8-0 | Won 5-3 | Won 7-1 | |

Tennis Round 7 vs St Patrick's (Saturday 7 September)

| Team | Venue | Time |
|--------------------|---|-----------------|
| 5A/B | Wynnum Tennis Centre | 7:30am-10am |
| 6A/B | Wynnum Tennis Centre | 10am-12:30pm |
| 7A/B | Iona College Tennis Centre | 7:30am-10am |
| 8A/B | Iona College Tennis Centre | 10am-12:30pm |
| 9A/B | Coops Tennis Centre 751 Beams Rd, Carseldine | 10am-12:30pm |
| 10A/B | Coops Tennis Centre 751 Beams Rd, Carseldine | 10:15am-12:15pm |
| 1 st IV | Sandgate Tennis Centre Board St, Deagon | 7:45am-12:30pm |
| 2 nd | Sandgate Tennis Centre Board St, Deagon | 7:45am-10am |
| 3 rd | Sandgate Tennis Centre Board St, Deagon | 7:45am-10am |
| 4 th | Bye | |

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 9 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

Important Dates

| | |
|------------|------------------------------|
| Thu 5 Sep | AIC Track & Field meet @ SAF |
| Wed 11 Sep | AIC Track & Field meet @ SAF |
| Fri 27 Sep | Iona Holiday Session @ SAF |

AIC Track & Field Championships

| | |
|-------|---------------------------|
| Day 1 | Thursday 3 October @ QSAC |
| Day 2 | Friday 4 October @ QSAC |



It was another strong turnout for the second practice meet last Wednesday, with great results coming from our javelin, shotput and discus throwers. As Term 3 sports come to an end and only two practice meets remain, we are asking all track and field competitors to please maintain their commitment and ensure they attend all remaining sessions.

The third practice meet will be held this Thursday (5 September) at the State Athletic Facility (SAF), 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 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 wish the boys all the best in the final two weeks of training this term

Meet Organisation – Thurs 5 & Wed 11 September

Venue: SAF @ Nathan

Event time: 3pm–7.45pm

Bus Times for Thurs 5 & Wed 11 September

- 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 (Thursday 5 September)

| TIME | EVENT |
|--------|-------------------------|
| 3.20pm | 200m Years 5 & 6 |
| 3.40pm | 800m Years 5 & 6 |
| 4pm | 100m Years 5 & 6 |
| 4.30pm | Hurdles Years 5 & |
| 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 (Wednesday 11 September)

| TIME | EVENT |
|--------|-------------------------|
| 3pm | 200m Years 5 & 6 |
| 3.20pm | 800m Years 5 & 6 |
| 3.45pm | 100m Years 5 & 6 |
| 4pm | Hurdles Years 5 & |
| 4.20pm | Hurdles 12 Years – Open |
| 4.50pm | 800m |
| 5.20pm | 100m |
| 6pm | 400m |
| 6.20pm | 200m |
| 6.45pm | 1500m |
| 7.10pm | 4 x 100m Relays |

Schedule of Field 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 |
| 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 Field Events (Wednesday 11 September)

| 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 | 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 |

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.

Students selected in the 2025 First VI volleyball team are expected to attend the National Volleyball Championships on the Gold Coast from 9–15 December.

Training will be every Tuesday and Wednesday 3.15pm–5pm in Term 4.

Junior Schools Cup Volleyball Training Times

Year 7

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:

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.

Volleyball trials for 2025 AIC Teams

Please note:

- Not all students will make it through to all the trials as the number of players selected in teams are limited. Trial numbers may be reduced after each session.
- Boys (current students) will also have trials during weekly sport lessons.

(Current Year 6) 2025 Year 7

Students from other schools who are attending Iona in 2025 and wish to trial for volleyball are also asked to attend the below trial sessions.

Thu 24 October 3.15pm–5pm Oblate Hall

Sat 26 October 8am–10am Oblate Hall

Thu 31 October 3.15pm–5pm Oblate Hall

Sat 2 November

Internal trial matches 8am–9am Oblate Hall

Thu 7 November 3.15pm–5pm Oblate Hall

(only those selected in final teams)

Sat 9 November Trial matches vs Villanova

Sat 16 November Trial Matches (A and B teams only) vs St Patrick's

(Current Year 7) 2025 Year 8

Wed 16 October 3.15–5pm Provence Centre

Wed 23 October 3.15–5pm Oblate Hall

Mon 28 October 3.15–5pm Oblate Hall

Sat 2 November

Internal trial matches 9–10am Oblate Hall

Thu 7 November 3.15pm – 5pm

(Training for 8A/B boys)

Fri 8 November 3.15–4.30pm

(Training for 8C/D boys)

Sat 9 November Trial matches vs Villanova

Sat 16 November Trial Matches (A/B teams only) vs St Patrick's

(Current Year 8) 2025 Year 9

Thu 3 October 3.15–5pm Provence Centre

Fri 25 October 3.15–5pm Provence Centre

Fri 1 November 3.15–5pm Provence Centre

Sat 2 November

Internal trial matches 10–11am Oblate Hall

Fri 8 November 3.15–5pm Oblate Hall

(Only those selected in final teams)

Sat 9 November Trial matches vs Villanova

Sat 16 November Trial Matches (A/B teams only) vs St Patrick's

(Current Year 9) 2025 Year 10

Tue 1 October 3.15–5pm Oblate Hall
Wed 2 October 3.15–5pm A/B in Provence,
C/D in Oblate Hall
Tue 8 October 3.15–5pm Oblate Hall

Sat 2 November

Internal trial matches 11am–12pm Oblate Hall

Wed 6 November 3.15–5pm Oblate Hall
(Only those who are selected in final teams)
Sat 9 November Trial matches vs Villanova
Sat 16 November Trial Matches (A/B teams only)
vs St Patrick's

(Current Year 10) 2025 Year 11

11A Trials

Tue 8 October 3.15pm–5pm Provence Centre
Wed 9 October 3.15pm–5pm Provence Centre

Boys selected in the 11A team are asked to attend the following sessions:

Tue 29 October 3.15pm–5pm Provence Centre

Sat 2 November

Internal trial match 12pm–1pm Oblate Hall

Tue 5 November 3.15pm–5pm Oblate Hall
Sat 9 November Trial matches vs Villanova
Sat 16 November Trial matches vs St Patrick's

Boys who miss out on the 11A team are asked to trial for 2nds and 3rds on the following dates:

Wed 9 October 3.15pm–5pm Oblate Hall
Tue 22 October 3.15pm–5pm Oblate Hall

Training for 2nds & 3rds will then be as follows:

Wed 30 October 3.15pm–5pm OH/PC

Sat 2 November

Internal trial match 12pm–1pm Oblate Hall

Mon 4 November 3.15pm – 5pm OH/PC
Sat 9 November Trial matches vs Villanova
Sat 16 November Trial matches vs St Patrick's

Current Year 10 boys who miss out on 2025 Second VI and Third VI can trial for the 2025 11B and 11C teams on the following dates:

During Sport lessons in Weeks 4 & 5

Tue 29 October 3.15pm–5pm Oblate Hall

11B and 11C teams will not play the internal trials on

Saturday 2 November

Tue 5 November 3.15pm–4.30pm Oblate Hall
Sat 9 November Trial matches vs Villanova

2025 Open Teams (Current Years 10 and 11)

Trials for First VI Volleyball

See trial times and information above.

Sat 11 November Trial match vs Villanova
Sat 16 November Trial match vs St Patrick's

Trials for 2nds, 3rds, 4ths

Wed 9 October 3.15pm–5pm Oblate Hall
Tue 22 October 3.15pm–5pm Oblate Hall

Training for 2nds and 3rds will then be as follows:

Wed 30 October 3.15pm – 5pm OH/PC

Sat 2 November

Internal trial match 12pm–1pm Oblate Hall

Mon 4 November 3.15pm–5pm OH/PC
Sat 9 November Trial matches vs Villanova
Sat 16 November Trial match vs St Patrick's

Those who miss out on 2nds and 3rds can trial for 4ths:

Wed 9 October 3.15pm – 5pm Oblate Hall
Tue 22 October 3.15pm – 5pm Oblate Hall
Wed 30 October 3.15pm – 5pm Oblate Hall

Sat 2 November

Internal trial match 12pm–1pm Oblate Hall

Mon 4 November 3.15pm–4.30pm Oblate Hall
Sat 9 November Trial match vs Villanova

Sharks Volleyball Camp

Sharks Camp September registrations are now open!

Cost: \$299 per player
Dates: 24–27 September
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

For more information and to register, go to:

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