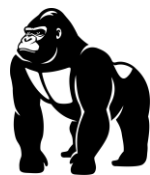


IONA



SPORT

I AM IONIAN 

1 April 2026

TEAM IONA

Last week, we commenced the Year 5–12 rugby and football trials where we had over 1000 boys participate. This is a great indication of how many students are keen to be involved and represent the College.

After the trials held last week and this week, the coaches will formulate the first draft of all teams. These teams will be placed into Clipboard over the Easter break. We will stick with these teams up until the trials we have against St Laurence's the first weekend back next term. After the Lauries trial, we do expect coaches to make further changes.

Please note that a clear message has been given to all coaches to select teams based on player performance, attendance, and attitude. Player movement across the season is strongly encouraged, as it rewards those students who are training hard and playing well. Therefore, no team from Year 5 to the Firsts will be set in concrete for the season. Everyone earns their spot.

Rugby and football training will commence the first day back next term on Monday. Be aware that all A and B teams will have a second training session added to the schedule before school next term. Refer to the information below or go to Clipboard to check your specific training schedules.

As mentioned, we have a trial organised against St Laurence's on the Saturday of Week 1 next term. This trial happens to occur on Saturday 25 April, Anzac Day. Games will not kick off until 12.30pm in the afternoon. Given the reduced time available to play, both colleges have agreed to play all A&B teams from Year 5–10 plus the Firsts, Seconds and Thirds only. If selected, we kindly ask all players to commit to their games on this weekend please.

Well done to our chess players who played trials against Villanova last Friday. It was only a trial but our players did particularly well, giving our players and coaches

some great competition experience. It is good to see so much interest in chess at Iona. Keep up the good work!

The College will run a Yr5–12 Interhouse Cross Country Carnival during Week 1 next term on Tuesday 21 April, in Periods 1 and 2. Specific information regarding the carnival will be published on ICON by tomorrow for families to see. This event is a great way to promote House spirit. The results go towards the Oblate Cup. It is a compulsory event; therefore, the expectation is that all boys will participate and get involved. All students from Years 5–12 will run a 2km course around the College on the day. This is not arduous. We ask parents to support the College's expectations and ensure their son attends school that day and competes.

Well done to all sailors who competed in the final day of the Southeast Queensland Secondary Schools Team Sailing Regatta over the weekend. Our boys competed well throughout the entire season. We thank the many parents (and Mr Caine) who have assisted the program this term to ensure our boys are given an opportunity to compete.

Best wishes go to the Year8A, Year 10A and First XV rugby squads, who will compete in the annual Ballymore Cup held during the second week of the Easter vacation period as well as to the boys who will participate in the annual cross country camp held on the Gold Coast.

The College hosted a full school assembly today. This assembly gave our Iona community a chance to acknowledge the excellent sporting results achieved this term and to present the various Term 1 sporting awards.

I must say, after a busy term I am looking forward to a break. I hope you can have a relaxing break as well.

In no time, we will all be back next term to start it all over again with the biggest term of sport in the year – chess, cross country, rugby and football season!

Take care, happy Easter, and God bless!

Craig Stariha
Head of Sport, Iona College

AIC Sports Information is provided by [Clipboard](#) (includes wet weather updates)

Head of Sport: Mr Craig Stariha – 3893 8851

Sports Administrator: Mrs Karen Otway – 3893 8805

Sports Administrator: Mr Alex Jirasek – 3906 8917

Assistant Head of Sport (5–6): Mr Connor Russell – 3893 8869

Assistant Head of Sport (7–12): Mr Harry Milford – TBC

Clipboard

Clipboard is an online sports communication system which allows coaches, players and parents to access weekly draws, training schedules, sport sign-on, injury reports, score lines and much more.

Please access the link below to gain instructions on how to log into Clipboard.

If you having any difficulties logging in or accessing Clipboard, please contact the ICT Service Desk (ictservices@iona.qld.edu.au).

For queries regarding sign on, sessions time, venue locations, cancellations, etc, please contact Mr Jirasek (jiraseka@iona.qld.edu.au).

Please see the link below for a guide on how to navigate and setup Clipboard on your device. ([Parent Clipboard Guide](#))

IONA UNIFORM SHOP

2026 Opening Hours

Monday, Wednesday and Friday 8am – 3.30pm.

Tuesday and Thursday – Closed

IONA SPORT SEASON PLANNER

Tues 14 April: First Rugby vs Rosmini College (NZ)
16–18 April: Ballymore Cup Rugby Union
Tues 21 April: Years 5–12 Interhouse Cross Country
Thurs 23 April: AIC Chess Trial vs SLC (H)
Sat 25 April: AIC Rugby/Football Trial vs SLC
Fri 1 May: AIC Chess Round 1 vs Marist (H)
Sat 2 May: AIC Rugby/Football Round 1 vs Marist (H)
Fri 8 May: AIC Chess Round 2 vs Padua (A)
Sat 9 May: AIC Rugby/Football Round 2 vs Padua (A)
Wed 13 May: AIC Cross Country Trial Meet (Sherwood)
Fri 15 May: AIC Chess Round 3 vs St Peters (A)
Sat 16 May: AIC Rugby/Football Round 3 vs SPE (A)
Wed 20 May: AIC Cross Country Trial Meet (Curlew Park)
Fri 22 May: Chess Team Photos
Fri 22 May: AIC Chess Round 4 vs Villa (H)
Sat 23 May: AIC Rugby/Football Round 4 vs Villa (H)
Wed 27 May: AIC Cross Country Trial Meet (Runcorn)
Fri 29 May: AIC Chess Round 5 vs St Patrick's (H)
Sat 30 May: AIC Rugby/Football Round 5 vs SPC (H)
Sat 30 May: Rugby / Football Team Photos (Yrs 9–12)
Wed 3 June: AIC Cross Country Championships
Fri 5 June: AIC Chess Round 6 vs St Laurence's (A)
Sat 6 June: AIC Rugby/Football Round 6 vs SLC (A)
Sat 6 June: Rugby / Football Team Photos (Yrs 5–8)

Mon 8 June: Basketball/League/Tennis Trials Commence

Fri 12 June: AIC Chess Round 7 vs St Edmund's (H)

Sat 13 June: AIC Rugby/Football Round 7 vs SEC (H)

Wed 17 June: Primary Interhouse Track and Field

Thurs 18 June: Iona Tennis Championships – Primary

Thurs 18 June: Years 7–12 Interhouse Track and Field

Fri 19 June: Years 7–12 Iona Tennis Championships

Sat 20 June: Years 5–12 Internal trials Basketball / League / Tennis

28–30 June: Confraternity Rugby League

BASKETBALL

Coordinator

Mr Harry Milford – milfordh@iona.qld.edu.au

2026 First V Basketball

The selected First V Basketball squad will now make up the iHoops Senior squad and will commence the Basketball High – performance program throughout Term 2.

CHESS

Coordinator

Mr Kevin Caine – cainek@iona.qld.edu.au

Training

Selected teams will train on Monday and Tuesday mornings.

Monday mornings

Seniors (Years 10–12) 6:55am to 8:00am

Juniors (Years 5–6) 8:00am to 8:50am

Tuesday mornings

Intermediate (Years 7–9) 6:55am – 8:25am

Social Chess

Thursday afternoons starting Week 2 Term 2 in Music room 1.

If you have any enquiries, please don't hesitate to contact Mr Caine.

CROSS COUNTRY

Coordinator (Years 7–12)

Mr Brendan Merrotsy – merrotsyb@iona.qld.edu.au

Coordinator (Primary)

Adam McClure – mcclurea@iona.qld.edu.au

Primary Cross Country (Yr 5–6)

Primary Cross-Country training has commenced.

All Primary students are welcomed to join the Term 1 Squad. Boys must let Mr McClure or Mr Russell know

prior to attending. After our Interhouse Carnival in Week 1 of Term 2, the squad will be reduced to the Top 20 in each grade. These Invited boys will form the AIC Cross Country Squad.

Cross Country (Yr 7-12)

The 2026 Cross Country season has commenced with three sessions available. There is no requirement to attend all sessions, the sessions are open to all students from Years 7-12, regardless of your previous experience. Cross Country training is a great way to build your aerobic base & speed for many other Semester 1 sports including Cricket, AFL, Rugby & Soccer. It also is a great opportunity to run with your mates and improves your fitness whilst being a part of a team.

Training Logistics

Students may go home after Monday morning training, otherwise the bus will return from the waterfront to the College by 7:45am, where they can get changed for school.

After Wednesday and Friday sessions, students may use the Iona pool to cool down before getting into uniform. They will be supervised and must follow pool rules – no grass, no jumping, no leaning on lane ropes.

Please bring a towel and a change of underwear if planning to use the pool.

Cross Country Training Schedule

Sessions	Time	Meeting Point
Monday morning Long Run	6.15–7.30am	Wynnum Wading Pool (minibus returns to College with all students at 7.40am)
Tuesday working with Primary squad	3.15–4.15pm (starts week 7)	Davine Oval
Wednesday morning Hills/Interval Session	6.45–8am	Junior Handball Courts
Friday morning Speed / Games/Bootcamp	6.45–8am	Junior Handball Courts

- No training Friday this week
- Cross Country Camp information will come out soon.

Top Trainers of Week 9

Andrew Hempstock, Tom Day, Will Stevenson

E-SPORTS

Coordinator

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

Iona eSports – Term 2 Registration

Sign on is now closed.

Term 2 will focus on training and internal competitions.

Term 3 will focus on external competitions such as the AIC eSports competition.

Any questions regarding eSports should be directed to Mr. Chris Eades (eadesc@iona.qld.edu.au).

FOOTBALL

Coordinator

Mr Connor Russell – russellc@iona.qld.edu.au

Please see below a season schedule which outlines all the important information pertaining to the upcoming season including training/trial times and venues, uniforms, season calendars and much more.

[Football Season Schedule](#)

Important:

We are still seeking a 7D and 5 Black and Silver coaches for 2026. If you can assist, please email Mr Russell ASAP.

Trial Information:

- Initial teams will be posted on Clipboard by the end of this week. Families and boys are asked to check Clipboard for team placement.
- Reminder that trials are ongoing. This is only the first version of our teams.
- Boys and families are asked to check the below training schedule for Term 2. This is still only a draft, and changes may occur over the holidays.

Training Schedule Term 2:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School – 7.00–8.00am					
Fuller Oval		1 st /2 nd		1 st /2 nd	
Coghill Oval		Year 8 A/B		Year 7 A/B	
Dwyer Oval		Year 10 A/B	Year 6 A/B	Year 9 A/B	Year 5 A/B
After School – 3.15–4.30/4.45pm					
Fuller Oval				Year 10	
Coghill Oval		Opens	Year 9	Year 8	
Dwyer Oval	Year 6	Year 7	Year 5		

Term 2 Trial Round vs St Laurence's

Due to ANZAC day falling on the Week 1 Saturday 25 April next term, trial games will commence from 12.30pm for A/B teams, Firsts, Seconds and Thirds only. Please note, next terms football training will resume as per the season schedule Monday 20 April.

HIGH PERFORMANCE

Coordinator

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

District And Regional Sport Trials

This year Iona has moved into a new district structure. Our new district "Riverside Rays" will replace Lytton (10–12yrs) and Composite (13–19yrs). Riverside Rays will follow a 10–19yrs District *model*.

District trial information will **now EXCLUSIVELY be published on the Representative Sport Page in ICON.**

Here you will find:

- Representative Sports Calendar
- Nomination Close dates
- District Information
- Nomination Form

Click the link below to access the new page.

[ICON – Representative Sport](#)

Direct Pathway:

ICON – Co-Curricular – Sport – Representative Sport

10–12 Years Information 2026

Sport	Details	Nominations Close
Hockey 10–12Yrs	Met East Trial	Mon 13 Apr
Cross Country	District Trial	Wed 29 April

13–19 Years Information 2026

Sport	Details	Nominations Close
Cross Country	District Trial	Wed 29 April

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.

Term 2, 2026 Gym Schedule

	MON	TUE	WED	THU	FRI
6.30–7.30am	Intro To Gym	Rugby Year 9	Intro to Gym	Rugby Year 10	Iona Swimming (6am Start)
7.15–8.15am	iHoops Basketball Snr	1sts/2nds Rugby	Any High Performance	1sts/2nds Rugby	iHoops Basketball Snr and Any High Performance
3.15 – 4.15pm	iHoops Basketball Int Any High Performance	1sts Football Rugby Yr 10	iHoops Basketball Jnr	Rugby Yr 9 Any High Performance	Any High Performance & Intro To Gym
5:45 – 6.30pm		Iona Swimming Club	Iona Swimming Club		

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.

Gym groups

- ANY HIGH-PERFORMANCE groups are for players that are members of Iona Firsts Squads or regional representative 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.

MOUNTAIN BIKING

Coordinator

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

If your son did not receive the information and sign up sheet, please reach out to Mr Davison davisond@iona.qld.edu.au to get a copy.

Training Dates and Times:

Sunday May 10: 8.30am – 10.45am (Mt Cotton) Yrs 7–12

Sunday 19 July: 9am–11.15am (Caloundra) Years 7–12

Sunday 9 August: 9am–11.15am (Castle Hill) Years 7–12

Sunday 30 August 8.45am–11am (Nerang) Years 7–12

Competition Dates and Times:

- Friday 20 March (Nerang) Years 7-12
- Friday 15 May (Mt Cotton) Years 7-12
- Friday 5 June: (Toowoomba) Years 7-12
- Thursday 30 July: (Caloundra) Years 5-8
- Friday 31 July: (Caloundra) Years 9-12
- Friday 14 August: (Castle Hill) Years 7-12
- Friday 11 September: (Nerang) Years 7-12

RUGBY UNION

Coordinators

Mr Alex Jirasek jiraseka@iona.qld.edu.au
Mr Craig Stariha starihac@iona.qld.edu.au

Please see below a season schedule which outlines all the important information pertaining to the upcoming season including training/trial times and venues, uniforms, season calendars and much more.

[Rugby Season Schedule](#)

Rugby Trials

Well done to all that have trialed over the last two weeks, the effort from all students has been tremendous. Teams will be released by the end of this week. Please keep in mind these teams will be subject to change throughout next term based on attitude, attendance and performance. So those that are not happy with the team they have been selected in will have the opportunity for promotion next term.

Term 2 Training and Trial Round vs St Laurence's

Training will resume on Monday 20 April Week 1 of Term 2. Please see the schedule below. Due to ANZAC day falling on the Week 1 Saturday 25 April next term, trial games will commence from 12:30pm for A/B teams, Firsts, Seconds and Thirds only. The draw for this round will be released next term.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Before School - 7.00-8.00am				
Davine Oval		Year 10 A/B		Year 9 A/B	
McCarthy Oval				Year 7A/B	
Harron Oval		Year 8 A/B		Year 6A/B	Year 5A/B
	After School - 3.15-4.30/4.45pm				
Davine Oval		1 st & 2 nd XV & 3 rd XV	Opens & 3 rd XV	1 st & 2 nd XV	
McCarthy Oval		Year 7		Year 10	
Harron Oval	Year 6	Year 9	Year 5	Year 8	

Ballymore Cup

Congratulations to those selected, please see the draw below.

Year 8 (U14) Draw

Thursday - 16 April

- Game 1 - Field 5, 9:20am vs Sunshine Coast Grammar School
- Game 2 - Field 4, 1:30pm vs Downlands College

Friday - 17 April

- Game 3 - Field 5, 8:30am vs King's Christian College
- Game 4 - Field 4, 12:40pm vs Lindisfarne Anglican Grammar School

Saturday - 18 April

- Game 5 - Field 5, 9:20am vs Padua College

Year 10 (U16) Draw

Thursday - 16 April

- Game 1 - Field 4, 10:10am vs Downlands College
- Game 2 - Field 3, 2:20pm vs King's Christian College

Friday - 17 April

- Game 3 - Field 5, 9:20am vs Sunshine Coast Grammar School
- Game 4 - Field 5, 1:30pm vs Rockhampton Grammar School

Saturday - 18 April

- Game 5 - Field 4, 10:10am vs Lindisfarne Anglican Grammar School

1st XV (U18) Draw

Thursday - 16 April

- Game 1 - Field 5, 11:00am vs Ignatius Park College
- Game 2 - Field 3, 3:10pm vs Scotts College Sydney

Friday - 17 April

- Game 3 - Field 4, 10:10am vs St Edmund's College
- Game 4 - Field TBC, TBC (1/4 Final)

Saturday - 18 April

- Game 5 - Field TBC, TBC (Semi Final)
- Game 6 - Field TBC, TBC (Final)

SAILING

Coordinator

Mr Kevin Caine – cainek@iona.qld.edu.au

The final day of the Southeast Queensland Secondary Schools Team Sailing Regatta saw 34 races completed in 18 knots of wind. Thankfully the sun was out, and the Iona boys were in great form.

Mr Caine took to one of the coaches' boats and welcomed former coach Libby who stepped back in to help for the day. Iona also had sailors returning from injury and sickness to show that they are a strong team.

So strong in fact that the final Iona v Iona saw a White, Black, White, Black, White Black, crossing the finish line to give final bragging rights to Iona White.

However, the ranking over all were very tight 2 teams on 10 wins in first position. Iona Black on 9 wins. This put Iona Black equal 2nd with 2 other teams making it through to semifinals. While Iona White was on 8 wins putting them in third.

Semifinals saw Iona Black coming in 4th overall.

Thank you to all our parents and families who have supported the Iona sailing team through volunteering on and off the water. Your help with big or small jobs are appreciated.

Thankyou to Mr Caine for his consistent attendance at training and Sunday sailing. Thankyou to the coaches Will and Miles for sharing their knowledge skills with the team.

We hope to see you all again in term 4.

Learn to Sail – Expressions of Interest

Expressions of Interest from students in Grade 5 and above for a Learn to Sail/Tackers program.

Students will learn dinghy sailing basics, including rigging, sailing skills and water safety. Iona is looking to coordinate a program with **Darling Point Sailing Squadron** to help build a pathway into school sailing/racing.

Please contact Mr Caine cainek@iona.qld.edu.au to register your interest.

RQYS is still seeking parents interested in becoming certified Teams Racing Umpires.

The course covers rules interpretation, on-water umpiring, and officiating team races, if you are keen to support school or club racing events please register your interest by contacting cainek@iona.qld.edu.au.

SWIMMING

Head Coach

Mr John Gatfield – iswim@iona.qld.edu.au

Assistant Head Coach

Mr Riley Mather – iswim@iona.qld.edu.au

Swim Coordinator

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

AIC Swimming – Off Season

The College is keen to use the momentum of the AIC swim season and have as many boys as possible continue with swimming during the AIC off season.

Swimmers who are interested are encouraged to contact John Gatfield and Riley Mather via iswim@iona.qld.edu.au to enquire about the most appropriate session/squad for their son moving forward. John and Riley will then outline the session times available.