

IONA SPORT

I AM IONIAN 

28 January 2026

Our Oblate values lie at the foundation of our College, and from this solid foundation many good things have grown. As we all know, when the foundation of any structure or place is solid, it allows us to build solid things on top. Likewise, if the foundations are weak, whatever we try to build will crack, crumble and eventually fall and be washed away.

As we begin a new school year, and when we look at what we want to achieve or build this year, it is timely to first look at our foundations.

The foundation of the Iona sports program lies in our school spirit, our work ethic, commitment to training, and support of each other when times are tough. Our foundation is our reliability, and dependability to attend all training sessions and game days. It is always giving our best, being good team players, putting the College first (before club commitments), our willingness to train hard and improve our skills, listening to our coach and developing mental toughness. Our foundation is our ability to show self-control, being kind and considerate to our visiting teams and treating officials with respect.

Once we work on our foundations and get these things right, we have the solid platform to build a successful program.

When other schools play Iona, they should know they will be up against a spirited school whose students give their very best and don't give up if things get tough.

I encourage all Ionians to play hard but fairly, and always in good spirit. I encourage all Ionians to go for the win, be hungry to succeed and be determined to come out on top. But I don't want them to 'win at all costs' and I don't want them to be too concerned if they lose.

Mostly importantly I encourage our boys to get involved in the life of the College, enjoy the game they are playing and the time spent with their mates. Finally, I encourage our boys to conduct themselves in the appropriate way which shows everybody how much pride they have in themselves and the College.

The boys must know that when they put on the black and white, they not only represent themselves, but our whole community – including the many Ionians who have passed through the College.

As Ionians, the way we look and wear our uniform, the way we act and conduct ourselves at school and in public, the way we play with grit and determination, the way we train and work hard for the wins, the way we cheer and support each other are all part of our foundation. These are the things Ionians do.

I challenge everybody to work on all the little things throughout the year, the 'one-percenters' that are so important to our foundations, as our success will be traced back to how well we did these things.

This weekend marks the first official AIC trial round of the year. Most teams will play St Patrick's across cricket, volleyball and AFL (excluding the 6C cricket team who will trial vs Padua). Our Year 5 cricketers and AFL players will have internal trial games.

Please arrive at least 30 minutes prior to the commencement of your game, and don't take the opposition lightly. We want to get off to a good start this weekend and set the standard of how we prepare and play for the rest of the season. Turn up, be switched on, listen to your coach, give your best and enjoy.

Our swim program has officially begun. I encourage all those who are good enough to join the swim squad to get involved. We have our first time-trial at the College pool this Friday afternoon. We will be warming up from 3.15pm to commence time trials at 3.30pm sharp.

I again remind families to read the weekly sports newsletter in conjunction with using 'Clipboard' (see section below) to gain all the necessary information pertaining to the sports program this year.

A reminder that the 'Hoops', 'Harlequins' and high-performance football programs all commence next week as per schedules sent to all invitees last year. The gym program is also set for the term and will commence next week. Mr Harding will send an email to all Year 7-12 students by the end of this week outlining the gym

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

program and how those who are interested can get involved.

I am confident that we have prepared well for the current sports season with trials spanning back to Term 4 last year. I wish everyone all the best this weekend. Let's use this trial as good preparation for Round 1 next weekend against Marist College Ashgrove.

Play hard boys and enjoy!

Craig Stariha, Head of Sport

Coaches, Managers & Officials Needed For Rugby Union & Football!

Already the Sports Office is currently looking at staffing for the upcoming rugby and football seasons in Term 2. If you can assist with coaching or refereeing, or if you are aware of people who can, please direct them to complete the 2026 Volunteer Expression of Interest Form online:

Outside coaches/Old Boys to complete this link:
<https://iona.jotform.com/252378337384870>

Parent Volunteers are to use this link:
<https://iona.jotform.com/252601175601851>

Iona relies on the assistance of the parents, Old Boys and friends to help fulfil these roles. Please help if you can. Your boys, our students, are counting on us!

For more information regarding rugby and football coaching and refereeing please contact:

Rugby Coordinator – Mr Alexander Jirasek
jiraseka@iona.qld.edu.au

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

Clipboard – MUST READ!

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 (NOTE – these instructions have changed since last week due to the introduction of ICON).

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:

Week 1 – Tuesday– Friday 8am–3.30pm

Week 2 onwards – Monday, Wednesday and Friday 8am – 3.30pm. Tuesday and Thursday – Closed

IONA SPORT SEASON PLANNER

Fri 30 Jan:	Years 5–12 internal AIC swim meet
Fri 30 Jan:	AIC trial AFL (1sts/2nds) vs SPC
Sat 31 Jan:	AIC trial AFL (Years 5–10) vs SPC
Sat 31 Jan:	AIC trial cricket / volleyball vs SPC (H)
Thu 5 Feb:	Primary Interhouse swimming
Fri 6 Feb:	AIC Round 1 AFL (1sts/2nds) vs Mar
Fri 6 Feb:	AIC swim meet Years 5–12 vs SLC, Loretto, LHC
Sat 7 Feb:	AIC Round 1 AFL (Years 5–10) vs Mar
Sat 7 Feb:	AIC Round 1 cricket / volleyball vs Mar
Sun 8 Feb:	Fleet racing sailing
Fri 13 Feb:	AIC Round 2 AFL (1sts/2nds) vs Pad
Fri 13 Feb:	AIC swim meet Years 5–12 @ Iona
Sat 14 Feb:	AIC Round 2 AFL (Years 5–10) vs Pad
Sat 14 Feb:	AIC Round 2 cricket /volleyball vs Pad (H)
Sun 15 Feb:	Fleet Racing Sailing
Fri 20 Feb:	AIC swim meet Years 5–12 @ St Peters
Fri 20 Feb:	AIC Round 3 AFL (1sts/2nds) vs SPE
Sat 21 Feb:	AIC Round 3 AFL (Years 5–10) vs SPE
Sat 21 Feb:	AIC Round 3 cricket /volleyball vs SPE (H)
Sun 22 Feb:	Fleet Racing Sailing
Thu 26 Feb:	AIC swim meet Years 5–12 @ Chandler
Fri 27 Feb:	AIC Round 4 AFL (1sts/2nds) vs Villa
Sat 28 Feb:	AFL, Volleyball and Cricket Team Photos for those teams playing at Iona.
Sat 28 Feb:	AIC Round 4 AFL (Years 5–10) vs Villa
Sat 28 Feb:	AIC Round 4 cricket/volleyball vs Villa (A)
Sun 1 Mar:	Fleet Racing Sailing
Fri 6 Mar:	Swim Team BBQ and Final Time Trial
Fri 6 Mar:	AIC Round 5 AFL (1sts/2nds) vs SPC
Sat 7 Mar:	AIC Round 5 AFL (Years 5–10) vs SPC
Sat 7 Mar:	AIC Round 5 cricket/volleyball vs SPC (A)
Sun 8 Mar:	Teams Racing Sailing
Tues 10 Mar:	AIC Swimming Championships
Fri 13 Mar:	Primary AFL / Cricket Team Photos
Fri 13 Mar:	AIC Round 6 AFL (1sts/2nds) vs SLC
Sat 14 Mar:	AFL, Volleyball and Cricket Team Photos for those teams playing at Iona.
Sat 14 Mar:	AIC Round 6 AFL (Years 5–10) vs SLC
Sat 14 Mar:	AIC Round 6 cricket/volleyball vs SLC (H)
Sun 15 Mar:	Teams Racing Sailing

Fri 20 Mar: AIC Round 7 AFL (1sts/2nds) vs SEC
 Sat 21 Mar: AIC Round 7 AFL (Years 5–10) vs SEC
 Sat 21 Mar: AIC Round 7 cricket/volleyball vs SEC (A)
 Sun 22 Mar: Reams Racing Sailing
 23–27 Mar: Years 5–12 Rugby/Football/Chess Trials Begin
 Fri 27 Mar: Chess Trial vs Villa (A)
 Sat 28 Mar: Rugby/Football Trial vs Villa (A) (1sts/2nds/10A)
 Sat 28 Mar: Internal Trials Rugby/Football
 Sun 29 Mar: Teams Racing Sailing

Term 1, 2026 Training Schedule (26–30th of January ONLY leading into trial game vs St Patricks)

AFL TRAINING SCHEDULE 2026						
VENUE	TIME	MON	TUE	WED	THUR	FRI 30/1/26
St Eugene Park (main oval)	7.00am – 8.00am			Year 10		
St Eugene Park (main oval)	3.15pm – 4.30pm	AUST Day No Training	Year 9 A/B Year 8A	1st XVIII 2nd XVIII	Year 7A/B	1st XVIII Games
St Eugene Park (Dwyer oval)	3.15pm – 4.30pm		Year 8B	Year 5 A–D	Year 6 A–D	

AFL

Years 7–12 Coordinator
 Mr Leigh Harding – hardingl@iona.qld.edu.au

Years 5/6 Coordinator:
 Mr Jack Rolls – rollsj@iona.qld.edu.au

Trial vs St Patrick's Friday 30 January			
Team	Venue	Time	Oval
1 st vs SPC	Iona College	4.30pm	St Eugene
10A vs 2nds	Iona College	3.15pm	St Eugene

Welcome back for 2026, AFL families.

We are looking forward to seeing the boys showcasing their skills and creating connections within their teams.

All fixtures and training sessions can be found on Clipboard and games will also be published in the weekly sports newsletter.

Please see link below for all AFL information for 2026:

[AIC AFL Season Schedule](#)

AFL Uniforms

These can now be purchased from the Uniform Shop. If you are buying a second-hand shirt or using a hand-me-down, you MUST contact the Uniform Shop with the number of the shirt before you purchase it to see if the number on the shirt is available in your year level.

We cannot have number clashes in a Year level.

Boys who purchase shirts from the Uniform Shop will be given preference if there is a number clash. AFL playing shirts cannot be purchased online from the Uniform Shop as we need to make sure there are no number clashes.

Training

All AFL teams will train this week. Please see below training schedule. Teams will play a trial game against St Patrick's this weekend as well as internal trials for Yr5.

Trial vs St Patrick's – Saturday 31 January			
Team	Venue	Time	Oval
9A	Wynnum Vikings Kianawah Rd	8.30am	Field 1
9B	Wynnum Vikings Kianawah Rd	7.30am	Field 1
8A	Iona College	9.30am	St Eugene
8B	Iona College	10.30am	Dwyer
7A	Iona College	10.30am	St Eugene
7B	Iona College	9.30am	Dwyer
6A	Iona College	7.30am	Dwyer
6B	Iona College	8.30am	Dwyer
6C vs Iona 6D	Iona College	7.30am	St Eugene 3
6D vs Iona 6C	Iona College	7.30am	St Eugene 3
5A vs Iona 5B	Iona College	7.30am	St Eugene 1
5B vs Iona 5A	Iona College	7.30am	St Eugene 1
5C vs Iona 5D	Iona College	8.30am	St Eugene 1
5D vs Iona 5C	Iona College	8.30am	St Eugene 1

CRICKET

Coordinator

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

1st XI Cricket – Oblate Cup Tour: Mazenod Victoria

During the holidays, our First XI kicked off their pre-season schedule with the annual Oblate Cup competition, hosted by Mazenod Victoria from December 7 – 11.

The tour presented a wonderful opportunity for our First XI squad to test themselves in the difficult Victorian conditions and against nation-wide talent.



Results

Round 1 vs Mazenod WA – Iona won by 155 runs

Ethan Wright 74 (74)

Jackson Williams 51 (73)

Sahildeep Dhaliwal 6–29 off 10 overs

Round 2 vs Whitefriars College – Iona won by 79 runs

Quinn Davidson 58* (63)

Caelan Gullo 45 (62)

Henry Bader 2–26 off 10 overs (5 maidens)

Round 3 vs Mazenod College VIC – Iona won by 72 runs

Ethan Wright 59 (98)

Alexander Harrison 43 (69)

Cohen Hamilton 3–12 off 10 overs (3 maidens)

The First XI retained the Oblate Cup and have done so since 2020, which is a credit to all of the coaches, sport department and parents who have supported the program over many years.

A massive thank-you to Mr Craig Stariha, Mr Brendan Allen, Mr Wayne Niven and Mr Harry Milford for touring with the squad and also to Fr Joe Anthony OMI and Fr John Sherman OMI for their support.

2026 AIC Cricket – Season Schedule

The 2026 AIC Cricket Season Schedule has now been updated and contains all information about training times and the AIC regular season. Please ensure you are frequently checking the College Sports Newsletter and Clipboard for the scheduled training sessions. Any changes will be made live in Clipboard.

Please see link below for all cricket information.

[AIC Cricket Season Schedule](#)

Years 5–9 will also train during their weekly sport lesson.

Cricket Training Schedule 2026					
VENUE	TIME	MON	TUE	WED	THUR
Cricket Nets/ Harron Oval	6:45 – 8am		1st XI/2nd XI	Year 6 (7am – 8am)	Year 5 7 – 8am
Harron Oval	3:15 – 4:45pm	Year 8A & B only (field)	Wicket Keeping (all year 5–10 keepers)		1st XI/2nd XI (Davine)
Cricket Nets	3:15 – 4:45pm		3rd XI	7C / 7D (net)	Year 9 Year 10
McCarthy Oval	3:15 – 4:45pm	Year 7A & B only (field)	10A and 9A only (field)	Year 7A & B (net/field) Year 8A&B (field/net)	

Please note – Year 5 and Year 6 cricket training does not start until WEEK 2.

All other cricket teams from Years 7–12 will commence this week (Week 1)

All Year 6–12 teams will play a trial game against St Patrick's on the weekend of our return to school. Year 5 boys will have internal games. This fixture is in this newsletter below and on Clipboard.

Play Cricket Registration

All 'A', 'B' and Second XI level teams will have their games scored and entered on 'Play Cricket' in 2026.

In order for this new process to be rolled out – all players in an 'A', 'B' and Second XI level teams must register via a link which has been emailed to all players and parents that are required to register. All required steps to the process are included in the email.

Any issues with registration, please contact Mr Allen (Years 5–6) or Mr Milford (Years 7–12).

Important: This must be completed by Friday 30 January.

Primary Cricket Information

Welcome to the 2026 AIC Primary cricket season!

Mr Brendan Allen will be your main contact for Years 5/6 cricket.

Iona is a busy place with plenty of information circulating, so please use the Sport Newsletter and Clipboard as your key sources for all cricket updates each week.

As we begin the season, here are a few important reminders:

- **We are seeking two parent coaches for the Year 5 teams** to assist on Saturdays with organising players, managing the kit, and supporting the game. No prior coaching experience is required – just enthusiasm and willingness to be involved.
- **Cricket depends on community support.** We encourage parents to volunteer in any capacity – coaching, umpiring, scoring, or helping players prepare.
- Primary teams receive a kitbag, though players are encouraged to bring their own batting equipment.

If you're interested in volunteering or have any questions, please contact Mr Allen allenb@iona.qld.edu.au anytime.

Thank you for your support – let's make it a fantastic season for our players!

Cricket Coaches, Game-day Managers and Scorers

There are still coaching, game-day manager and scoring roles to be filled within the cricket program for 2026. If you are interested and willing to assist, please contact the Cricket Coordinators.

Primary coaching roles to be filled:

- 5B Coach / Game-day manager
- 5D Coach / Game-day manager
- 6C Coach / Game-day manager

Senior Coaching roles to be filled:

- 8B Coach / Game-day manager

Trial vs St Patrick's – Saturday 31 January

TEAM	VENUE	OVAL	TIME
1 st XI	Iona College 85 North Rd, Lindum	Davine	9.30am – 5.15pm
2 nd XI	Iona College 85 North Rd, Lindum	Harron	1pm – 5.50pm

3 rd XI	Iona College 85 North Rd, Lindum	McCarthy	1pm – 4pm
10A	Iona College 85 North Rd, Lindum	Harron	8am – 12.50pm
10B	Iona College 85 North Rd, Lindum	McCarthy	8am – 12.50pm
9A	Curlew Park, Curlew St, Sandgate	Curlew #1	8am – 12.50pm
9B	Curlew Park, Curlew St, Sandgate	Curlew #2	8am – 12.50pm
9C	7 th Brigade Park, 375 Hamilton Rd, Cherside	7 th Brigade Park	1pm – 5.50pm
8A	Curlew Park, Curlew St, Sandgate	Curlew #1	1pm – 5pm
8B	Curlew Park, Curlew St, Sandgate	Curlew #2	1pm – 5pm
7A	Curlew Park, Curlew St, Sandgate	Curlew #3	1pm – 5pm
7B	Curlew Park, Curlew St, Sandgate	Curlew #3	8am – 12pm
7C	Curlew Park, Curlew St, Sandgate	Curlew #4	11.30am – 2:30pm
7D	Curlew Park, Curlew St, Sandgate	Curlew Slipway	8am – 11am
6A	Kianawah Park, Manly Rd, Tingalpa	KP No 5	10.15 – 12.45pm
6B	Kianawah Park, Manly Rd, Tingalpa	KP No 6	10.15 – 12.45pm
6C vs Pad brown	Padua Primary – Broughton Rd, Kedron	Greccio Oval	8am – 10.30am
5A-E (Internal)	Kianawah Park, Manly Rd, Tingalpa	KP No 5&6	8am – 10am

Cricket Uniform

The following items can be purchased from the Uniform Shop on Monday, Wednesday and Friday.

Match Uniform for Saturdays

Iona cricket pants:	\$48
Iona cricket long-sleeved shirt:	\$55
Iona cricket short sleeved shirt:	\$45
Black Iona wide-brimmed hat:	\$20
'I' cap:	\$15 - \$16.50
Cricket box	\$8

Training Uniform

Iona HPE shorts:	\$35
Iona tube sports socks (black):	\$11
Iona ankle sports socks (black):	\$10.50
Iona Yura t-shirt:	\$45

Scoring

Anyone willing to assist with scoring on game day is encouraged to contact the Cricket Coordinators.

Cricket Kit Bags and Equipment

All boys selected in an A or B team are expected to supply their own kit bag (box, pads, glove, bat and helmet – minimum).

Those in a C or D team will have access to limited Iona-supplied kit bags. A box must be individually supplied for obvious hygiene reasons.

FOOTBALL

Coordinator

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

High-Performance Football

All high-performance squads will commence S&C and field sessions Week 2 this term. If students are unable to attend any sessions, we ask that they reach out to the appropriate coach to let them know.

HIGH PERFORMANCE

Coordinator

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

Congratulations to the following students on their achievements:



Tyce Percy has been selected for the U16 Australian Water Polo Squad, for which he has been training with in the holidays. He also competed in the QLD Water Polo Championships where his team finished second.

District And Regional Sport Trials

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

District trial information will continue to be published in the weekly Sport Newsletter as well as the Daily Notices on TASS when it becomes available.

If a student wishes to register for a trial, they must fill out a **Nomination Form on ICON** or **link below** to express their interest. [Representative Sport Nomination](#)

Mr Harding and Mr Russell will then contact the students wishing to trial if selected.

For any questions, contact either Mr Harding (for boys turning 13-19 years in 2026) or Mr Russell (for boys turning 10-12 years in 2026) using the same email – repsport@iona.qld.edu.au

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

10-12 Years Information 2026

Sport	Details	Nominations Close
Swimming 10-12 Yrs	Riverside Nominations (qualifying times apply)	Wed 11 Feb
Basketball 10 - 12 Yrs	Riverside District Trial	Tues 17 Feb
Netball 10-11 Yrs	Riverside District Trial	Fri 6 Mar
Netball 11-12 Yrs	Riverside District Trial	Fri 6 Mar
AFL 10-12 Yrs	Riverside District Trial	Fri 6 Mar

13-19 Years Information 2026

Sport	Details	Nominations Close
Baseball 15-19 Yrs	Met East Trial	Thu 29 Jan
Tennis 13-19 Yrs	Met East Trial	Thu 29 Jan
Softball 13-19 Yrs	Riverside District Trial	Mon 2 Feb
Football (Soccer) 13-15 Yrs	Riverside District Trial	Wed 4 Feb
Football (Soccer) 16-19 Yrs	Riverside District Trial	Wed 4 Feb
Basketball 13-16 Yrs	Riverside District Trial	Fri 6 Feb
Squash 10-19 Yrs	Riverside District Trial	Mon 9 Feb
Water Polo 15-18 Yrs	Riverside District Trial	Mon 9 Feb
Swimming 13-19 Yrs	Riverside District Trial (qualifying times apply)	Wed 11 Feb
Netball 13-15 Yrs	Riverside District Trial	Wed 11 Feb
AFL 13-14 Yrs	Riverside District Trial	Wed 11 Feb

Term 1, 2026 Gym Schedule

Starts Week 2

	MON	TUE	WED	THU	FRI
6.30 – 7.30am	Intro To Gym	Intro To Gym	Intro to Gym	1 st AFL Cricket and Volleyball	Iona Swimming (6am Start)
7.15 – 8.15am	Harlequins Squad	Hoops Squad	Harlequins Squad	Hoops Squad	Harlequins Squad
3.15 – 4.15pm	1sts Cricket 1sts Volleyball	1sts AFL and Any High Performance	Any High Performance	Any High Performance	Any High Performance & Intro To Gym
5:15 – 6.30pm		Iona Swimming Club	Iona Swimming Club		

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 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.

RUGBY UNION

Coordinators

Mr Alex Jirasek jiraseka@iona.qld.edu.au

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

Hoops & Harlequins

S&C and Field sessions begin next week (Week 2), please see the schedule below. We would like to remind the students selected in the Hoops and Harlequins squads of the uniform and behaviour expectations outlined in the invitation document. As leaders representing the College it is expected all members will uphold and challenge their peers to uphold these standards.

Uniform

Gym – Yura shirt/singlet, PE shorts, PE socks

Field – Yura shirt/singlet, Rugby shorts, PE socks

Harlequins

Dwyer Oval – Thursday (5/2/26) 6.30-8am

Hoops

Dwyer Oval – Wednesday (4/2/26) 6.30-7.45am

SAILING

Coordinator

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

Welcome back to all Sailors and families, coaches and Sailing Coordinator Mr Kevin Caine. The 2026 season is looking great. There is always much to prepare with boat maintenance, nominations to race and training to ensure our team is in the best possible position from the start of the term to compete to their full potential.

Firstly, a reminder to parents to reply to Mr Caine's email regarding skippering or crew, for Fleet sailing nominations.

Working bee this Saturday 31 January, 8-11am. Please bring a bucket and sponge to wash boats. With many other little jobs Iona sailors, parents, siblings, aunts, uncles and any other keen helper's welcome.

First round of **Fleet sailing is this Sunday 1 February.** Rigging from 8am. Please confirm your attendance on the teams app when it is posted.

Training is on Tuesday afternoons, starting Week 2, 3 February. Training is required to compete on the weekends. Again, please reply to the Teams app to mark your attendance.

School Sailing dates for Term 1 2026 Sundays February 1, 8 and 15 for Fleet Races. **Team Races start Sunday 22 February 2026.**

The Uniform Shop has new sailing rashies available.

Expression of interest

Umpires are still needed on the water for Teams racing. If you have a boat license, are interested in sailing and would like to support the school, please contact Kevin Caine. A certification course will be run by RQ soon. cainek@iona.qld.edu.au.

Anyone interested in joining the sailing team who don't have experience you can contact DPSS (Darling Point Sailing Squad) or RQYS (Royal Queensland Yacht Squadron) for details of learn to sail or Tackers courses. Or further details from Mr Caine.

SWIMMING

Head Coach

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

Assistant Head Coach

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

Swim Coordinator

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

This year, the College is offering four AIC swim sessions per week. We ask swimmers to come to as many of these sessions as possible during the week. However, the Thursday morning session is compulsory for all squad members, as we intend to provide a BBQ breakfast afterwards.

Club Swimmers who are training in the Troop, Black Backs, Senior Black Backs, and Apex Gorillas squads may continue to train in these squads. These boys only need to attend the Thursday AIC session, and the Friday afternoon meets, however, they may do more AIC sessions if they wish. Boys swimming in these squads will be in the AIC squad but are still required to attend the time trial for squad selection.

Cubs Squad Swimmers – these boys are not guaranteed a spot in the AIC squad. These boys must attend the time trials to gain selection in the AIC squad.

Frequently Asked Questions

If my child has not started training at Iona, what can he do?

Please attend the time trial held on Friday 30 Jan and we will finalise the AIC squad based on times. All boys will be notified of their inclusion into the AIC squad via email after the time trial.

What if my son makes the AIC squad after the time trials?

He attends AIC training the next week using the schedule listed below. The coaches may also encourage your son to join the swim club as they offer more advanced programs all year round. It is ok for the boys to just swim AIC and not do club.

What if my son does not make the AIC squad?

If your son was in the Cubs squad, he returns to the Cubs squad training program. If he wasn't in the Cubs squad he will be offered a place in the Development squad. This squad will run on Tuesday and Thursday afternoons only from 3.15-3.45pm. Your son may progress from the Development squad to the Cubs squad in time, then he may trial for the AIC squad in future.

Important reminders

- Swim time trials are held this Friday afternoon, see schedule below, parents are welcome to attend. Commences at 3.15pm and concludes at 4.30pm. Wear proper swim togs, no rashies or board shorts. If the boys make the AIC squad, they then must purchase the Iona togs ready for next week's first meet.
- After this time trial, some boys may be directed towards a development squad program based on times. However, at this stage, everyone comes to the time trial.
- Weekly emails will be sent out to all those families whose son has signed onto swimming. It will include rosters for the weekly BBQ and info regarding the upcoming meets among other important bits of information. The email list will be finalised after the trials.

Swimming BBQ Breakfast – Parent Helpers Needed!

From next **Thursday 5 February**, we will offer the squad a BBQ breakfast after their swim session for four consecutive weeks in the season. This will simply consist of an egg and bacon or sausage on a piece on bread with sauce, served straight from the BBQ on a sheet of paper towel for minimal clean up.

We need of a group of parents who are keen to prepare, cook and serve for this four-week period. If your son makes it in the AIC squad, after time trials held this Friday, an email will be sent on Saturday which will include an online volunteer form.

Iona College Internal Swim Time Trial – Years 5-12

Date: Friday 31 January 2025

Venue: Iona College Pool

This **Friday 30 January** after school, Iona will host an internal time trial. All those who wish to be a part of the swim program must attend this time trial, which will start at 3.15pm and should conclude by 4.30pm. Parents are welcome to attend.

ORDER OF EVENTS (All events Year 5 to Opens)

1	50 metres	Freestyle (unlimited)
2	50 metres	Breaststroke (unlimited)
3	50 metres	Backstroke (unlimited)
4	50 metres	Butterfly if time permits

TIMING OF EVENTS

Warm Up:	3.15pm–3.30pm
First Race:	3:30pm.
Finish:	4.30pm

Click on the link below to gain all information regarding the 2025 AIC swim season including:

- Training times
- Important contact information
- 2026 meets and important dates
- Rep trial information
- BBQ breakfast information & more

And much more. Click here:

[Swim Season Link](#)

AIC Swim Training Schedule – Term 1, 2026

Note: We encourage our swimmers to attend at least 2-4 sessions per week. The **Thursday session is compulsory** for all squad members. Club swimmers may continue to follow their club programs.

It is normal at Iona for boys to do swimming and participate in the AFL, cricket and volleyball programs.

Day	Students in Years 5-12 in 2026	
	AM – Before School	PM – After School
Monday		AIC Squad – 3.15pm – 4.15pm
Tuesday	AIC Squad – 6.45am – 7.45am	
Wednesday	AIC Squad – 6.45am – 7.45am	
Thursday	Compulsory Session AIC Squad – 6.45am – 7.45am (Followed by a team breakfast commencing Week 2, Thursday 5 Feb)	
Friday		AIC Swim Meets – Compulsory

VOLLEYBALL

Coordinator

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

Welcome to the 2026 AIC Volleyball season.

Please note that all teams will have a trial match this Saturday vs St Patrick's. The draw is in this newsletter and on Clipboard. Most teams have training this week with the full training schedule starts next week. Please check the Season Schedule link below for training times.

Please see link below for all Volleyball information

[AIC Volleyball Season Schedule](#)

Trial Match vs St Patrick's

All teams will have a trial match against St Patrick's on Saturday 31 January.

Volleyball vs St Patrick's Saturday 31 January			
Iona College – Provence Centre			
Time	Provence Centre Court 1	Time	Provence Centre Court 2
8.30am	Iona 3rds vs SPC 3rds (Duty 10C)	8am	11B (Duty 10C)
9.15am	Iona 3rds vs SPC 4ths (Duty 11B)	9am	10C (Duty 11B)
10am	11A (Duty 1sts)	10am	10B (Duty 10A)
11am	2nds (Duty 11A)	11am	10A (Duty 10B)
12pm	1sts (Duty 2nds)		

VOLLEYBALL vs St Patrick's Saturday 31 January					
VENUE: St Patrick's (60 Park Pde, Shorncliffe)					
Time	Christian Brothers Centre	Time	Callan Centre Court 1	Time	Callan Centre Court 2
8am	8B	8am	8D	8.30am	7D vs SPC C
9am	8A	9am	8C	9.15am	7C vs SPC C
10am	9B	10am	9C vs SPC 9C	10am	7B
11am	9A	10.45 am	9D vs SPC 9C	11am	7A

Season Expectations

Commitment to training & game day

During the AIC Volleyball season, students who are selected in teams are to prioritise school volleyball over any other outside sporting commitments.

Furthermore, it is not permissible for any student to leave training or games early to attend other sporting commitments. Holidays should not be taken during the season for boys who are selected in a volleyball team.

Full commitment to training and games is required.

Team Duty

All teams will have a compulsory duty on the days they play games at Iona throughout the season. Boys are asked to arrive at the venue no later than **30 minutes before** their game time or duty time (whichever is first).

Please note that off-court warm up will start 30 minutes before game-start time. On-court warm-up starts 10 minutes before game-start time each week.

Uniform

- Students must only wear Iona branded clothing on gameday and at training.
- Students must arrive and depart with appropriate fully enclosed footwear.
- **Slides, thongs, Crocs and Birkenstocks are not permitted** before or after games or training.



- Any compression pants worn under the shorts for training or games must be black or skin-coloured.
- Volleyball playing shirts now available for purchase from the Uniform Shop.

If you are buying a second-hand shirt or using a pre-owned shirt, it is critical that you contact the Uniform Shop with the number of the shirt before you purchase it, as we cannot have numbers clashing in the same Year level.

Boys who purchase shirts from the Uniform Shop will be given preference if there is a number clash. Volleyball shirts cannot be purchased online from the Uniform Shop as we need to make sure there are no number clashes.