



Weekly Sports Report 1 February 2019 - Term 1 - Week 1

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From the Head of Sport

Welcome back to all students, families and friends of Marist College Ashgrove. I hope that school life has begun to settle into some form of routine for everyone and that all students are looking forward to the year ahead.

In 2018, we continued our emphasis on providing opportunities for all students to participate in sport along with providing high-quality programs to foster strong development of our athletes. With over 250 teams across the year and over 450 students participating in swimming, cross country and track and field, this makes our college sporting program one of the largest in the State. The efforts of the staff in the sports department in collaboration with our many coordinators and coaches, to continue to maintain our rich history of success in an extremely competitive environment is extraordinary.

We continue to develop our programs to offer the highest level of coaching and development for our students and look forward to what the 2019 season will bring. With the expansion of our AFL program to include Senior teams and the inclusion of rugby league in Term 3 for all year levels, the opportunities to become involved in sport at the College have never been greater.

Such a busy program requires a lot of organisation to distribute the appropriate information to our community. With our Round 1 fixtures for Cricket and Volleyball only a week away, there will be no time to ease into the sporting year. This newsletter is an important source of information for what is happening for the week ahead and for upcoming events. Please refer to this newsletter if you are ever unsure about where to find information.

The "Buzz" contains important information regarding:

- AIC fixtures – venues, dates and times
- Training schedules for the season
- AIC results
- Calendar of upcoming events

UPCOMING EVENTS

Saturday 2 February

Cricket and Volleyball Trial
v Iona

Friday 8 February

AIC Swim Meet @ MCA
vs Iona College

Years 8/9 and Open AFL
– BYE

Saturday 9 February

AIC Round 1 Cricket & Volleyball
v St. Peter's Lutheran
College (SPLC)

Years 5, 6 & 7 AFL
– BYE

MCA SPORTS CONNECT

Head of Sport

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Cricket Coordinators

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Volleyball Coordinator

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Head of Strength & Conditioning

Mr Henry Gilbert

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From the Head of Sport

SPORT COORDINATORS AND YEAR LEVEL COORDINATORS

We are very grateful for the time and effort our coordinators of AFL, cricket and volleyball have given to the sporting program over the past two weeks. If you have any questions about the upcoming season or are looking for information, in general, please contact the staff members listed below

AFL	MR BRETT GILLETT	EMAIL CONTACT: GILLETTB@MARASH.QLD.EDU.AU
Year 5 & 6	John Lambourne	lambournej@marash.qld.edu.au
Year 7		
Year 8/9		
Opens		

CRICKET	MR PHIL TONKIN AND MR STUART MARTIN	EMAIL CONTACT: ASHGROVECRIKET@MARASH.QLD.EDU.AU
Year 5	Mr Matt Jones	jonesm@marash.qld.edu.au
Year 6	Mr Zach Woodward	woodwardz@marash.qld.edu.au
Year 7	Mr Damien Nelson	nelsond@marash.qld.edu.au
Year 8	Mr Stuart Martin	ashgrovecricket@marash.qld.edu.au
Year 9	Mr Corey Lucas	lucasco@marash.qld.edu.au
Year 10	Mr Phil Tonkin	ashgrovecricket@marash.qld.edu.au
Open	Mr James Metzeling	metzelingj@marash.qld.edu.au

VOLLEYBALL	MR ADAM KNIGHT	EMAIL CONTACT: KNIGHTA@MARASH.QLD.EDU.AU
Year 10 – 12	Mr Adam Knight	knighta@marash.qld.edu.au
Year 7 – 9	Mr Scott Minogue	minogues@marash.qld.edu.au

COLLEGE APP

The **College APP** is a vital tool and is a MUST for all families to gain quick access to sporting information. Weekend draws, any last-minute changes that may occur, training information, wet weather cancellations, transport updates or any late bus returns will all be information that is uploaded to the College APP. Please make sure you have this valuable tool downloaded to your phone.

IMPORTANT AIC SPORT INFORMATION

Team sports are contested in Year levels as per below:

- AFL (Year 5, 6, 7, 8/9, Opens)
- Cricket (Years 5-10, Opens)
- Volleyball (Years 5-11, Opens)
- Chess (Years 5-10, Opens)
- Football (Soccer) (Years 5-10, Opens)
- Rugby (Years 5-11, Opens)
- Basketball (Years 5-11, Opens)
- Rugby League (Years 5-10, Opens – one team per Age Group in 2019)
- Tennis (Years 5-11, Opens)

Individual Sports:

Swimming, Cross Country and Track & Field will remain the same as in 2018 with all of these sports continuing to be contested in age groups (i.e. based on a student's year of birth).

Students are asked to be wary of these guidelines when trialling for teams at MCA to ensure they are adhering to the AIC competition rules. Please see a coach or teacher at school if you are unsure where you need to be.

From the Head of Sport

HOLIDAY EVENTS

Throughout the Christmas holidays we had several staff continue to work tirelessly in support of our students. Major events included the Marist Cricket Carnival, the Australian Schools Cup Volleyball tournament and the recent cricket tour to Sri Lanka. We sincerely thank all staff listed below for coaching and accompanying our students to these competitions.

- Marist Cricket Carnival – Ben Maddox, James Metzeling, and Harry Collier (Old Boy coach)
- Australian Schools Volleyball – Scott Minogue, Adam Knight, David Miles, Connor Rudder (coach) and Ned Petrie (Old Boy coach)
- Sri Lankan cricket tour – Ben Maddox, James Metzeling, Phil Tonkin, Harry Collier (Old Boy coach) and Tom Gibson (coach)

YEAR 7 CRICKET AND VOLLEYBALL CLINICS

Congratulations to all Year 7 students who attended the cricket and the volleyball clinic s/trials last Friday and at the end of their orientation day on Tuesday January 29.

With 80 students involved in volleyball and 110 students trialling for cricket we applaud our newest secondary students for their great enthusiasm. The challenge of sorting boys into teams within a short time frame is very difficult and we ask all parents and students for patience as we organise our sides.

VOLLEYBALL – COMPETITION 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
- All payments must be made through the QKR app. **No cash will be taken** as we continue to operate as a cash-free school.

How to pay?

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, take your receipt (or evidence of it) to the sports office during 1st or 2nd break to collect your shirt
- 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" basis. Sizes and numbers do run out closer to round 1 so to avoid disappointment, get in early!

CRICKET

As part of our intention to provide quality sporting programs at our College we will continue with our decision to enter our "C" cricket teams for Years 8, 9 and 10 teams into the Brisbane North Junior Cricket Association (BNJCA) competition. This decision evolved from the movement of all AIC cricket matches for "C" and "D" teams into the 20-20 format. Over the past 6 years students in the teams mentioned have participated in the BNJCA competition and found the experience challenging and worthwhile for their development as cricketers. All players selected in these teams will represent Marist College Ashgrove as usual and all information regarding their fixtures will be provided in the messages and links following.

Good luck to all students for the year ahead. Remember to represent your college with pride and integrity at all times and above all – enjoy yourself!

Mr David Miles
Head of Sport

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.

Uniform

A very important part of representing Ashgrove in any sporting competition is our presentation. We have just over one week until round one of AIC Cricket and Volleyball commences, and in that time I urge all students to ensure they have the correct uniform for their particular sport. It is the position of our 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.

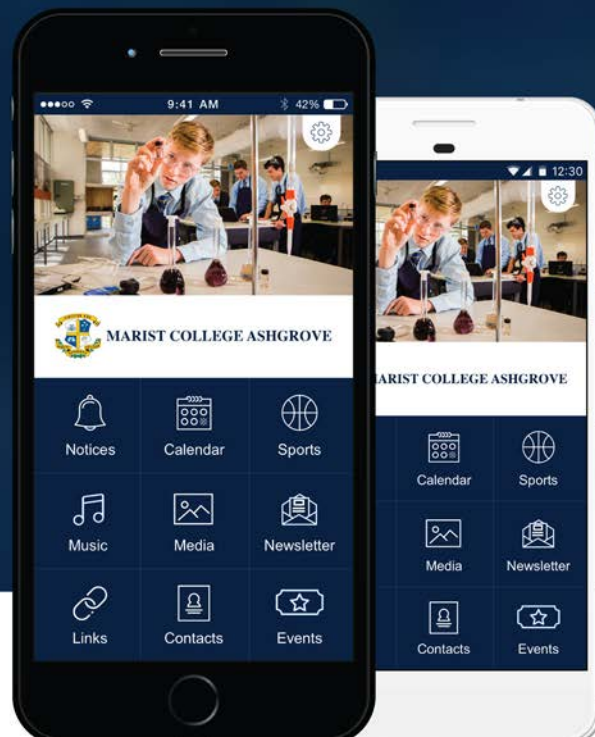
Swimming – Please refer to the College APP – Sports/Swimming for further information.



MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad



AIC CRICKET FIXTURES

TRIAL V IONA, SATURDAY FEBRUARY 2, 2019

Cricket Coordinators: Mr Stuart Martin and Mr Phil Tonkin

- 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	WKT
1sts vs. IONA 1sts	9:30am – 5:15pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
2nds vs. IONA 2nds	1:00pm – 5:30pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
3rds vs. IONA 3rds	1:00pm – 5:30pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
10A vs. IONA 10A	8:15pm – 12:45pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
10B vs. IONA 10B	8:15am – 12:45pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
10C vs. Ferny Districts Red	8:00am – 11:45am	Away	Oval 1, Ferny Reserve. Tramway St, Ferny Grove	Syn
10D vs. IONA 10C	BYE	BYE	BYE	
9A vs. IONA 9A	8:15am – 12:45pm	Away	Davine Oval. 85 North Rd, Lindum	Turf
9B vs. IONA 9B	8:15am – 12:45pm	Away	McCarthy Oval. 85 North Rd, Lindum	Turf
9C vs. Wilston-Norths/Toombul	8:15am – 11:45am	Away	Alan Pettigrew Oval, Shaw Road, Kedron	Turf
8A vs. IONA 8A	1:00pm – 5:30pm	Away	Davine Oval, Iona College. 85 North Rd, Lindum.	Turf
8B vs. IONA 8B	1:00pm – 5:30pm	Away	McCarthy Oval. 85 North Rd, Lindum.	Turf
8C vs. Albany Creek Eagle Hawks	8:15am – 11:45am	Away	Canterbury Park. Field 1 – South. 70 Feuerriegel Rd, Bald Hills.	Syn
8D vs. IONA 8C	12:00pm – 3:00pm	Away	Field 12. Kianawah Park. Wynnum Rd, Tingalpa.	Syn
8E vs. IONA 8D	2:30pm – 5:30pm	Away	Dwyer Oval. 85 North Rd, Lindum.	Syn
7A vs. IONA 7A	1:00pm – 5:30pm	Away	Harron Oval. 85 North Rd, Lindum.	Turf
7B vs. IONA 7B	8:15am – 12:45pm	Away	Harron Oval. 85 North Rd, Lindum.	Turf
7C vs. IONA 7C	11:15am – 2:15pm	Away	Dwyer Oval. 85 North Rd, Lindum.	Syn
7D vs. IONA 7D	8:00am – 11:00am	Away	Coghill Oval. 85 North Rd, Lindum.	Syn
7E vs. IONA 7E	8:00am – 11:00am	Away	Dwyer Oval. 85 North Rd, Lindum.	Syn
6A vs. IONA 6A	7:30am – 11:00am	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6B vs. IONA 6B	7:30am – 11:00am	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6C vs. IONA 6C	11:00am – 1:30pm	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6 Gold vs. IONA 6 GOLD	11:00am – 1:30pm	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6 White vs. IONA 6 WHITE	10:00am – 12:25pm	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
6 Green vs. IONA 6 GREEN	7:30am – 9:55am	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
5 Elephants vs. 5 Lions	7:30am – 9:30am	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Syn
5 Rhinos vs. 5 Buffalos	9:30am – 11:30pm	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Syn
5 Leopards vs. 5. Meerkats	7:30am – 9:30am	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
5 Hyenas vs. 5 Wildebeests	9:30am – 11:30pm	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn

AIC VOLLEYBALL FIXTURES

TRIAL V IONA, SATURDAY FEBRUARY 2, 2019

Cricket 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. IONA 1sts	12:00pm	Home	Court 1. Champagnat Centre, Marist College Ashgrove
2nds vs. IONA 2nds	11:00am	Home	Court 1. Champagnat Centre, Marist College Ashgrove
3rds vs. IONA 3rds	9:00am	Home	Court 1. Champagnat Centre, Marist College Ashgrove
4ths vs. IONA 4ths	8:00am	Home	Court 1. Champagnat Centre, Marist College Ashgrove
11A vs. IONA 11A	10:00am	Home	Court 1. Champagnat Centre, Marist College Ashgrove
11B vs. IONA 11B	8:00am	Home	Court 2. Champagnat Centre, Marist College Ashgrove
11C vs. IONA 11C	9:00am	Home	Middle Court. Champagnat Centre, Marist College Ashgrove
10A vs. IONA 10A	11:00am	Home	Court 2. Champagnat Centre, Marist College Ashgrove
10B vs. IONA 10B	10:00am	Home	Court 2. Champagnat Centre, Marist College Ashgrove
10C vs. IONA 10C	9:00am	Home	Court 2. Champagnat Centre, Marist College Ashgrove
10D vs. IONA 10D	8:00am	Home	Middle Court. Champagnat Centre, Marist College Ashgrove
9A vs. IONA 9A	12:00pm	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
9B vs. IONA 9B	11:00am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
9C vs. IONA 9C	11:00am	Away	Oblate Hall Court 2. Iona College. 85 North Road, Lindum.
9D vs. IONA 9D	11:00am	Away	Court 3 (outside). Iona College. 85 North Road, Lindum.
8A vs. IONA 8A	10:00am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
8B vs. IONA 8B	9:00am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
8C vs. IONA 8C	8:00am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
8D vs. IONA 8D	9:00am	Away	Court 3 (outside). Iona College. 85 North Road, Lindum.
7A vs. IONA 7A	10:00am	Away	Oblate Hall Court 2. Iona College. 85 North Road, Lindum.
7B vs. IONA 7B	9:00am	Away	Oblate Hall Court 2. Iona College. 85 North Road, Lindum.
7C vs. IONA 7C	8:00am	Away	Oblate Hall Court 2. Iona College. 85 North Road, Lindum.
7D vs. IONA 7 Gold	10:00am	Away	Court 3 (outside). Iona College. 85 North Road, Lindum.

Cricket Training Schedule

Week 1 only – this schedule may be subject to change once teams and coaches are finalised

TIME	MONDAY - FEB 4	TUESDAY - FEB 5	WEDNESDAY - FEB 6	THURSDAY - FEB 7
Morning 7:00 – 8:15am	Year 9 Cameron Oval	Year 7 Cameron Oval	Year 8 Cameron Oval	Year 10 / OPENS Cameron Oval
Afternoon 3:30 – 5:00pm	Year 8 Cameron Oval	Year 10 / OPENS Cameron Oval	Year 9 Cameron Oval	Year 7 Cameron/Primary nets

Volleyball Training Schedule

MORNING VOLLEYBALL TRAINING - 6:45AM – 8:00AM						
VENUE	COURT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Champagnat Centre	1 6:30 am	Open 1st	9A	7C	9C	8A
	Middle 7:00 am		7A	7D	8C	8B
	2 7:00 am	11C	7B	9B	8D	9B

AFTERNOON VOLLEYBALL TRAINING - 3:30PM – 5:00PM						
VENUE	COURT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Champagnat Centre	1	Open 3rd	Open 1st	7A	11A	Internal Games
	Middle		8A	7B	11D / Open 4th	Internal Games
	2	10A	8B	9D	Open 2nd	Internal Games

EVENING VOLLEYBALL TRAINING - 5:00PM – 6:30PM						
VENUE	COURT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Champagnat Centre	1	10C	Open 2nd	9A	Open 1st	
	Middle		10B	11B	10A	
	2	10D	11A	Open 3rd	10B	

Strength and Conditioning - Term 1

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	6:15am - 7:15am	OPENS RUGBY (BOARDERS)	SENIOR SWIMMING	OPENS RUGBY (BOARDERS)	SENIOR SWIMMING	
	7:05am - 8:05am	OPENS RUGBY (DAY STUDENTS)	JUNIOR SWIMMING	OPENS RUGBY (DAY STUDENTS)	JUNIOR SWIMMING	
	8:35am - 8:50am					
LUNCH	BREAK 1					
	BREAK 2					
PM	3:25pm - 4:25pm	OPENS CRICKET				
	4:25pm - 5:00pm	OPENS FOOTBALL				

Tennis Training Squads for Term 1

Beginners, Intermediate and Advanced

If you son would like to get into our unique Spanish Drill training squads for next term, then spaces are now open.

We run juniors on Tuesdays and Thursdays and Seniors on Mondays, Wednesdays and Fridays - all from 4:00 - 6:00pm.

High volume hitting with off court warm-up/fitness/footwork circuit training plus point play/match play in every session!

Please go to our website for more information and bookings.

Join in anytime!

www.proamtennis.com.au

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