



Weekly Sports Report - Term 3 - Week 3 - July 26 2017

Inside this edition

From the Head of Sport - Individual Achievements - Track and Field Age Championship Results
Internal Basketball Competition - Cross Country Information
Basketball and Tennis Training Schedules - Track and Field Information
Basketball and Tennis Draw v Iona – Round 2 Saturday 29 July



From the Head of Sport

Well done to all students on a strong start to the Term 3 season. We had 38 basketball teams and 17 tennis teams represent the College in Round 1 of the AIC competition last weekend and it was a successful start for all involved. In the Year 7-12 AIC aggregate competitions against Padua College, our tennis teams were successful in 12 out of 13 matches while our basketball teams won 8 of their 12 games. Congratulations also to all of our Year 5 & 6 students who represented the College so enthusiastically in basketball or tennis for the first time.

Thank you to all of our coordinators and coaching staff who worked hard in preparation for our first round and with only six rounds remaining of Saturday sport we are looking forward to all players continuing to develop their skills and enjoy representing their college in sport.

IMPORTANT REMINDER FOR ALL STUDENTS

Uniform – while we had success in our performances on the courts we were certainly out-performed by Padua College in our standard of uniform. Please see below for important reminders about uniform expectations at weekend sport. Of particular disappointment was our socks.

All players should be wearing white sports socks ONLY. Our preference is to wear your ASH socks, however, any white sports socks will be sufficient. No other coloured socks will be accepted. (Our 1st teams have their own uniform and are the only exception).



UPCOMING EVENTS

Friday 28 July

Years 5 & 6 Basketball Round 2
v Iona

AIC Cross Country Meet
@ Curlew Park, Shorncliffe

Saturday 29 July

Round 2 Basketball and Tennis
v Iona (A)

Friday 4 August

Years 5 & 6 Basketball Round 3
v St Peter's

AIC Cross Country Meet
@ SLC Playing Fields, Runcorn

Saturday 5 August

Round 3 Basketball and Tennis
v St Peter's (H)

MCA SPORTS CONNECT

Head of Sport

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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.

From the Head of Sport Continued...

CROSS COUNTRY

Our cross country team continues their preparation for the upcoming AIC championships and will compete in their first lead-up meet at Limestone Park on Saturday. Please see the cross country section in this newsletter for more information.

TRACK AND FIELD

Track and field athletes had their first meeting on Tuesday to mark the start of the season. As defending champions from 2016 and 2017, we will be looking to continue this trend and defend our title once again. The commitment of our best athletes is important for this to occur and after witnessing the performances of our students at the College track and field carnival Friday this season looks to be very promising. The formula for success in sport is not a secret. It is simply turning up to training on a regular basis and working hard.

HOCKEY

Our hockey team continues their involvement in the Brisbane Hockey Schools Cup competition held on Friday afternoons. The team is coached by Jordan Cabot (Old Boy) and managed exceptionally well by Ms Kathryn Badini and Mrs Stacey Cabot. Several of these boys have participated in this competition for the past two years and are still a very young side with enormous potential playing against Senior students.

So far the team has had matches against Grace Lutheran College and Padua College, beating Grace 7-0 and going down narrowly to Padua 2-1.

We look forward to hearing of their results in the future and congratulate them on a successful start to their season.

Mr David Miles
Head of Sport

Individual Achievements

Congratulations to:

- The following boys who were named to represent Met North at the 11-12 yrs Rugby Union State Championships on August 3-6 at Nerang – Toby Anderson, Harry Gould, Jackson Tallis, Patrick Tierney and Aiden Thorne.
- The following boys who represented Met North at the recent 15 yrs rugby union State Championships finishing as runner's up. Not all boys were listed in previous newsletters due to some boys joining the team late, so we would like to acknowledge all boys who competed again – Hunter Dreghorn, Patrick Elekana, Lachlan Howse, Ethan Lucey, Lachlan McDonald, Lachlan McKarzel & Sammy Stephens
- John Downes who continues his success in the sport of weightlifting with his selection to represent the Australian Weightlifting Federation team at the 2017 Commonwealth & Oceania Youth Championships. These championships will take place at the Carrara Sport & Leisure Centre September 3-9.

Track and Field Age Championship Results

Congratulations to the following boys on their results in the track and field Age championships, which were held at the College Track and Field Carnival. These boys were presented in front of the College during a morning assembly and should be very proud of their achievements in tough competition. See below for the age champions for 2017.

Open:	Calum Mackay
U16:	Archie Marles
U15:	Cross Wiltshire
U14:	Floyd Aubrey
U13:	Eli Nichols
U12:	Fraser Pye

Internal Basketball Competition

Next week we will begin our internal basketball competition to be held at lunch times over the next 4-5 weeks. Due to restrictions on the number of teams that can enter the AIC competition, it is inevitable that several boys will miss out on playing basketball this Term.

Our internal competition aims to provide an opportunity for all boys who are **not playing AIC basketball** to form a team with friends and participate in a competition against students from their Year level. The official sign on for this competition will begin on FRIDAY 28 JULY at FIRST BREAK. Teams will be entered on the desk outside the sports office in the Champagnat Centre.

To enter the competition, please see the information below:

1. Form a team with students from your year level only. You need a minimum of 6 students to participate.
2. No AIC players can participate in the competition. This is a competition provided only for boys who have missed out on the opportunity to play in the AIC competition.
3. Start recruiting your team and create a team name.
4. Enter your team and player names on Friday at first break on the sign on sheets outside the sports office.
5. The competition draw will be released next week when teams are finalised.

Cross Country Information

AIC Cross Country Lead up meets

These lead-up meets are very important for the preparation of the AIC Championships held on 9 August. They are excellent for training and race practice, and times are used for selection for the 2017 AIC team. It is very important that all runners are attending at least two lead up meets.

All runners are required to wear their Cross Country singlet and running shorts during their races. To promote our team culture and represent our college, all boys are highly encouraged to wear the XC cap and socks (these can be purchased on QKR or in cash from Mr Boles), as well as the long sleeve cross country shirt from previous XC seasons to and from the meets. If you do not have a long sleeve AIC XC shirt, please see Mr Boles at training or school.

Please find in the "Important PDFs", the race times and locations of all upcoming AIC XC meets.

2017 Cross Country AIC Team Presentation Announcement

This year the AIC Team Announcement and Presentation will be on Monday evening August 7. It will take place in the Draney Theatre, commencing at 5:30pm with welcome drinks in the foyer, and the team presentations to begin at 6:00pm. Following the formalities, everyone is invited to stay around for drinks and nibbles afterwards. All squad members and their families are highly encouraged to attend the evening.

Any questions regarding the lead up meets or the team presentation, please email Mr Boles (bolesr@marash.qld.edu.au).

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Basketball Training Schedule

Team	Coach	Training 1	Training 2 (A and B only)
1sts	Dean Aspland	Court 1 - Tuesday 4:00 - 5:30 pm	Court 1 - Thursday 4:00 - 5:30pm
2nds	Nicole Gibson	Court 2 - Tuesday 4:30 - 6:00pm	Court 2 - Wednesday 3:30 - 5:00 pm
3rds	Allex Pirlo	Court 4 - Thursday 4:45 - 6:00pm	
4ths	Harry Collier	Court 4 - Thursday 3:20 - 4:45pm	

Year 11 A	Murphy Baldry	Court 1 - Tuesday 6:15am	Court 1 - Thursday 6:15am
Year 11 B	Rob Svencis	Court 1 - Wednesday 3:30 - 5:00pm	
Year 11 C	Max Kennedy	Court 5 - Wednesday 3:30 - 5:00pm	
Year 11 D	Harry Walker	Court 6 - Wednesday 3:30 - 5:00pm	

Year 10 A	Peter Gaiter & Pat Wood	Court 1 - Tuesday 3:30 - 4:00pm - then Court 3 - 4:00-5:00pm	Court 2 - Thursday 3:30 - 4:30pm - then Court 6 - 4:30-5:00pm
Year 10 B	Tom Lonergan	Court 2 - Tuesday 3:30 - 4:30pm - then Court 6 - 4:30-5:00pm	Court 1 - Thursday 3:30 - 4:00pm - then Court 3 - 4:00-5:00pm
Year 10 C	Liam Stuar & Ben O'Brien	Court 4 - Thursday 6:30 - 8:00am	
Year 10 D	Guy Shoshani	Court 5 - Thursday 3:30 - 5:00pm	
Year 10 E	Max Midgely	Court 6 - Thursday 3:30 - 5:00 pm	

Year 9 A	Josh and Sherry Mulligan	Court 1 - Monday 3:30 - 5:00pm	Share Court 2 / 4 - Wednesday 3:30 - 5:00pm
Year 9 B	Oliver West & Matt Weir	Court 2 - Friday 7:00 - 8:30 am	Court 6 - Wednesday 7:00 - 8:30 am
Year 9 C	Isaac Devery	Court 3 - Monday 3:30 - 5:00pm	
Year 9 D	Tom Hughes	Court 4 - Monday 3:30 - 5:00pm	
Year 9 E	Kevin Boga	Court 5 - Monday 3:30 - 5:00pm	

Year 8A	Alicia Kirk	Court 2 - Tuesday 6:45 - 8:00am	Court 1 - Friday 6:45 - 8:00am
Year 8B	Jeff De Heus (AC) & Jan Nichols	Court 2 (Court 3 available) Tuesday 6:45 - 8:00am	Court 5 - Thursday 3:30 - 4:30pm
Year 8 C	David Jackson	Court 4 (MPC) - Wednesday 6:45 - 8:00am	Court 3 - Wednesday 6:45 - 8:00am
Year 8 D	Liam Wilder & Matt Lam	Court 5 - Wednesday 6:45 - 8:00am	
Year 8 E	Nick Earle	Court 6 - Wednesday 6:45 - 8:00am	Court 6 - Thursday 6:45 - 8:00am

Year 7 A	Zach Fisher	Court 1 - Monday 6:45 - 8:00am	Court 2 - Thursday 6:30 - 8:00am
Year 7 B	Caolin Geraghty	Court 2 - Monday 6:45 - 8:00am	Court 3 - Thursday 7:00 - 8:00am
Year 7 C	Laurent and Marc Dubois	Court 4 - Tuesday 6:45 - 8:00am	
Year 7 D	Dom Fielden	Court 5 - Tuesday 6:45 - 8:00am	
Year 7 E	Eli Cole	Court 6 - Tuesday 6:45 - 8:00am	
Year 7 F	Will Eaton	Court 6 - Tuesday 6:45 - 8:00am	

Year 5 A/B		Court 1 - Wednesday 7:00 - 8:00am	
Year 6 A/B		Court 2 - Wednesday 7:00 - 8:00am	
Year 5		Court 4 (MPC) - Tuesday 7:00 - 8:00am	
Year 6		Court 4 (MPC) - Thursday 7:00 - 8:00am	

Tennis Training Schedule

Year Group	Days	Times
Year 7	Wednesdays and Thursdays	7:00 - 8:15am
Year 8	Mondays and Fridays	7:00 - 8:15am
Year 9	Tuesdays and Fridays	3:15 - 4:30pm
Year 10	Tuesdays and Fridays	3:15 - 4:30pm
Year 11	Tuesdays & Thursdays	3:15 - 4:30pm
Year 12	Mondays and Wednesdays	3:15 - 4:30pm

MCA Track and Field 2017

AIC CHAMPIONS 2015 / AIC CHAMPIONS 2016

The 2016 track and field season continued our success in the AIC Competition as we defended our 2015 title to become back-to-back AIC Champions. We have achieved these results through a strong commitment to training with our excellent coaching staff and having pride in our performance.

On Tuesday we held our first team meeting and over 120 students attended to receive information about the start of the training calendar. This was very impressive and sets a good tone for the season ahead.

All students who attended should have received an information sheet that outlines the next 2 weeks of training. If you did not receive a sheet, please go to the sports office to collect one.

TRAINING SCHEDULE – the training schedule for the next two weeks is below. After this time, the schedule will change with the addition of the cross-country runners and with changes in the availability of our coaches. Please post this up at home and ensure you attend your specific sessions. Selection in the MCA track & field team is heavily determined by your training attendance.

It is an expectation of all students involved in track and field that they are attending **a minimum of 2 sessions per week for their event**. (Students involved in a variety of events and sports will need to manage their workload with the school coaches). Please see your coaches immediately if there are any problems.

Good luck to all athletes for the upcoming season!

Mr. David Miles

Head of Sport / Head of Track and Field

IMPORTANT SEASON INFORMATION
WE WILL BE USING TEAMAPP AGAIN THIS YEAR AND ALL STUDENTS WILL BE EMAILED THE DETAILS THIS WEEK. DETAILS WILL ALSO BE IN THIS WEEK'S SPORTS NEWSLETTER

Week 1

Wednesday July 26]
 SPRINTS/DISTANCE (McMahon Oval)

Week 2

	Mon 31 July	Tues 1 August	Wed 2 August	Thurs 3 August	Fri 4 August
Morning 7:00-8:15am		Hurdles (changed from the original sheet)			
Afternoon 3:20-4:45pm	Sprints/Distance Discus Shot Put	High Jump Long / Triple Jump Javelin	Sprints/Distance Discus Shot Put	Long / Triple Jump	

AFTER THIS 2-WEEK BLOCK FULL TRAINING WILL COMMENCE FOR ALL EVENTS

- SPRINTS/DISTANCE – McMahon Oval
- THROWS – Hayden Oval
- HURDLES – John Nunan synthetic track area near the tennis courts
- JUMPS – John Nunan synthetic track area near the tennis courts

AIC BASKETBALL FIXTURES

ROUND 2 V IONA COLLEGE - FRIDAY & SATURDAY JULY 28 & 29, 2017

Basketball Coordinator: Mr Doug Perrers & Ms Jessica King (Years 7-9)

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times – Ash Basketball singlet, shorts, and socks.

FRIDAY JULY 28	TIME	H/A	VENUE
6A v IONA 6A	4:45pm	AWAY	Oblate Hall Inside Court, Iona College. North Rd, Lindum
6B v IONA 6B	4:00pm	AWAY	Oblate Hall Inside Court, Iona College. North Rd, Lindum
6C v IONA 6C	4:00pm	AWAY	Lindum Court 1, Iona College. North Rd, Lindum
6 GOLD v IONA 6D	4:00pm	AWAY	Lindum Court 2, Iona College. North Rd, Lindum
5A v IONA 5A	4:45pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5B v IONA 5B	4:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5C v IONA 5C	4:45pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5 GOLD v IONA 5D	4:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5 WHITE v SPC 5D	4:00pm	HOME	Outside Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove

SATURDAY JULY 29	TIME	H/A	VENUE
1sts v IONA 1sts	12:00pm	AWAY	Oblate Hall Inside Court, Iona College. North Rd, Lindum
2nds v IONA 2nds	11:00am	AWAY	Oblate Hall Inside Court, Iona College. North Rd, Lindum
3rds v IONA 3rds	11:00am	AWAY	Oblate Hall Outside Court, Iona College. North Rd, Lindum
4ths v IONA 4ths	12:00pm	AWAY	Oblate Hall Outside Court, Iona College. North Rd, Lindum
11A v IONA 11A	10:00am	AWAY	Oblate Hall Inside Court, Iona College. North Rd, Lindum
11B v IONA 11B	9:00am	AWAY	Oblate Hall Outside Court, Iona College. North Rd, Lindum
11C v IONA 11C	8:00am	AWAY	Oblate Hall Outside Court, Iona College. North Rd, Lindum
11D v PADUA 11C	12:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
10A v IONA 10A	9:00am	AWAY	Oblate Hall Inside Court, Iona College. North Rd, Lindum
10B v IONA 10B	8:00am	AWAY	Oblate Hall Inside Court, Iona College. North Rd, Lindum
10C v IONA 10C	10:00am	AWAY	Oblate Hall Outside Court, Iona College. North Rd, Lindum
10D v IONA 10D	9:00am	AWAY	Lindum Court 1, Iona College. North Rd, Lindum
10E v PADUA 10D	11:00am	HOME	Outside Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
9A v IONA 9A	12:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9B v IONA 9B	11:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9C v IONA 9C	11:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9D v IONA 9D	10:00am	HOME	Outside Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
9E v PADUA 9D	10:15am	AWAY	Court 1- Greccio cnr Turner and Broughton Rd Kedron
8A v IONA 8A	10:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8B v IONA 8B	9:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8C v IONA 8C	10:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8D v IONA 8D	9:00am	HOME	Outside Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
8E v PADUA 8D	10:15am	AWAY	Court 2- Greccio cnr Turner and Broughton Rd Kedron
7A v IONA 7A	8:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7B v IONA 7B	9:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7C v IONA 7C	8:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7D v IONA 7D	8:00am	HOME	Outside Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
7E v VILLA 7 BLACK	8:00am	HOME	Outside Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove
7F v BYE	BYE	BYE	BYE

AIC TENNIS FIXTURES

ROUND 2 V IONA - SATURDAY JULY 29, 2017

Tennis Coordinator: Mr Ben Webb

- Warm-Up to commence 15 minutes prior to start time
- All students are expected to be in correct uniform at all times – Ash Tennis Shirt, shorts, and socks

TEAM	TIME	H/A	VENUE
1sts v IONA 1sts	8:15am	AWAY	Iona College Courts. North Rd, Lindum
2nds v IONA 2nds	8:15am	AWAY	Iona College Courts. North Rd, Lindum
3rds v IONA 3rds	8:15am	AWAY	Iona College Courts. North Rd, Lindum
11A v IONA 11A	8:15am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
11B v IONA 11B	8:15am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
10A v IONA 10A	8:15am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
10B v IONA 10B	8:15am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
9A v IONA 9A	8:15am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
9B v IONA 9B	8:15am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
8A v IONA 8A	8:15am	HOME	Court 1, Marist College Ashgrove Tennis Centre. Frasers Rd, Ashgrove
8B v IONA 8B	8:15am	HOME	Court 2, Marist College Ashgrove Tennis Centre. Frasers Rd, Ashgrove
7A v IONA 7A	8:15am	HOME	Multi-Purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
7B v IONA 7B	8:15am	HOME	Multi-Purpose Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove
6A v IONA 6A	8:15am	HOME	Court 5, Marist College Ashgrove Tennis Centre. Frasers Rd, Ashgrove
6B v IONA 6B	8:15am	HOME	Court 6, Marist College Ashgrove Tennis Centre. Frasers Rd, Ashgrove
5A v IONA 5A	8:15am	HOME	Court 3, Marist College Ashgrove Tennis Centre. Frasers Rd, Ashgrove
5B v IONA 5B	8:15am	HOME	Court 4, Marist College Ashgrove Tennis Centre. Frasers Rd, Ashgrove

CHAMPAGNAT TRUST SPORTS LUNCH

16.03.18

BRISBANE CONVENTION & EXHIBITION CENTRE

SAVE *the* DATE