



Weekly Sports Report - Term 1 - Week 4 - 15 February 2017

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From the Head of Sport

It was unfortunate to have Round 2 of AIC sport cancelled due to extreme weather conditions last Saturday. Hopefully the time off during this busy start to the year came as welcome relief for our students and families. This weekend we play 5 different Colleges so please pay close attention to your match venue and game time. Good luck to all teams for this Saturday.

With the weather we are currently experiencing it is important that players are adequately prepared to deal with hot conditions. Please see below for some important guidelines regarding heat.

- Plan ahead to reduce the risk of getting heat exhaustion or a heat-related illness
- Look at alternatives to help prevent over exposure to the sun, for example, sit under trees, or shade tents
- Wear lightweight, light-coloured, loose, porous clothes, a wide-brimmed hat and sunscreen and regularly rest in the shade and keep fluid intake up
- **STAY HYDRATED!**

Congratulations to Campbell Bergh who was selected in the 19 years Met North Volleyball team to compete at the State Championships on the Sunshine Coast in June. Jacob Heinke, Reilly Keogh, and Stephen Hanson were selected as shadow players.

David Miles
Head of Sport

College Swimming Age-Championships

The College Swimming Age-Championships will be held this Friday afternoon, commencing at 4:00pm at the MCA swimming pool. All boys wishing to be considered for AIC Team selection are expected to compete in these championships.

The Championships will be held over 50m of each stroke. Races will be swum in age groups from Under 10 through to Open. Please note: the Years 5 and 6 boys will be split into age groups (Under 10, Under 11 and Under 12) for this meet.

Swimmers will be graded for the Championships, based on times already swum at Friday Night Meets, with the heats being swum from slowest to fastest. Points towards Age Champion will be allocated to swimmers in the fastest heat for each event. These graded heats will be published and on display at the pool from Thursday afternoon onwards.

Any queries can be directed to James Boyce (swim@marash.qld.edu.au) or Cath Geraghty (geraghtyc@marash.qld.edu.au)

UPCOMING EVENTS

Cricket, Volleyball, Swimming

Friday 17 February

College Swimming Championships
@ ASH

Saturday 18 February

AIC Cricket & Volleyball Round 3 v SPLC

Friday 24 February

AIC Swim Meet @ ASH

Saturday 25 February

AIC Cricket & Volleyball Round 4 v SPC

Saturday 4 March

AIC Cricket & Volleyball Round 5 v SLC

Monday 6 March

AIC Swimming Championships
@ Chandler

WET WEATHER

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

Parents and students are encouraged to download the MCA App for the most up to date announcements regards training and games.

ACCELERATION ESP TRAINING

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

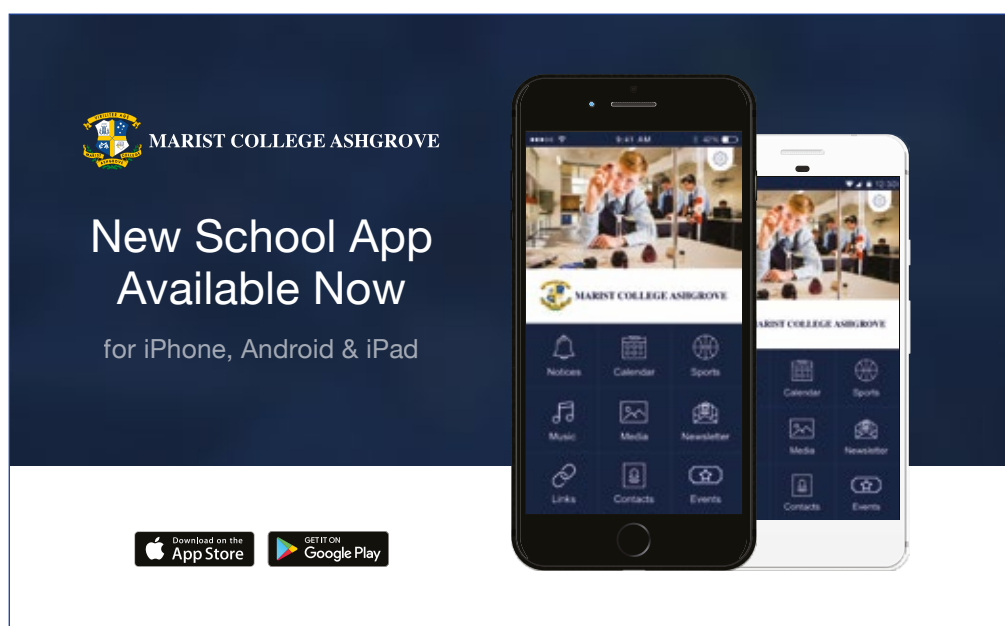
<http://www.marash.qld.edu.au/sport/acceleration-esp>

Cross Country Twilight Run

The College has registered a team for the St Lucia Twilight Run on Sunday 19th of March for any Cross Country runners who are interested. Please see details below on how to register.

1. Go to www.streamlinedevents.com.au and select Twilight Run 2017 on the left-hand side
2. Click Join an existing Team and type in **MARC (Marist College Ashgrove Running Club)**
3. Select **MARC (Marist College Ashgrove Running Club)** to join this Team
4. Choose from the options available for Twilight Run 2017
5. Continue with the registration process until payment has been completed.

New College App



MARIST COLLEGE ASHGROVE

New School App Available Now

for iPhone, Android & iPad

Download on the App Store | GET IT ON Google Play

MCA SPORTS CONNECT

Head of Sport
Mr David Miles
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Head of Junior Sport
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Cricket Coordinators
Mr Ben Maddox
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Mr James Metzeling
metzelingj@marash.qld.edu.au

Volleyball Coordinator
Mr Adam Knight
knighta@marash.qld.edu.au

Swimming Coordinator
Mrs. Cath Geraghty
geraghtyc@marash.qld.edu.au

IMPORTANT LINKS

For up-to-date information and results please visit the College App.

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	ROUND ABANDONED					
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	ROUND ABANDONED					
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 3 V SPLC & OTHER COLLEGES - SATURDAY FEBRUARY 18, 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. SPLC 1sts	9.00am – 5.15am	HOME	McMahon Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
2nds vs. SPLC 2nds	1.00pm – 5.30pm	HOME	Cameron Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
3rds vs. SPLC 3rds	1.00pm – 5.30pm	HOME	Hayden Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
4ths vs. SPLC 4ths	1.00pm – 5.30pm	HOME	Field 1, Mt Maria playing fields. Mott St, Enoggera	Synth
5ths vs. VILLA 4ths	1.00pm – 5.30pm	AWAY	Field 1, Whites Hill Reserve. Boundary Rd, Camp Hill	Synth
6ths vs. VILLA 5ths	1.00pm – 4.00pm	AWAY	Field 2, Whites Hill Reserve. Boundary Rd, Camp Hill	Synth
7ths vs. ASH 8ths	11.15am – 2.15pm	HOME	Hilder Rd State School. Hilder Rd, The Gap	Synth
8ths vs. ASH 7ths	11.15am – 2.15pm	HOME	Hilder Rd State School. Hilder Rd, The Gap	Synth
10A vs. ATC 10A	8.15am – 12.45pm	HOME	Cameron Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
10B vs. ATC 10B	8.15am – 12.45pm	HOME	Hayden Oval, MCA fields. 142 Frasers Rd, Ashgrove	Turf
10C vs. Wilston Norths	8.15am – 11.45am	AWAY	Geoff Dymock Oval, Kalinga Park. Shaw Rd, Kalinga	Synth
10 GOLD vs. ATC 10 GOLD	8.00am – 11.00am	HOME	Hilder Rd State School. Hilder Rd, The Gap	Synth
10 WHITE vs. BYE	BYE	BYE	BYE	
9A vs. SPLC 9A	8.15am – 12.45pm	AWAY	Mayer Oval, SPLC. Indooroopilly Rd, Indooroopilly	Turf
9B vs. SPLC 9B	8.15am – 12.45pm	AWAY	Stolz Oval, SPLC. Lambert Rd, Indooroopilly	Turf
9C vs. Albany Creek Falcons	8.00am – 11:15am	HOME	Valleys Cricket Club 2. Yoku Rd, Ashgrove	Turf
9 GOLD vs. ASH 9 WHITE	8.00am – 11.00am	HOME	Field 1, Mt Maria playing fields. Mott St, Enoggera	Synth
9 WHITE vs. ASH 9 GOLD	8.00am – 11.00am	HOME	Field 1, Mt Maria playing fields. Mott St, Enoggera	Synth
8A vs. SPLC 8A	1.00pm – 5.30pm	AWAY	Mayer Oval, SPLC. Indooroopilly Rd, Indooroopilly	Turf
8B vs. SPLC 8B	1.00pm – 5.30pm	AWAY	Indooroopilly SHS (synth). Lambert Rd, Indooroopilly	Synth
8C vs. The Lakes CC	8.15am – 11.45am	AWAY	Jack Gilliland Oval, Marsden Rd, Dakabin	Synth
8 GOLD vs. SPLC 8C	8.15am – 11.15am	AWAY	Indooroopilly SHS (synth). Lambert Rd, Indooroopilly	Synth
8 WHITE vs. BYE	BYE	BYE	BYE	
8 GREEN vs VILLA 8 WHITE	2.30pm – 5.30pm	AWAY	Field 4, Villanova Park. Manly Rd, Tingalpa	Synth
7A vs. SPLC 7A	1.00pm – 5.30pm	AWAY	Stolz Oval, SPLC. Lambert Rd, Indooroopilly	Turf
7B vs. SPLC 7B	7.30am – 11.30am	AWAY	Indooroopilly SHS (turf). Carnarvon Rd, Indooroopilly	Turf

AIC CRICKET FIXTURES - CONTINUED

ROUND 3 V SPLC & OTHER COLLEGES - SATURDAY FEBRUARY 18, 2017

TEAM	TIME	H/A	VENUE	WICKET
7C vs. ATC 7B	10.45am – 1.45pm	AWAY	Jindalee State School. Woongaburra St, Jindalee	Synth
7 GOLD vs. ATC 7C	7.30am – 10.30am	AWAY	Jindalee State School. Woongaburra St, Jindalee	Synth
7 WHITE vs. ATC 7 GOLD	7.30am – 10.30am	AWAY	Field 5, Bellbowrie S & Rec. Sugarwood Rd, Bellbowrie	Synth
7 GREEN vs. VILLA 7 WHITE	10.00am – 12.30pm	HOME	Flat 8, Des Connor Fields. Grevillea Rd Ashgrove	Synth
7 BLUE vs. IONA 7 GREEN	1.00pm – 4.00pm	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
7 BLACK vs. VILLA 7 GOLD	11.30am – 2.30pm	AWAY	Field 4, Villanova Park. Manly Rd, Tingalpa	Synth
7 PURPLE vs. SLC 7 GREEN	12.00pm – 3.00pm	HOME	Flat 7, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6A vs. SPLC 6A	8.00am – 11.30am	HOME	Flat 7, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6B vs. SPLC 6B	8.00am – 11.30am	HOME	Flat 6, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6C vs. VILLA 6 WHITE	7.30am – 9.55am	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6 GOLD vs. ASH 6 WHITE	10.00am – 12.30pm	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6 WHITE vs. ASH 6 GOLD	10.00am – 12.30pm	HOME	Flat 5, Des Connor Fields. Grevillea Rd Ashgrove	Synth
6 GREEN vs. IONA 6 BLUE	10.00am – 12.30pm	HOME	Flat 9, Des Connor Fields. Grevillea Rd Ashgrove	Conc
5A vs. SPLC 5A	8.00am – 11.00am	AWAY	Milton State School. Baroona Rd, Milton	Synth
5B vs. SPLC 5B	8.00am – 11.00am	AWAY	Eastern Taipans CC. Sams Reserve, Redbank Plains	Synth
5C vs. ASH 5 WHITE	7.30am – 9.55am	HOME	Flat 8, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5 GOLD vs. IONA 5 WHITE	12.00pm – 3.00pm	HOME	Flat 6, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5 WHITE vs. ASH 5C	7.30am – 9.55am	HOME	Flat 8, Des Connor Fields. Grevillea Rd Ashgrove	Synth
5 GREEN vs. SLC 5 WHITE	10.00am – 12.25pm	AWAY	Gair Field 2, SLC. Stephens Rd, South Brisbane	Synth
5 BLUE vs. SLC 5 GREEN	7.30am - 9.55am	HOME	Flat 9, Des Connor Fields. Grevillea Rd Ashgrove	Conc
5 BLACK vs. VILLA 5 BLUE	7.30am – 9.55am	AWAY	Buranda State School. Gladys St, Stones Corner	Synth

AIC VOLLEYBALL FIXTURES

ROUND 3 V SPLC & OTHER COLLEGES - SATURDAY FEBRUARY 18, 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. SPLC 1sts	12.00pm	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
2nds vs. SPLC 2nds	11.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
3rds vs. SPLC 3rds	9.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
4ths vs. SPLC 4ths	8.15am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
5ths vs. SLC 5ths	7.30am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
11A vs. SPLC 11A	10.00am	HOME	Court 1, Champagnat Centre. 142 Frasers Rd, Ashgrove
11B vs. SPLC 11B	8.15am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
11C vs. SPLC 11C	7.30am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
11 GOLD vs. SLC 11C	8.15am	HOME	Middle Court, Champagnat Centre. 142 Frasers Rd, Ashgrove
10A vs. SPLC 10A	11.00am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
10B vs. SPLC 10B	10.00am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
10C vs. SPLC 10C	9.00am	HOME	Court 2, Champagnat Centre. 142 Frasers Rd, Ashgrove
10 GOLD vs. BYE	BYE	BYE	BYE
10 WHITE vs. SLC 10 GOLD	7.30am	HOME	Middle Court, Champagnat Centre. 142 Frasers Rd, Ashgrove
9A vs. SPLC 9A	12.00pm	AWAY	Court 1, St Peter's Lutheran College, Lambert Rd, Indooroopilly
9B vs. SPLC 9B	11.00am	AWAY	Court 1, St Peter's Lutheran College, Lambert Rd, Indooroopilly
9C vs. SPLC 9C	11.00am	AWAY	Court 2, St Peter's Lutheran College, Lambert Rd, Indooroopilly
9 GOLD vs. SLC 9 WHITE	7.30am	HOME	Multi-Purpose Court 2 (outside). 142 Frasers Rd, Ashgrove
9 WHITE vs. SLC 9 GOLD	7.30am	HOME	Multi-Purpose Court 1 (outside). 142 Frasers Rd, Ashgrove
9 GREEN vs. ATC 9C	12.00pm	AWAY	Court 2, Centenary SHS. Parking off Curragundi Rd, Jindalee
8A vs. SPLC 8A	10.00am	AWAY	Court 1, St Peter's Lutheran College, Lambert Rd, Indooroopilly
8B vs. SPLC 8B	9.00am	AWAY	Court 1, St Peter's Lutheran College, Lambert Rd, Indooroopilly
8C vs. SPLC 8C	8.00am	AWAY	Court 1, St Peter's Lutheran College, Lambert Rd, Indooroopilly
8 GOLD vs. ATC 8C	9.00am	AWAY	Court 1, Centenary SHS. Parking off Curragundi Rd, Jindalee
8 WHITE vs. SLC 8 GREEN	7.30am	AWAY	Court 2, Somerville House. Stephens Rd, South Brisbane
8 GREEN vs. ATC 8B	10.00am	AWAY	Court 1, Centenary SHS. Parking off Curragundi Rd, Jindalee
8 BLUE vs. SLC 8 GOLD	1.30pm	AWAY	Court 2, Somerville House. Stephens Rd, South Brisbane
7A vs. SPLC 7A	10.00am	AWAY	Court 2, St Peter's Lutheran College, Lambert Rd, Indooroopilly
7B vs. SPLC 7B	9.00am	AWAY	Court 2, St Peter's Lutheran College, Lambert Rd, Indooroopilly
7C vs. SPLC 7C	8.00am	AWAY	Court 2, St Peter's Lutheran College, Lambert Rd, Indooroopilly
7 GOLD vs. SPLC 7 GOLD	12.00pm	AWAY	Court 2, St Peter's Lutheran College, Lambert Rd, Indooroopilly
7 WHITE vs. ATC 7B	10.00am	AWAY	Court 2, Centenary SHS. Parking off Curragundi Rd, Jindalee
7 GREEN vs. ATC 7C	8.00am	AWAY	Court 2, Centenary SHS. Parking off Curragundi Rd, Jindalee
7 BLUE vs. SLC 7 WHITE	12.45pm	AWAY	Court 2, Somerville House. Stephens Rd, South Brisbane
7 BLACK vs. SLC 7 GREEN	12.00pm	AWAY	Court 2, Somerville House. Stephens Rd, South Brisbane

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		7 Black / 7 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		10 Gold	7 White	8 Gold	11 Gold
	2		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



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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



Register online at
www.nextgenrugby.com.au

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