



Weekly Sports Report 28 February 2019 - Term 1 - Week 5

Inside this edition

From the Head of Sport - Draws: AFL, Cricket, Volleyball
Recaps: AFL, Cricket, Cross Country, Swimming, Volleyball
Strength and Conditioning - Tennis Training Squads



From the Head of Sport

With preparations for Term 2 sport about to commence, it is an extraordinarily busy time for students as we head into Week 6 of Term 1. At this important time in our studies and the end of our sporting seasons, it can be quite difficult to manage the many commitments we all have. Our communication with each other is very important. I encourage all students to have conversations with their families, teachers and coaches if they are struggling to maintain a balance.

For this week's newsletter and future editions, we have organised for each sport to have their own section to provide information for their sport. Following on from this weekend's Round 4 draws each current Term 1 sport is presented alphabetically.

There is a lot of information in this week's newsletter so please make sure you check it thoroughly. Below is a list of current and upcoming events:

- Term 1 sport continues with Round 4 against St. Edmund's College this weekend – AFL, Cricket and Volleyball
- With SEC having a lot fewer teams than us in the cricket draw many Ashgrove sides will have a bye this weekend. With this weekend being a boarder's fee weekend it will allow some of our students to have a well-earned break
- Our swimming squad will begin their final week of preparation heading into the AIC championships on Monday, March 11
- Cross Country training continues with our runners meeting at 6.45am at McMahon Oval as per the schedule listed in the cross country section. The AIC XC championships are held in Term 2 this year which is a full term earlier than usual, and means our boys need to be running now! Please check the schedule carefully and talk to your coaches about balancing your commitments, so you are able to attend.
- Term 2 sport – sign on for Rugby and Football is now OPEN. Please follow the directions below and all students are asked to pay close attention to the final date for signing on. Even though it is important that we are organised for the upcoming Term 2 sports, our focus is still to remain heavily on the sports that are currently running. Please ensure that you maintain your commitments to your Term 1 sports.

UPCOMING EVENTS

Friday March 1

AIC AFL
1st XVIII & Years 8 & 9
v SEC

Saturday March 2

AIC Round 4 Cricket and
Volleyball v SEC
AIC AFL
Years 5 & 6 v Iona
AIC AFL
Years 7 v SEC

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From the Head of Sport

Our 1sts squads for these sports have been begun training in preparation for the AIC season with our football squad well into preseason trials while our rugby squad prepare for a tour of New Zealand at Easter.

GETTING READY FOR TERM 2

Here are some important things to consider in preparation for Term 2 sport:

- Playing uniform – football/rugby boots, football shirt/rugby jersey, football/rugby shorts
- Protective gear – shin guards, mouthguards, headgear, shoulder pads
- Water bottle – each student should have their own NAMED water bottle to be brought to training and games

IMPORTANT REMINDER

Term 1 sports (AFL, cricket, volleyball, swimming and cross country) all take priority over any Term 2 preparations. If there is a clash, then students are expected to maintain their commitments to their Term 1 sport.

Mr David Miles
Head of Sport

Student Achievements

Congratulations to:

- Jacob Anderson has recently been selected in the Queensland Hockey U15-2s side to play in the National Championships in Sydney in April.

WET/EXTREME 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.

SPORT PHOTOS AND VIDEOS

The sports department are always looking for photos and videos of the Colleges sporting teams throughout the year. If you wish to share these for use in the Sports newsletter, Blue and Gold, as well as other College publications, we encourage you to please send them to mcasport@marash.qld.edu.au

MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad

Download on the **App Store** | **GET IT ON Google Play**

AIC AFL FIXTURES - PRIMARY

ROUND 4 V IONA, SATURDAY MARCH 2, 2019

AFL Coordinator: John Lambourne (Primary School)

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times
- All boys MUST wear their College wide brim hat and bring a water bottle

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 1, Yeronga AFC. Cansdale St, Yeronga
5B vs. Iona 5B	8:00am	Field 1, Yeronga AFC. Cansdale St, Yeronga

AIC AFL FIXTURES - SECONDARY

ROUND 4 V IONA, FRIDAY MARCH 1 & SATURDAY MARCH 2, 2019

AFL Coordinator: Mr Brett Gillett

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

TEAM	TIME	DATE	VENUE
1st XVIII vs. SEC	5:45pm	Fri 1st Mar	Field 2, Yeronga AFC, Leyshon Road, Yeronga.
Year 8&9 vs. SEC	4:30pm	Fri 1st Mar	Field 2, Yeronga AFC, Leyshon Road, Yeronga.
Year 7 vs. SEC	10:00am	Sat 2nd Mar	St Laurence's College Playing Fields, Nathan Road, Runcorn.

MARIST ASHGROVE DUTY SCHEDULE - ROUND 4 V SEC (& SUP GAMES)

Friday March 1- from 3.30pm

COURT 1 (2 GAMES)	MIDDLE (1 GAME)	COURT 2 (2 GAMES)	MPC 1 (1 GAME)	MPC 2 (1 GAME)
Adam Green	Nomiko Lung	Tim Gibb	Steve Hanson	Hunter Petrie

Saturday March 2

TIME	COURT 1	MIDDLE COURT	COURT 2
7:30am	8D Duty – 8C Joel Wass		7D Duty – 7C Moses Noa
8:15am	8C Duty – 8D Joel Wass	9D Duty – 10D Jeremy Vanderbyl	7C Duty – 7D Moses Noa
9:00am	8B Duty – 8A Joel Wass, Liam Connolly	10D Duty – 9D Jeremy Vanderbyl	7B Duty – 7A Moses Noa, Paul Kearney
10:00am	8A Duty – 8B Joel Wass, Laurie Boustead		7A Duty – 7B Moses Noa, Joe Doyle
11:00am	9B Duty – 9A Joel Wass, Pat Toze		9C Duty – 11B Moses Noa
12:00pm	9A Duty – 9B Joel Wass, Damian Akroyd		11B v 11C Duty – 9C Moses Noa

AIC CRICKET FIXTURES

ROUND 4 V SEC, SATURDAY MARCH 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. SEC 1sts	9:30am – 5:15pm	Home	Field 1, Tivoli Sporting Complex. Church St, Tivoli	Turf
2nds vs. ASH 10A's	8:15am – 12:45pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
3rds vs. BYE	BYE	BYE	BYE	
4ths vs. Villa 5ths	1:00pm – 4:00pm	Away	Field 6. Kianawah Park. Wynnum Rd, Tingalpa.	Turf
5ths vs. BYE	BYE	BYE	BYE	
6ths vs. BYE	BYE	BYE	BYE	
ASH 10A vs. ASH 2nds	8:15am – 12:45pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
10B vs SEC 10A	8:15am – 12:45pm	Away	Field 2, Tivoli Sporting Complex. Church St, Tivoli	Turf
10C vs. Valley Purple	8:15am – 11:45am	Away	Field 2. Ashgrove Sportsground. Yoku Rd, Ashgrove.	Turf
10D vs. BYE	BYE	BYE	BYE	
9A vs. SEC 9A	8:15am – 12:45pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
9B vs. Villa 9C	8:00am – 11:00am	Home	Fenwick Park. Samford Rd, Mitchelton	Syn
9C vs. Valley Purple	8:15am – 11:45am	Away	Wittonga Park. Hilder Rd, The Gap.	Syn
9D vs. Villa 9E White	11:15am – 2:15pm	Home	Fenwick Park. Samford Rd, Mitchelton	Syn
9E vs. BYE	BYE	BYE	BYE	
8A vs. SEC 8A	1:00pm – 5:30pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
8B vs. SEC 8B	1:00pm – 5:30pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
8C vs. Ferny Districts White	8:15am – 11:45am	Away	Field 9. Marchant Park. 107 Murphy Rd, Aspley.	
ASH 8D vs. ASH 8E	1:00 pm– 4:00pm	Home	Ashgrove State School. Glory Rd, Ashgrove	Syn
8F vs. BYE	BYE	BYE	BYE	
7A vs. SEC 7A	1:00pm – 5:30pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
7B vs. SEC 7B	8:15am – 12:45pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
7C vs. Iona 7D Gold	11:15am – 2:15pm	Home	Field 1, Mt Maria Playing Fields. Mott St, Gaythorne	Syn
7D vs. IONA 7C	11:15am – 2:15pm	Home	Field 2, Mt Maria Playing Fields. Mott St, Gaythorne	Syn
7E vs. Padua 7E White	2.30pm – 5.30pm	Away	Assissi Oval. 80 Turner Rd, Kedron	Syn
7F Green vs. Iona 7E White	8:00am – 11:00am	Home	Field 1, Mt Maria Playing Fields. Mott St, Gaythorne	Syn
7G Blue vs. Villa 7E White	8:00am – 11:00am	Home	Field 2, Mt Maria Playing Fields. Mott St, Gaythorne	Syn
7H Black vs BYE	BYE	BYE	BYE	
6A vs. ATC 6A	8:00am – 11:30am	Away	Jack Bowers North, Ambrose Treacy College. Kate Street, Indooroopilly	Syn
6B vs. ATC 6B	8:00am – 11:30am	Away	Jack Bowers South, Ambrose Treacy College. Kate Street, Indooroopilly	Syn
6C vs. ATC 6C	7:30am – 10:30am	Away	Field 1, Bellbowrie Sport & Rec. Sugarwood St, Bellbowrie	Syn
6D Gold vs. ASH 6E White	7:30am – 9:55am	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
Ash 6F Green vs. Ash 6G Blue	10:00am – 12:25pm	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
5A vs. ATC 5A	7:30am – 11:00am	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5B vs. ATC 5B	7:30am – 11:00am	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5C vs. ATC 5C	11:00am – 1:30pm	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5C Gold vs. Villa 5C	11:00am – 1:30pm	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5E White vs. BYE	BYE	BYE	BYE	
5F Green vs. ATC 5D	7:30am – 9:55am	Home	Rainworth State School. 185 Boundary Rd, Bardon.	Syn

AIC VOLLEYBALL FIXTURES

ROUND 4 V SEC, SATURDAY MARCH 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. SEC 1sts	12:15pm	Away	Court 1. Bremer State High School Sports Centre. 133-153 Warwick Road, Ipswich
2nds vs. SEC 2nds	11:15am	Away	Court 1. Bremer State High School Sports Centre. 133-153 Warwick Road, Ipswich
3rds vs. SEC 3rds	9:15am	Away	Court 1. Bremer State High School Sports Centre. 133-153 Warwick Road, Ipswich
4ths vs. BYE	BYE	BYE	BYE
11A vs. SEC 11A	10:15am	Away	Court 1. Bremer State High School Sports Centre. 133-153 Warwick Road, Ipswich
ASH 11B vs. ASH 11C	12:00pm	Home	Court 2, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
11D vs. BYE	BYE	BYE	BYE
10A vs SEC 10A	11:15am	Away	Court 2. Bremer State High School Sports Centre. 133-153 Warwick Road, Ipswich
10B vs. SEC 10B	10:15am	Away	Court 2. Bremer State High School Sports Centre. 133-153 Warwick Road, Ipswich
10C vs. ATC 10C	7:30am	Away	Court 2, St. Francis Xavier Centre. Kate St, Indooroopilly.
10D vs. TGS 10D	9:00am	Home	Middle Court, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
9A vs. SEC 9A	12:00pm	Home	Court 1, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
9B vs. SEC 9B	11:00am	Home	Court 1, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
9C vs. SEC 9C	11:00am	Home	Court 2, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
9D vs. TGS 9D	8:15am	Home	Middle Court, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
8A vs. SEC 8A	10:00am	Home	Court 1, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
8B vs. SEC 8B	9:00am	Home	Court 1, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
8C vs. SEC 8C	8:15am	Home	Court 1, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
8D vs. ATC 8D	7:30am	Home	Court 1, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
7A vs. SEC 7A	10:00am	Home	Court 2, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
7B vs. SEC 7B	9:00am	Home	Court 2, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
7C vs. SEC 7C	8:15am	Home	Court 2, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove
7D vs. ATC 7D	7:30am	Home	Court 2, Champagnat Centre. 142 Frasers Rd, Marist College Ashgrove

Primary School - AIC AFL Round 3

TEAM	BEST AND FAIREST
6A vs. SLC 6A SLC 8.12(60) def. MCA 5.5(35)	3 – James Milner 2 – Jake Caughley 1 – Carter McDonald
6B vs. SLC 6B SLC 15.8(98) def. MCA 0.0(0)	3 – Archie Murray 2 – Micah Netzler 1 – Hugh Homer
5A vs. SLC 5A SLC 16.16(112) def. MCA 1.2(8)	3 – Harry Prole 2 – Jake Musgrave 1 – Riley Waldon
5B vs. SLC 5B MCA 8.8(56) def. SLC 0.2(2)	3 – Hugo O’Sullivan 2 – James Gissing 1 – Oliver Smith

AROUND THE GROUNDS

6A: Flying start with the boys posting a major in the first minute, following up with a second soon thereafter. Led until half time, got lost in the third quarter but finished the fourth strongly. A valuable lesson was learnt, in order to be consistently competitive players must focus in order to maintain effort for the full four-quarters. This week lona-different outcome? Watch this space.

6B: A tough loss for the 6B's this weekend against a well-drilled and clinical St Laurence's outfit. There were however, plenty of positives to take away from an especially hard-fought second half. The relentless pressure of Archie Murray and consistent tackling efforts of Micah Netzler and Hugh Homer were especially commendable considering the harsh conditions and the fact that we were often chasing the game. Plenty to build on for next week.

5A: Positive signs from the game as we hit the scoreboard for the first time in season 2019, stemming from improved forward half pressure from all players. Defensive structure and positioning also on the up, ball movement in transition a focus for the coming weeks.

5B: A great win built on never say die defence that saw a swarm of blue and gold jerseys around any SLC player in possession. Oliver and Sam Smith led the way with some great work in the centre position.

Secondary School - AIC AFL Round 3

1ST XVIII - MR DARIAN JOHNS - 1ST XVIII MCA COACH: The 1sts fought strongly against Lawries and kept up with them in the first half before falling away. The boys showed glimpses of clean attacking football, which is how we want to play the game. We've learnt a lot from our first two games about how to play strong at the contest and quick movement of the footy, which we aim to show Eddies this Friday.

YEARS 8/9S INTERMEDIATES - MR JEFF DE HEUS - COACH: A slow start from the Year 8/9s and had to do a lot of catch up work to get over the top of St Laurence's. Some valuable lessons learnt to avoid crowding the forward line, play smart against the wind and boys being first to the ball. A hard fought win at a very windy Yeronga.

YEAR 7 JUNIORS - MR CHRIS HANTS- COACH: What a tough day at the office!! In hurricane conditions at Runcorn, the Year 7s struggled to get the ball forward against a very well drilled and skilful St Laurence's side. They were red hot today!!

The boys tried really hard and will learn many lessons about AFL today and the need to remain focussed for the entire game. Concentration is critical in the 360 degree game of AFL as you are never out of a contest.

We look forward to training hard this week and working on our reaction time from offence to defence and manning up on our direct opponent.

ASHGROVE EAGLES AFL ELITE TEAM OF THE WEEK ROUND 3 VS ST LAWRENCE'S COLLEGE

	JUNIORS	1ST XVIII	INTERMEDIATES
Backs	Gillett	McVeigh	Blomley
Half Backs	Caughley	Fisher	McGibbon
Centres	Davies	Guy	Chugg
Half Forwards	Pittman	Willman	Nichols
Forwards	Wild	Walpo	Grounds

LEVEL 2 AFL COACHING ACCREDITATION

Last weekend three more Marist College Ashgrove coaches attended the weekends Level 2 AFL Coaches Course on the Gold Coast. Key presenters were Barry Gibson, Luke Carroll, Andy Lovell, Andrew Swallow and Josh Drummond. Thank you for your efforts Darian Johns, Jeff De Heus and Chris Hants

ROUND 3 RESULTS

Opens	SLC 11.17 (83) def. ASH 1.3 (9)
Year 8/9	ASH 5.8 (38) def. SLC 3.3 (21)
Year 7	SLC 12.7 (79) def. ASH 0.0 (0)

Primary School - AIC Cricket Round 3

TEAM	BEST BOWLING	BEST BATTING
6A vs. SLC 6A MCA 148 def. SLC 95	Isaac Deem 4/1 Braidyn Polich 2/7	Callan Jensen 34 Xavier Howard 24
6B vs. SPC 6B SLC 8/126 def. MCA 3/111	Ben Mead 2/7 Kevin Fitalo 2/12	Tom Clulow 21*
6C vs. SLC 6C SLC 3/116 def. MCA 76	Watts 1/7 Jack Boyd 1/12	Ambrose Gonzales 12 Zach Watts
6 GOLD vs. SLC 6 GOLD MCA 1/95 def. SLC 7/87	Will Kennedy 2/7 Hayden Blaker 1/5	Roy Peake 20 Jordan Pratt 14
6 WHITE vs. VILLA 6 WHITE MCA 3/87 def. Villa 3/81	Cullen Fitzgerald 1/3 Angus Cope 1/6	Angus Cope 17* Josh Dale 11
6 GREEN vs. SLC 6 WHITE MCA 2/88 def. SLC 2/77	Cullen Fitzgerald 1/4 Kalan Schnaubelt 1/8	Angus Cope 14* Maxwell Hirst 10*
6 BLUE vs. Iona 6 WHITE MCA 2/98 tied Iona 0/98 Super Over MCA 0/7 def. Iona 0/4	Josh Mason 0/2 Max Macready 0/7	Lewis Tunny 11 Max Macready 6
5A vs. SPC 5A SLC 8/116 def. MCA 8/115	Oliver Hayes 2/5 Will Easter 1/9	Jimmy Garden 25* Jonah Wilde 17*
5B vs. SLC 5B MCA 9/143 def. SLC 69	Harry Franklin 3/5 Toby McCormack 2/9	Will Lambley 28 Toby McCormack 24
5C vs. SLC 5C MCA 8/138 def. SLC 5/80	Finn Manahan 1/1 Aodhan McGovern 1/6	Ben Sinclair 56* Bryn Morgan 15*
5C GOLD vs. Padua 5C MCA 2/97 def. Padua 4/71	Max Russo 1/2 Jack McCormick: 1/2	Jack Hermann 26 Toby Campbell 13
5 WHITE vs. SLC 5 GOLD SLC 3/89 def. MCA 5/81	Sam Tealby 2/6 Aurelius Ferdinands 1/12	Leo Piggot 9* Sam Tealby 7
5 GREEN vs. SLC 5 WHITE MCA 5/109 def. SLC 2/104	Matthew Stower 0/2 Massimo Tsiros 0/2	Josh Manuel 13* Henry Waters 12*

AROUND THE GROUNDS

6A: Brilliant sportsmanship displayed by both teams. Lots of positive chat out on the field, including clapping and cheering batsmen when they retired. Isaac Deem returned outstanding bowling figures of 4/1, including 2 wickets in 2 balls.

6B: Ben Mead batting at number 12 pushed hard for runs, scoring 8 quick singles in the last two overs, putting the opposition under a lot of pressure.

6C: Lachie Vink's persistence and commitment throughout the match was a highlight; encouraging chat and support of his teammates throughout.

6 GOLD: Will Kennedy returned bowling figures of 2/7, was on a hat-trick, Will Veneris and Hayden Blaker both getting wickets with impressive caught and bowled efforts. The boys handled an unruly opposition in true Marist Spirit, maintaining their composure throughout the match.

6 WHITE: Much improved energy and enthusiasm in the field this week, also all the boys were great with the encouragement they gave each other whilst batting, bowling and fielding.

6 GREEN: Maxwell Hirst showed a consistent effort with the bat, scoring runs off every ball.

6 BLUE: Boys won the game in a super over! Outstanding finish to a very close game. Jack Montocchio is to be commended for his encouragement of his teammates throughout both innings.

5A: All the boys showed a lot of fight this week, SLC started very strongly and were 0/53, the boys lifted and fought back to almost snatch a victory.

5B: Toby McCormack picked up two important wickets and scored an impressive 24 runs with the bat to help push the team towards a well-earned victory. Harry Franklin 3 wickets in 4 balls, just missing out on a hat trick.

5C: A great fielding effort all round. A standout was Ben Sinclair's 56 not out from 26 balls.

5C GOLD: A stunning effort in both the fielding and batting saw them take home a convincing win. A special mention to Jack Hermann who smashed six 4s in a single over, a fantastic effort!

5 WHITE: An exciting match getting to play on the roof at SLC. The team's fielding was excellent. Great effort for the first time playing on astro turf.

5 GREEN: Fletcher Wessling got the first wicket of the innings, catching the opposition batter off his own bowling. This lifted the spirit of the 5 Green team who had gone 10 overs without a wicket. This gave the boys some hope for the remainder of the match.

Secondary School - AIC Cricket Round 3

The Year 7 age group continued their strong run of performances with the 7Bs amassing another total above 200 runs.

After two defeats to start the season, The 8As emerged victorious over the undefeated SLC 8As on the weekend. It all came together in the batting innings with Joel Ephraimes and Braden Getliffe combing for a 105 run partnership, with Braden finishing on 68 and Joel on 38. The 8C's completed their first day against Ferny Grove, making 267 off 41 overs, and will look to defend their total this Saturday.

The 9A's continued their undefeated start walking away with a comfortable 69 run win with Billy Nuss taking 5/13. The 9Ds played well managing 7/115 with Lachlan O'Neill scoring 45(24).

After a tough loss last week, the 10A's bounced back with a convincing win over SLC. A special mention must go to the 10A top 5 batters, Cole, Pfitzner, Barwell, White and O'Neill for getting the team off to an unreachable target of 199. Well done to Nick Harper for making 59* for the 10Ds falling short of a big chase of 173.

Although MCA has had their struggles against St Laurence's in the 1st XI in recent years, they were victorious on Saturday on the back of another strong batting performance. Whilst we lost two early wickets, Jack O'Neill (77) was well partnered by Tom Magee (11) and Lachlan Walker (50), resulting in two solid 50 run partnerships. Ben Lanigan also chimed in well later in the innings (21 not out). 7/224 after 50.

All bowlers bowled well with the quicks taking the first 5 wickets & the two spinners cleaning up the tail.

- Jack O'Neill 3/32 off 9.5
- Tom Magee 2/33 off 9
- Sam Waite 2/18 off 5

The 2nd XI, 3rd XI and 4th XI continued their great start to the season, winning all their matches comfortably.

Stuart Martin & Phil Tonkin
Cricket Co-ordinators

TEAMS OF THE WEEK

CRICKET ROUND 1		
1	Tom Magee (C)	1st XI
2	Jack O'Neill	1st XI
3	Tom Collier	1st XI
4	Tom Pfitzner	10A
5	Tait Cole	10A
6	Billy Nuss	9A
7	Bailey Russo	9A
8	Ben Ferguson	8A
9	Tom Davies	8A
10	Jack Thompson	7A
11	Sam Lewis	7A

CRICKET ROUND 2		
1	Jack O'Neill (C)	1st XI
2	Nathan Harding	1st XI
3	Jack Hallion	2nd XI
4	Dominic Jones	2nd XI
5	Darcy Lewis	10A
6	Nate Armitage	10A
7	Matt Trotter	9A
8	Ryan Harten	9A
9	Ned Rosenbrock	8A
10	Ben Ferguson	8A
11	Lachlan McCall	7A
12	Jack Riley	7A

CRICKET ROUND 3		
1	Jack O'Neill (C)	1st XI
2	Lachlan Walker	1st XI
3	Tom Philp	2nd XI
4	Liam Querido	2nd XI
5	Tait Cole	10A
6	Tom Pfitzner	10A
7	Billy Nuss	9A
8	Bailey Russo	9A
9	Braden Getliffe	8A
10	Joel Ephraims	8A
11	Will Nickelson	7A
12	Tom Hallion	7A



AIC Cricket Results 2019

	SPLC	SPC	SLC	SEC	VILLA	PADUA	IONA
1st XI	ASH 2/80 SPLC 79	ASH 5/334 SPC 100	ASH 7/224 SLC 126				
2nd XI	BYE	ASH 6/110 SPC 109	ASH 3/209 SLC 8/164				
3rd XI	ASH 2/67 SPLC 2nds 65	ASH 6/269 SPC 68	ASH 7/169 SLC 79				
4th XI	ASH 2/201 VILLA 6ths 8/76	ASH 1/233 ASH 5ths 4/201	ASH 9/163 SLC 9/117				
5th XI	ASH 5/220 SLC 4ths 103	ASH 4/201 ASH 4ths 1/233	ASH 8/238 ASH 6ths 5/173				
6th XI	ASH 92 VILLA 4ths 9/152	ASH 6/257 SLC 4ths 7/142	ASH 5/173 ASH 5ths 8/238				
10A	ASH 4/200 SPLC 55	ASH 9/136 SPC 5/140	ASH 5/199 SLC 8/132				
10B	BYE	ASH 94 SPC 8/89	ASH 140 SLC 6/141				
10C (BNJC)	Day 1 - ASH EDCC 9/363	ASH 84 & 156 EDCC 9/363	Day 1 of Game				
10D	ASH 97 VILLA (C) 6/137	ASH 7/113 SLC (C) 3/114	ASH 7/130 SLC 3/173				
9A	ASH 9/136 SPLC 110	ASH 3/136 SPC 9/135	ASH 8/128 SLC 59				
9B	ASH 6/155 SPLC 28	ASH 5/246 SPC 9/95	ASH 6/133 SLC 7/114				
9C (BNJC)	Day 1 of Game	ASH 149 VDCC 57	Day 1 of Game				
9D	ASH 5/67 VILLA (C) 4/131	ASH 5/117 SPC (C) 116	ASH 7/115 SLC 0/116				
9E	ASH 5/100 VILLA 2/92	ASH 2/93 SLC (D) 8/92	No Result Given				
8A	ASH 100 SPLC 3/101	ASH 6/129 SPC 3/133	ASH 4/150 SLC 8/93				
8B	ASH 4/231 SPLC 5/119	ASH 7/90 SPC 9/82	ASH 99 SLC 78				
8C (BNJC)	Day 1 - ASH 194 Valley Blue 1/36	ASH 194 & 3/44 VDCC 4/201	Day 1 of Game				
8D	ASH 5/123 VILLA 3/84	ASH 4/112 SPC (C) 3/115	ASH 3/168 SLC 4/144				
8E	ASH 8/58 VILLA (C) 2/59	ASH 9/116 SLC (C) 4/117	ASH 8/100 SPC 8/103				
8F	No Result Given	ASH 4/121 SLC (D) 6/69	ASH 5/85 SLC (D) 67				
7A	ASH 7/136 SPLC 58	ASH 9/147 SPC 9/146	ASH 5/102 SLC 101				
7B	WASHOUT	ASH 2/254 SPC 90	ASH 7/230 SLC 7/136				
7C	WASHOUT	ASH 4/130 ASH (D) 7/115	ASH 5/203 SLC 9/84				
7D	ASH 4/135 SLC (C) 7/117	ASH 7/115 ASH (C) 4/130	ASH 5/236 PADUA 9/71				
7E	No Result Given	ASH 5/124 ASH (F) 9/79	ASH 4/186 SLC 89				
7F	ASH 5/126 SLC (D) 8/78	ASH 9/79 ASH (E) 5/124	ASH 8/98 PADUA 8/78				
7G	No Result Given	No Result Given	No Result Given				

Cross Country

Cross country is off to a cracking start this year with a sensational response to the launch runs last week. We had around 150 boys run across the three days, although it must be said that there were a handful of boys who ran on multiple days with the breakfast option likely a stronger motivator than team spirit. The massive numbers presented some serious logistical challenges however the fantastic staff of squad supervisors and school staff who assisted throughout kept everything under control and ensured a safe and fun experience for all. A special thanks must go to Ms Alison Braidwood and Mr John Lambourne for their help in getting the season off to such a great start, and we welcome the following staff as coordinators and squad supervisors for the 2019 XC season.

Head Coach – Mr Connor O’Leary returns to head up the training program and build on last year’s success.

Primary School Coordinator – Mt Jeremy Fischer joins us in his first year at MCA.

Squad Supervisors – Last year’s supervisors Mr Tom Smart and Mr Calum Mackay are joined by Mr Brendan Saunders, Mr Callum Zipf, Mr Fraser Brydon, Mr Jacob Funk, Mr Tom Shaw-Miles and 2018 graduates Mr Tom Connelly, Mr Luc Bruna and Mr Hamish Newton.

This week we settle into our normal training routine of rep/interval running on Mondays and Tuesdays (Session A), hill repeats on Wednesdays and Thursdays (Session B) and the long run on a Friday. Students are to arrive at the McMahon Oval grandstand at 6:30am for check-in and a social game of touch footy for a 6:45am start to training, and we aim to finish before 8:00am to allow time for cool down and showers.



AIC Swimming

The AIC Swimming Squad is now staring down the barrel of the final two weeks of training before the 2019 AIC Swimming Championships are held at the Brisbane Aquatic Centre at Chandler on 11 March. The AIC Swimming Team will be announced on Tuesday 5 March.

Over the past three weeks, our swimmers have competed in three preparation meets – one at MCA, one at Centenary Pool at Spring Hill, and last week at Chandler. The hard work and five months of training are clearly paying off for our swimmers with PBs being swum at each meet. The atmosphere and vibe at the pool are very positive and the anticipation of the competition on 11 March is gaining momentum as the date draws closer.

Many of our swimmers have demonstrated an extraordinary level of commitment to Marist College Ashgrove swimming and, to date, the following boys have put in over 100 training sessions:

- Open Squad: Alexander Bibo (157 sessions), Tom Gibson (111 sessions), Josh Small (105 sessions)
- 15 Years Squad: Angus Bathe (134 sessions), Jack L'Enfant (107 sessions)
- 13 Years Squad: Archie Bathe (129 sessions)

By the time the team is announced, several more swimmers will have joined this elite group.

It was my pleasure to announce, at last week's assembly, the captains of the 2019 Swimming Team. These young men have displayed leadership qualities we look for in our swimmers. They have:

- upheld the values and ethos of the swimming program and Marist College Ashgrove;
- lead by example, been good role models and have gained the respect of the squad;
- supported the coaching staff by assisting at training;
- attempted to get to know other members of the swimming squad;
- have been dedicated to their swimming training.

Our 2019 captains are:

Captains: Alexander Bibo and Matthew Walker

Vice-Captains: Liam Brain and Jack Hallion

Our Age Championships were held earlier this week and the results will be published after the AIC Championships.

We have a busy two weeks ahead of us at the pool.

Tuesday 5 March 2019	2019 AIC Swimming Team Announced	MCA Aquatic Centre
Saturday 9 March 2019	Training for AIC Team	MCA Aquatic Centre
Sunday 10 March 2019	Training for AIC Team The Last Supper (Lunch)	MCA Aquatic Centre Cyprian Pavilion
Monday 11 March 2019	AIC Swimming Championships (Years 5 – 12)	Brisbane Aquatic Centre, Chandler
Monday 11 March 2019	Swimming Presentation Evening	Draney Theatre, MCA
Tuesday 12 March	AIC Swimming Team Photo	MCA Aquatic Centre



AIC Volleyball Round 3

TIM GIBB – FIRST VI CAPTAIN

Round 3 of MCA 1st V volleyball against St Laurence's brought an unexpected, yet thrilling five-set match that kept the audience and players on their toes. The first two sets were a battle with a neck and neck race to 25, both teams portraying an exceptional level of skill both on the net and in the backcourt. After the first 45 gruelling minutes of play, Ashgrove were thought to be defeated as they walked off the court two sets down. In set three both teams depicted an immense amount of skill and undying devotion to each point, again remaining toe to toe for each point. The end of set three brought an electrifying and captivating set of endurance and composure as both teams battled past 25-25, scrambling point by point until the prevailing Ashgrove team exemplified two clinical points in a row to snatch the win out from underneath Laurie's feet; 29-27. Set four saw Laurie's set out to stop an Ashgrove onslaught and contrastingly, Ashgrove preparing for two more gruelling sets of volleyball and a win on their minds. On a roll and not ready to hand SLC the victory Ashgrove continued to pursue the win, pushing to the limits and ultimately pulling together a gusty 3-2 win over the St Laurence's outfit. Special mention must go out to the Ashgrove "Swarm" who stuck through the two-and-a-half hour game, driving our boys to a win.

LIAM CONNOLLY 8A COACH

The 3rd round of the AIC season saw the 8A boys travelling to South Brisbane to take on St Laurences in what would go down as one of the most enthralling games I have ever been a part of. The boys greeted the start of the game with a lack of energy that quickly bought a 10 point deficit against us with the score showing 12-20. However we clawed it back and ended up only losing the set 20-25, this creating some momentum for the second set. Upon telling the boys this set was a must win and instilling them with confidence to start the set strong, they came out guns blazing and commanded the set, taking it to a third game in front of a very loud Lauries swarm in the grandstand. The atmosphere was extremely tense as scores levelled at 14 all, with even the Laurie's swarm quietening to watch the next point. After a subtle reminder from myself for Oli take a breath deep breath before serving, he steadied himself and aggressively served to Laurie's to start the point which we took out, resulting in 15-14, with us only needed one more point for the win. The mental side of volleyball was never more prominent than the next 5 minutes as the score teetered back and forth as neither team could aggressively finish the point, this only increases the atmosphere within the now packed court-side grandstand. There was silence as the scores reached an unbelievable 20-21 and Jack Fogarty stood up to the service line. He steadied himself, took a deep breath, and released a cannonball that Laurie's couldn't return, resulting in a stampede from our sideline as all the boys erupted onto the court almost crushing their coach in the process. This win was an absolute credit to the boys as it shows they possess the courage, grit and determination to stay level headed in a pressured environment, and this was something they should be commended for. I know everyone at the ground knew they had just watched an exceptional game of volleyball that won't be forgotten anytime soon.



VOLLEYBALL - ROUND 3 - TEAM OF THE WEEK

Steve Hanson (Open 1st)
Neasan Sheehan (11A)
Will Waters (10A)
Nick Griffin (9A)
George Daly (8A)
Isaac Roach (7A)

AIC Volleyball Results 2019

	SPLC	SPC	SLC	SEC	VILLA	PADUA	IONA
1st VI	3-0 win	3-1 win	3-2 win				
2nd VI	1-2 loss	2-0 win	0-2 loss				
3rd VI	2-1 win	1-2 loss	2-0 win				
4th VI	2-0 win	2-1 win	0-2 loss				
11A	2-0 win	2-0 win	0-2 loss				
11B	1-2 loss	2-1 win	1-2 loss				
11C	2-0 win	2-0 win	0-2 loss				
11D	2-0 win	1-2 loss					
10A	0-2 loss	2-1 win	0-2 loss				
10B	3-0 win	0-2 loss	1-2 loss				
10C	3-0 win	1-2 loss	0-2 loss				
10D		2-1 win	1-2 loss				
9A	1-2 loss	2-1 win	1-2 loss				
9B	2-1 loss	3-0 win	2-1 win				
9C	0-3 loss	3-0 win	2-1 win				
9D	3-0 win	3-0 win	2-1 win				
8A	0-2 loss	3-0 win	2-1 win				
8B	2-1 win	2-1 win	2-1 win				
8C	1-2 loss	2-1 win	2-1 win				
8D	2-1 win	3-0 win	2-1 win				
7A	3-0 win	0-2 loss	2-1 win				
7B	2-1 win	2-1 win	3-0 win				
7C	3-0 win	3-0 win	2-1 win				
7D	3-0 win	2-1 win	2-1 win				

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	OPENS RUGBY (BOARDERS)
	7:05am - 8:05am	OPENS RUGBY (DAY STUDENTS)	JUNIOR SWIMMING	OPENS RUGBY (DAY STUDENTS)	JUNIOR SWIMMING	OPENS RUGBY (DAY STUDENTS)
	8:35am - 8:50am	YEAR 5/6 - M.A.D		YEAR 5/6 - M.A.D		YEAR 5/6 - M.A.D
LUNCH	BREAK 1					
	BREAK 2					
PM	3:25pm - 4:25pm	OPENS CRICKET	GENERAL USER (DAY STUDENTS)	OPENS CRICKET	OPENS FOOTBALL	
	4:25pm - 5:00pm	OPENS FOOTBALL	GENERAL USER (BOARDERS)	GENERAL USER	GENERAL USER	

SPORTS BASED S&C GYM SESSIONS ARE FOR EITHER DESIGNATED 1st OPENS (YEAR 11/12) PLAYERS OR NOMINATED STUDENTS ONLY
STUDENTS IN YEARS 8 - 12 CAN ACCESS GYM AT DESIGNATED GENERAL SESSIONS (MAX 25 STUDENTS)

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!

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