


# IONA SPORT

I AM IONIAN 

21 January, 2026

I hope everyone was able to have a restful, happy and Holy time over the Christmas break. We look forward to welcoming the students back to school, particularly those new to our community.

The ongoing aim of the Sports Office is to maintain and further develop Iona's sports program from Years 5-12, and ensure that our students are given opportunities to participate and enjoy all the benefits playing sport can provide. Iona offers many opportunities for its students to become involved in a wide variety of areas – including sport, music and the arts.

My advice to all students is to 'get involved' in the life of the College. Enjoy the challenges and friendships you encounter on the way and be proud to represent your College by the way you conduct yourself on and off the sports field.

With regards to sports information, it is imperative that all students and families read the weekly sports newsletter for all the important times, dates, reminders and other critical information. At times, families will be emailed more-specific information directly, so please regularly check your email inboxes as well.

The College also uses an online sports communication system called 'Clipboard'. All Iona sport sign-ons, access to individual team training schedules, and weekly fixtures (times, venues and maps) can be seen and accessed via Clipboard. Coaches can mark rolls, report injuries, place scorelines (and various other uses) all via Clipboard. It's a 'one-stop shop' for coaches, parents, players and administrators. Late cancellations of training sessions due to inclement weather are done through Clipboard, with push notifications to your personal devices.

Scroll below to the 'Clipboard' subheading and follow the instructions on how to log in to the system.

As an Iona Old Boy, it was always instilled in us that it was a privilege and honor to wear the black and white. Since my time as a student, I assure you that nothing has changed in that regard. My challenge to all boys will

be for them to consistently show a high level of pride and integrity as they go about being positive Iona representatives. The way we speak, act, train and play should reflect the amount of pride and integrity we have in ourselves and the College.

As we are dealing with young men, it is expected that some boys – from time to time – will get it wrong. In these cases, the only solution is to accept responsibility, learn from our mistakes and use the opportunity to grow and develop to be better next time around. The process of learning will not stop at the classroom door.

Be sure to read the information found within this newsletter carefully. Training for most sports commenced this week. The rest will commence next week, and some Year 5 cricket teams the week after. We have placed some AFL, cricket and volleyball trials for certain teams against Marist College Ashgrove this Friday – to 'free up' the Australia Day long weekend for families. Next weekend (Fri 30 & Sat 31 Jan) we have a full school trial against St Patrick's College across all sports (Year 5 teams will do internals on this day). The following weekend (Fri 6 & Sat 7 Feb) will be 'game on': Round 1 vs Marist. Again, all fixture times will be advertised via Clipboard so be sure to log in using the details below.

Both the volleyball and swimming programs commenced this week as planned and advertised previously.

Please read below a report on the Australian Volleyball Schools Cup competition held just before Christmas. Iona performed very well, taking out first place in the Division 1 competition. Congratulations to all involved. A report regarding the Oblate Cricket Carnival (which we also won) and the Iona Swim Camp will be included in next week's edition.

## Home and Away Games Explained – Season Draw

Due to the complexity of the sports draw each week, an exact full-season draw with times is not available.

However, please note the College Calendar does indicate the opposition as well as an 'H' or 'A' symbol – obviously representing either home or away.

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

**Cricket** – The (H) home weeks are when Years 6, 10, 11 and 12 teams play at Iona’s venues, and Years 5, 7, 8 and 9 teams play at the opposing school’s venues. On the (A) away weeks, the opposite occurs.

**Volleyball** – The (H) home weeks are when Years 10, 11 and 12 play at Iona venues, and Years 7, 8 and 9 play at the opposing school’s venues. On the (A) away weeks, the opposite occurs.

**AFL** – Various venues from week to week.

### **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  
[jjiraseka@iona.qld.edu.au](mailto:jjiraseka@iona.qld.edu.au)

**Football Coordinator** – Mr Connor Russell  
[russellc@iona.qld.edu.au](mailto: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.

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

For queries regarding sign on, sessions time, venue locations, cancellations, etc, please contact Mr Jirasek ([jjiraseka@iona.qld.edu.au](mailto:jjiraseka@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](#)

Again, I encourage all students to get involved and to remember to have fun and enjoy the moments with your mates along the way!

Craig Stariha  
**Head of Sport**

## **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**

20–23 Jan:	Aggregate teams volleyball training
Fri 23 Jan:	‘A’ teams v’ball matches vs Marist @ Iona
Fri 23 Jan:	7A,8A,9A,10A, 1 <sup>st</sup> trial cricket games vs Marist @ Iona College
Fri 23 Jan:	1 <sup>st</sup> /2 <sup>nd</sup> AFL trial game vs Marist @ Iona.
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

## **AFL**

### **Years 7–12 Coordinator**

Mr Leigh Harding – [hardingl@iona.qld.edu.au](mailto:hardingl@iona.qld.edu.au)

### **Years 5/6 Coordinator:**

Mr Jack Rolls – [rollsj@iona.qld.edu.au](mailto:rollsj@iona.qld.edu.au)

### **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

Please note only Firsts and Second XVIII have training this week (Wed 21 at 3.15pm) and will play a trial game against Marist College on Friday 23 at 3pm at Iona.

All other AFL teams training will commence next week even if school has not yet returned. Please see below training schedule for next week. Teams will play a trial game against St Patrick's on the weekend of our return to school. This fixture will be released shortly.

Term 1, 2026 Training Schedule (26-30<sup>th</sup> 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	<b>AUST Day No Training</b>	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	

Please see link below for all AFL information for 2026:

[AIC AFL Season Schedule](#)

## CRICKET

### Coordinator

Mr Harry Milford – [milfordh@iona.qld.edu.au](mailto:milfordh@iona.qld.edu.au)

### 2026 AIC Cricket – Season Schedule

The 2026 AIC Cricket Season Schedule has now been updated and contains all information about training times, future trial dates 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.

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

### AIC T20 Competition

On Monday 19 and Tuesday 20 January, our First XI squad competed in the annual AIC T20 Cup Competition hosted by Padua.

The First XI squad continued their successful pre-season campaign, remaining undefeated for the AIC T20 competition.

The final against Padua was a true display of the hard work and commitment of these young men, beginning their pre-season at the start of Term 4 in 2025.



The Firsts won the toss and elected to bat, making a strong total of 8/152 in their 20 overs. A captain's knock

from Alex Harrison (55 from 36 balls) and a strong contribution from Joshua Midanowicz (46 from 42) gave us a highly competitive total to defend with the ball.

With figures of 4/22 off four overs, Henry Bader put the game out of Padua's reach, with Iona bowling them out in 17 overs for 94 runs to win by 57 runs.



### Game Times vs Marist for Friday 23 January

	Davine	McCarthy	Harron
AM	First XI 9.30am – 5.15pm	7A 8am–12.30pm	9A 8am–12.30pm
PM		8A 1pm–5.30pm	10A 1pm–5.30pm

### 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 next week (Week 1) – even those year levels that may not have commenced at school yet. 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 will be released shortly via Clipboard.

## Cricket Coaches, Game-day Managers and Scorers

There are still a number of 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 filled:**

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

### **Senior Coaching roles to be filled:**

- 10B Coach / Game-day manager
- 7D Coach / Game-day manager
- 8B Coach / Game-day manager

## Scoring

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

## 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

## 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.

## 2026 AIC Cricket

Please see link below for all cricket information.

## [AIC Cricket Season Schedule](#)

## Team Selection – Cricket 2026

There are a number of students who have missed out on selection in AFL and volleyball, and these boys have been encouraged to play cricket in 2026. As a result, selection of some 2026 teams are still being finalised and will be subject to changes between trial rounds and the AIC season. We intend to have all teams finalised by next week and these will be communicated via email.

## **FOOTBALL**

### **Coordinator**

Mr Connor Russell – [russellc@iona.qld.edu.au](mailto: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](mailto:hardingl@iona.qld.edu.au)

Congratulations to the following students on their achievements:



Harley Sharp represented Queensland City at the Australian National Club Futsal Championships.

Harley had a great tournament, and has now been selected in the Australian All-Star team to compete in Malaysia this November!

## **District And Regional Sport Trials**

In 2026, Iona will be moving 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 10–19 years district model. District trial information will continue to be published in this section of the weekly Sport Newsletter as well as the Daily Notices when it becomes available.

If a student wishes to register for a trial, they must 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](mailto:repsport@iona.qld.edu.au) Mr Harding and Mr Russell will then contact the students wishing to trial with further information.

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

## 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 <sup>st</sup> 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](mailto:jiraseka@iona.qld.edu.au)

Mr Craig Stariha [starihac@iona.qld.edu.au](mailto:starihac@iona.qld.edu.au)

### Hoops & Harlequins

S&C and field session for both squads begin in Week 2. If students are unable to attend any session, we ask they reach out to the appropriate coach to let them know.

## SAILING

### Coordinator

Mr Kevin Caine – [cainek@iona.qld.edu.au](mailto:cainek@iona.qld.edu.au)

It was wonderful to see a lot of the Iona sailors continue with their sailing through the summer holidays. Many boys and their families competed in numerous events, events from the Opti States at RQ, and Nationals down in Tassie as well as Sail Brisbane, where they showed their talent in other boats such as Fevers and 29ers. We welcome any sailors from Year 7–12 with experience.

No training is scheduled until Week 2. However, fleet racing will begin Week 1 (Sunday Feb 1). There will be more details in next week's newsletter, and look out for any update on the Teams app.

Remember there is new silver / grey rashies available from the uniform shop,

### School Sailing dates proposed for Term 1 2026

Sundays February 1, 8 and 15 for Fleet races.

Team races start Sunday 22 February.

### Expression of interest

On-the-water umpires still needed for teams racing. If you have a boat licence, 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](mailto:CaineK@iona.qld.edu.au).

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

## SWIMMING

### Head Coach

Mr John Gatfield – [iswim@iona.qld.edu.au](mailto:iswim@iona.qld.edu.au)

### Assistant Head Coach

Mr Riley Mathers – [iswim@iona.qld.edu.au](mailto:iswim@iona.qld.edu.au)

### Swim Coordinator

Mr Craig Stariha – [starihac@iona.qld.edu.au](mailto:starihac@iona.qld.edu.au)

An email will be sent to all families later this week, inviting students from Years 5–12 to join Iona's swim program. If you wish to join the swim program, please respond to the email. All families had the opportunity to sign on for swimming last year via the online link provided at the beginning of Term 4, 2025.

We will also email all those who did sign on (some may have forgotten) and ask families to confirm if they are still interested in being a part of the swim program. All interested students should commence swim training NOW as per training times and days listed below.

We have many boys training already, some since Term 4 last year. This is simply an invitation for others to join. Again, please reply to the emails if you wish your son to join.

Next 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. The time trial will start at 3.15pm and should conclude by 4.30pm. Parents are welcome to attend.

Click on the link below to gain all information regarding the 2026 AIC swim season including:

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

Please see below the updated 2026 Season Schedule document which contains all information pertaining to the 2026 AIC Swim season.

The document includes

- Training times
- AIC meets – times and dates
- Important contact information
- Uniform requirements

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 also 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](mailto:otwayk@iona.qld.edu.au)

### Australian Volleyball Schools Cup

Congratulations to the Iona First VI Volleyball squad for their outstanding performance at the Australian Volleyball Schools Cup, where they proudly brought home the GOLD medal!

Competing against some of the best teams in the country, Iona showed incredible skill, determination, and teamwork throughout the tournament. Their hard work and perseverance paid off as they secured top place on the podium – a well-deserved achievement.

The journey to gold was filled with both thrilling victories and tough challenges, demonstrating exceptional growth and unity and providing a solid foundation looking ahead to the AIC season in Term 1.



This achievement marks a significant milestone in their volleyball journey, and they should be incredibly proud of what they've accomplished.

Well done to coach Rolf Vogelbusch and assistant coach Mark McDuff on leading the team to an amazing tournament result.

Thank you also to Miss Kate Tosello for her strapping skills in holding the boys together through the physical demands of such a tournament.

The team is now ready to take on the AIC season with the goal of securing a third consecutive First VI premiership.

### Training

Training for all Aggregate teams start this week.

Training for C and D teams will start in Week 1 of school.

### Trial Matches vs Marist (Friday 23 Jan)

Marist have pulled out their B teams and Seconds and Thirds teams from the game this Friday.

Now only the A and Firsts volleyball teams have trial matches against Marist College on the afternoon of Friday 23 January. All games will be played at Iona. The amended schedule is below. All teams playing on Friday will have a duty as well.

Time	Provence 1	Provence 2	Oblate 1
3pm	<b>9A</b> (Duty 1 <sup>st</sup> )	<b>10A</b> (Duty 11A)	<b>7A</b> (Duty 8A)
4pm	<b>1sts</b> (Duty 9A)	<b>11A</b> (Duty 10A)	<b>8A</b> (Duty 7A)

### Trial Match vs St Patrick's

All teams will have a trial match against St Patrick's on Saturday 31 January. Schedules for these games will be in next week's sports newsletter and on Clipboard.

Please see link below for all Volleyball information

[AIC Volleyball Season Schedule](#)

### Season Expectations

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.

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.**

**Please note:** Any compression pants worn under the shorts for training or games must be black or skin-coloured.

Students cannot wear slides, thongs, Crocs or Birkenstocks of any form before or after games or training. Students must arrive and depart with appropriate fully enclosed footwear.

No non-Iona clothing / jumpers are to be worn to games or training.

**Volleyball playing shirts now available for purchase 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 are not able to 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. Volleyball shirts are not able to be purchased online from the Uniform Shop as we need to make sure there are no number clashes.