



Weekly Sports Report March 14, 2019 - Term 1 - Week 7

Inside this edition

From the Head of Sport - Student Achievements - Draws: AFL, Cricket, Volleyball
Recaps/Information: AFL, Cricket, Cross Country, Chess - Marist Football Pre-Season Schedule
Strength and Conditioning - Tennis Training Squads



From the Head of Sport

As we come to the end of Term 1 sport, it is pertinent to remind the senior students to enjoy the final rounds of Cricket and Volleyball. These final games represent the end of your Cricket or Volleyball contribution to the College. It is important that all boys maintain high standards of performance and sportsmanship to end the Term positively.

IMPORTANT THINGS

Term 1 sport remains our priority – if there is a clash, students must attend their Term 1 sport.

With only one week of competition and training remaining and only two matches left it is important that we maintain our commitments to Term 1 sport. Boys should only attend Rugby & Football training if it does not affect your current sports.

There are some reminders below for Term 2 sports

RUGBY & FOOTBALL

A small preseason program for our Term 2 sports began this week. These sessions are mainly aimed at boys wishing to trial for A and B teams and are not compulsory. Our official season commences on Monday, March 25. Please see the schedules in this newsletter for dates and times.

AIC SWIMMING

On Monday, our swimming team represented the College at the AIC swimming championships. Once again, the standard in this competition continues to develop and get stronger each year with numerous records broken throughout the day. Our swimmers broke the most records on the day, and these boys have been mentioned below.

Congratulations to team captains Alex Bibo and Matt Walker and vice-captains Jack Hallion and Liam Brain who led the team with great pride and were an inspiration to the entire team, particularly with the support they gave our junior swimmers.

Thank you to the many staff and non-staff involved in our swimming program –Maddison Bartle, Peta Earley, Lucy Hislop, Matt Jones, Catherine Kidd, Matt McCahon (parent), David Meehan, Anntoinette Restell, Roxanne Rosenberg, Julia Wilken, Anna Yamaura.

Once again I would like to acknowledge the work of three staff members who have been the backbone of our swimming program for the past two years. As Head Coach at Marist Ashgrove, James Boyce

UPCOMING EVENTS

Friday March 15

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

Saturday March 16

AIC Round 6 Cricket and
Volleyball v Padua

AIC AFL
Years 5 & 6 v Villanova

AIC AFL
Years 7 v Padua

MCA SPORTS CONNECT

Head of Sport

Mr David Miles

sports@marash.qld.edu.au

Head of Sport (Years 5 & 6)

Mr John Lambourne

lambournej@marash.qld.edu.au

AFL Coordinator

Mr Brett Gillett

gillett@marash.qld.edu.au

Chess Coordinator

Mr Daniel Bull

bull@marash.qld.edu.au

Cricket Coordinators

Mr Phil Tonkin

Mr Stuart Martin

ashgrovecricket@marash.qld.edu.au

Swimming Coordinator

Cath Geraghty

geraghtyc@marash.qld.edu.au

Volleyball Coordinator

Adam Knight

knighta@marash.qld.edu.au

Scott Minogue

minogues@marash.qld.edu.au

Cross Country Coordinator

Chris Hants

hantsc@marash.qld.edu.au

Head of Strength & Conditioning

Mr Henry Gilbert

gilberth@marash.qld.edu.au

From the Head of Sport Continued...

has to manage not only our school program but MCA club commitments, a pool full of swimmers every afternoon and morning, along with six other sports vying for attention at our College. James was contesting his third AIC championships and continued to build on his experiences of the past few years by improving our program and subsequently the standards of our swimmers. James was again outstanding in his preparation of the team and his continual development of team culture. This was most noticeable through our January swim camps where the students were certainly challenged but became a strong unit as a result.

James was supported in his role again by Damian Bromley as our assistant swimming coach and these two gentlemen have formed a strong coaching partnership that exists for 12 months of the year. Damian's development of our junior and intermediate swimmers has been outstanding and resulted in some of the best performances of the AIC championships with our Year 5 & 6 squad winning the Junior AIC competition for the 2nd year in a row and our 12 years and 13 years winning their age groups. The work of our two coaches across the entire program is a true team effort and we thank them both.

Finally, we also thank Cathy Geraghty for her exceptional commitment and meticulous management of the team as swimming coordinator. Cathy continues to spend an amazing amount of her time organising the swimming program to ensure all swimmers and parents were well-informed and prepared for their season. Often a late night email or four will appear in your inbox and you knew you could rely on Cath for providing you with the information required for the week ahead. The season concluded with the final swimming presentation evening and was a fantastic way to celebrate another successful season of swimming at our College.

While some swimmers will maintain their swimming training throughout the year, our official College swimming season began toward the end of 2018 with some Term 3 winter training and continued to develop in Term 4 where we welcomed our 2019 Year 5 students to train with the squad.

Our season consists of Friday night club meets, January team camps, weekend training, AIC competitions and numerous team gatherings that catered for all squad members and clearly recognised the involvement of all students in our program. We thank all swimming staff for their ability to manage the largest AIC swimming program and achieve such great success on many levels.

Mr David Miles
Head of Sport

Student Achievements

Congratulations to:

- Charlie Garton (6B), Finaly Keogan (6R) & Kingston Vaitusi (6W) were selected in the North West District 10-12 Years Boys Football Team to compete at the regional championships on May 1-2.
- Fletcher Cabot (6G) and Daniel Thirgood (5B) were selected in the North West District 10-12 Years Boys Hockey Team to compete at the regional championships May 2.
- Joey Short (6R) attended the Queensland Surf Lifesaving Championships at Burleigh Heads as a member of Maroochydore SLSC on the weekend and won gold in the U11 surf race and silver in the surf teams race.
- Sean Bright (7R) and James Leigh (7G) who qualified to swim for Met North for the State Swimming Titles
- Parker Lovering has been selected in the Met North 12-14 Baseball team to compete in the QSS State Championships 27-30 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

AIC AFL FIXTURES - PRIMARY

ROUND 6 V VILLANOVA, SATURDAY MARCH 16, 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. VILLA 6A	9:15am	Field 4, Yeronga AFC. Cansdale St, Yeronga
6B vs. VILLA 6B	8:00am	Field 4, Yeronga AFC. Cansdale St, Yeronga
5A vs. VILLA 5A	9:15am	Field 1, Yeronga AFC. Cansdale St, Yeronga
5B vs. VILLA 5B	8:00am	Field 1, Yeronga AFC. Cansdale St, Yeronga

AIC AFL FIXTURES - SECONDARY

ROUND 6, FRIDAY MARCH 15 & SATURDAY MARCH 16, 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. PADUA	5:45pm	Fri 15 Mar	Field 2. Yeronga AFC, Leyshon Road. Yeronga.
Year 8&9 vs. PADUA	4:30pm	Fri 15 Mar	Field 2. Yeronga AFC, Leyshon Road. Yeronga.
Year 7 vs. VILLA	8:00am	Sat 16 Mar	Field 4. St Laurence's College Playing Fields, Nathan Road, Runcorn.

MARIST COLLEGE ASHGROVE

College App Available Now
for iPhone, Android & iPad

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

AIC CRICKET FIXTURES

ROUND 6 V PADUA, SATURDAY MARCH 16, 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. PADUA 1sts	9:30am – 5:30pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
2nds vs. PADUA 2nds	1:00pm – 5:30pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
3rds vs. PADUA 3rds	1:00pm – 5:30pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
4ths vs. ASH 7ths	8:00am – 11:00am	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
5ths vs. VILLA 4ths	11:15am – 2:15pm	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Syn
6ths vs. VILLA 5ths	2:30pm – 5:30pm	Away	Field 9, Kianawah Park. Wynnum Rd. Tingalpa	Syn
7ths vs. ASH 4ths	8:00am – 11:00am	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
10A vs. PADUA 10A	8:15am – 12:45pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
10B vs. PADUA 10B	8:15am – 12:45pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
10C vs. Ferny Districts Red	8:00am – 11:45am	Home	Wittonga Park. Hilder Rd, The Gap.	Syn
10D vs. PADUA 10C	8:00am – 11:00am	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Syn
9A vs. PADUA 9A	8:15am – 12:45pm	Away	Oval No. 1, Padua Playing Fields. Elliot Rd, Banyo	Turf
9B vs. PADUA 9B	8:15am – 12:45pm	Away	Oval No. 2, Padua Playing Fields. Elliot Rd, Banyo	Turf
9C vs. Wilston Norths	8:15am – 11:45am	Away	Alan Pettigrew Oval, Shaw Park. 151 Shaw Rd, Kedron.	Turf
9D vs. PADUA 9C	8:00am – 11:00am	Away	Field 3, Marchant Park. Gympie Rd, Aspley	Turf
9E vs. VILLA 9E White	2:30pm – 5:30pm	Away	Field 4, Villanova Park. Manly Rd Tingalpa	Syn
8A vs. PADUA 8A	1:00pm – 5:30pm	Away	Oval No. 1, Padua Playing Fields. Elliot Rd, Banyo	Turf
8B vs. PADUA 8B	1:00pm – 5:30pm	Away	Oval No. 3, Padua Playing Fields. Elliot Rd, Banyo	Turf
8C vs. Albany Creek Hawks	8:15am – 11:45am	Away	Field 1 – South, Canterbury Park. 70 Feuerriegel Rd, Bald Hills.	Syn
8D vs. PADUA 8C	11:15am – 2:15pm	Away	Field 3, Marchant Park. Gympie Rd, Aspley	Turf
8E vs. IONA 8D	1:00pm – 4:00pm	Home	Ashgrove SS. Glory St, Ashgrove	Syn
8F vs. PADUA 8D	2:30pm – 5:30pm	Away	Assisi Oval, Padua College. Turner Rd, Kedron	Syn
7A vs. PADUA 7A	1:00pm – 5:30pm	Away	Oval No. 2, Padua Playing Fields. Elliot Rd, Banyo	Turf
7B vs. PADUA 7B	8:15am – 12:45pm	Away	Oval No. 3, Padua Playing Fields. Elliot Rd, Banyo	Turf
7C vs. PADUA 7C	2:30pm – 5:30pm	Away	Field 3, Marchant Park. Gympie Rd, Aspley	Turf
7D vs. VILLA 7C	11:15am – 2:15pm	Away	Field 4, Villanova Park. Manly Rd Tingalpa	Syn
7E vs. PADUA 7D Gold	11:15am – 2:15pm	Away	Boyd Park. 11 Boyd Rd, Nundah.	Syn
7F vs. VILLA 7D Gold	12:00pm – 3:00pm	Away	Field 11, Kianawah Park. Wynnum Rd. Tingalpa	Syn
7G vs. PADUA 7F Green	1:00pm – 4:00pm	Away	East Oval, Melrose Park. Cnr Roseleigh St & Rose St, Woolloowin.	Syn
7H vs. VILLA 7E White	11:15am – 2:15pm	Away	Field 9, Kianawah Park. Wynnum Rd. Tingalpa	Syn
6A vs. PADUA 6A	7:30am – 11:00am	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6B vs. PADUA 6B	7:30am – 11:00am	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6C vs. PADUA 6C	11:00am – 1:30pm	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6D Gold vs. PADUA 6D	11:00am – 1:30pm	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6E White vs. IONA 6D Gold	8:00am – 11:00am	Away	Harron Oval. 85 North Rd, Lindum.	Turf
6F Green vs. PADUA 6E	7:30am – 10:00am	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
6G Blue vs. IONA 6E White	8:00am – 11:00am	Away	Coghill Oval. 85 North Rd, Lindum.	Syn
5A vs. PADUA 5A	7:30am – 11:00am	Away	Assisi Oval, Padua College. Turner Rd, Kedron	Syn
5B vs. PADUA 5B	7:30am – 11:00am	Away	Boyd Park. 11 Boyd Rd, Nundah.	Syn
5C vs. PADUA 5C	7:30am – 9:55am	Away	Greccio Oval, Padua College. Turner Rd, Kedron	Syn
5D Gold vs. SLC 5C	7:30am – 9:55am	Away	Gair Field 1. St. Laurence's College. Stephens Rd, South Brisbane	Syn
5E White vs. PADUA 5D	10:00am – 12:25pm	Away	Greccio Oval, Padua College. Turner Rd, Kedron	Syn
5F Green vs. SLC 5F Green	7:30am – 10:00am	Away	Gair Field 2. St. Laurence's College. Stephens Rd, South Brisbane	Syn

AIC VOLLEYBALL FIXTURES

ROUND 6 V PADUA, SATURDAY MARCH 9, 2019

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. PADUA 1sts	12:00pm	Home	Court 1, Champagnat Centre. Marist College Ashgrove
2nds vs. PADUA 2nds	11:00am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
3rds vs. PADUA 3rds	9:00am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
4ths vs. PADUA 11D	8:00am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
11A vs. PADUA 11A	10:00am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
11B vs PADUA 11B	9:00am	Home	Middle Court, Champagnat Centre. Marist College Ashgrove
11C vs. PADUA 11C	8:00am	Home	Middle Court, Champagnat Centre. Marist College Ashgrove
11D vs. IONA 4ths	8:15am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
10A vs. PADUA 10A	11:00am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
10B vs. PADUA 10B	10:00am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
10C vs. PADUA 10C	9:00am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
10D vs. PADUA 10D	8:00am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
9A vs. PADUA 9A	12:00pm	Away	Court 1, La Cordelle Centre, Padua College. Turner Rd, Kedron
9B vs. PADUA 9B	11:00am	Away	Court 1, La Cordelle Centre, Padua College. Turner Rd, Kedron
9C vs. PADUA 9C	11:00am	Away	Court 2, La Cordelle Centre, Padua College. Turner Rd, Kedron
9D vs. PADUA 9D	10:00am	Away	Court 3, Greccio Campus, Padua College. Cnr Broughton and Turner Rd, Kedron
8A vs. PADUA 8A	10:00am	Away	Court 1, La Cordelle Centre, Padua College. Turner Rd, Kedron
8B vs. PADUA 8B	9:00am	Away	Court 1, La Cordelle Centre, Padua College. Turner Rd, Kedron
8C vs. PADUA 8C	8:00am	Away	Court 1, La Cordelle Centre, Padua College. Turner Rd, Kedron
8D vs. PADUA 8D	9:00am	Away	Court 3, Greccio Campus, Padua College. Cnr Broughton and Turner Rd, Kedron
7A vs. PADUA 7A	10:00am	Away	Court 2, La Cordelle Centre, Padua College. Turner Rd, Kedron
7B vs. PADUA 7B	9:00am	Away	Court 2, La Cordelle Centre, Padua College. Turner Rd, Kedron
7C vs. PADUA 7C	8:00am	Away	Court 2, La Cordelle Centre, Padua College. Turner Rd, Kedron
7D vs. PADUA 7D	8:00am	Away	Court 3, Greccio Campus, Padua College. Cnr Broughton and Turner Rd, Kedron

MCA DUTY SCHEDULE - ROUND 6 V PADUA

Saturday March 2

TIME	COURT 1	MIDDLE COURT	COURT 2
8:00am	4ths Duty – 3rds Toby Bergh	11C Duty – 11B Tim Gibb	10D Duty – 3rds Nomiko Lung
9:00am	3rds Duty – 4ths Joel Wass, Toby Bergh	11B Duty – 11C Tim Gibb	10C Duty – 10D Rhylee Dingwall
10:00am	11A Duty – 2nds Joel Wass, Steve Hanson		10B Duty – 10C Rhylee Dingwall, Hunter Petrie
11:00am	2nds Duty – 11A Joel Wass, Adam Green		10A Duty – 10B Rhylee Dingwall, Tristan Schnaubelt
12:00pm	1sts Duty – 10A Joel Wass, Rhylee Dingwall		

Primary School - AIC AFL Round 5 v Padua - March 9, 2019

TEAM	BEST AND FAIREST
6A vs. PADUA 6A Padua 15.14(104) def. MCA 3.3(21)	3 – Jake Caughley 2 – James Milner 1 – Kingston Vaitusi
6B vs. PADUA 6B Padua 11.11(77) def. MCA 3.3(21)	3 – Matthew Lyons 2 – Isaac Ortiz 1 – Owen Dodwell
5A vs. PADUA 5A Padua 10.9(69) def. MCA 2.1(13)	3 – Harry Prole 2 – Riley Waldon 1 – Oliver Bishop
5B vs. PADUA 5B MCA 4.9(33) def. Padua 0.1(1)	3 – Oliver Peregrina 2 – Isaac Ting 1 – Mac Connelly

AROUND THE GROUNDS

6A: This week saw our long-awaited clash with Padua, a quality side. We expected a physical game and it did not disappoint. A steep learning curve on what we need to do to compete successfully at the top level. A task that the boys are keen to embrace. 2020 AIC Year 7 AFL season – watch out Padua!

6B: A tough one to swallow this weekend for the 6B's, going down to Padua in a game surrounded by less than favourable conditions. Strong tackling pressure and glimpses of brilliance up forward saw the boys almost get the jump on their opponents. However, Padua weathered the storm, and then some. Credit to Matthew Lyons for his ferocious tackling efforts and to Isaac Ortiz and Owen Dodwell for continuing their great work around the stoppages. Plenty of positives to carry into the final weeks.

5A: A testing game for the team where they demonstrated strong character under adverse circumstances. Tenacity around the ball was up, spread from the contest too, leaking goals in quick succession our undoing. Thanks to Bodhi for stepping up for As on the weekend.

5B: An outstanding defensive effort again kept Padua to one point for the match. The highlight of the match was the blue swarm which enveloped any opposition player who managed to gain possession of the footy. The boys never gave up and fought hard against a tough, determined opposition right to the final hooter.

Secondary School - AIC AFL Round 5 v VILLA - March 9, 2019

TEAM	RESULT
Opens	VNC (88) def. ASH (8)
Year 8/9	VNC (89) def. ASH (32)
Year 7	VNC (48) def. ASH (28)

YEAR 7

The Year 7 boys faced a massive challenge at Runcorn on Saturday morning, taking on Villanova College in withering conditions.

The Villa boys got off to a fast start, taking us by surprise with precise ball movement and heavy pressure in their forward line to jump out to an early lead. Our boys bravely fought back in the second and third quarters as the midfield gained ascendancy in the stoppages and our backline responded to Villa attacks with fierce tackling and aggressive attack on the ball. Unfortunately, a short lapse early in the final term saw Villa bang on a few quick goals, and despite a desperate fight back where our forwards played opportunistically, team-first footy in impressive fashion the margin proved too great, and we couldn't quite reel them back in.

Our boys have shown that when they're on, they can mix it up with any team in the competition so as we look ahead to this week's game vs Padua we come in knowing that if we play our brand of footy for four quarters, then this is a game we can win

YEARS 8/9

The first game on the main oval at Yeronga and after a very limited warm up due to the slow bus journey, the undefeated MCA 8/9s players were shell shocked with a very quick start by the Villanova team. The Villa lead was increased by halftime to over seven goals. However, in the second half, the team realised they need to run together, support each other and kick to space on the big oval. Small forwards in Rosenbrock, Harper, Creek and Cottam tried valiantly and were well led by Grounds at CHF. The onballers were caught on the turnovers, however, Houlihan, Carroll and Chugg kept trying to the very end. A good lesson learnt on Friday night, and thus some better work and commitment at training will see the players bounce back vs Padua.

Secondary School - AIC AFL Round 5 v VILLA - March 9, 2019

1ST XVIII

The first's came up against a good side in Villanova and although they tried hard just couldn't keep up. Our backs were under pressure all night and did a valiant job, but with the number of times the ball came in they just couldn't hold on. Harry McVeigh and Harry Searle were strong in defence and Tyler Galligan fought hard through the middle. Another lesson learnt on how to play tough footy and we look forward to Padua this Friday.

MCA AFL EAGLES ELITE ROUND 4

B	BP - J. Mitchell	FB - A. Blomley	BP - H. McVeigh
HB	HBF - J. Davies	CHB - H. McCann	HBF - H. Searle
C	W - I. Moss	C - S. Carroll	W - N. Fisher
HF	HFF - A. Gillett	CHF - J. Grounds	HFF - J. Brassington
F	FP - B. Scarce	FF - N. Rosenbrock	FP - M. Smith
FOLL	RUCK - A. Burnell	ROV - A. Guy	RR - M. Houlihan

Cross Country

We are now firmly entrenched in the cross country season for 2019 and the response at training has been fantastic. The senior boys especially have done a great job in managing their training commitments across various Term 1 sports and preseason preparation for football and rugby and still finding time to get down to a session or two. As we look ahead to the school holidays and AIC Championships early in Term 2 it would be great to start building up numbers on the Friday Long Run where we follow a short warmup of technical drills with 30-40 minutes of easy running on the bike paths around Ashgrove.

Participation in the Ashgrove ParkRun over the past couple of weeks has yielded some positive results for those bold enough to brave the heat and humidity; we have seen some cracking battles at the front of the pack and having boys run pb's in such tough conditions is a great sign for our upcoming competitive season. Over the school holidays, it is expected that we will be able to bus a limited number of interested boys into the city to take part in the Southbank ParkRun and then maybe enjoy a swim and a snack after.

Finally, details for the 2019 Cross Country Camp have been finalised, and the paperwork can be collected at morning training. This years camp will take place from Friday, April 12 until Sunday, April 14 (the middle weekend of the school holidays) and will be held at the Super Sports Centre, Runaway Bay. Activities will include special cross country training sessions, pool-based recovery, participation in a local ParkRun, the traditional touch footy comp and a session of laser skirmish, along with plenty of free time and a swim at the beach. The all-inclusive cost of the camp is \$195.00, payable through the QKR app, and payment and consent/medical forms are due by Friday, March 29. Places are limited, so we encourage everyone to get in early to avoid disappointment.

Happy running!

Chris Hants
Cross Country Coordinator

Primary School - AIC Cricket Round 5 v VILLA - March 9, 2019

TEAM	BEST BOWLING	BEST BATTING
6A vs. VILLA 6A Villa 5/177 def. MCA 66	Lachlan Braithwaite 1/3 Fletcher Cabot 1/5	Callan Jensen 9 Xavier Howard 9
6B vs. VILLA 6B Villa 6/167 def. MCA 7/136	Andrew Woodward 2/21 Kian Malton 2/13	Tom Clulow 37 Liam Farrelly 19
6C vs. VILLA 6C Villa 6/102 5/49	Harrison Graham 1/9 Lacvhie Vink 1/9	Lachie Vink 11* Zach Watts 9*
6 GOLD vs. VILLA 6 GOLD MCA 9/83 def. VILLA 5/57	Louis Roscouet: 2/5 Jordan Pratt 1/4	Jordan Pratt 26* Harry Kirkwood 7*
6 WHITE vs. PADUA 6 WHITE Padua 4/81 def. MCA 7/46	Parker Ullman 2/2 Jamie Moyes 1/1	Breyton Hagarty 18* Angus Cope 12*
6 GREEN vs	BYE	BYE
6 BLUE vs. IONA 6 GREEN MCA 2/125 def. Iona 0/78 ()	Baden Corfield 0/3 Max Hirst 0/4	Max Macready 19 Max Hirst 17
5A vs. VILLA 5A MCA 6/143 def. Villa 88	Ollie Schmidt 3/8 Harry Beasy 1/3	Leo Morris 31* Pat Travers 20*
5B vs. VILLA 5B MCA 6/176 def. Villa 155	Benji Blaszczyk 3/10 Harry Franklin 2/6	Matt Murdoch 28* Jed Cole 18*
5C vs. VILLA 5C MCA 6/137 def. Villa 9/133	Daniel Thirgood 2/5 Aodhan McGovern 2/14	Tyson Baker 23* Daniel Thirgood 19*
5C GOLD vs. ATC 5C ATC 7/97 def. MCA 75	Jack Pye 1/2 George Haling 1/2	Ben Brassington 14 Harry Cook 13
5 WHITE vs. VILLA 5 GOLD MCA 113 def. Villa 111	Aurelius Ferdinands 29* Leo Pigott 16*	Sam Tealby 2/6 Toby Forbes 1/3
5 GREEN vs. VILLA 5 WHITE Villa 100 def. MCA 97	Fletcher Wessling 19 Henry Waters 16	James O'Reilly 1/2 Owen Black 0/3

AROUND THE GROUNDS

6A: With Villanova firing from both barrels with the bat, saving runs was crucial; two unbelievable fielding efforts from Ted Clarke & Fletcher Cabot, Ted ran 10 metres to dive and catch a high ball with one hand, while Fletcher threw a direct hit run out from the boundary.

6B: A thrilling match which saw the saw Marist chasing a huge total of 167 for victory. The boys never gave up and were fighting right up until the final over.

6C: The Marist boys put in a valiant effort against a strong Villa team. The highlight of the match was Lucky Vink with back to back wickets

6 GOLD: Louis took his first wicket of the season today as he hit middle stump with the third ball of his spell. Jordan held his form after retiring, to come back in and score a quickfire 12 to finish the game. Excellent game by 6 Gold who took their hard work from training into the game.

6 WHITE: The highlight of the match came in the first three overs of the Marist Bowling innings, taking three quick wickets for just nine runs.

6 GREEN: BYE

6 BLUE: The highlight would have to be the general improvement in fielding from all players

5A: Strong performance from Ollie Schmidt bowling leg breaks for the first time, conceded a few boundaries in his first over but persisted and returned strongly getting three key wickets.

5B: Matt Murdoch's 28* in a strong opening partnership was crucial in a high scoring match that came down to the wire. Matt also bowled and fielded without error; a very fine Man of the Match performance!

5C: Daniel Thirgood was player of the match for a brilliant match-saving innings of 19* with the bat and 2/5 with the ball. A special mention to Bryn Morgan who hit a four off the last ball to win the match. Tyson Baker also scored 24* to stabilise the batting innings.

5C GOLD: The 5C Gold boys played well in a very tough match against a strong ATC side. A great game all round with many of the team putting in season-high performances. Fielding was superb, with some fantastic catches and the running between the wickets a highlight. The boys were very unlucky to come away without a victory.

5 WHITE: After a huge top order collapse, losing four wickets in one over, the boys dug deep and held on for the win. The HERO of the day was Aurelius who smacked five 4s in an over, then retired shortly after - he came back in as our last wicket and scored the winning runs. Absolute cracking day for him! Great work from the boys to hang in there despite being in early trouble.

5 GREEN: A tightly contested game that went down to the last over, saw Villanova successfully chase down MCA's total. James O'Reilly is to be commended on his all-round performance picking up 1/2 in his bowling, hitting 13 valuable runs and showing great commitment and encouragement in the field.

Secondary School - AIC Cricket Round 5

Please see below for a wrap up of the aggregate A & B games against Villanova. With many cricket teams having great seasons we will be looking to focus on some of our other teams in the remaining rounds.

It was always going to be a very competitive round of cricket against Villanova in the aggregate competition, and it was Villanova who walked away with most of the aggregate victories. All of our undefeated Opens teams suffered their first loss and unfortunately the Year 8 and 9 A/B teams were also defeated. Most of these teams played very well, however just met a stronger team on the day. Fortunately, the Year 7 A/B and 10 A/B teams were victorious which will prove very valuable at the end of the season.

Ashgrove's 10A side was extremely excited about the weekend's match against Villa having previously had close encounters with them before. Ashgrove won the toss and elected to bat. The boys managed to rally late in the innings scoring 145. A special mention must go to Jack Mcauliffe and Jesse O'Neill for their late partnership together. After not scoring as many runs as the team had hoped for, the boys were keen to start their fielding innings aggressively. Throughout the innings, each and every boy contributed, with great fielding and bowling efforts in a game that was always going to go down to the wire. Full credit must go to our bowling attack Darcy Lewis, Josh Waite, Jack Condon, Nate Armitage, and Baxter White. James O'Hara was outstanding with his four wickets, which helped guide ASH into a winning position. With three overs to go, Villa had eight runs to get, with two wickets in hand; no doubt Villa were in the box seat! Our boys pulled off a thrilling win in true Ashgrove fashion, fighting it out right down to the final few balls. Skipper O'Neill took a screamer to seal the victory, in very spectacular fashion.

The 9As lost their first match of the season to a strong Villanova team. Dropping four catches meant that the Villa total kept climbing, and subsequently, Ashgrove was always going to struggle to get the required runs. The 9Bs were outclassed too, getting bowled out and chased down with seven wickets in hand.

The 8As met a much stronger opposition as well. While bowling Villa out was a positive sign, too many runs were leaked by the Villa bottom order. Unfortunately, Villanova bowlers and fielders were too strong, with many of our batsman struggling with the speed of the bowlers, and the tight fielding. The 8Bs fought bravely with Michael Hayter scoring 60*. However, it was not enough, as Villanova won with eight wickets in hand.

The 7As remain undefeated after piling on 137 for the loss of 5. Some tight bowling and great fielding from the Ashgrove boys kept the runs down and held Villa to 9/91. The 7Bs were also dominant hitting 191 in their first innings, before holding out a strong Villa batting innings to 9/159. The rest of the Year 7 teams also had success on the weekend. Well done to the Year 7 boys.

TEAM OF THE WEEK

CRICKET ROUND 5		
1	Jacob Kumaru (C)	1st XI
2	Jack O'Neill	1st XI
3	Ben Roden-Cohen	2nd XI
4	Liam Querido	2nd XI
5	James O'Hara	10A
6	Jack Mcauliffe	10A
7	Jesse O'Neill	10A
8	Jacob Bennett	10B
9	Harry Frost	8A
10	Ben Ferguson	8A
11	Will Nickelson	7A
12	Harry Frost	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	ASH 4/219 SEC 47	ASH 148 VNC 8/208		
2nd XI	BYE	ASH 6/110 SPC 109	ASH 3/209 SLC 8/164	Internal	ASH 10/138 VNC 10/152		
3rd XI	ASH 2/67 SPLC 2nds 65	ASH 6/269 SPC 68	ASH 7/169 SLC 79	BYE	ASH 9/154 VNC 3/155		
4th XI	ASH 2/201 VILLA 6ths 8/76	ASH 1/233 ASH 5ths 4/201	ASH 9/163 SLC 9/117	ASH 5/171 Villa 8/109	ASH 10/210 VNC 1/212		
5th XI	ASH 5/220 SLC 4ths 103	ASH 4/201 ASH 4ths 1/233	ASH 8/238 ASH 6ths 5/173	BYE	No Result Given		
6th XI	ASH 92 VILLA 4ths 9/152	ASH 6/257 SLC 4ths 7/142	ASH 5/173 ASH 5ths 8/238	BYE	ASH 10/82 VNC 3/127		
7th XI	DNP	DNP	DNP	DNP	No Result Given		
10A	ASH 4/200 SPLC 55	ASH 9/136 SPC 5/140	ASH 5/199 SLC 8/132	Internal	ASH 6/148 VNC 10/140		
10B	BYE	ASH 94 SPC 8/89	ASH 140 SLC 6/141	ASH 114 SEC 77	ASH 4/208 VNC 9/206		
10C (BNJC)	Day 1 - ASH EDCC 9/363	ASH 84 & 156 EDCC 9/363	Day 1 of Game	ASH 123 Valley 6/306	Day 1		
10D	ASH 97 VILLA (C) 6/137	ASH 7/113 SLC (C) 3/114	ASH 7/130 SLC 3/173	BYE	ASH 5/147 SLC 4/169		
9A	ASH 9/136 SPLC 110	ASH 3/136 SPC 9/135	ASH 8/128 SLC 59	ASH 7/132 SEC 48	ASH 10/100 VNC 4/171		
9B	ASH 6/155 SPLC 28	ASH 5/246 SPC 9/95	ASH 6/133 SLC 7/114	No Result Given	ASH 107 VNC 3/108		
9C (BNJC)	Day 1 of Game	ASH 149 VDCC 57	Day 1 of Game	ASH 151 Valley Green 57	Day 1		
9D	ASH 5/67 VILLA (C) 4/131	ASH 5/117 SPC (C) 116	ASH 7/115 SLC 0/116	ASH 4/127 Villa 3/128	ASH 6/108 VNC 2/216		
9E	ASH 5/100 VILLA 2/92	ASH 2/93 SLC (D) 8/92	No Result Given	BYE	No Result Given		
8A	ASH 100 SPLC 3/101	ASH 6/129 SPC 3/133	ASH 4/150 SLC 8/93	ASH 9/75 SEC 73	ASH 9/56 VNC 136		
8B	ASH 4/231 SPLC 5/119	ASH 7/90 SPC 9/82	ASH 99 SLC 78	ASH 8/157 SEC 6/87	ASH 9/153 VNC 2/166		
8C (BNJC)	Day 1 - ASH 194 Valley Blue 1/36	ASH 194 & 3/44 VDCC 4/201	Day 1 of Game	Valley Blue 4/204 ASH 194	Day 1		
8D	ASH 5/123 VILLA 3/84	ASH 4/112 SPC (C) 3/115	ASH 3/168 SLC 4/144	No Result Given	No Result Given		
8E	ASH 8/58 VILLA (C) 2/59	ASH 9/116 SLC (C) 4/117	ASH 8/100 SPC 8/103	WASHOUT	ASH 8/67 VNC 1/69		
8F	No Result Given	ASH 4/121 SLC (D) 6/69	ASH 5/85 SLC (D) 67	BYE	ASH 5/150 VNC 4/127		
7A	ASH 7/136 SPLC 58	ASH 9/147 SPC 9/146	ASH 5/102 SLC 101	ASH 3/169 SEC 9/93	ASH 5/137 VNC 9/91		
7B	WASHOUT	ASH 2/254 SPC 90	ASH 7/230 SLC 7/136	ASH 4/230 SEC 13	ASH 10/191 VNC 9/159		
7C	WASHOUT	ASH 4/130 ASH (D) 7/115	ASH 5/203 SLC 9/84	No Result Given	ASH 7/114 VNC 10/48		
7D	ASH 4/135 SLC (C) 7/117	ASH 7/115 ASH (C) 4/130	ASH 5/236 PADUA 9/71	ASH 6/116 IONA 2/89	ASH 8/188 PAD 9/101		
7E	No Result Given	ASH 5/124 ASH (F) 9/79	ASH 4/186 SLC 89	ASH 3/89 PADUA 9/49	ASH 5/114 VNC 5/110		
7F	ASH 5/126 SLC (D) 8/78	ASH 9/79 ASH (E) 5/124	ASH 8/98 PADUA 8/78	ASH 6/133 IONA 6/45	ASH 6/170 PADUA 4/80		
7G	No Result Given	No Result Given	No Result Given	ASH 0/67 VILLA 1/66	ASH 4/124 VNC 10/123		
7H	ASH 2/76 SLC (E) 4/52	ASH 94 ASH (O) 9/97	ASH 3/87 PADUA (F) 6/55	BYE	ASH 5/91 PADUA 1/65		

AIC Swimming Results

The AIC Swimming Championships were swum on Monday 11 March with the MCA team performing brilliantly to come second in the Year 7 – 12 Aggregate. The primary boys did us proud yet again, winning the Year 5 & 6 Aggregate for the second year in a row.

YEARS 7 – 12 AGGREGATE	
College	Points
St Peter's Lutheran College	557
Marist College Ashgrove	501.5
Iona College	477.5
St Laurence's College	369
Villanova College	318.5
St Patrick's College	237.5
Padua College	208.5
St Edmund's College	114

PRIMARY AGGREGATE	
College	Points
Marist College Ashgrove	426
Villanova College	385.5
Padua College	342.5
St Peter's Lutheran College	280.5
St Patrick's College	266
Iona College	250
St Laurence's College	237.5

Marist swimmers broke 6 AIC records on Monday:

- Archer Mellifont - Year 5, 50m Freestyle (32.02); Year 5, 50m Backstroke (36.2)
- James Leigh - 12 Years, 50m Freestyle (28.78); 12 Years, 50m Backstroke (33.99); 12 Years, 50m Butterfly (37.38)*
- Ed Wild, Sean Bright, James Leigh and Nate Roberts - 12 Years 4 x 50m Medley Relay (2:24.55)*
- Lachlan Harney, Blake Parker, Ben Player and Josh Mason – Year 6, 4 x 50m Freestyle Relay Div. 2 (2:12.88)*

* These swims also broke the Marist College Ashgrove records.

Another Marist College Ashgrove record was broken by Jackson Skinner, Max Russo, Daniel O'Keeffe and Tyson Baker in the Year 5, 4 x 50m Freestyle Relay Div. 2 (2:25.57)

We could not have asked any more of our boys on Monday. 90% of swims were personal bests. The team was led admirably by our captains Alex Bibo and Matt Walker and vice-captains Liam Brain and Jack Hallion. These young men led by example, giving their all in the water and encouraging all members of the team to do the same while remaining at the finish line, when they could, to congratulate each swimmer after his race.

Alex Bibo carried a huge workload on Monday with seven races. These included the toughest events on the program: 200m Individual Medley, 400m Freestyle and 100m Butterfly. Alex finished the day with one 1st place, four 2nd places and two third places – an almighty effort. The manner in which Alex performed both in and out of the water on Monday earned him the award, Heather Spencer Memorial Award for Grace Under Pressure, awarded each year to the Marist swimmer who gives the most courageous performance at the AIC Championships and in doing so, inspires his team.

Many thanks are due to the Marist coaching staff for their tireless efforts with the swimming program. From early morning training to afternoon training, Friday night meets, swimming camps, weekend training and lunches, these people have given very generously of their time, their expertise and their spirit over two terms and for some, the Christmas Holidays: James Boyce (Head Coach), Damian Bromley (Assistant Coach), Peta Earley, Matthew Jones, Maddison Bartle, Lucy Hislop, Julia Wilken, Anntoinette Restell, Catie Kidd, Anna Yamaura, Roxie Rosenberg and Matt McCahon. As always, the support and help of our Head of Sport, David Miles and Head of Primary Sport, John Lambourne, has been very much valued and appreciated.

At the start of the season, James Boyce challenged our senior swimmers to leave Marist Swimming in a better place than where they found it. These boys have certainly risen to the challenge and done just that. We look forward to our 2020 season beginning in Term 4.

Cath Geraghty
AIC Swimming Co-ordinator

AIC Chess

Pre-season chess training has begun for 2019 in anticipation for the AIC tournament in Term 2. Over the last three weeks the boys have had the opportunity to train with an Australian candidate master once a week with practice games also taking place on Tuesdays. Liam Treston has been busy behind the scene helping prepare for trials, which will begin in Week 8. Those students who are keen to be on a board will have to come to trails in Week 8 and 9 in order to qualify for a place. Training and trials are taking place every Tuesday and Thursday until the end of the term. Juniors are also training every Monday morning in the primary school. With this in mind we encourage all boys, no matter what their chess rating, to try out for a spot on the team. If we have the best players in the right positions we surely have a chance to improve on our result of Second in the AIC from 2018.

Daniel Bull
Chess Coordinator



Volleyball Internal Competition

With such large interest in volleyball this year, we decided to offer an internal competition that lasted four weeks to provide an opportunity for students who missed the trials or did not make it into an AIC team, to play the sport.

While the games were scored, the primary focus was on having fun and students had the chance to register to form a team with their mates; this is something that cannot be guaranteed in the AIC competition.

It was pleasing to see so many students from Years 7 to 12 sign up to play volleyball on a Friday afternoon. Years 7 to 10 had four teams each, and Years 11 and 12 had two each, with all teams having approximately nine students who registered.

The four Year 7, Year 8 and Year 9 teams were lucky enough to have two games against St Laurences College – one home and one away. This was a good opportunity, particularly for the younger players, to have experience playing an external opposition.

What was good about this competition was that there were many students who had not played Volleyball before, but saw this as a good opportunity to try the sport. Hopefully, this has encouraged some of these players to be involved again in the future.

A special thanks must go to the four Year 7 coaches – Eddie Legge, Chris Banning, Teva Faherty and Storm McIlveen, and the four Year 8 coaches – Jasper McPhee, Tom Kerwin, Josh Casey and John Dunne, for your work with the teams this season. Thank you also to all students involved in the Internal Competition this year.

Volleyball

TEAM OF THE WEEK

CRICKET ROUND 5		
1	Tim Gibb	Open 1st
2	Neasan Sheehan	11A
3	Dwayne Ludwig	10A
4	Charlie Gribble	9A
5	Oliver Lee	8A
6	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	3-0 win	3-0 win		
2nd VI	1-2 loss	2-0 win	0-2 loss	2-1 win	2-0 win		
3rd VI	2-1 win	1-2 loss	2-0 win	2-0 win	2-0 win		
4th VI	2-0 win	2-1 win	0-2 loss	BYE	2-1 win		
11A	2-0 win	2-0 win	0-2 loss	2-1 win	2-0 win		
11B	1-2 loss	2-1 win	1-2 loss	0-2 loss	2-1 win		
11C	2-0 win	2-0 win	0-2 loss	2-0 win	No Result Given		
11D	2-0 win	1-2 loss		BYE	No Result Given		
10A	0-2 loss	2-1 win	0-2 loss	2-0 win	0-2 loss		
10B	3-0 win	0-2 loss	1-2 loss	2-0 win	2-1 win		
10C	3-0 win	1-2 loss	0-2 loss	2-0 win	1-2 loss		
10D	2-0 win	2-1 win	1-2 loss	2-0 win	No Result Given		
9A	1-2 loss	2-1 win	1-2 loss	2-1 win	0-3 loss		
9B	2-1 loss	3-0 win	2-1 win	2-1 win	3-0 win		
9C	0-3 loss	3-0 win	2-1 win	3-0 win	1-2 loss		
9D	3-0 win	3-0 win	2-1 win	2-0 win	2-1 win		
8A	0-2 loss	3-0 win	2-1 win	2-1 win	2-1 win		
8B	2-1 win	2-1 win	2-1 win	0-3 loss	2-1 win		
8C	1-2 loss	2-1 win	2-1 win	3-0 win	1-2 loss		
8D	2-1 win	3-0 win	2-1 win	2-0 win	3-0 win		
7A	3-0 win	0-2 loss	2-1 win	3-0 win	2-1 win		
7B	2-1 win	2-1 win	3-0 win	1-2 loss	3-0 win		
7C	3-0 win	3-0 win	2-1 win	3-0 win	3-0 win		
7D	3-0 win	2-1 win	2-1 win	2-1 win	3-0 win		

Term 2 – Rugby & Football (Soccer)

Please see the trials/training schedule for the remaining weeks of Term 1 for rugby union and football.

Week 8 – consist of the final week of preseason preparations. Once again, boys are reminded that Term 1 sporting commitments take precedence if there is a clash.

Week 9 & 10 – the focus is on trialling students and hoping to see as many students as possible in match situations so that boys can be selected in the correct teams.

Saturday March 30 Trials – information for these trials will be provided soon and published on the APP once available.

Organisation – please ensure you have the correct gear ready for training and trials including a playing jersey, shorts, boots, water bottle and a mouthguard for all rugby matches.

Time will quickly run out for boys to access a mouthguard so please start organising this now

FOOTBALL (SOCCER) - All sessions will be on the Flats unless advised otherwise.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 8 18-22 March	AM	Year 10 Pre-season Junior NZ Tour Team	1st & 2nd XI Squad Training	Year 8 Pre-season	Year 9 Pre-season	1st & 2nd XI Squad Training	
	PM	JDP 3rd & 4th XI Preseason		Year 7 Pre-season			
Week 9 25-29 March	AM	Year 10 Trials Junior NZ Tour Team	1st & 2nd XI Squad Training	Year 8 Trials	Year 8 Trials Year 9 Trials	1st & 2nd XI Squad Training	INTERNAL TRIALS
	PM	JDP Year 7 Trials 3rd & 4th XI Trials Induction Evening	Year 9 Trials	Year 7 Trials Year 10 Trials Year 5 Trials (2:30pm- 4:45pm) Jack Eales	Year 6 Trials - Jack Eales		
Week 10 1-5 April	AM	Year 10 Trials Junior NZ Tour Team	1st & 2nd XI Squad Training	Year 8 Trials	Year 8 Trials	1st & 2nd XI Squad Training	
	PM	JDP Year 7 Trials All Opens Trials Year 5 Trials	Year 9 Trials	Year 7 Trials Year 10 Trials 1st XI v BGS	Year 6 Trials (2:30pm-4:45pm)		

RUGBY

Week 8											
TIME	MONDAY	FIELD	TUESDAY	FIELD	WEDNESDAY	FIELD	THURSDAY	FIELD	FRIDAY	FIELD	SATURDAY
6:45 - 8:00am	Year 10	Flat 8	Year 8	Flat 8	Year 10	Flat 8	Year 8	Flat 8	Year 7	Flat 8	
3:30 - 4:45pm	Year 9	Flat 8			Year 7	Flat 7 & 8					

Week 9											
TIME	MONDAY	FIELD	TUESDAY	FIELD	WEDNESDAY	FIELD	THURSDAY	FIELD	FRIDAY	FIELD	SATURDAY
6:45 - 8:00am									Year 7	Hayden	Internal Trials
3:30 - 4:45pm	Year 10	Hayden	Year 7	Flat 8	Year 5	Flat 8	Year 9	Flat 7			
3:30 - 4:45pm			Year 8	Flat 7	Year 6	Flat 7	Year 8	Flat 8			
3:30 - 4:45pm			Year 9	Hayden	Year 10	Hayden	Opens	Hayden			
3:30 - 4:45pm			NZ Tour Squad	McMahon	NZ Tour Squad	McMahon	NZ Tour Squad	McMahon	Year 10	McMahon	
OPEN RUGBY PLAYERS WILL TRIAL DURING THE WEEK AND NOT ON SATURDAY --> this will not include NZ tour or Canberra 7's players											

Week 10											
TIME	MONDAY	FIELD	TUESDAY	FIELD	WEDNESDAY	FIELD	THURSDAY	FIELD	FRIDAY	FIELD	SATURDAY
6:45 - 8:00am									Year 7	Hayden	
									To be confirmed		
3:30 - 4:45pm			Year 7	Flat 8							
3:30 - 4:45pm	Year 5	Flat 8	Year 8	Flat 7			Year 6	Flat 8			
3:30 - 4:45pm	Year 10	Hayden	Year 9	Hayden			Year 8	Hayden			
3:30 - 4:45pm	NZ tour squad	McMahon	NZ tour squad	McMahon	Year 10	McMahon	Year 9	McMahon			

Strength and Conditioning - Term 1

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	6:15am - 7:15am	OPENS RUGBY (BOARDERS)	OPENS FOOTBALL (FITNESS)	OPENS RUGBY (BOARDERS)	GENERAL USER	OPENS RUGBY (BOARDERS)
	7:05am - 8:05am	OPENS RUGBY (DAY STUDENTS)	RUGBY DEVELOPMENT (YEAR 10)	OPENS RUGBY (DAY STUDENTS)	RUGBY DEVELOPMENT (YEAR 10)	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)