



Weekly Sports Report - Term 1 - Week 2 - 1 February 2017

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From the Head of Sport

At today's assembly we welcomed our new Year 5 and 7 students into the College community. Several of these students will be taking the court or field for the first time representing Ashgrove. We have a very proud tradition of success in sport but we also emphasise having fun and encourage you to enjoy your time wearing the blue and gold. For our Seniors this is your last chance so make it count!

As usual, we have a very busy program in operation at Ashgrove. This term alone we have 84 teams participating in Cricket, Volleyball, and the new AFL competition. Some schools struggle to muster that many teams in one year of sport! In conjunction with the MARC running club, open football training, open rugby training, over 200 swimmers, and this year's Marist Basketball Carnival that we are hosting in Easter, the sheer size of the program is evident.

This Saturday sees the commencement of AIC sporting fixtures for 2017 with matches primarily against Padua College. Please pay particular attention to the venue where your team is playing and what time your game is on. This is clearly outlined in the draws for cricket and volleyball following.

On Friday night our swimmers will contest the first AIC meet for the season at the College pool. We wish them all the best as they continue their preparation for the major AIC championships. Good luck to all Ashgrove teams for Round 1!

ORGANISATION

A few key points regarding sport:

- Presentation – how we present ourselves is a strong reflection on our school. Saturday sport is the ideal medium to create a positive public image. This involves ALL students wearing the **correct uniform to and from AIC matches**. Please see the uniform section on the next page for an example of appropriate attire for Cricket and Volleyball.
- Training – coaches spend a lot of time planning seasons and training sessions for our teams. It is only fair that students are organised, on time and ready to train for every session.
- Absence – students are not to send a message about missing training through another student. Please email your coach in advance about why you will miss training.
- Sport Contacts – Should you have any questions regarding Cricket, Volleyball, or Swimming, please contact the relevant staff members in the first instance (details on the next page).

COMMUNICATION

With so much happening in Term 1, it is important that students and parents regularly check the main sources of information to receive updates and changes to draws, training timetables etc. Each week, information can be found in:

UPCOMING EVENTS

Cricket, Volleyball, Swimming

Friday 3 February

AIC Swim Meet @Ashgrove

Saturday 4 February

AIC Cricket & Volleyball Round 1 v Padua

Friday 10 February

AIC Swim Meet @Centenary

Saturday 11 February

AIC Cricket & Volleyball Round 2 v Iona

Friday 17 February

College Swimming
Championships @ASH

Saturday 18 February

AIC Cricket & Volleyball Round 3 v SPLC

MCA SPORTS CONNECT



[/MCAJuniorSport](#)



[/MCASeniorSport](#)



- The Buzz Newsletter (draws, training timetables, general information & contacts)
- Sports noticeboard (outside the gym)
- Morning and afternoon notices
- Emails (students are reminded to check these regularly!)

VOLLEYBALL – SHIRTS FOR YEAR 7 & NEW VOLLEYBALL STUDENTS

All Year 7 and new students joining volleyball wishing to purchase a volleyball shirt for the AIC season are to pay via the QKR app before visiting the Sports Office to collect the shirt. Please be mindful of the following:

- The cost of the shirts is \$30.
- No cash will be taken as we are operating as a cash-free school as much as possible.

Use of the QKR app is the easiest method of payment and a receipt of purchase can be printed as evidence of payment. **The QKR app is easy to download onto your phone and once you have registered, just select 'Marist College Ashgrove' to bring up the list of items for purchase.**

- Once payment has been made, a notification will be sent to the Sports Office so that the boys can collect their jerseys.
- Shirts will only be handed out to students who are definitely playing volleyball for Ashgrove this year
- The allocation of numbers is based on a "first come – first served" process and ensuring you get the correct size.

Mr David Miles
Head of Sport

Term 1 Sport Uniform

A very important part of representing Ashgrove in any sporting competition is our presentation. It is the position of the College and most AIC colleges that no student should be on the court or field if they are not dressed in the correct uniform. All coaches will be asked to not put a player on until they have the correct uniform so please organise this ASAP.

Please see photos below as examples of correct Cricket and Volleyball attire.

Swimming – Please refer to the Marist AIC Swimming team app page for uniform expectations.



MCA SPORTS CONNECT

Head of Sport
Mr David Miles
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Head of Junior Sport
Mr John Lambourne
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Cricket Coordinators
Mr Ben Maddox
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Mr James Metzeling
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Volleyball Coordinator
Mr Adam Knight
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Swimming Coordinator
Mrs. Cath Geraghty
geraghtyc@marash.qld.edu.au

ACCELERATION ESP TRAINING

For boys wishing to sign up for Acceleration training for Term 1, please click here.

http://www.accelerationesp.com/enrolForm.cfm?form_id=4802

To view the Acceleration training timetable for Term 4, please click here.

http://www.marash.qld.edu.au/files/ximena/files/sport/acceleration/2016_Term_4_Gym_Schedule.pdf

IMPORTANT LINKS

CRICKET

For all Basketball Information and Results, please visit the **Ashgrove Cricket** page on the College Website.

VOLLEYBALL

For all Tennis Information and Results, please visit the **Ashgrove Volleyball** page on the College Website.

SWIMMING

For all Swimming Information and Results, please visit the **Ashgrove Swimming** page on the College Website.

AIC CRICKET FIXTURES

ROUND 1 V PADUA & OTHER COLLEGES - SATURDAY FEBRUARY 4, 2017

Cricket Coordinators: Mr James Metzeling & Mr Ben Maddox

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times – cricket whites

TEAM	TIME	H/A	VENUE	WICKET
1sts vs. PADUA 1sts	9.00am – 5.15am	HOME	McMahon Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
2nds vs. PADUA 2nds	1.00pm – 5.30pm	HOME	Cameron Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
3rds vs. PADUA 3rds	1.00pm – 5.30pm	HOME	Hayden Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
4ths vs. PADUA 4ths	1.00pm – 5.30pm	HOME	Field 1, Mt Maria playing fields. Mott St, Enoggera	Synth
5ths vs. IONA 4ths	1.00pm – 5.30pm	AWAY	Fuller Oval, Iona College. 85 North Rd, Lindum	Synth
6ths vs. PADUA 5ths	1.00pm – 4.00pm	HOME	Hilder Rd, SS. Hilder Rd, The Gap	Synth
7ths vs. PADUA 6ths	1.00pm – 4.00pm	HOME	Corramulling Park 1. Yoorala St, The Gap	Synth
8ths vs. Villa 5ths	1.00pm – 4.00pm	HOME	Corramulling Park 2. Yoorala St, The Gap	Synth
10A vs. PADUA 10A	8.15am – 12.45pm	HOME	Cameron Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
10B vs. PADUA 10B	8.15am – 12.45pm	HOME	Hayden Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
10C vs. Ferny Fireballs	8.00am – 11.15am	HOME	Valleys Cricket Club 2. Yoku Rd, Ashgrove	Turf
10 GOLD vs. IONA 10B	8.15am – 12.45pm	HOME	Field 1, Mt Maria playing fields. Mott St, Enoggera	Synth
9A vs. PADUA 9A	8.15am – 12.45pm	AWAY	Oval 1, Padua Playing Fields. 222 Elliot Rd, Banyo	Turf
9B vs. PADUA 9B	8.15am – 12.45pm	AWAY	Oval 2, Padua Playing Fields. 222 Elliot Rd, Banyo	Turf
9C vs. Everton Comets	8.15am – 11.45am	AWAY	Oval 1, Everton District CC. Kenna Rd, W Cherside	Turf
9 GOLD vs. PADUA 9C	8.00am – 11.00am	AWAY	North Oval, Gibson Park. Stafford Rd, Stafford	Turf
9 WHITE vs. PADUA 9 GOLD	8.00am – 11.00am	AWAY	Oval 3, Marchant Park, Cherside	Turf
8A vs. PADUA 8A	1.00pm – 5.30pm	AWAY	Oval 1, Padua Playing Fields. 222 Elliot Rd, Banyo	Turf
8B vs. PADUA 8B	1.00pm – 5.30pm	AWAY	Oval 3, Padua Playing Fields. 222 Elliot Rd, Banyo	Turf
8C vs. Valley Purple	8.15am – 11.45am	AWAY	Mitchelton SHS Oval, Samford Rd, Mitchelton	Turf
8 GOLD vs. PADUA 8C	11.15am – 2.15pm	AWAY	Oval 3, Marchant Park, Cherside	Turf
8 WHITE vs. PADUA 8 GOLD	2.30pm – 5.30pm	AWAY	Oval 3, Marchant Park, Cherside	Turf
8 GREEN vs PADUA 8 WHITE	11.30am – 2.30pm	AWAY	Assisi Oval, Padua College. 80 Turner Rd, Kedron	Synth

AIC CRICKET FIXTURES - CONTINUED

ROUND 1 V PADUA & OTHER COLLEGES - SATURDAY FEBRUARY 4, 2017

TEAM	TIME	H/A	VENUE	WICKET
7A vs. PADUA 7A	1.00pm – 5.30pm	AWAY	Oval 2, Padua Playing Fields. 222 Elliot Rd, Banyo	Turf
7B vs. PADUA 7B	8.15am – 12.45pm	AWAY	Oval 3, Padua Playing Fields. 222 Elliot Rd, Banyo	Turf
7C vs. PADUA 7C	8.00am – 11.00am	AWAY	South Oval, Gibson Park. Stafford Rd, Stafford	Turf
7 GOLD vs. PADUA 7 GOLD	1.00pm – 4.00pm	AWAY	Oval 1, Boyd Park, Nundah	Synth
7 WHITE vs. PADUA 7 WHITE	1.00pm – 4.00pm	AWAY	East Oval, Melrose Park. Roseleigh St, Woolloowin	Synth
ASH 7 GREEN vs. ASH 7 BLACK	7.30am – 9.55am	HOME	Flat 8, Des Connor Fields. Grevillea Rd Ashgrove	Synth
7 BLUE vs. IONA 7 WHITE	10.30am – 1.30pm	AWAY	Coghill Oval, Iona College. 85 North Rd, Lindum	Synth
ASH 7 BLACK vs. ASH 7 GREEN	7.30am – 9.55am	HOME	Flat 8, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6A vs. PADUA 6A	8.00am – 11.30am	HOME	Flat 7, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6B vs. PADUA 6B	8.00am – 11.30am	HOME	Flat 6, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6C vs. PADUA 6C	7.30am – 9.55am	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6 GOLD vs. PADUA 6 GOLD	10.00am – 12.30pm	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6 WHITE vs. SLC 6 GOLD	10.00am – 12.30pm	HOME	Flat 9, Des Connor Fields. Grevillea Rd Ashgrove	Conc
6 GREEN vs. PADUA 6 WHITE	7.30am - 9.55am	HOME	Flat 9, Des Connor Fields. Grevillea Rd Ashgrove	Conc
5A vs. PADUA 5A	8.00am – 11.30am	AWAY	Assisi Oval, Padua College. 80 Turner Rd, Kedron	Synth
5B vs. PADUA 5B	8.00am – 11.30am	AWAY	Greccio Oval, Padua Primary. Broughton Rd, Kedron	Synth
5C vs. PADUA 5C	7.30am – 9.55am	AWAY	Oval 1, Boyd Park, Nundah	Synth
5 GOLD vs. PADUA 5 GOLD	10.00am – 12.30pm	AWAY	Oval 1, Boyd Park, Nundah	Synth
5 WHITE vs. SLC 5C	7.30am – 9.55am	AWAY	Gair Field 1, SLC. Stephens Rd, South Brisbane	Synth
5 GREEN vs. PADUA 5 GREEN	10.00am – 12.30pm	AWAY	West Oval, Melrose Park. Roseleigh St, Woolloowin	Synth
5 BLUE vs. PADUA 5 BLUE	7.30am – 9.55am	AWAY	West Oval, Melrose Park. Roseleigh St, Woolloowin	Synth
5 BLACK vs. PADUA 5 WHITE	7.30am – 9.55am	AWAY	East Oval, Melrose Park. Roseleigh St, Woolloowin	Synth

AIC VOLLEYBALL FIXTURES

ROUND 1 V PADUA & OTHER COLLEGES - SATURDAY FEBRUARY 4, 2017

Volleyball Coordinators: Mr Adam Knight & Mr Scott Minogue

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times. Wear volleyball playing shirt OR school uniform to and from the venues.

TEAM	TIME	H/A	VENUE
1sts vs. PADUA 1sts	12.00pm	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
2nds vs. PADUA 2nds	11.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
3rds vs. PADUA 3rds	9.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
4ths vs. PADUA 4ths	8.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
5ths vs. IONA 4ths	8.00am	AWAY	Court 2, Iona College. 85 North Rd, Lindum
11A vs. PADUA 11A	10.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
11B vs. PADUA 11B	8.15am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
11C vs. PADUA 11C	7.30am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
11 GOLD vs. SLC 11 GOLD	8.15am	HOME	Middle Court, Champagnat Centre. 142 Frasers Rd, Ashgrove
10A vs. PADUA 10A	11.00am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
10B vs. PADUA 10B	10.00am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
10C vs. PADUA 10C	9.00am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
10 GOLD vs. PADUA 10 GOLD	7.30am	HOME	Middle Court, Champagnat Centre. 142 Frasers Rd, Ashgrove
10 WHITE vs. IONA 10 GOLD	10.15am	AWAY	Court 3, Iona College. 85 North Rd, Lindum
9A vs. PADUA 9A	12.00pm	AWAY	Court 1, La Cordelle. Padua College. 80 Turner Rd, Kedron
9B vs. PADUA 9B	11.00am	AWAY	Court 1, La Cordelle. Padua College. 80 Turner Rd, Kedron
9C vs. PADUA 9C	11.00am	AWAY	Court 2, La Cordelle. Padua College. 80 Turner Rd, Kedron
9 GOLD vs. PADUA 9 GOLD	10.00am	AWAY	Greccio 1. Cnr Broughton & Turner Rd, Kedron
9 WHITE vs. SLC 9 GREEN	12.00pm	AWAY	Court 3, Indoor Sports Centre. Sleeman Complex, Chandler
9 GREEN vs. SLC 9 WHITE	9.45am	AWAY	Court 3, Indoor Sports Centre. Sleeman Complex, Chandler
8A vs. PADUA 8A	10.00am	AWAY	Court 1, La Cordelle. Padua College. 80 Turner Rd, Kedron
8B vs. PADUA 8B	9.00am	AWAY	Court 1, La Cordelle. Padua College. 80 Turner Rd, Kedron
8C vs. PADUA 8C	8.00am	AWAY	Court 1, La Cordelle. Padua College. 80 Turner Rd, Kedron

AIC VOLLEYBALL FIXTURES - CONTINUED

ROUND 1 V PADUA & OTHER COLLEGES - SATURDAY FEBRUARY 4, 2017

TEAM	TIME	H/A	VENUE
8 GOLD vs. PADUA 8 GOLD	9.00am	AWAY	Greccio 1. Cnr Broughton & Turner Rd, Kedron
8 WHITE vs. ATC 8A	11.00am	AWAY	Court 1, Centenary SHS. 1 Moolanda St, Jindalee
8 GREEN vs. ATC 8B	10.00am	AWAY	Court 1, Centenary SHS. 1 Moolanda St, Jindalee
8 BLUE vs. ATC 8C	9.00am	AWAY	Court 1, Centenary SHS. 1 Moolanda St, Jindalee
7A vs. PADUA 7A	10.00am	AWAY	Court 2, La Cordelle. Padua College. 80 Turner Rd, Kedron
7B vs. PADUA 7B	9.00am	AWAY	Court 2, La Cordelle. Padua College. 80 Turner Rd, Kedron
7C vs. PADUA 7C	8.00am	AWAY	Court 2, La Cordelle. Padua College. 80 Turner Rd, Kedron
7 GOLD vs. PADUA 7 GOLD	8.00am	AWAY	Greccio 1. Cnr Broughton & Turner Rd, Kedron
7 WHITE vs. SLC 7 WHITE	8.15am	AWAY	Court 3, Indoor Sports Centre. Sleeman Complex, Chandler
7 GREEN vs. SLC 7 BLUE	7.30am	AWAY	Court 3, Indoor Sports Centre. Sleeman Complex, Chandler
7 BLUE vs. BYE	BYE	BYE	BYE
7 BLACK vs. ATC 7B	9.00am	AWAY	Court 2, Centenary SHS. 1 Moolanda St, Jindalee

AIC AFL FIXTURES YEARS 5 & 6 ROUND 1 V PADUA

TEAM	TIME	VENUE
6A vs PADUA 6A	9.15am	Field 2, Yeronga AFC. Cansdale St, Yeronga
6B VS PADUA 6B	8.00am	Field 2, Yeronga AFC. Cansdale St, Yeronga
5A VS PADUA 5A	9.15am	Field 1, Yeronga AFC. Cansdale St, Yeronga
5B VS PADUA 5B	8.00am	Field 1, Yeronga AFC. Cansdale St, Yeronga

AIC SWIMMING MEET @ ASHGROVE

FRIDAY FEBRUARY 3, 2017

Venue: Marist College Ashgrove Pool - Enter via Glenlyon Drive. Parking in the car park beside the pool.

Time: Warm Up at 4:00pm. Start 4:30pm. Finish 6:30pm approx.

Format:

TIME	EVENT
4:30	200 I.M. (one race only)
	100 FREESTYLE
4:45	50 BREASTSTROKE
	100 BREASTSTROKE
	50 FREESTYLE
5:30	50 BACKSTROKE
	100 BACKSTROKE
	200 FREESTYLE
6:00	50 BUTTERFLY
	100 BUTTERFLY

- Following the first race for each age group, there will be two swimmers in the water at once for all 50m events.
- Each school is to provide two timekeepers for their nominated lane.

Lane Draw (lane 0 is spare):

1. VILLA
2. VILLA
3. PADUA
4. PADUA
5. ASHGROVE
6. ASHGROVE
7. ASHGROVE
8. SEC
9. SEC

- Canteen facilities will be operating. Please secure all valuables. Swimmers are to be confined to their own College seating area where possible.
- There will also be a "Meat tray" raffle on the night sponsored by Bill's Meats at Ashgrove.

POOL LAYOUT & GRANDSTAND SEATING

ASHGROVE	PADUA	VILLANOVA	SEC	MARSHALLING
				0
		VILLANOVA		1
		VILLANOVA		2
		PADUA		3
		PADUA		4
		ASHGROVE		5
		ASHGROVE		6
		ASHGROVE		7
		SEC		8
		SEC		9

2017 MCA Volleyball Training Schedule (from week 2)

Morning Volleyball Training 6:45am – 8:00am

Venue	Court	Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
Champagnat Centre	1	Open 1st	10B	9C / 9 Gold	7A/B	11B
	Middle or Outside		9 Green	8 Blue		
	2	8A/B	11C	9 White	7A/B	7C / 7 Gold

Afternoon Volleyball Training 3:30pm – 5:00pm

Venue	Court	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Champagnat Centre	1	Open 4th	Open 1st	11A	11A	9A/B
	Middle	Open 5th	7A/B	10B	8A/B	9A/B
	2	8C	10A	9A/B	8A/B	
Multi-Purpose Courts (MPC)	1	7 Blue	10 Gold	7 White	8 Gold	11 Gold
	2	7 Black	10 White	7 Green	8 White / 8 Green	


Afternoon Volleyball Training 5:00pm – 6:30pm

Venue	Court	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Champagnat Centre	1	Open 3rd	Open 2nd	Open 3rd	Open 1st	
	Middle		10C		Open 2nd	
	2				10A	

CRICKET TRAINING SCHEDULE 2017

NETS ARE NUMBERED FROM LEFT TO RIGHT

	Monday	Tuesday	Wednesday	Thursday	Friday
morning 7:00 - 8:15am 	<i>Cameron Oval Nets</i>	<i>Cameron Oval Nets</i>	<i>Cameron Oval Nets</i>	<i>Cameron Oval Nets</i>	<i>Cameron Oval Nets</i>
	1	1 6Green	1 6Green	1	1
	2	2 6White	2 6White	2	2
	3	3	3 9Gold	3	3
	4	4	4 9 Gold	4	4
	5	5	5	5	5
	6	6	6	6	6
	7	7	7	7	7 7. 8 White
	8	8	8	8	8 8. 8 White
	9	9 6White	9	9	9
	10	10 6White	10	10	10
	11 6B	11 6Green	11 6C	11	11
	12 6B	12 6Green	12 6C	12	12
	<i>Sports Synthetic Area</i>	<i>Sports Synthetic Area</i>	<i>Sports Synthetic Area</i>	<i>Sports Synthetic Area</i>	<i>Sports Synthetic Area</i>
1 Marist Cricket Academy	1 5A	1 First & Second XI	1 3rds	1 6Gold	
2 Marist Cricket Academy	2 5A	2 First & Second XI	2 3rds	2 6Gold	
3 Marist Cricket Academy	3 5B	3 First & Second XI	3 9C's	3 5Gold	
4 Marist Cricket Academy	4 5B	4 First & Second XI	4 9C's	4 5Gold	
5 5C	5 5Blue	5 9A's	5 3rds	5 5White	
6 5C	6 5Blue	6 9A's	6 3rds	6 5White	
7 5Black	7 6A	7	7	7	
8 5Black	8 6A	8	8	8	

	Monday	Tuesday	Wednesday	Thursday	Friday
afternoon 3:30 - 5:00pm 	<i>Cameron Oval Nets</i>	<i>Cameron Oval Nets</i>	<i>Cameron Oval Nets</i>	<i>Cameron Oval Nets</i>	<i>Cameron Oval Nets</i>
	1 7A's	1 4ths	1 7A's	1 9White	1
	2 7A's	2 4ths	2 7A's	2 9White	2
	3 7B's	3 10D	3 7B's	3	3
	4 7B's	4 10D	4 7B's	4	4
	5 7C's	5	5 7C's	5 9 Gold	5
	6 7C's	6	6 7C's	6 9 Gold	6
	7 7Gold	7 First & Second XI	7 7Gold	7 10A's	7
	8 7Gold	8 First & Second XI	8 7Gold	8 10A's	8
	9 7White	9 First & Second XI	9 7White	9 10 B's	9
	10 7Green	10	10 7Green	10 10 B's	10
	11 7Blue	11 9 A's	11 7Blue	11 9B's	11
	12 7Black	12 9 A's	12 7Black	12 9B's	12
	<i>Sports Synthetic Area</i>	<i>Sports Synthetic Area</i>	<i>Sports Synthetic Area</i>	<i>Sports Synthetic Area</i>	<i>Sports Synthetic Area</i>
1 3rds	1	1 10A's	1 8B	1	
2 3rds	2	2 10A's	2 8B	2	
3 9C's	3	3 8 Gold	3	3	
4 9C's	4	4 8 Gold	4	4	
5 8B	5	5	5	5	
6 8B	6	6	6	6	
7 10D	7	7	7 5Green	7	
8 10D	8	8	8 5Green	8	
	<i>Des Connor Park</i>	<i>Des Connor Park</i>	<i>Des Connor Park</i>	<i>Des Connor Park</i>	<i>Des Connor Park</i>
F5 5Gold	F5 6Gold	F5 5A	F5 5Blue	F5 6C	
F6 5White	F6 5C	F6 5B	F6 5Black	F6	
F7	F7 5Green	F7	F7 6A	F7	
F8	F8	F8	F8 6B	F8	
F9	F9	F9	F9	F9	
	<i>Fielding</i>	<i>Fielding</i>	<i>Fielding</i>	<i>Fielding</i>	<i>Fielding</i>
Cameron:	Cameron: 9 White	Cameron:	Cameron:	Cameron:	
9C's			9 Gold		
Hayden: 10 B & 9B	Hayden:	Hayden: 4ths	Hayden:	Hayden:	
			8 Gold		
McMahon:	McMahon:	McMahon:	McMahon: 1st & 2nd XI	McMahon:	

- If your team is not on the schedule, your sessions are yet to be finalised. Please listen to your coaches to find out when you will be training. This timetable is not final.

MARC (Marist Ashgrove Running Club) January – March; October – December (Term 1)



Interested in improving your fitness level? Want to prepare yourself better for your chosen sport? Or do you just love running? The College may just have the club for you. MARC (Marist Ashgrove Running Club) provides you with the opportunity to train with a group of like-minded people to achieve your personal fitness goals.

The club is active in Term 1, meeting before school at 6:30am each Monday, Wednesday and Thursday. After sessions, club members are usually able to use the College Pool for recovery. Basic fitness through to elite level is catered for. You can sign on by just turning up at one of our sessions at the College Pool.

All are welcome to be part of MARC – by all, we mean all students, staff and parents. Those who attend MARC sessions have a choice of the following:

1. Running for fun or general fitness
2. Following a Head Coach-directed pre-Cross Country season program with pace targets
3. Participating alongside and providing leadership to the younger boys

You do not have to be part of Cross Country to attend sessions, though many students will use MARC as a preseason to provide a base in preparation for the upcoming Cross Country and Middle Distance seasons.

A typical session of MARC might be as follows:

- Meet at Pool at 6:30am. Walk down to Des Connor Fields (The Flats) for warm-up. Set off for easy 25-30min run. Arrive to College at 7:30am. Option for recovery swim in College Pool. Return to Main Yard at 7:50am for school.

MARC is a running club which is inclusive of all students from Years 5-12. Considering the vast differences in age and ability, the younger boys will usually undertake slightly different sessions to the older boys. In the past, the younger boys have been generously supported (and often coordinated) by volunteer-parents – this high-level of parent involvement is once again encouraged as will ensure the active level of supervision required.

If you have any questions please contact Mr. Richard Boles bolesr@marash.qld.edu.au

Pro-Am Tennis

Professional Tennis Coaching at Marist Term 1 and all year

Launching in term 1 2017, the Performance Training Academy (PTA) is available to anyone (boys or girls – Marist or non-Marist attendance) and for all levels of players who would like to fast track their tennis training and playing ability by using our new innovative and unique training system. Grouped into Juniors or Seniors Squads depending on age then sub grouped into:

- Beginner
- Intermediate
- Advanced Players

For more information and bookings, please refer to our website for details - www.proamtennis.com.au and click on the Marist icon.

Thank-you



Allan Say
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TRAIN HARD, PLAY HARDER!

PRO-AM



2017 PRE-SEASON RUGBY COACHING CLINIC

RIVERSIDE RUGBY CLUB, BULIMBA

2 DAY COACHING CLINIC
FOR ALL PLAYERS
AGED 6 - 15 YEARS OF AGE
DATES: February 19 & 26
TIMES: 9.00am - 12.00pm each day

COST -
\$121 (inc GST) = 2 days
\$66 (inc GST) = 1 day



NEXT GEN
RUGBY COACHING

Register online at
www.nextgenrugby.com.au

For more information contact: Michael Broad on
(P) 0451 267 391 (E) michael@nextgenrugby.com.au

WET WEATHER

It is inevitable that the weather will cause some games and training to be cancelled.

Parents and students are encouraged to follow MCA Secondary Sports on twitter for the most up to date announcements regarding training and games.



[/MCASeniorSport](https://twitter.com/MCASeniorSport)

COLLEGE SOCIAL MEDIA

We encourage everyone to follow the College's social media pages to find out the latest news from the college.

Facebook

<http://www.facebook.com/MaristCollegeAshgrove>

Twitter

https://twitter.com/marist_ashgrove

Instagram

http://www.instagram.com/marist_ashgrove

LinkedIn

www.linkedin.com/company/marist-college-ashgrove