

# IONA SPORT

I AM IONIAN 

4 February, 2026

This morning at our college assembly, we took the chance to acknowledge and congratulate our 1<sup>st</sup> AFL, Cricket, and Volleyball teams for 2026. It's always an honor and privilege to wear the black and white for the college but to represent the college at the highest level is extra special.

These boys represent Iona's absolute best in their respective sports. They set the standard for the rest of our teams on how we should conduct ourselves in all areas, including the way we train, play and the level of pride we have in the jersey.

I thank all the coaches and players involved in the first programs for their commitment to the college. These squads have been working hard since Term 4 last year to prepare themselves for the 2026 season. Our boys should go into the season head feeling well prepared and supported by the college.

## 1<sup>st</sup> XVIII AFL



## 1<sup>st</sup> XI Cricket



## 1<sup>st</sup> VI Volleyball



Last weekend we enjoyed a solid trial round v St Patrick's. It was pleasing to walk around the venues to witness the high standard of dress, effort and behavior. Well done to all, we hit the Iona standard!

All teams will play Marist this weekend, except for the 5White cricket team who play Villa and the 7D volleyball team who play St Peters. All fixtures, including game times and venues are now on Clipboard, so please check your schedules and arrive at your game well ahead of time. Please take the time to learn how to access Clipboard as it will make your life easier. Scroll down for instructions, it's simple to follow.

Iona has worked hard over many years to build a strong positive culture in our sports program. There is an expectation that everyone who represents Iona contributes towards ensuring our standards and culture is maintained by the way we act, speak and the way we look. Our culture also includes our drive and determination to play hard and be competitive. At Iona it's ok for the boys to go for the win, in fact, we encourage it, but the way we go about it is most important. We go about it, always showing good sportsmanship, we accept the result either way and we move on with minimal fuss either way showing humility and respect.

Iona will host Lourdes Hill, Loreto and St Laurence's in the second swim meet of the season this Friday

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

afternoon. All Year 5–12 AIC squad members are expected to attend wearing black togs only and the Iona swim cap please.

Well done to those involved in the Hoops, Harlequins and High-Performance Football Programs, these programs commenced this week. Our success in rugby and football next term will be traced back to your efforts during the pre-season. Keep up the good work.

I encourage the boys in these squads, as well as the many others who use the gym, to keep up their gym programs. These programs are designed to build strength and conditioning (S&C) which in turn assists with injury prevention. S&C is a must for anyone who wants to compete at a high level.

During the assembly we gave our well wishes to the new Yr5 boys who will compete for the first time wearing the black & white in a regular round. These students have a responsibility to uphold our culture and the Iona standards and we wish them all the best in their sporting journey at the college.

Round 1 v Marist, we play hard, we play fair, we play for our mates and we play for our school. All the best boys, 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](mailto:jiraseka@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 (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](mailto: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](mailto: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

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
Thurs 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

Round 1 vs Marist – Saturday 7 February			
Team	Venue	Time	Oval
10A	Wynnum Vikings Kianawah Rd Wynnum West	9.30am	1
9A	Wynnum Vikings Kianawah Rd Wynnum West	8.30am	1
9B	Wynnum Vikings Kianawah Rd Wynnum west	7.30am	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	8.30am	Dwyer
6B	Iona College	7.30am	Dwyer
6C	Iona College	8.30am	St Eugene 3
6D	Iona College	7.30am	St Eugene 3
5A	Iona College	8.30am	St Eugene 1
5B	Iona College	7.30am	St Eugene 1
5C	Iona College	8.30am	St Eugene 2
5D	Iona College	7.30am	St Eugene 2

## 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 – [rolls@iona.qld.edu.au](mailto:rolls@iona.qld.edu.au)

Round 1 is now upon us, and we are all excited to see the boys showcase their skills while representing the 'Black & White'.

To all the boys playing this week for the first time, good luck and play well.

All fixtures and training sessions have been published 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](#)

Round 1 vs Marist Friday 6 February			
Team	Venue	Time	Oval
1sts	South Pine Sports Complex Pine Rd, Brendale	4.45pm	Field 1
2nds	South Pine Sports Complex Pine Rd, Brendale	4.45pm	Field 2

## CHESS

### Coordinator

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

Chess has started back with trials and training 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

Yes this will run through home room!

#### Tuesday Mornings

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

If you are unable to make one please come to the other.

## 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 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)	

### Round 1 vs Marist – Saturday 7 February

TEAM	VENUE	OVAL	TIME
1 <sup>st</sup> XI	Marist College Frasers Rd, Ashgrove	Maher	9.30am–5.15pm
2 <sup>nd</sup> XI	Marist College Frasers Rd, Ashgrove	Hayden	1pm–5.30pm
3 <sup>rd</sup> XI vs Mar 3 <sup>rd</sup> Blue	Marist College Frasers Rd, Ashgrove	Cameron	1pm–4pm
10A	Marist College Frasers Rd, Ashgrove	Hayden	8am–12.55pm
10B	Marist College Frasers Rd, Ashgrove	Cameron	8am–12.55pm
9A	Iona College	Davine	8am–12.50pm
9B	Iona College	Harron	8am–12.50pm

9C	Kianawah Park Manly Rd, Tingalpa	Field 1	12pm–3pm
8A	Iona College	Davine	1pm–5.30pm
8B	Iona College	McCarthy	1pm–5.30pm
7A	Iona College	Harron	1pm–5.30pm
7B	Iona College	McCarthy	8am–12.30pm
7C vs Mar 7 Blue	Kianawah Park, Manly Rd, Tingalpa	Field 6	1pm–4pm
7D	Kianawah Park, Manly Rd, Tingalpa	Field 5	12pm–3pm
6A	Des Connor Park Grevillea Rd, Ashgrove	Field A	8am–11.30am
6B vs Mar 6B Blue	Des Connor Park Grevillea Rd, Ashgrove	Field B	8am – 11.30am
6C	Des Connor Park Grevillea Rd, Ashgrove	Field D	7.30am–9.55am
5A	Kianawah Park Manly Rd, Tingalpa	Field 1	8am–11.30am
5B vs Mar 5B blue	Kianawah Park Manly Rd, Tingalpa	Field 5	8am – 11.30am
5 Black vs Mar 5C blue	Kianawah Park Manly Rd, Tingalpa	Field 6	7.30–9.55am
5 Grey vs Mar 5D blue	Kianawah Park Manly Rd, Tingalpa	Field 6	10am – 12.25pm
5 White vs Villa 5D	Kianawah Park Manly Rd, Tingalpa	Field 4	7.30–9.55am

### 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](mailto:russellc@iona.qld.edu.au)

### **High-Performance Football**

All the high-performance squads have commenced their S&C and field sessions this week. If students are unable to attend any sessions, we ask that they reach out to the appropriate coach to let them know.

### **Uniform**

Field – Yura shirt, PE shorts, Football Socks

### **Years 7-10**

St Eugene's Park – Tuesday Morning 6.45-8.00am

### **Opens**

St Eugene's Park – Tuesday Morning 6.45-8.00am +  
Thursday Morning 6.45am – 8.00am (Beginning in Week 4.

## **HIGH PERFORMANCE**

### **Coordinator**

Mr Leigh Harding – [hardingl@iona.qld.edu.au](mailto: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. Click the link below to access the new page!**

Here you will find.

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

[ICON – Representative Sport](#)

### **Direct Pathway:**

ICON – Co-Curricular – Sport – Representative Sport

### **Term 1, 2026 Gym Schedule**

	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 sessions have recommenced this week, the numbers and accountability thus far have been outstanding. 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 at 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 – Friday (6/2/26) 6.30–8.00am

### Hoops

Dwyer Oval – Wednesday 6.30–8.00am

## SAILING

### Coordinator

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

Thank you to all who contributed to the working bee, our boys really noticed the benefit on Sunday where they needed all the help they could get as the weather, beautiful as it was out on the water, it was not the weather the boys had hoped for to kick off 2026.

The very light winds meant the start was delayed and the Iona boys took this opportunity to bond as a team and enjoy being in the water rather than on it.

Then it was back to the job at hand, and the fleet completed 4 of 8 races of which the Iona boys placed quite well. Out of the 8 boats 2 are currently placed in the top 10.

**Fleet sailing is this Sunday 8th February.** Rigging from 8am please reply your attendance on the teams app when it is posted.

Students are expected at **Training Every Tuesday afternoons** please reply to the teams app your attendance and bus attendance.

School Sailing dates for Term 1 2026 Sundays February 8 and 15 for Fleet Races. With Team Races starting Sunday 22 February 2026.

The Uniform shop has new sailing rashies available.

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 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](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)

Thank you to all the boys and their families who were able to attend the time trials held last Friday afternoon. The college used the times to select the squad. Emails were sent to all those who were selected and to those who missed out last Saturday. This year, the College is offering four AIC swim sessions per week. We ask swimmers to come to as many sessions as possible during the week.

The Thursday morning session is compulsory for all squad members, as we intend to provide a BBQ breakfast afterwards.

Important points for the week.

- Iona will host a swim meet this Friday, (6 Feb) which includes Lourdes Hill, Loreto and St Laurence's Colleges. All Year 5–12 squad members are required to attend. See schedule below. Parents are welcome to attend. Iona will warm up before the other schools arrive. We should conclude around 5.30pm–5.45pm.
- Look out for the weekly emails sent each to all swim families each Saturday. It will include rosters for the weekly BBQ and information pertaining to the upcoming meets as well as other important information.
- The Iona standard. The expectation is that all boys are wearing either plain black or Iona-branded togs to each meet. Multi-coloured funky trunks are not part of our uniform. Coloured togs may be worn at training, but the

plain black ones should be worn to all the meets please.

- Riverside Rays/Met East Swim Nominations are now open. Please view the 'High Performance' section within this newsletter (above) to view the nomination process.

### Swimming BBQ Breakfast – Parent Helpers Needed

We will offer the squad a BBQ breakfast after their swim session. 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. If you can assist, please complete this online volunteer form – [AIC Swim Breakfast – Parent Volunteer Form 2026](#)

### Iona College Invitational Swim Meet

**Friday 6 February 2026, Iona College Pool**

Participating Colleges:

Iona College

Lourdes Hill College

St Laurence's College

Loreto College

### ORDER OF EVENTS

100m Free (one race per age group) Yr 5, Yr 6, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, Opens

50m Breast (unlimited) Yr 5, Yr 6, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, Opens

50m Back (unlimited) Yr 5, Yr 6, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, Opens

50m Free (unlimited) Yr 5, Yr 6, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, Opens

50m Fly (one race per age group) Yr 5, Yr 6, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, Opens

### TIMING OF EVENTS

Warm up: 3.50–4.15pm

First race: 4:20pm

Expected finish: 5.30–5.45pm

### AIC Swim Calendar – 2026

Date	Location	Transport
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Friday 6 February	Invitational Swim Meet Iona/Lourdes /SLC/Loreto @ Iona College Pool	Approx. 4pm – 5.30pm–5.45pm
Friday 13 February	AIC Swim Meet – Iona/Villa/SLC/SPC) @ Iona College Pool	Approx. 4pm – 5.30pm–5.45pm
Friday 20 February	AIC Swim Meet @ St Peters	Approx. 3.15pm – 5.30pm
Thursday 26 February	AIC Swim Meet @ Brisbane Aquatic Centre Chandler	Bus provided to and from the Chandler. Times TBA
Friday 6 March	AIC Swim Team BBQ @ Iona College Pool	Approx. 3.15 – 4pm Team BBQ 4pm – 4.30pm
Tuesday 10 March	AIC Swimming Championships	Bus provided to and from the Championships. Times TBA

Parents are most welcome to attend the swim meets. The swim managers will require the assistance of our parents to time keep. If you can assist, please notify one of our swim managers on the pool deck. Your help will be appreciated.

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

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

### Welcome to the 2026 AIC Volleyball season.

Good luck to all teams for round 1 vs Marist.

### Please see link below for all Volleyball information

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

### [AIC Volleyball Season Schedule](#)

Round 1 vs Marist – Saturday 7 February			
Team	Venue	Time	Court
1st	Marist College, Frasers Rd, Ashgrove	12.15pm	1
2nds	Marist College, Frasers Rd, Ashgrove	11.00am	1
3rds	Marist College, Frasers Rd, Ashgrove	9.00am	1
11A	Marist College, Frasers Rd, Ashgrove	10.00am	1
11B	Marist College, Frasers Rd, Ashgrove	8.00am	1
10A	Marist College, Frasers Rd, Ashgrove	10.30am	2
10B	Marist College, Frasers Rd, Ashgrove	9.30am	2
10C	Marist College, Frasers Rd, Ashgrove	8.30am	2
9A	Iona College Provence Centre	11am Duty 12pm Game	1
9B	Iona College Provence Centre	11am Game 12pm Duty	1

9C	Iona College Provence Centre	11am Game 12pm Duty	2
9D	Iona College Provence Centre	11am Duty 12pm Game	2
8A	Iona College Provence Centre	9am Duty 10am Game	1
8B	Iona College Provence Centre	9am Game 10am Duty	1
8C	Iona College Provence Centre	8am Game	1
8D	Iona College Oblate Hall	8am Duty 9am Game	1
7A	Iona College Provence Centre	9am Duty 10am Game	2
7B	Iona College Provence Centre	8am Duty 9am Game	2
7C	Iona College Provence Centre	8am Game	2
7D vs SPE	Iona College Oblate Hall	8am Game 9am Duty	2

### 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.