



## Weekly Sports Report March 21, 2019 - Term 1 - Week 8

### Inside this edition

From the Head of Sport - Student Achievements - Draws: AFL, Cricket, Volleyball  
Recaps/Information: Cross Country, Swimming - Football Pre-Season Schedule and Trial Information  
Rugby Pre-Season Schedule and Trial Information - Strength and Conditioning



## From the Head of Sport

As we head into the final weekend of Term 1 sport, we are set up for an exciting round of competition primarily against close rivals Iona College.

### CRICKET

With wet weather affecting last weekend's fixtures and only two other colleges managing to play half their games the cricket competition has been an interesting one this season. Our results this weekend will go a long way to determining who will finish on top. Iona always presents a strong challenge, regardless of the sport, and with a few premierships decided this weekend we encourage all boys to prepare to perform at their very best this Saturday. We wish all cricketers good luck in their final matches for 2019.

### VOLLEYBALL

After a solid round against Padua College where our teams won 8 of 12 aggregate games, the volleyball program is looking to finish the season strongly. The clash with aggregate champions Iona this Saturday will determine a few premierships and go a long way to determining if we can achieve a top 2 result in the aggregate team competition. We encourage all volleyball teams to finish the season in style with their best game of the year. Good luck to all teams for the final round of competition.

### TEAMS OF THE WEEK

Over the course of this term coaches of our cricket and volleyball teams have been nominating teams of the week. In next week's newsletter, we will acknowledge these boys and we hope to present the teams of the season at one of our assemblies next term.

### TERM 2 SPORT

Next week sees the official start of our Term 2 sporting season. All information about training and trial venues will be in this newsletter so please check carefully what days you are trialling and ensure you have the correct gear for your sport. All jerseys for rugby or football can be purchased from the uniform shop, and we encourage all boys to organise this before the end of the term.

### UPCOMING EVENTS

#### Friday March 22

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

#### Saturday March 23

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

### MCA SPORTS CONNECT

Head of Sport

**Mr David Miles**

[sports@marash.qld.edu.au](mailto:sports@marash.qld.edu.au)

Head of Sport (Years 5 & 6)

**Mr John Lambourne**

[lambournej@marash.qld.edu.au](mailto:lambournej@marash.qld.edu.au)

AFL Coordinator

**Mr Brett Gillett**

[gillett@marash.qld.edu.au](mailto:gillett@marash.qld.edu.au)

Chess Coordinator

**Mr Daniel Bull**

[bull@marash.qld.edu.au](mailto:bull@marash.qld.edu.au)

Cricket Coordinators

**Mr Phil Tonkin**

**Mr Stuart Martin**

[ashgrovecricket@marash.qld.edu.au](mailto:ashgrovecricket@marash.qld.edu.au)

Swimming Coordinator

**Cath Geraghty**

[geraghtyc@marash.qld.edu.au](mailto:geraghtyc@marash.qld.edu.au)

Volleyball Coordinator

**Adam Knight**

[knights@marash.qld.edu.au](mailto:knights@marash.qld.edu.au)

**Scott Minogue**

[minogues@marash.qld.edu.au](mailto:minogues@marash.qld.edu.au)

Cross Country Coordinator

**Chris Hants**

[hantsc@marash.qld.edu.au](mailto:hantsc@marash.qld.edu.au)

Head of Strength & Conditioning

**Mr Henry Gilbert**

[gilberth@marash.qld.edu.au](mailto:gilberth@marash.qld.edu.au)

# From the Head of Sport Continued...

## CROSS COUNTRY

Our program is in full swing and we remind all students of the change to the 2019 cross country season. There are just over seven weeks until our AIC championships which present a new challenge in preparing through a very busy time of the year. Please check the cross country section below for important details.

The end of term is always a busy time as we finish sports and prepare for new seasons. As we head into an important exam time for seniors and assessment time for all students, we remind all boys to check information and be organised.

Good luck to all students for their upcoming assessments and for sport this Saturday.

**Mr David Miles**  
Head of Sport

## Student Achievements

Congratulations to:

- Lachlan Davidson (6R) and Oliver Peregrina (5G) were selected in the North West District 10-12 Years Boys Touch Team to compete at the Regional Championships 29 April.
- Jed Cole (5B) was selected in the North West District 10-11 Years Boys Rugby League Team to compete at the Regional Championships 8 & 9 May.
- Leo Henry (7D) and Jai Jarro (7F) were selected in the North West District 11-12 Years Boys Rugby League Team to compete at the Regional Championships 8 & 9 May.
- Will Valentine Year 10 was named in the Met North 13-17 Years Waterpolo Team who travel to Rockhampton from 27-30 April 2019. He was also just selected in the U16 Australian Mens Waterloo squad who goes into camp at the AIS from 10-16 April.
- Corey Chalmers, Jordan Chugg, Jake Davidson, James Prole and Thomas Prole attended the State Triathlon Championships for Met North in Hervey Bay 7-9 March. All the boys performed strongly for Met North. Met North was the eventual overall region winner for the carnival across all age groups.



## 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](mailto:mcasport@marash.qld.edu.au)

## AIC AFL FIXTURES - PRIMARY

### ROUND 7 V SPC, SATURDAY MARCH 23, 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. SPC 6A	10:30am	Field 3, Yeronga AFC. Cansdale St, Yeronga
6B vs. SPC 6B	10:30am	Field 4, Yeronga AFC. Cansdale St, Yeronga
5A vs. SPC 5A	9:15am	Field 3, Yeronga AFC. Cansdale St, Yeronga
5B vs. SPC 5B	8:00am	Field 3, Yeronga AFC. Cansdale St, Yeronga

## AIC AFL FIXTURES - SECONDARY

### ROUND 9, FRIDAY MARCH 22 & SATURDAY MARCH 23, 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. IONA	5:45pm	Fri 22 Mar	Field 2. Yeronga AFC, Leyshon Road. Yeronga.
Year 8&9 vs. IONA	4:30pm	Fri 22 Mar	Field 2. Yeronga AFC, Leyshon Road. Yeronga.
Year 7 vs. IONA	10:00am	Sat 23 Mar	Field 4. St Laurence's College Playing Fields, Nathan Road, Runcorn.



**MARIST COLLEGE ASHGROVE**

# College App Available Now

for iPhone, Android & iPad







# AIC CRICKET FIXTURES

## ROUND 7 V IONA, SATURDAY MARCH 23, 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 – 5:30pm	Away	Davine Oval, Iona College. 85 North Rd, Lindum.	Turf
2nds vs. IONA 2nds	1:00pm – 5:30pm	Away	McCarthy Oval. 85 North Rd, Lindum.	Turf
3rds vs. IONA 3rds	1:00pm – 5:30pm	Away	Harron Oval. 85 North Rd, Lindum.	Turf
4ths vs. VILLA 5ths	8:00am – 11:30am	Away	Field 11, Kianawah Park. Wynnum Rd. Tingalpa	Syn
5ths vs. VILLA 6ths	1:00pm – 4:00pm	Away	Field 11, Kianawah Park. Wynnum Rd. Tingalpa	Syn
6ths vs. ASH 7ths	8:00am – 11:00am	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Syn
7ths vs. ASH 6ths	8:00am – 11:00am	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Syn
10A vs. IONA 10A	8:15am – 12:45pm	Away	McCarthy Oval. 85 North Rd, Lindum.	Turf
10B vs. IONA 10B	8:15am – 12:45pm	Away	Harron Oval. 85 North Rd, Lindum.	Turf
10C vs. Everton Districts	8:00am – 11:45am	Away	Jim Neibling Oval, Everton District CC. 36 Kenna St, West Chermside	Turf
10D vs. BYE	BYE	BYE	BYE	BYE
9A vs. IONA 9A	8:15am – 12:45pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
9B vs. IONA 9B	8:15am – 12:45pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
9C vs. Valley Green	8:15am – 11:45am	Away	Wittonga Park. Hilder Rd, The Gap.	Syn
9D vs. IONA 9C	8:00am – 11:00am	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
9E Gold vs. VILLA 9D	8:00am – 11:00am	Away	Field 4, Villanova Park. Manly Rd Tingalpa	Syn
8A vs. IONA 8A	1:00pm – 5:30pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
8B vs. IONA 8B	1:00pm – 5:30pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
8C vs. Valley Blue	8:15am – 11:45am	Away	Ferny Grove SS. 15 Archdale Rd, Ferny Grove	Syn
8D vs. IONA 8C	2:30pm – 5:30pm	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
8E vs. PADUA 8C	11:15am – 2:15pm	Away	Assisi Oval, Padua College. Turner Rd, Kedron	Syn
8F vs. IONA 8D	2:30pm – 5:30pm	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Syn
7A vs. IONA 7A	1:00pm – 5:30pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
7B vs. IONA 7B	8:15am – 12:45pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
7C vs. IONA 7C	2:00pm – 5:00pm	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
7D vs. SPLC 7C	8:15am – 11:15am	Away	Indooroopilly SHS. Cnr of Lambert & Carnarvon Rd, Indooroopilly	Turf
7E vs. IONA 7D	2:00pm – 5:00pm	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
7F vs. BYE	BYE	BYE	BYE	
7G vs. IONA 7E	11:15am – 2:15pm	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
7H vs. PADUA 7F Green	2:30pm – 5:30pm	Away	Boyd Park. 11 Boyd Rd, Nundah.	Syn
6A vs. IONA 6A	8:00am – 11:30am	Away	Field 4, Kianawah Park. Wynnum Rd. Tingalpa	Syn
6B vs. IONA 6B	8:00am – 11:30am	Away	Field 8, Kianawah Park. Wynnum Rd. Tingalpa	Syn
6C vs. IONA 6C	8:00am – 11:00am	Away	Field 12, Kianawah Park. Wynnum Rd. Tingalpa	Syn
6D Gold vs. IONA 6D	10:00am – 12:30pm	Away	Coghill Oval. 85 North Rd, Lindum.	Syn
6E White vs. PADUA 6D	10:00am – 12:30pm	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
6F Green vs. IONA 6E	10:00am – 12:30pm	Away	Dwyer Oval. 85 North Rd, Lindum.	Syn
6G Blue vs. PADUA 6E	7:30am – 10:00am	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
5A vs. IONA 5A	7:30am – 11:00am	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5B vs. IONA 5B	7:30am – 11:00am	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5C vs. IONA 5C	11:00am – 1:30pm	Home	Flat 7, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5D GOLD vs. SPC 5C	11:00am – 1:30pm	Home	Flat 8, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5E White vs. IONA 5D Gold	7:30am – 9:55am	Home	Rainworth SS, 185 Boundary Rd, Bardon	Syn
5F GREEN vs. IONA 5 Green	10:00am – 12:25pm	Home	Rainworth SS, 185 Boundary Rd, Bardon	Syn

# AIC VOLLEYBALL FIXTURES

## ROUND 7 V IONA, SATURDAY MARCH 23, 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. IONA 1sts	12:00pm	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
2nds vs. IONA 2nds	11:00am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
3rds vs. IONA 3rds	9:00am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
4ths vs. IONA 4ths	8:00am	Away	Oblate Hall Court 2. Iona College. 85 North Road, Lindum.
11A vs. IONA 11A	10:00am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
11B vs. IONA 11B	8:00am	Away	Oblate Hall Court 1. Iona College. 85 North Road, Lindum.
11C vs. IONA 11C	8:00am	Away	Court 3 (outside). Iona College. 85 North Road, Lindum.
11D vs. Padua 4ths	8:15am	Away	Court 2, La Cordelle Centre, Padua College. Turner Rd, Kedron
10A vs. IONA 10A	11:00am	Away	Oblate Hall Court 2. Iona College. 85 North Road, Lindum.
10B vs. IONA 10B	10:00am	Away	Oblate Hall Court 2. Iona College. 85 North Road, Lindum.
10C vs. IONA 10C	9:00am	Away	Oblate Hall Court 2. Iona College. 85 North Road, Lindum.
10D vs. IONA 10D	9:00am	Away	Court 3 (outside). Iona College. 85 North Road, Lindum.
9A vs. IONA 9A	12:00pm	Home	Court 1. Champagnat Centre, Marist College Ashgrove
9B vs. IONA 9B	11:00am	Home	Court 1. Champagnat Centre, Marist College Ashgrove
9C vs. IONA 9C	11:00am	Home	Court 2. Champagnat Centre, Marist College Ashgrove
9D vs. IONA 9D	12:00pm	Home	Court 2. Champagnat Centre, Marist College Ashgrove
8A vs. IONA 8A	10:00am	Home	Court 1. Champagnat Centre, Marist College Ashgrove
8B vs. IONA 8B	9:00am	Home	Court 1. Champagnat Centre, Marist College Ashgrove
8C vs. IONA 8C	8:00am	Home	Court 1. Champagnat Centre, Marist College Ashgrove
8D vs. IONA 8D	8:00am	Home	Court 2. Champagnat Centre, Marist College Ashgrove
7A vs. IONA 7A	10:00am	Home	Court 2. Champagnat Centre, Marist College Ashgrove
7B vs. IONA 7B	9:00am	Home	Court 2. Champagnat Centre, Marist College Ashgrove
7C vs. IONA 7C	8:00am	Home	Middle Court. Champagnat Centre, Marist College Ashgrove
7D vs. IONA 7 Gold	9:00am	Home	Middle Court. Champagnat Centre, Marist College Ashgrove

### MCA DUTY SCHEDULE - ROUND 7 V IONA

Saturday March 23

TIME	COURT 1	MIDDLE COURT	COURT 2
8:00am	8C Duty – 8B Joel Wass	7C Duty – 7D Jeremy Vanderbyl	8D Duty – 8B Moses Noa
9:00am	8B Duty – 8A Joel Wass, Brandon Beloff	7D Duty – 7C Jeremy Vanderbyl	7B Duty – 8D Moses Noa, Oliver Easingwood
10:00am	8A Duty – 9B Joel Wass, Damian Akroyd		7A Duty – 7B Moses Noa, Joe Doyle
11:00am	9B Duty – 9D Joel Wass, Paul Kearney		9C Duty – 7A Moses Noa
12:00pm	9A Duty – 9C Joel Wass, Andrew Jones		9D Duty – 9C Moses Noa

# Cross Country

---

Our 'pre-season' period continues, and the boys have maintained an excellent standard at training. Numbers have been excellent at every session, and it was great to see a few more boys fronting up for the long run on Friday.

Please see below our upcoming schedule; we're coming into a really key period as we prepare for the competitive season and there are a range of opportunities coming up to get involved in Cross Country.

## **XC PARENTS & FAMILIES OPEN TRAINING**

On Tuesday 2 April we're holding an open training session followed by a cooked breakfast and parents are invited to attend. This will run on our normal training schedule of 6:30am arrival for 6:45am start, with everything wrapping up by 8:00am.

The morning will consist of a group warmup going through a range of the drills we use to develop running technique and mechanics and an interval training session that will be self-paced. Parents are welcome to participate in as much of the training as they like or to simply hang out with coaching staff who will be running the session and cooking breakfast. There will be no cost involved.

An RSVP email will go out in the near future with full detail of the event.

## **SCHOOL HOLIDAYS**

### **- Saturday 6 April – Southbank Parkrun Transport**

Limited spaces will be available for a bus trip to Southbank to participate in Parkrun on the first Saturday of the holidays. This will be for high school boys only.

Please note that this is not strictly speaking an MCA organised event; we are only providing transport for boys to participate in Parkrun and then return to Ashgrove.

### **- XC Camp – Friday 12 - Sunday 14 April**

Camp paperwork has been distributed and I thank those who've made the effort to already have them returned. Please note that medical/consent forms & payment is due next Friday 29th March, places are limited so it's advisable to get them back as early as possible to avoid disappointment.

### **- Holidays Training Schedule**

Both weeks - Tuesday & Thursday – 8am-10am, meeting @ the grandstand.

On a final note, a quote for the boys to think about when returning to school after a Banks St hill session...

*"From that day on, if I was goin' somewhere, I was run-ning!" – Forrest Gump*

Happy running!

**Chris Hants**  
**Cross Country Coordinator**

# AIC Cricket Results 2019

	SPLC	SPC	SLC	SEC	VILLA	PADUA	IONA
<b>1st XI</b>	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	Washout	
<b>2nd XI</b>	BYE	ASH 6/110 SPC 109	ASH 3/209 SLC 8/164	Internal	ASH 10/138 VNC 10/152	ASH 117 PAD 30	
<b>3rd XI</b>	ASH 2/67 SPLC 2nds 65	ASH 6/269 SPC 68	ASH 7/169 SLC 79	BYE	ASH 9/154 VNC 3/155	Washout	
<b>4th XI</b>	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	Washout	
<b>5th XI</b>	ASH 5/220 SLC 4ths 103	ASH 4/201 ASH 4ths 1/233	ASH 8/238 ASH 6ths 5/173	BYE	No Result Given	Washout	
<b>6th XI</b>	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	Washout	
<b>7th XI</b>	DNP	DNP	DNP	DNP	No Result Given	Washout	
<b>10A</b>	ASH 4/200 SPLC 55	ASH 9/136 SPC 5/140	ASH 5/199 SLC 8/132	Internal	ASH 6/148 VNC 10/140	ASH 8/93 PAD 6/72	
<b>10B</b>	BYE	ASH 94 SPC 8/89	ASH 140 SLC 6/141	ASH 114 SEC 77	ASH 4/208 VNC 9/206	Washout	
<b>10C (BNJC)</b>	Day 1 - ASH EDCC 9/363	ASH 84 & 156 EDCC 9/363	Day 1 of Game	ASH 123 Valley 6/306	Day 1	Washout	
<b>10D</b>	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	Washout	
<b>9A</b>	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	Washout	
<b>9B</b>	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	Washout	
<b>9C (BNJC)</b>	Day 1 of Game	ASH 149 VDCC 57	Day 1 of Game	ASH 151 Valley Green 57	Day 1	Washout	
<b>9D</b>	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	Washout	
<b>9E</b>	ASH 5/100 VILLA 2/92	ASH 2/93 SLC (D) 8/92	No Result Given	BYE	No Result Given	Washout	
<b>8A</b>	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	Washout	
<b>8B</b>	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	Washout	
<b>8C (BNJC)</b>	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	Washout	
<b>8D</b>	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	Washout	
<b>8E</b>	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	Washout	
<b>8F</b>	No Result Given	ASH 4/121 SLC (D) 6/69	ASH 5/85 SLC (D) 67	BYE	ASH 5/150 VNC 4/127	Washout	
<b>7A</b>	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	Washout	
<b>7B</b>	WASHOUT	ASH 2/254 SPC 90	ASH 7/230 SLC 7/136	ASH 4/230 SEC 13	ASH 10/191 VNC 9/159	Washout	
<b>7C</b>	WASHOUT	ASH 4/130 ASH (D) 7/115	ASH 5/203 SLC 9/84	No Result Given	ASH 7/114 VNC 10/48	Washout	
<b>7D</b>	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	Washout	
<b>7E</b>	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	Washout	
<b>7F</b>	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	Washout	
<b>7G</b>	No Result Given	No Result Given	No Result Given	ASH 0/67 VILLA 1/66	ASH 4/124 VNC 10/123	Washout	
<b>7H</b>	ASH 2/76 SLC (E) 4/52	ASH 94 ASH (G) 0/97	ASH 3/87 PADUA (F) 6/55	BYE	ASH 5/91 PADUA 1/65	Washout	

# Swimming Award Winners 2019

At the conclusion of the 2019 AIC Swimming season, the following awards were presented to our swimmers:

AGE CHAMPIONS	RUNNERS UP		
		2ND	3RD
<b>Under 10</b>	Tyson Baker	Lachlan Pawsey	Ky Campbell
<b>Under 11</b>	Ryan O'Toole	Archer Mellifont	Josh Mason
<b>Under 12</b>	James Leigh	Lachlan Vink	Joe Cervetto
<b>Under 13</b>	Thomas Hicks	Noah Coco	Alex Pedroni
<b>Under 14</b>	Jack Morrison	Spencer Mahoney	Andrew Crook
<b>Under 15</b>	Josh Casey	Matthew Magnussen	Ryley Leeper
<b>Under 16</b>	Will Andreas	Josh Crook	George Perrers
<b>Open</b>	Thomas Gibson	Alexander Bibo	Luke Brennan

SPECIAL AWARDS		AGE GROUP DEDICATION & COMMITMENT AWARDS	
<b>Leadership Award</b>	Alexander Bibo, Matthew Walker, Liam Brain, Jack Hallion Matthew Magnussen	Year 5	Jackson Skinner (63+ training sessions)
<b>Senior Swimmer of the Year</b>	Alexander Bibo	Year 6	Lachlan Harney (67+ training sessions)
<b>Junior Swimmer of the Year</b>	Matthew Magnussen	Under 12	Ed Wild (99+ training sessions)
<b>Determination &amp; Commitment Award</b>	Alexander Bibo (170+ training sessions) Joshua Small (111+ training sessions)	Under 13	Archie Bathe (138+ training sessions)
<b>Heather Spencer Memorial Award</b>	Alexander Bibo	Under 14	Nick Gullo (73+ training sessions)
<b>100+ Training Sessions</b>		Under 15	Angus Bathe (143+ training sessions)
Thomas Hicks	100+ training sessions	Under 16	Will Cruickshank (92+ training sessions)
Jack L'Enfant	115+ training sessions	Open	Tom Gibson (123+ training sessions)



# Volleyball

---

*The winner's edge is not in a gifted birth, a high IQ, or in a talent. The winner's edge is all in the attitude, not the aptitude. Attitude is the criterion for success.* - Denis Waitley

With only one round left in 2019, the Ashgrove volleyball program has gone from strength-to-strength. After six rounds, Ashgrove, St Laurence's College and Iona College are all playing for top three finishes in the aggregate competition. This is been a remarkable improvement from previous years where Ashgrove have sat around 4th and 5th in the aggregate competition. Notable performances include 7A, 7B, 7C, 7D, 8A, 8B, 8C, 8D, 9B, 9D, 10B, 11A, Open 2nd and Open 3rd teams who are all playing on Saturday for top three finishes in each of their divisions.

This includes our Open 1st VI, who this weekend have come through undefeated and will face the also undefeated Iona for the 1st VI premiership. A rare AIC grand final! The boys have shown character, determination and resilience for the entire season and will no doubt need these attitudes against a strong Iona outfit. The 1st VI have based their season on the tenets of "look after your mate", "no excuses" and "find a way" in order to get through to where they are right now - qualities also present in The Hive. The support that the 1st VI have received through the Ashgrove Swarm this year has been exceptional. One more push is needed - we would appreciate as many Old Boys, current students, parents and other Ashgrove supporters at Iona this Saturday at 12:00pm.

Irrespective of victory or defeat, it has been a remarkable season. I would like to personally thank all coaches and managers for their dedication to the boys - in particular, Mr Scott Minogue whose oversight of the internal competition and junior program has been nothing short of exceptional. I look forward to seeing the Ash Swarm out on Saturday as we push for Ashgrove's second undefeated premiership in three years.

**Adam Knight**  
**Co-ordinator and Open 1st VI coach**

# Volleyball

---

## TEAM OF THE WEEK

VOLLEYBALL ROUND 6		
1	Cooper Arndell	Open 1st
2	Carson White	Open 2nd
3	Joel Perkins	10A
4	Josh Pegg	9A
5	Jonah Titifanua	8A
6	Luke Mifsud	8A
7	Isaac Roach	7A

# AIC Volleyball Results 2019

	SPLC	SPC	SLC	SEC	VILLA	PADUA	IONA
<b>1st VI</b>	3-0 win	3-1 win	3-2 win	3-0 win	3-0 win	3-0 win	
<b>2nd VI</b>	1-2 loss	2-0 win	0-2 loss	2-1 win	2-0 win	2-1 win	
<b>3rd VI</b>	2-1 win	1-2 loss	2-0 win	2-0 win	2-0 win	1-2 loss	
<b>4th VI</b>	2-0 win	2-1 win	0-2 loss	BYE	2-1 win	0-2 loss	
<b>11A</b>	2-0 win	2-0 win	0-2 loss	2-1 win	2-0 win	1-2 loss	
<b>11B</b>	1-2 loss	2-1 win	1-2 loss	0-2 loss	2-1 win	0-2 loss	
<b>11C</b>	2-0 win	2-0 win	0-2 loss	2-0 win	No Result Given	0-2 loss	
<b>11D</b>	2-0 win	1-2 loss		BYE	No Result Given	0-2 loss	
<b>10A</b>	0-2 loss	2-1 win	0-2 loss	2-0 win	0-2 loss	2-1 win	
<b>10B</b>	3-0 win	0-2 loss	1-2 loss	2-0 win	2-1 win	2-1 win	
<b>10C</b>	3-0 win	1-2 loss	0-2 loss	2-0 win	1-2 loss	1-2 loss	
<b>10D</b>	2-0 win	2-1 win	1-2 loss	2-0 win	No Result Given	0-2 loss	
<b>9A</b>	1-2 loss	2-1 win	1-2 loss	2-1 win	0-3 loss	2-1 win	
<b>9B</b>	2-1 loss	3-0 win	2-1 win	2-1 win	3-0 win	2-1 win	
<b>9C</b>	0-3 loss	3-0 win	2-1 win	3-0 win	1-2 loss	1-2 loss	
<b>9D</b>	3-0 win	3-0 win	2-1 win	2-0 win	2-1 win	2-1 win	
<b>8A</b>	0-2 loss	3-0 win	2-1 win	2-1 win	2-1 win	1-2 loss	
<b>8B</b>	2-1 win	2-1 win	2-1 win	0-3 loss	2-1 win	1-2 loss	
<b>8C</b>	1-2 loss	2-1 win	2-1 win	3-0 win	1-2 loss	3-0 win	
<b>8D</b>	2-1 win	3-0 win	2-1 win	2-0 win	3-0 win	3-0 win	
<b>7A</b>	3-0 win	0-2 loss	2-1 win	3-0 win	2-1 win	3-0 win	
<b>7B</b>	2-1 win	2-1 win	3-0 win	1-2 loss	3-0 win	3-0 win	
<b>7C</b>	3-0 win	3-0 win	2-1 win	3-0 win	3-0 win	3-0 win	
<b>7D</b>	3-0 win	2-1 win	2-1 win	2-1 win	3-0 win	3-0 win	

## Football (Soccer) - Trials 2019 - by Age Group

YEAR LEVEL	TERM 1 TRIALS	TERM 2 TRIALS
<b>Year 7</b>	<p><b>MON 25 MARCH</b> 3:30-4:45pm Flat 7</p> <p><b>WED 27 MARCH (7A-7C only)</b> 3:30-4:45pm Flat 7</p> <p><b>SAT 30 MARCH</b> SCHEDULE TBC (8-10:30am)</p> <p><b>MON 1 APRIL</b> 3:30-4:45pm Flat 7</p> <p><b>WED 3 APRIL (7A-7C only)</b> 3:30-4:45pm Flat 7</p>	<p><b>WED 4 APRIL</b> 3:30-4:45pm Flat 7</p> <p><b>SAT 27 APRIL</b> Trials v IONA (Away details TBC)</p>
<b>Year 8</b>	<p><b>WED 27 MARCH (8A-8C only)</b> 6:45-8am Flat 7</p> <p><b>THU 28 MARCH</b> 6:45-8am Flat 7</p> <p><b>SAT 30 MARCH</b> SCHEDULE TBC (10:30am-12:30pm)</p> <p><b>WED 3 APRIL (8A-8B only)</b> 6:45-8am Flat 7</p> <p>THU 4 APRIL (8C &amp; Colours only) 6:45-8am Flat 7</p>	<p><b>WED 24 APRIL</b> 6:45-8am Flat 7</p> <p><b>SAT 27 APRIL</b> Trials v IONA (Away details TBC)</p>
<b>Year 9</b>	<p><b>TUE 26 MARCH</b> 3:30-5pm Cameron Oval</p> <p><b>THU 28 MARCH (9A-9C only)</b> 6:45-8am Cameron Oval</p> <p><b>SAT 30 MARCH</b> SCHEDULE TBC (7:30-9:30am)</p> <p><b>TUE 2 APRIL (9A-9B only)</b> 3:30-5pm Cameron Oval</p>	<p><b>SAT 27 APRIL</b> Trials v IONA (Away details TBC)</p>
<b>Year 10</b>	<p><b>MON 25 MARCH</b> 6:45-8am Flat 7</p> <p><b>THU 28 MARCH (9A-9C only)</b> 3:30-5pm Cameron Oval</p> <p><b>SAT 30 MARCH</b> SCHEDULE TBC (9:30-11:30am)</p> <p><b>MON 1 APRIL</b> 6:45-8am Cameron Oval</p> <p><b>THU 4 APRIL (9A-9C only)</b> 3:30-5pm Cameron Oval</p>	<p><b>WED 24 APRIL</b> 3:15-4:45pm Cameron Oval</p> <p><b>SAT 27 APRIL</b> Trials v IONA (Away details TBC)</p>
<b>Opens</b>	<p><b>MON 25 MARCH</b> 3:30-5pm Cameron Oval</p> <p><b>SAT 30 MARCH</b> SCHEDULE TBC (11:30am-2:30pm)</p> <p><b>MON 1 APRIL</b> 3:30-5pm Cameron Oval</p>	<p><b>WED 24 APRIL</b> 3:15-4:45pm Flat 6</p> <p><b>SAT 27 APRIL</b> Trials v IONA (Away details TBC)</p>

# Rugby - Trials 2019 - by Age Group

## Week 9

TIME	MONDAY	FIELD	TUESDAY	FIELD	WEDNESDAY	FIELD	THURSDAY	FIELD	FRIDAY	FIELD	SATURDAY
6:45am - 8:00am					Year 10	Hayden			Year 10	Flats	Internal Trials
3:30pm - 4:45pm			Year 9	Flat 7	Year 6	Flat 7	Year 9	Flat 7			
3:30pm - 4:45pm			Year 8	Flat 8	Year 5	Flat 8	Year 8	Flat 8			
3:30pm - 4:45pm	Year 10	Hayden	Year 79	Hayden	Year 7	Hayden	Opens	Hayden			
3:30pm - 4:45pm			NZ Tour Squad	McMahon	NZ Tour Squad	McMahon	NZ Tour Squad	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 10	Hayden			Year 7	Hayden	
									*To be confirmed*		
3:30 - 4:45pm			Year 9	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 7	Hayden			Year 8	Hayden			
3:30 - 4:45pm	NZ tour squad	McMahon	NZ tour squad	McMahon			Year 9	McMahon			

## Rugby Internal Trial Schedule – Saturday March 30

TIME	MCMAHON OVAL
8:30am – 11:00am	Year 9
11:00am – 1:00pm	NZ Tour Squad
1:00pm – 3:30pm	Year 7

TIME	HAYDEN OVAL
8:00am – 9:30am	Year 5
9:30am – 11:00am	Year 6
11:00 – 1:30pm	Year 8

# Strength and Conditioning - Term 1 - Week 9

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>	6:15am - 7:15am	OPENS RUGBY (BOARDERS)	OPENS FOOTBALL (FITNESS)	OPENS RUGBY (BOARDERS)		OPENS RUGBY (BOARDERS)
	7:05am - 8:05am	OPENS RUGBY (DAY STUDENTS)	OPENS FOOTBALL (FITNESS)	OPENS RUGBY (DAY STUDENTS)	GENERAL USER	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
<b>LUNCH</b>	BREAK 1					
	BREAK 2					
<b>PM</b>	3:25pm - 4:25pm	GENERAL USER	GENERAL USER	GENERAL USER	OPENS FOOTBALL	
	4:25pm - 5:00pm	OPENS FOOTBALL	GENERAL USER	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)