



Weekly Sports Report - Term 1 - Week 3 - 8 February 2017

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From the Head of Sport

Congratulations to all students on a fantastic start to AIC sport in 2017. I congratulate all staff, students and families on the manner in which they represented the College in Round 1 of AIC sport against Padua College and various other schools. I commend all students for your attention to the College uniform policy and your superb conduct on and off the field.

85 teams will represent Marist College Ashgrove in 2017!

In round 1 of AIC competition against Padua College, we were successful in 11 out of 12 AIC aggregate Cricket matches, and in 8 out of 12 Volleyball matches. The Volleyball results were enhanced by the fact that Padua finished 2nd in the aggregate in 2016. This has been a positive start for both sports.

At last Friday's assembly we acknowledged our 1st XI cricket team and our 1st VI volleyball team. These boys were presented in front of the College and recognised for their tremendous efforts in making the College's premier sporting team for their particular sport. We also acknowledged the hard-working coaches and staff involved in the preparation of our teams over the past many months – Ben Maddox (1st XI cricket & coordinator), James Metzeling (cricket coordinator), Adam Knight (1st VI volleyball coach & coordinator), and Scott Minogue (asst. coordinator). Our swimming squad continues their preparations led by Head coach James Boyce and Swimming Coordinator Cathy Geraghty.

We sincerely thank all of these coaches and all coaches of MCA teams for their time and effort and we congratulate all of our students on their success in making these teams.

This Friday we travel to the Centenary Pool for the second swim meet of the year and on Saturday we play Round 2 of the cricket and volleyball competition primarily against Iona College.

Swimming Camps

We would also like to thank the following staff members who gave up their time to be involved in the Primary and Secondary Swimming Camps in January:

Primary Camp: Cath Geraghty, James Boyce, John Lambourne, Jessica King, Brett Gillett, and 6 Senior boys - Ed Kowalenko, Michael Lidstone, Matt Dangerfield, Tom Dangerfield, Tom Carroll, Dean Perkins

Secondary Camp: Cath Geraghty, James Boyce, Doug Perrers, Kate Moore, Ryan Apps, Natalie Hopsick, Rory Scott

I mentioned to students at last week's assembly about the importance of being organised and having balance between all activities in College life. We were fortunate to welcome back several students who had excelled academically in 2016. Three of the four OP 1 students were captains of College 1st teams in 2016 (Matt Geraghty – Swim Captain, Isaac De Flavis – 1st XV Rugby Captain, Sam Knynenburg

UPCOMING EVENTS

Cricket, Volleyball, Swimming

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



(Cross Country & 1st V Tennis Captain). These old boys provide a great example of being able to excel in all aspects of College life.

Finally, good luck this weekend to all students in swimming on Friday night and against Iona College in Saturday sport.

Focus on your own performance

All students are asked to focus this week on controlling their own performances and to not focus on the things they cannot control (e.g. Referees/Umpires, other students, other coaches). When we worry about things we cannot control we lose focus on our own performance to the detriment of our team. You CAN control how you perform and then be supportive of your team.

Always seek to improve

Students were asked on assembly to always strive to improve their own performance, seek feedback from coaches and then set about taking their skills to the next level. We need to set ourselves higher standards of performance and not use winning in the AIC competition as our only yardstick for success. We need to always seek to aim higher if we are to fully reach our potential.

As usual, please pay particular attention to the venue where your team is playing and what time your game is. This is clearly outlined in the draws for cricket and volleyball below.

Organisation

- 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 school sports shirt to and from AIC matches. The only exception is cricket where students are allowed to wear their playing whites.
- Training – coaches will 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 have missed training.

Good luck to all Ashgrove teams for Round 2!

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 these photos 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

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Head of Junior Sport
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Cricket Coordinators
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Volleyball Coordinator
Mr Adam Knight
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Swimming Coordinator
Mrs. Cath Geraghty
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ACCELERATION ESP TRAINING

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

<http://www.marash.qld.edu.au/sport/acceleration-esp>

IMPORTANT LINKS

CRICKET

For all Cricket 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.

Individual Achievements

Congratulations to:

- Xavier Weier on his selection in the Brisbane Metropolitan Under 14 representative team for the QLD State Baseball titles, which will be held in April.
- Jack Manly who was a member of the QLD U12 Cricket team who were successful at the National Cricket Carnival in Canberra in January. Jack's performances with the bat earned him the honour of being the carnival's top run scorer.
- Good luck to Year 5 & 6 students Lachlan Berwick, Sam Brassington, Alex Clark, Jake Davidson, Tom Hicks, Patrick Jewell, James Leigh, Sam Macionis, Spencer Mahoney, Jonah Miles, Eoin Paznikoff, Bailey Skinner, and Tom Carter who will compete at the North West District Swimming Championships on Thursday.

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

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

TERM 1 SPORT RESULTS

*AIC aggregate results listed. Full results will be published at the end of the season

AIC CRICKET AGGREGATE RESULTS 2017

	PADUA	IONA	SPLC	SPC	SLC	SEC	VILLA
1st XI	ASH 193 PAD 9/109						
2nd XI	ASH 9/186 PAD 104						
3rd XI	ASH 167 PAD 101						
4th XI	ASH 234 PAD 129						
10A	ASH 109 PAD 71						
10B	ASH 9/202 PAD 33						
9A	ASH 4/126 PAD 6/125						
9B	ASH 104 PAD 87						
8A	ASH 7/130 PAD 74						
8B	ASH 4/117 PAD 7/118						
7A	ASH 125 PAD 110						
7B	ASH 6/106 PAD 61						

AIC VOLLEYBALL AGGREGATE RESULTS 2017

	PADUA	IONA	SPLC	SPC	SLC	SEC	VILLA
1st XI	3-0 Win						
2nd XI	2-1 Win						
3rd XI	2-1 Win						
11A	2-0 Win						
11B	0-2 Loss						
10A	2-1 Win						
10B	2-1 Win						
10C	1-2 Loss						
9A	0-3 Loss						
9B	0-3 Loss						
9C	0-3 Loss						
8A	0-3 Loss						
8B	1-2 Loss						
8C	2-1 Win						
7A	3-0 Win						
7B	3-0 Win						
7C	2-1 Win						

AIC CRICKET FIXTURES

ROUND 2 V IONA & OTHER COLLEGES - SATURDAY FEBRUARY 11, 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		VENUE	Wicket
1sts vs. IONA 1sts	9.30am – 5.15pm	AWAY	Davine Oval, Iona College. 85 North Rd, Lindum	Turf
2nds vs. IONA 2nds	1.00pm – 5.30pm	AWAY	McCarthy Oval, Iona College. 85 North Rd, Lindum	Turf
3rds vs. IONA 3rds	1.00pm – 5.30pm	AWAY	Harron Oval, Iona College. 85 North Rd, Lindum	Turf
4ths vs. IONA 4ths	1.00pm – 5.30pm	AWAY	Fuller Oval, Iona College. 85 North Rd, Lindum	Synth
5ths vs. PADUA 4ths	1.00pm – 5.30pm	HOME	Field 1, Mt Maria playing fields. Mott St, Enoggera	Synth
6ths vs. ASH 8ths	8.00am – 11.00am	HOME	Field 1, Mt Maria playing fields. Mott St, Enoggera	Synth
7ths vs. PADUA 5ths	2.30pm – 5.30pm	AWAY	Oval 3, Marchant Park. Chermside	Turf
8ths vs. ASH 6ths	8.00am – 11.00am	HOME	Field 1, Mt Maria playing fields. Mott St, Enoggera	Synth
10A vs. IONA 10A	8.15am – 12.45pm	AWAY	McCarthy Oval, Iona College. 85 North Rd, Lindum	Turf
10B vs. IONA 10B	8.15am – 12.45pm	AWAY	Harron Oval, Iona College. 85 North Rd, Lindum	Turf
10C vs. Ferny Fireballs	8.00am – 11.15am	HOME	Valleys Cricket Club 2. Yoku Rd. Ashgrove	Turf
10 GOLD vs. BYE	BYE	BYE	BYE	
10 WHITE vs. ATC 10D	8.00am – 11.00am	AWAY	Akuna Oval East. Hepworth St, Kenmore	Synth
9A vs. IONA 9A	8.15am – 12.45pm	HOME	McMahon Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
9B vs. IONA 9B	8.15am – 12.45pm	HOME	Cameron Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
9C vs. Everton Comets	8.15am – 11.45am	AWAY	Oval 1, Everton District CC. Kenna Rd, W Chermside	Turf
9 GOLD vs. IONA 9C	11.15am – 2.15pm	HOME	Corramulling Park 1. Yoorala St, The Gap	Synth
9 WHITE vs. IONA 9 GOLD	11.15am – 2.15pm	HOME	Corramulling Park 2. Yoorala St, The Gap	Synth
8A vs. IONA 8A	1.00pm – 5.30pm	HOME	McMahon Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
8B vs. IONA 8B	1.00pm – 5.30pm	HOME	Hayden Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
8C vs. Valley Purple	8.15am – 11.45am	AWAY	Mitchelton SHS Oval, Samford Rd, Mitchelton	Turf
8 GOLD vs. IONA 8C	8.00am – 11.00am	HOME	Hilder Rd State School. Hilder Rd, The Gap	Synth
8 WHITE vs. IONA 8 GOLD	1.00pm – 4.00pm	HOME	Flat 8, Des Connor Fields. Grevillea Rd Ashgrove	Synth

AIC CRICKET FIXTURES - CONTINUED

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

TEAM	TIME	H/A	VENUE	WICKET
8 GREEN vs SLC 8 GREEN	11.15am – 2.15pm	HOME	Hilder Rd State School. Hilder Rd, The Gap	Synth
7A vs. IONA 7A	1.00pm – 5.30pm	HOME	Cameron Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
7B vs. IONA 7B	8.15am – 12.45pm	HOME	Hayden Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
7C vs. IONA 7C	1.00pm – 4.00pm	HOME	Flat 6, Des Connor Fields. Grevillea Rd Ashgrove	Synth
7 GOLD vs. IONA 7 GOLD	8.00am – 11.00am	HOME	Corramulling Park 1. Yoorala St, The Gap	Synth
7 WHITE vs. IONA 7 WHITE	8.00am – 11.00am	HOME	Corramulling Park 2. Yoorala St, The Gap	Synth
7 GREEN vs. IONA 7 GREEN	1.00pm – 4.00pm	HOME	Flat 7, Des Connor Fields. Grevillea Rd Ashgrove	Synth
7 BLUE vs. PADUA 7 GOLD	1.00pm – 4.00pm	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
7 BLACK vs. SLC 7 GREEN	2.30pm – 5.30pm	AWAY	Gair Field 1, SLC. Stephens Rd, South Brisbane	Synth
6A vs. IONA 6A	8.00am – 12.30pm	AWAY	Field 4, Kianawah Park. Wynnum Rd, Tingalpa	Synth
6B vs. IONA 6B	8.00am – 12.30pm	AWAY	Field 3, Kianawah Park. Wynnum Rd, Tingalpa	Synth
6C vs. IONA 6C	7.30am – 10.00am	AWAY	Field 7, Kianawah Park. Wynnum Rd, Tingalpa	Synth
6 GOLD vs. IONA 6 GOLD	10.00am – 12.30pm	AWAY	Field 7, Kianawah Park. Wynnum Rd, Tingalpa	Synth
6 WHITE vs. SPC 6 GOLD	7.30am – 9.55am	AWAY	Field 4, Curlew Park. Curlew St, Shorncliffe	Synth
6 GREEN vs. IONA 6 WHITE	8.00am – 11.00am	AWAY	Fuller Oval, Iona College. 85 North Rd, Lindum	Synth
5A vs. IONA 5A	8.00am – 11.30am	HOME	Flat 7, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5B vs. IONA 5B	8.00am – 11.30am	HOME	Flat 6, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5C vs. IONA 5C	7.30am – 9.55am	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5 GOLD vs. IONA 5 GOLD	10.00am – 12.30pm	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5 WHITE vs. SPC 5C	10.00am – 12.30pm	HOME	Flat 8, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5 GREEN vs. IONA 5 GREEN	7.30am – 9.55am	HOME	Flat 8, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5 BLUE vs. IONA 5 BLUE	7.30am – 9.55am	HOME	Flat 9, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5 BLACK vs. IONA 5 BLACK	10.00am – 12.30pm	HOME	Flat 9, Des Connor Fields. Grevillea Rd Ashgrove	Synth

AIC VOLLEYBALL FIXTURES

ROUND 1 V IONA & OTHER COLLEGES - SATURDAY FEBRUARY 11, 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.

FRIDAY FEBRUARY 10

TEAM	TIME	H/A	VENUE
9 WHITE vs. ASH 9 GREEN	3.30pm	HOME	MPC 1, Champagnat Centre (Outside). 142 Frasers Rd, Ashgrove
8 GREEN vs. ASH 8 BLUE	3.30pm	HOME	MPC 2, Champagnat Centre (Outside). 142 Frasers Rd, Ashgrove
8 WHITE vs. ATC 8B	3.45pm	HOME	Middle Court, Champagnat Centre. 142 Frasers Rd, Ashgrove
10 WHITE vs. ATC 10C	3.45pm	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove

SATURDAY FEBRUARY 11

TEAM	TIME	H/A	VENUE
1sts vs. IONA 1sts	12.00pm	AWAY	Court 1 – Oblate Hall, Iona College. 85 North Rd, Lindum
2nds vs. IONA 2nds	11.00am	AWAY	Court 1 – Oblate Hall, Iona College. 85 North Rd, Lindum
3rds vs. IONA 3rds	9.00am	AWAY	Court 1 – Oblate Hall, Iona College. 85 North Rd, Lindum
4ths vs. IONA 4ths	8.00am	AWAY	Court 2 – Oblate Hall, Iona College. 85 North Rd, Lindum
5ths vs. PADUA 4ths	12.15pm	AWAY	Court 2 – La Cordelle, Padua College. 80 Turner Rd, Kedron
11A vs. IONA 11A	10.00am	AWAY	Court 1 – Oblate Hall, Iona College. 85 North Rd, Lindum
11B vs. IONA 11B	8.00am	AWAY	Court 1 – Oblate Hall, Iona College. 85 North Rd, Lindum
11C vs. IONA 11C	9.00am	AWAY	Court 2 – Oblate Hall, Iona College. 85 North Rd, Lindum
11 GOLD vs. BYE	BYE	BYE	BYE
10A vs. IONA 10A	11.00am	AWAY	Court 2 – Oblate Hall, Iona College. 85 North Rd, Lindum
10B vs. IONA 10B	10.00am	AWAY	Court 2 – Oblate Hall, Iona College. 85 North Rd, Lindum
10C vs. IONA 10C	9.00am	AWAY	Court 3 – Oblate Hall, Iona College. 85 North Rd, Lindum
10 GOLD vs. IONA 10D	10.00am	AWAY	Court 3 – Oblate Hall, Iona College. 85 North Rd, Lindum
9A vs. IONA 9A	12.00pm	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
9B vs. IONA 9B	11.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove

AIC VOLLEYBALL FIXTURES - CONTINUED

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

TEAM	TIME	H/A	VENUE
9C vs. IONA 9C	11.00am	HOME	Court 2. Champagnat Centre. 142 Frasers Rd, Ashgrove
9 GOLD vs. IONA 9 GOLD	12.00pm	HOME	Court 2. Champagnat Centre. 142 Frasers Rd, Ashgrove
8A vs. IONA 8A	10.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
8B vs. IONA 8B	9.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
8C vs. IONA 8C	8.15am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
8 GOLD vs. IONA 8 GOLD	7.30am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
7A vs. IONA 7A	10.00am	HOME	Court 2. Champagnat Centre. 142 Frasers Rd, Ashgrove
7B vs. IONA 7B	9.00am	HOME	Court 2. Champagnat Centre. 142 Frasers Rd, Ashgrove
7C vs. IONA 7C	8.15am	HOME	Court 2. Champagnat Centre. 142 Frasers Rd, Ashgrove
7 GOLD vs. IONA 7 GOLD	7.30am	HOME	Court 2. Champagnat Centre. 142 Frasers Rd, Ashgrove
7 WHITE vs. ASH 7 GREEN	7.30am	HOME	Middle Court, Champagnat Centre. 142 Frasers Rd, Ashgrove
7 BLUE vs. ASH 7 BLACK	8.15am	HOME	Middle Court, Champagnat Centre. 142 Frasers Rd, Ashgrove

AIC AFL FIXTURES YEARS 5 & 6 ROUND 2 V IONA

TEAM	TIME	VENUE
6A vs IONA 6A	9.15am	Field 4, Yeronga AFC. Cansdale St, Yeronga
6B VS IONA 6B	8.00am	Field 4, Yeronga AFC. Cansdale St, Yeronga
5A VS IONA 5A	9.15am	Field 3, Yeronga AFC. Cansdale St, Yeronga
5B VS IONA 5B	8.00am	Field 3, Yeronga AFC. Cansdale St, Yeronga

AIC SWIMMING MEET

FRIDAY FEBRUARY 10, 2017

Format: Inter-Collegiate Grade 5-12 @ Centenary 50m Pool

Times: Warm-up – 4:15pm Bus leaves College bus stop at 3:15pm and will leave Centenary at 7:00pm to return
Start – 4:30pm

Venue: Centenary Aquatic Centre and Health Club
400 Gregory Terrace, Spring Hill
Car Park is operated by BCC so parking is limited

Lanes:

ASH	1
ASH	2
SPC	3
SLC	4
SLC	5
SPLC	6
PAD	7
SEC	8

Officials: Min. 2 timekeepers per lane
Please supply stop watches
Timekeepers are requested to time all races as other school swimmers may be swimming in lanes to improve the efficiency of the carnival.

Program:

TIME	EVENT
4:30	100m FREESTYLE (one race per Year level/Age)
4:45	50 BACKSTROKE
5:20	50 BREASTSTROKE
5.55	50 FREESTYLE
6.30	50 BUTTERFLY

Times are approximate

Additional: A canteen run by pool management will be in operation
Seating is limited if all 8 Colleges attend. Swim squads are asked to be mindful of space when arriving and setting up.

2017 MCA Volleyball Training Schedule

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	6 Green	6 Green	1	10 C's (fielding)	
	2	6 Green	6 Green	2	10 C's (fielding)	
	3	6 White	6 White	3		
	4	6 White	6 White	4		
	5	7 Gold	9 Gold	5	7 Gold	
	6	7 Gold	9 Gold	6	7 Gold	
	7			7		
	8			8		
	9		6Gold	9		
	10		6Gold	10		
	11		6C	11	8 A's	
	12		6C	12	8 A's	
		<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	5A	First & Second XI	3rds	1
	2	Marist Cricket Academy	5A	First & Second XI	3rds	2
	3	Marist Cricket Academy	5B	First & Second XI	9 C's	3
	4	Marist Cricket Academy	5B	First & Second XI	9 C's	4
	5	5C	5White	9A's	5	5Green
	6	5C	5White	9A's	6	5Green
7	5Black	6A	7	7 6B's	7 5Blue	
8	5Black	6A	8	8 6B's	8 5Blue	

	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	4ths	1	9White	
	2	7A's	4ths	2	9White	
	3	7B's	8 A's (field)	3	7B's	
	4	7B's	8 A's (field)	4	7B's	
	5	7C's	5ths	5	7C's	
	6	7C's	5ths	6	7C's	
	7	7Gold	First & Second XI	7	7Gold	
	8	7Gold	First & Second XI	8	7Gold	
	9	7White	First & Second XI	9	7White	
	10	7Green		10	7Green	
	11	7Blue	9 A's	11	7Blue	
	12	7Black	9 A's	12	7Black	
		<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	10 D's	1	8 Gold	
	2	3rds	10 D's	2	8 Gold	
	3	9C's		3	8 White	
	4	9C's		4	8 White	
	5	8 B's		5	10A's	
	6	8 B's		6	10A's	
7	10 D's	7ths	7	10 C's		
8	10 D's	7ths	8	10 C's		
	<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		F5	F5	F5	F5	
F6	5Blue & 5 Green	F6	F6	F6	F6	
F7	6B's	F7	F7	F7	F7	
F8		F8	F8	F8	F8	
F9		F9	F9	F9	F9	
	<i>Fielding</i>	<i>Fielding</i>	<i>Fielding</i>	<i>Fielding</i>	<i>Fielding</i>	
	Cameron: 9 C's	Cameron: 9 White	Cameron:	Cameron: 8 Green	Cameron:	
	Hayden: 10 B & 9B	Hayden:	Hayden: 4ths	Hayden:	Hayden:	
	McMahon:	McMahon:	McMahon:	McMahon: 1st & 2nd XI	McMahon:	

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
Director, Pro-Am Tennis Academy
0408 766 882 | Brisbane, Australia
allan@proamtennis.com.au | proamtennis.com.au

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



Register online at
www.nextgenrugby.com.au

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