

IONA SPORT

I AM IONIAN 

2 October 2024

TEAM IONA

As I write this column, it is hard to believe that it is the first week back after September vacation and we are now on the 'run home' to Christmas. With only nine weeks remaining, there is no doubt this will be a busy term ahead as we 'gear up' for the 2025 sporting year.

The AIC swim program officially commences this week. It was with great pleasure that we welcomed a good number of our new 2025 students into the swim program. As always, the success of any program will be traced back to the hard work given during the pre-season program. So we encourage all those who are keen to participate in swimming to get in the pool and start training ASAP. Please note the College will run a swim camp next year for boys entering Years 7-12 in 2025. Limited spots will be available. The camp will be held on the Gold Coast from 15-17 January. This will be an action-packed camp, full of fun and hard work. More information on this camp will be given in the next two to three weeks.

The AIC Track and Field Championships will be held tomorrow and Friday at QSAC. We wish our boys the very best.

An email has been sent to all those involved in the Track & Field program outlining all the information that you need to know. Please refer to this email if you have any questions regarding the Track & Field arrangements over the coming days.

The Year 11 cohort and selected students from Years 9 and 10 will go to QSAC on the buses provided on Friday to act as supporters for our team. These boys are to wear their academic uniforms, College I-cap and bring a small bag with their food and drink on the day. Canteen facilities will also be available.

We are relying on the support of our Year 11 parents (and those of selected Year 9 and 10 students) to ensure their sons attend school that day to support our team and College.

This term, we will conduct all AIC sports trials for the sports played in Term 1, 2025 – which include AFL, cricket, volleyball and swimming. Our plan is to select all teams for all sports before we head into the Christmas break. New students entering the College have been invited to attend these trials as well.

Official trials will commence in Week 4, although some of the volleyball trials have commenced already. Please go to the respective sport sections below to access the information links to the various 'season schedule' documents for each sport. Both the volleyball and AFL links appear in this edition. The swimming and cricket links will be added within the next two weeks.

These links contain all the trial information, including all dates, times, and venues. On top of the training / trials held during the week, we have also planned a number of internal trials held on some Saturdays, and some trial games against other colleges.

With regards to the internal cricket trials (Sat 2 Nov) and the cricket trials against Villanova (Sat 9 Nov), we have planned for these to be conducted in the afternoon. This will involve certain teams across the College. We are aware that most club games are played in the morning. However, earlier this week I was made aware there are some afternoon zone cricket fixtures in both EDJCA and BEARS planned during the season.

It was suggested that boys involved in these games could request their clubs to play their games in the morning on these weekends if a clash occurs. We hope to publish our AIC cricket season schedule soon, so our cricket community has time to consider any clashes that may occur.

Students who wish to sign on for Term 1 sports including cricket, AFL, volleyball and swimming must do so using Clipboard.

Students can log in immediately using their Iona email and password using the following link:
<https://portal.clipboard.app/iona>

Only parents can do the 'Activity Selection' (sign-on) for students in Years 5 and 6. However, all Year 7-12 students are able to do this themselves. Parents are

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

asked to contact Mr Alex Jirasek jirasek@iona.qld.edu.au if they do not have access to Clipboard already (an invitation into Clipboard needs to be generated for parents to have access).

Iona College AIC Sports – Term 1, 2025

AIC Cricket – Open to all students from Years 5–12. All cricket is played on Saturday.

Divisions – Year 5, Year 6, Year 7, Year 8, Year 9, Year 10 and Opens (Years 11 and 12)

AIC AFL – Open to all students in Years 5–12. All Year 5–10 teams play on Saturdays. The Year 11–12 (Opens) will play on Friday afternoons.

Divisions – Year 5, Year 6, Year 7, Year 8, Year 9, Year 10 and Opens (Years 11 and 12)

AIC Volleyball – Open to all students from Years 7–12. All volleyball is played on Saturday.

Divisions – Year 7, Year 8, Year 9, Year 10, Year 11 and Opens

AIC Swimming – Open to all students from Years 5–12. All meets will be held on Friday afternoon (clashes with Open AFL can be negotiated).

Divisions – Year 5, Year 6, 12–years, 13–years, 14–years, 15–years, 16–years and Opens

Note: All cricket, volleyball and Year 5–10 AFL is played on Saturday. Therefore, students may trial for only one of these sports. Any boy may register for swimming on top of the other sports played in Term 1.

Year 11–12 AFL is played on Friday evening. Those students who consider themselves ‘high-level’ players in both cricket and AFL must see / email Mr Stariha directly to gain approval to play AFL on Friday and possibly cricket / volleyball on Saturday. Decisions on playing both will be made on a ‘case-by-case’ basis for top-level players only. We ask students to select their first preference on Clipboard though.

Please be aware of some of Iona College’s policies and expectations.

- Iona College commitments come before club sport, or any outside organisations.
- Iona College expects full commitment from all players to all training sessions and games (within reason). Clashes with other Iona co-curricular commitments can be negotiated via the Sports Office.
- If a student possesses a special gift or talent, we expect that he uses this talent for the benefit of our community.

- All players are to conduct themselves in the appropriate manner in accordance with our Oblate Catholic values.
- Be supportive of fellow teammates and other teams.
- Always wear the full and correct uniform with pride.
- Enjoy the sport, and give your best when representing Iona College.

Our best wishes go to all the Track & Field athletes who will represent Iona at the annual AIC Track & Field Championships this week, as well as to the three teams who will participate in the All-Schools Touch competition held at the Gold Coast this week. Enjoy!

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

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)
Tue 15 Oct:	Rugby League 9s Gala Day
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
Tue 3 Dec:	1sts Cricket vs Grammar
3–17 Dec:	Basketball Tour (California)
9–15 Dec:	Australian Volleyball Schools Cup
8–12 Dec:	Oblate Cup Cricket (Perth)

AFL

AFL Coordinators

Mr Bannerman bannermana@iona.qld.edu.au

Mr Leigh Harding hardingl@iona.qld.edu.au

Sign-on for 2025 AFL is now open. Please complete the sign on via Clipboard as soon as possible.

Please see the below link for the following information:

[AFL Information Link](#)

- AFL trial times (for each year level) in Term 4 for next year's AIC teams.
- Information about internal trial games.
- Uniform expectations.
- 2025 training times for the selected teams.
- Dates of AIC Matches in 2025.

The following items are available at the Uniform Shop:

Mouthguards	\$6
Headgear	\$55
Strapping tape	\$12
Electrical tape	\$2.50

BASKETBALL

CBSQ Schools Cup basketball

Congratulations to our Open basketball team, who took the silver medal at the CSBQ Schools Cup basketball competition over the holidays. Every player contributed throughout the four-day competition, and Iona was able to show a great level of teamwork and tenacity against some strong competition. Many thanks to all students and parents who assisted throughout the competition. Iona will now move up into Division 2 for the 2025 CBSQ Competition.

Pool Games

Iona 52 d Alex Hills SHS 28

Iona 57 d Runcorn SHS 21

Iona 43 d North Lakes State College 39

Finals Crossover

Iona 52 d Calamvale College 29

Iona 31 d Mabel Park SHS 25

Semi Final:

Iona 29 d Southern Cross Catholic College 19

Gold Medal Match:

Iona 29 lost to St. Laurence's College 45

Most Valuable Player: Bradley Mitchell

CRICKET

Years 5 & 6 Coordinator

Mr Brendan Allen allenb@iona.qld.edu.au

Years 7-12 Coordinator

Mr Sean Devlin devlins@iona.qld.edu.au

Sign on for 2025 cricket is now open. Please complete the sign on via Clipboard as soon as possible.

The following items are available at the Uniform Shop:

Cricket box / protector / abdominal guard	\$8
Strapping tape	\$12
Electrical tape	\$2.50

Cricket Trial Match vs Brisbane Grammar

On Friday 27 September, Iona played First XI and Development XI cricket trials against Brisbane Grammar School. Both Iona teams were victorious. Our First XI boys showed great resolve to defend our total of 200, bowling out the Grammar side for 144 in the 35th over. Liam Johns posted an excellent 70 opening the batting, showing some great promise for the season ahead. Our spinners provided the bulk of our wickets, with James Turner, Jesse Haller, and Luke Biddle leading the way in dismissing Grammar.

Our development side also batted first, posting an impressive total of 5/190 with Darcy Roche posting 61 and Henry Bader a strong 44. We then bowled out Grammar for 169, with Flynn Donnelly taking an impressive 4/28. Both of Iona's bowling attacks showed excellence, persistence and composure under pressure to set up our wins. Our top order batters also began well for both teams, establishing a sound base to build defendable totals through batting our allocated overs. Overall, it was an excellent start to our cricket program for 2024/25.



E-SPORTS

Coordinator

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

E-Sports Term 4

AIC E-Sports Competition Date: Sat 19 October

Students will continue training throughout Term 4 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)

Please note that the AIC Esports competition is going to take place at the Augustine Centre at Villanova College from 8.30am to 1.30pm on Saturday 19 October.

Iona is able to register two teams of five students to compete, limited to Years 7-9. These teams will be decided through internal competition during the Week 2 session.

Any E-Sports students outside of these year levels will be competing in internal competitions throughout this term, but will be unable to compete in the AIC competition.

If any student cannot attend training or competition 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

- ANY 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 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 4 Gym Schedule

	MON	TUES	WED	THURS	FRI
6:30 – 7:30am	Intro To Gym	Any High Performance	Intro to Gym	1sts AFL, Cricket & Volleyball	Intro to Gym
7:15 – 8:15am	Harlequins Squad	Hoops Squad	Harlequins Squad	Hoops Squad	Harlequins Squad
3:15 – 4:15pm	1sts AFL, Cricket & Volleyball	Any High Performance	Any High Performance	Any High Performance	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.

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

Congratulations to the following boys on their sporting achievements:



Cameron Jagga (U-16 Maroons), Mitch Price and Seth Woolgar (U-17 Maroons) on competing in the Australian Youth Volleyball Championships in Bendigo in the September school holidays. Mitch and Seth won silver and Cameron won gold! All three boys were then invited to the Australian National Volleyball Development

Camp in Bendigo in the second week of holidays.



Campbell Rolfe on his selection in the Qld Schools 18-Years touch team that competed at the National Youth Touch Championships over the holidays, finishing second.

Iona Swimming Club competed at the 2024 Australian Short Course Championships in Adelaide from 26-29 September. This event was also a qualifier for the World Aquatic Short Course Championships in Budapest (December).

Alex Fahey placed third in the Open Men's 200m fly. Alex is Iona Swim Club's first Open National medallist since the club was reinstated.



Jack Hood came 10th in the 18-and-under 50m breaststroke. He also competed in the 100m breaststroke.

RUGBY LEAGUE

Coordinator

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

Rugby League Schoolboys Nines Program

We are pleased to announce that we are working in collaboration with NRL development staff to deliver a pilot nine-a-side rugby league program for selected Year 7 and 8 players. The program will include two training sessions on 1 and 8 October at Davine Oval, from 3.15pm to 4.30pm, delivered by NRL and Iona league staff.

The program will culminate in a full-day gala event on Tuesday 15 October, where students will compete against other secondary schools from southeast Queensland.

Parents and students involved have already received an email with further details.

SAILING

Training this term will continue to be on Tuesday afternoon after school, with the bus leaving the Daly carpark at approximately 3.15pm.

Interschool Fleet racing kicks off this weekend with five races scheduled on Sunday morning, providing lots of opportunities for our new sailors to get comfortable in the Pacers, and for our skippers and crews to work together to build confidence on the racecourse.

Boat allocations to be confirmed by coaches at training.

7.45am	Rigging at the Iona Lawn
8.30am	Race Officer briefing at the main lawn
8.45am	Team briefing at the Iona Lawn
9.30am	First warning signal – 5 races scheduled
2pm	Anticipated time back at the ramp for de-rigging & debrief

Please refer to Team App for details.

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.

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 Coordinator

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

A full-season schedule will be published in next week's newsletter. This schedule will outline all the important information you will need to know for the season ahead.

An expression of interest form will also be sent to all those who have signed on for swimming this term (via Clipboard) regarding the Swim Camp planned for the 15-17 January 2025. Note that this camp is only available to those boys entering Years 7-12 in 2025. Please keep an eye out for an email to come out in the next 2-3 weeks.

We encourage all our swimmers from last season, plus any new members to start training in the pool ASAP. Our success in 2025 depends on the work done in pre-season.

For more information regarding the swim season please 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.

The following items are available at the Uniform Shop:
Goggles \$26

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

Coordinator

Gemma Cook cookg@iona.qld.edu.au

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.

When: Term 4 (Weeks 1-7) Thursdays 3.15pm–4.30pm

Where: Iona College Tennis Courts

Who: Students in Years 5-7

TOUCH

Coordinator

Miss Dellit delliti@iona.qld.edu.au

Secondary Touch

Please see the following link for more comprehensive touch information. Secondary [Touch Information Link](#)

Draw for All Schools (2-5 October)

Under-13 Boys Pool E

Wednesday 2 October

3pm vs Rochedale SHS Field 22

5pm vs Benowa SHS Field 11

Thursday 3 October

3pm vs Pine Rivers SHS Field 6

5pm vs Unity College Field 10

7pm vs Beenleigh SHS Field 27

Under-15 Boys Pool E

Wednesday 2 October

2.30pm vs Kedron SHS Field 9

4.0pm vs Wavell SHS Field 1

6.30pm vs Gold Coast CC Field 24

Thursday 3 October

1.30pm vs Bundaberg SHS Field 15

5.30pm vs Xavier Catholic Field 26

7.30pm vs Marymount Coll Field 24

Under-18 Boys Pool C

Friday 4 October

1.30pm vs Emmaus Field 11

3.30pm vs St Brendan's Field 19

Saturday 5 October

10.30am vs S'shine Beach SHS Field 11

1pm vs Pine Rivers SHS Field 17

3.30pm vs Marsden SHS Field 16

5.30pm vs Chisholm College Field 26

Primary Touch

Competition Dates:

Primary All Schools (1-3 November)

AIC Touch Football Invitational (Saturday 19 October)

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

AIC Track & Field Championships

Day 1 Thursday 3 October @ QSAC

Day 2 Friday 4 October @ QSAC

Meet Organisation – Thursday 3 October (Day 1)

Venue: QSAC @ Nathan

Event time: 1.15pm – 4.30pm

Bus Times:

Bus departs Iona College cricket nets at 11.30am and will return to the College by 5.30pm. ALL team members including reserves must catch the bus to QSAC.

Who attends:

Only competitors and reserves competing on day 1.

What to wear:

- Iona polo and PE shorts are to be worn to and from the competition.
- Competitors in shotput and discus may wear their Yura shirt while competing.
- ALL other competitors must wear the Iona athletics singlet during their events (these can be purchased from the uniform shop).

Can your parents pick you up from the venue?

Yes, but only from a specified point nominated by AIC.

Schedule Of Track Events (Thursday 3 October)

Time	Event
2.15pm	Hurdles Year 5 – Open
3pm	800m Years 5/6
4pm	1500m 12 Years – Open

Schedule Of Field Events (Thursday 3 October)

Time	Event	Age Group
1.15pm	Long Jump	Years 5 & 6
2pm	High Jump Discus Triple Jump Shot Put Long Jump Javelin	12 Years 13 Years 14 Years 15 Years 16 Years Open
3pm	Javelin High Jump Discus Triple Jump Shot Put Long Jump	12 Years 13 Years 14 Years 15 Years 16 Years Open
4pm	Long Jump Javelin High Jump Discus Triple Jump Shot Put	12 Years 13 Years 14 Years 15 Years 16 Years Open

Meet Organisation – Friday 4 October (Day 2)

Who attends:

All members of the athletics squad, including reserves.

What to wear:

- Iona polo (Not Yura shirt) and PE shorts are to be worn to and from the competition.
- Competitors in shotput and discus may wear their Yura shirt while competing.
- ALL other competitors must wear the Iona athletics singlet during their events (these can be purchased from the uniform shop).

Can your parents pick you up from the venue:

Yes, but only from a specified point nominated by AIC.

Schedule Of Track Events (Friday 4 October)

Time	Event
8.30am	3000m Open
8.50am	200m Year 5 – Open
9.50am	800m 12 Years – Open
10.45am	100m Years 5 – Open
12pm	400m 12 years – Open
12.20pm	6 x 400m Relay (All Age)
12.30pm	4 x 100m Relay Year 5 – Open

Schedule Of Field Events (Friday 4 October)

Time	Event	Age Group
8.30am	High Jump	Year 5
	Shot Put	Year 6
	Shot Put	12 Years
	Long Jump	13 Years
	Javelin	14 Years
	High Jump	15 Years
	Discus	16 Years
	Triple Jump	Open
9.30am	Shot Put	Year 5
	High Jump	Year 6
	Triple Jump	12 Years
	Shot Put	13 Years
	Long Jump	14 Years
	Javelin	15 Years
	High Jump	16 Years
	Discus	Open
10.30am	Discus	12 Years
	Triple Jump	13 Years
	Shot Put	14 Years
	Long Jump	15 Years
	Javelin	16 Years
	High Jump	Open

1.30pm – Presentation of Awards

2pm – Bus departs QSAC

Please see the below link for:

- 2024 training schedule
- 2024 important calendar dates for meets and championships
- 2024 coaches
- Uniform expectations for training/games etc

[Track & Field Information Link](#)

VOLLEYBALL

Volleyball Coordinator

Mrs Karen Otway otwayk@iona.qld.edu.au

Sign-on has opened for 2025 AIC Volleyball teams via Clipboard.

Volleyball trials start this week. Please see below for all trial days and times.

Please see the below link for the following information:

- Volleyball trial times (for each year level) in Term 4 for next year's AIC teams.
- Information about internal trial games.
- Uniform expectations.
- 2025 training times for the selected teams.
- Dates of AIC Matches in 2025.

[Volleyball Information Link](#)

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.
- Current students will also have trials during weekly sport lessons in Weeks 3, 4 and 5.

(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 Provenance 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 Provenance Centre

Fri 25 October 3.15–5pm Provenance Centre

Fri 1 November 3.15–5pm Provenance 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

Boys selected in the 2025, 10A team are asked to attend National Volleyball Championships on the Gold Coast from 9–15 December.

Nationals team training will be Tuesdays 3.15pm–5pm in Term 4 up to Week 7, then Tuesdays and Wednesdays until the tournament.

(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
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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
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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
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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 9 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
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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

Junior Schools Cup Volleyball Training Times

Year 7

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

Friday 4 Oct:	Provence Centre
Thuy 10 Oct:	Oblate Hall
Friday 11 Oct:	Provence Centre
Wednesday 16 Oct:	Provence Centre

Year 8

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

Thursday 3 October:	Provence Centre (Yr 9, 2025 trials)
Friday 4 October:	Provence Centre
Thursday 10 October:	Oblate Hall
Friday 11 October:	Provence Centre

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

WATER POLO

Water Polo Coordinator

Mr Adam Easton – eastona@iona.qld.edu.au

Water Polo

Training for the following three teams will be held Tuesday and Thursday mornings in Weeks 2 and 3.

- Year 7
- Years 8/9
- Open (no Year 12)

Competitions

- AIC Invitational Tournament: Sunday 20 October