



Weekly Sports Report March 29, 2019 - Term 1 - Week 9

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Recaps: AFL and Volleyball, Results: Volleyball and Cricket
Strength and Conditioning



From the Head of Sport

Last Saturday saw the official end of the Term 1 sporting season with our AFL, cricket and volleyball teams playing the final round of AIC competition. These sports have some of the longest programs in College sport with preparation beginning back in late October and continuing throughout the Christmas holidays and early January. A special mention to the many students, staff and families all involved in making our programs such a success for Marist College Ashgrove.

We have always mentioned how success can be measured in many different ways from the number of premierships, wins throughout the season, aggregate championships through to the significant number of students who participate in sport.

This term had the highest number of teams participating in sport ever at our College with 93 teams involved in Ashgrove sport. We pride ourselves on providing every student with an opportunity to be involved in organised sport, and the task of managing this is no greater anywhere than at our College.

The work of our sport coordinators, coaches and ground staff in collaboration with the sports department to run a program of this magnitude is impressive.

We appreciate how understanding our community is in recognising the time and effort that goes into running our program and we certainly appreciate the positive feedback we have received throughout the term.

One of the highlights of this term was the introduction of AFL for our senior sporting teams which provided yet another opportunity for our students to engage in a different sporting code. As always the involvement of our Year 7 and 8 students in our colours volleyball competition along with an influx of senior teams into the internal competition was another highlight.

The AIC Volleyball competition saw the development of our program continue and the hard work put in place by Mr Adam Knight and Mr Scott Minogue translated to our best result in 10 years. We comfortably placed 2nd and significantly closed the gap on aggregate winners Iona College. With some great junior results, the future looks strong!

UPCOMING EVENTS

Saturday March 30

Football and Rugby Trials

Monday April 1

Year 5 - Football and Rugby Trials

Wednesday April 3

Primary Swimming Carnival

Thursday April 4

Year 6 - Football and Rugby Trials

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From the Head of Sport Continued...

In a season that had a few rounds affected by wet weather, our Cricket program continues to maintain its strength but saw an unfortunate slip to 2nd in the aggregate title for only the 3rd time in 21 years. While it is tough to stay on top forever, it is also a timely reminder of our need to avoid complacency and signals the need to return to hard work in order to improve our results.

Our sporting programs are only as good as the staff who run them and a sincere thank you must go to the coordinators of AFL (Mr Brett Gillett), Cricket (Mr Stuart Martin and Mr Phil Tonkin), Swimming (Mrs Cath Geraghty) and Volleyball (Mr Adam Knight and Mr Scott Minogue) for their great organisation and support of our sporting programs. Each of these staff members has demonstrated great passion and enthusiasm for their roles and we are fortunate to have such dedicated staff at our College.

TERM 2 SPORT

With the conclusion of the Cricket and Volleyball season, focus has now turned to Rugby and Football trials for Term 2.

This newsletter contains all of tomorrow's trial information posted in previous newsletters parents and boys are to check this information thoroughly. It is also important that parents and boys download the College app to be kept up to date regarding trial changes/cancellations, as well as other important information. If there are any questions regarding Rugby and Football, please contact the relevant staff members in the contact section of this newsletter.

Our final newsletter next week will provide details for the first two weeks of Term 2 including trials against Iona College on Saturday April 27 and then leading into Round 1 of football and rugby against SPLC on Saturday May 4.

Good luck to all students undertaking exams at this time of the Term.

Mr David Miles
Head of Sport

Student Achievements

Congratulations to:

- Adrian Garbellini (5W) is now ranked 7th, in the M10 Age Class, in the Australian Orienteering Rankings following recent performances in Tasmania and South Australia.
- Carl Martin (10I) who was selected in the Qld U15 Little Athletics Team to compete in the heptathlon event at the upcoming National Championships
- Elliot Aldridge (6W), Thomas De Luca (6B) and Callan Jensen (6R) competed at the Little Athletics Queensland State Championships over the weekend.
 - Tom De Luca placed 3rd – U11 1500m
 - Callan Jensen placed 3rd – U12 Javelin, 2nd U12 100m, 2nd U12 200m, 1st U12 60m Hurdles

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

Football (Soccer) - Trials 2019 - Years 5 & 6

	MONDAY	TUESDAY	WEDNESDAY 27 MARCH	THURSDAY 28 MARCH	FRIDAY	SATURDAY 30 MARCH
Week 9			Year 5 Jack Eales Field 2:30pm – 4:45pm	Year 6 Jack Eales Field 3:30pm – 4:45pm		Year 5 Jack Eales Field 8:00am – 9:30am Year 6 Jack Eales Field 9:30am – 11:00am

	MONDAY 1 APRIL	TUESDAY	WEDNESDAY 3 APRIL	THURSDAY 4 APRIL	FRIDAY	SATURDAY
Week 10	Year 5 Jack Eales Field 3:30pm – 4:45pm		Primary Swimming Carnival	Year 6 Flat 7 2:30pm – 4:45pm	End of Term 1	

Trial Matches

Saturday, April 27 – Trial vs. Iona
 Saturday, May 4 – Round 1 vs. SPLC

Contact Information

Year 5 Football Coordinator – Matt Jones | jonesm@marash.qld.edu.au | 0437 870 622
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for iPhone, Android & iPad

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Football (Soccer) - Trials 2019 - Years 7-12

YEAR LEVEL	TERM 1 TRIALS	TERM 2 TRIALS
Year 7	<p>SAT 30 MARCH SCHEDULE TBC (8:00am - 10:30am)</p> <p>MON 1 APRIL 3:30pm - 4:45pm Flat 7</p> <p>WED 3 APRIL (7A-7C only) 3:30pm - 4:45pm Flat 7</p>	<p>WED 24 APRIL 3:30pm - 4:45pm Flat 7</p> <p>SAT 27 APRIL Trials v IONA (Away details TBC)</p>
Year 8	<p>SAT 30 MARCH SCHEDULE TBC (10:30am-12:30pm)</p> <p>WED 3 APRIL (8A-8B only) 6:45am - 8:00am Flat 7</p> <p>THU 4 APRIL (8C & Colours only) 6:45am - 8:00am Flat 7</p>	<p>WED 24 APRIL 6:45am - 8:00am Flat 7</p> <p>SAT 27 APRIL Trials v IONA (Away details TBC)</p>
Year 9	<p>SAT 30 MARCH SCHEDULE TBC (7:30am - 9:30am)</p> <p>TUE 2 APRIL (9A-9B only) 3:30pm - 5:00pm Cameron Oval</p>	<p>SAT 27 APRIL Trials v IONA (Away details TBC)</p>
Year 10	<p>SAT 30 MARCH SCHEDULE TBC (9:30am - 11:30am)</p> <p>MON 1 APRIL 6:45am - 8:00am Cameron Oval</p> <p>THU 4 APRIL (10A-10C only) 3:30-5pm Cameron Oval</p>	<p>WED 24 APRIL 3:15pm - 4:45pm Cameron Oval</p> <p>SAT 27 APRIL Trials v IONA (Away details TBC)</p>
Opens	<p>SAT 30 MARCH SCHEDULE TBC (11:30am-2:30pm)</p> <p>MON 1 APRIL 3:30pm - 5:00pm Cameron Oval</p>	<p>WED 24 APRIL 3:15pm - 4:45pm Flat 6</p> <p>SAT 27 APRIL Trials v IONA (Away details TBC)</p>

Rugby - Trials 2019 - Years 5 & 6

Trial Matches

Saturday, April 27 – Trial vs. Iona

Saturday, May 4 – R1 vs. SPLC

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

	MONDAY	TUESDAY	WEDNESDAY 27 MARCH	THURSDAY 28 MARCH	FRIDAY	SATURDAY 30 MARCH
Week 9			Year 5 Flat 8 2:30pm – 4:45pm Year 6 Flat 7 3:30pm – 4:45pm			Year 5 Hayden Oval 8:00am – 9:30am Year 6 Hayden Oval 9:30am – 11:00am

	MONDAY 1 APRIL	TUESDAY	WEDNESDAY 3 APRIL	THURSDAY 4 APRIL	FRIDAY	SATURDAY
Week 10	Year 5 Flat 8 3:30pm – 4:45pm		Primary Swimming Carnival	Year 6 Flat 8 2:30pm – 4:45pm	End of Term 1	

Contact Information

Year 5 Rugby Coordinator – Bas Pelly | pellys@marash.qld.edu.au | 0405 998 700

Year 6 Rugby Coordinator – John Lambourne | lambournej@marash.qld.edu.au | 0407 966 236

Head of Sport (Years 5&6) – John Lambourne | lambournej@marash.qld.edu.au | 0407 966 236

Rugby - Trials 2019 - Years 7-12

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 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			

Primary School - AIC AFL Round 7 v SPC - March 23, 2019

TEAM	BEST AND FAIREST
6A vs. SPC 6A MCA 21.12(138) def. SPC 1.3(9)	3 – James Milner 2 – Ben Player 1 – Sean Green
6B vs. SPC 6B MCA 16.9(105) def. SPC 2.4(16)	3 – Darcy Latimer 2 – Micah Netzler 1 – Hugh Homer
5A vs. SPLC 5A SPC 4.3(27) def. MCA 3.8(26)	Outstanding team performance!
5B vs. SPLC 5B MCA 8.2(50) def. SPC 1.4(10)	3 – Oliver Peregrina 2 – Jack Webster 1 – Finn Cusack

AROUND THE GROUNDS

6A: Defensive work rate was high across the board and caused a lot of turnovers resulting in scores. An even spread of contributors forward of the ball coupled with many selfless acts meant that goals were shared in what was a nice way to finish off the season.

6B: A dominant final performance to conclude the season for the 6B's, with goalkicking and forward pressure a highlight. As usual, the outstanding pressure of Micah Netzler helped the boys keep the match under control, while the sharpshooting of Darcy Latimer and Hugh Homer was a testament to their hard work all season, with eight goals from the forward duo. What a way to end things off in season 2019.

5A: The boys certainly saved their best for last, battling hard for all four quarters which, not for wayward kicking, would've been the just rewards for a season's hard work. The improvement from the previous time we played the opposition was there for all to see. The mood in the group post game only goes to show the desire of the group to continue their hard work in future seasons.

5B: The boys came up against a committed St Pat's team and the first half was a tight affair with only a couple of goals being scored. In the hot conditions, the boys dug deep to record a well-earned win to finish off the season.

Secondary School - AIC AFL Round 7 v IONA - March 23, 2019

YEAR 8/9

Last game of AFL 8/9s and up against the undefeated Iona and the chance to win and be equal premiers. A great opportunity for many of these students (over 50%) who had never played AFL previously. Kicking with the breeze the Marist lads made a solid start and new FF Chetham goaled with his first touch and the Eagles were level at quarter time. In the 2nd quarter the bigger bodies & experience of Iona saw them jump ahead by three goals. The Marist boys responded magnificently after half time and led by captain Houlihan and CHF Grounds they threw everything at Iona. Helped by O'Connell, Burg, Creek and Carroll gathering plenty of the footy and with Blomley, McCann, Bond & Nichols down back trying desperately to stop Iona scoring. The small forwards in Harper, McLean & Rosenbrock were also tackling furiously and applying pressure to keep the ball in the forward half. In the end, the Marist disposal and turnovers through the middle cost them dearly and while playing their best game proudly in front of Head of Sport Mr Miles, the 8/9s lost by 4 goals to finish runners up in a wonderful return to high school AFL.

YEAR 7 AFL V IONA COLLEGE

It was a day of mixed returns for the Year 7 boys as we rounded out our season against Iona College in hot conditions at Runcorn. The boys got off to a great start, winning the territory battle and creating plenty of opportunities up forward. Unfortunately, we were unable to capitalise, and a lapse in concentration in the second quarter allowed Iona to bang on a few quick goals and take a commanding lead into the second half.

Our lads fought back bravely and our pressure on the ball began to show results as our forwards started to find the goals. Our backline also started to find their way late in the game, playing aggressive, first-in footy and outworking their opponents to repel the Iona attack. As has been the case for us this season however it was too little, too late and Iona finished the game, comfortable victors.

It's been a challenging season for our Year 7 team; with many inexperienced and even first-time AFL players in the squad and a playing list in constant flux due to availability and injury it's been difficult to establish a feeling of consistency throughout the term. To their credit, the boys fronted up to training every week and worked on their skills and game sense and we saw some fantastic progress in that regard. Their commitment on game day has been equally impressive and I don't think you'd find a more gutsy and courageous team in the competition.

FIRST XVIII

The boys showed great spirit in their final game of the year taking it up Iona and outscoring them in the 2nd and 3rd quarters. It showed that the boys have learnt a lot this year and developed a good style of play getting better each week. Big Sauce (Harry McVeigh) had a run through the middle and added some grunt, while Tyler Galligan was best on ground. With the majority of the team in Year 10 & 11 we have laid an excellent foundation for years to come.

MCA AFL EAGLES ELITE ROUND 7

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

Secondary School - Cricket

A full wrap up of cricket season will appear in The Buzz next week - including the team of the season.

ROUND 7 - TEAM OF THE WEEK

1	Tom Collier	1st XI	7	Billy Nuss	9A
2	Cooper Mackie	1st XI	8	Max Hrstich	9A
3	Riley Grace	2nd XI	9	Ben Ferguson	8A
4	Will Jackson	2nd XI	10	Xavier Evans	8A
5	Tate Cole	10A	11	Leo Henry	7A
6	Jack Mcauliffe	10A	12	Flynn Cleary	7A

Primary School - AIC Cricket Round 7 v IONA - March 23, 2019

TEAM	BEST BOWLING	BEST BATTING
6A vs. IONA 6A Iona 172 def. MCA 45	Elias Madden 1/12 Xavier Howard 1/15	Xavier Howard 14 Lachlan Braithwaite 12
6B vs. IONA 6B Iona 4/140 def. MCA 5/110	Kevin Fitalo 1/3 Ben Mead 0/9	Liam Farrelly 25* Tom Clulow 14*
6C vs. IONA 6C Iona 6/88 def. MCA 9/52	Owen Bourke 2/6 Lachlan Murray 1/6	Ambrose 12* Ash McKinnon 12
6 GOLD vs. IONA 6 GOLD	Wash Out – No Result	Wash Out – No Result
6 WHITE vs. PADUA 6 GOLD MCA 4/92 def. Padua 7/74	Jamie Moyes 1/12 Breyton Hagarty 0/4	Jasper Taylor 5 Breyton Hagarty 9
6 GREEN vs IONA 6 WHITE	Wash Out – No Result	Wash Out – No Result
6 BLUE vs. PADUA 6 WHITE MCA 4/98 def. Padua 4/83	Baden Corfield 1/4 Jack Ackery 1/7	Josh Mason 15* Lewis Tunny 12*
5A vs. IONA 5A MCA 6/143 def. IONA 6/139	Harry Clay 2/6 Jimmy Garden 2/16	Jonah Wilde 33* Jimmy Garden 20
5B vs. IONA 5B MCA 7/142 def. Iona 94	Will Bagnall 2/9 Lachlan Nisbett 1/3	Will Bagnall 36* Zach O’Ryan 28*
5C vs. IONA 5C MCA 4/108 def. Iona 7/102	Tyson Baker 1/2 Matt Pegg 1/11 Bryn Morgan 1/11	Ben Hawley 16 William Slater 15*
5C GOLD vs. SPC 5C MCA 9/81 def. SPC 7/72	Tom Collins 2/5 Reuben Smythe 2/7	Jack Hermann 18 Toby Campbell 14*
5 WHITE vs. IONA 5 GOLD Iona 3/95 def. MCA 4/91	Jackson Skinner 1/1 Will MacTaggart 1/6	Leo Pigott 25* Llewie Carrigan 9
5 GREEN vs. IONA 5 GREEN MCA 80 def. Iona 78	Henry Waters 2/1 Sam Imlay 1/1	Henry Waters 10 Owen Black 9

Around the Grounds

6A: While it wasn't our day with the bat, the boys showed amazing skills and teamwork out in the field. Fletcher Cabot secured a run out from the boundary, and there were three brilliant catches from Xavier Howard, Lachlan Braithwaite & Fletcher Cabot.

6B: Against a very strong opposition the boys never gave up in the field to keep the pressure on Iona. The highlight in the field came from Cam McPhee who threw down the stumps from deep square leg to earn the team an important run out.

6C: The boys faced a very well drilled Iona side. Although they bowled very well and were set an achievable target Iona's bowlers and efforts in the field denied them in the end.

6 GOLD: Wash Out – No Result

6 WHITE: All the hard work put into fielding drills throughout the season paid off in an exceptional effort in the field; the 6 White boys managed 6 run outs in the match putting the opposition batsmen under immense pressure.

6 GREEN: Wash Out – No Result

6 BLUE: Spectacular all round effort after a shaky start with the bat. Mason, Tunny and Ackery all starred with the bat, totaling 13 4's between them. Continued with the fielding, claiming 4 wickets in 5 overs and maintaining high quality fielding to keep the Paduans at bay.

5A: Jonah Wilde set-up an awesome batting platform with 30*, Jimmy Garden was the key to finishing the game on top with a contribution of 20*. An outstanding batting effort to chase down 140.

5B: Will Bagnall bagged himself two great wickets exhibiting blistering pace and proving to his coach that his 50m run up, is in fact, not too long. He also smashed a six and four off his last two balls to bring up 36 runs, not out, off 22 deliveries. The perfect ending to an undefeated season for Will and the mighty 5Bs!

5C: A close fought win by the boys to secure an undefeated season. Brilliant batting in the first innings from Ben Hawley set up a last over thriller with Finn Manahan stepping up to close it out.

5C GOLD: A great way to end a fantastic season with the boys! SPC proved a tough opposition, but fortunately the boys rallied together and, with some amazing fielding, finished the season on a high.

5 WHITE: Leo Pigott had a great day at the batting crease; scoring 25 runs which included five 4s. Leo's effort brought the team very close to catching Iona's total but the boys fell 4 runs short.

5 GREEN: Terrific performance on the weekend and a great way to end the season. Henry Waters put in a Man of Match performance; Henry, kept wicket, bowled 1 over returning figures of 2/1 and top scored with the bat with 10 runs, an outstanding individual performance.

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	Washout	No Result Given
2nd XI	BYE	ASH 6/110 SPC 109	ASH 3/209 SLC 8/164	Internal	ASH 10/138 VNC 10/152	ASH 117 PAD 30	ASH 2/128 Iona 10/123
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	Washout	WASHOUT
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	Washout	ASH 4/144 Iona 5/106
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	Washout	ASH 4/215 Villa 10/121
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	Washout	6/131
7th XI	DNP	DNP	DNP	DNP	No Result Given	Washout	8/129
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	ASH 8/93 PAD 6/72	ASH 6/198 Iona 5/192
10B	BYE	ASH 94 SPC 8/89	ASH 140 SLC 6/141	ASH 114 SEC 77	ASH 4/208 VNC 9/206	Washout	WASHOUT
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	Washout	No Result Given
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	Washout	BYE
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	Washout	ASH 9/127 Iona 10/125
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	Washout	ASH 1/48 Iona 10/47
9C (BNJC)	Day 1 of Game	ASH 149 VDCC 57	Day 1 of Game	ASH 151 Valley Green 57	Day 1	Washout	ASH 9/83 Valleys 9/74
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	Washout	ASH 10/122 Iona 4/123
9E	ASH 5/100 VILLA 2/92	ASH 2/93 SLC (D) 8/92	No Result Given	BYE	No Result Given	Washout	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	Washout	ASH 8/112 Iona 3/113
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	Washout	ASH 8/143 Iona 3/144
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	Washout	ASH 8/176 Valleys 6/137
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	Washout	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	Washout	ASH 3/46 Iona 6/48
8F	No Result Given	ASH 4/121 SLC (D) 6/69	ASH 5/85 SLC (D) 67	BYE	ASH 5/150 VNC 4/127	Washout	No Result Given
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	Washout	ASH 10/145 Iona 7/91
7B	WASHOUT	ASH 2/254 SPC 90	ASH 7/230 SLC 7/136	ASH 4/230 SEC 13	ASH 10/191 VNC 9/159	Washout	ASH 4/138 Iona 10/80
7C	WASHOUT	ASH 4/130 ASH (D) 7/115	ASH 5/203 SLC 9/84	No Result Given	ASH 7/114 VNC 10/48	Washout	ASH 0/190 Iona 8/86
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	Washout	No Result Given
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	Washout	No Result Given
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	Washout	BYE
7G	No Result Given	No Result Given	No Result Given	ASH 0/67 VILLA 1/66	ASH 4/124 VNC 10/123	Washout	ASH 6/66 Iona 8/86
7H	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	ASH 6/90 PAD 3/93

Volleyball

The 2019 Volleyball season for MCA has been majorly successful, with a second place in the Open 1st VI competition and second overall in aggregate results. Our aggregate result breaks a 10-year absence from the Top 3, and our score of 67.5 eclipses our other scores, most recently:

- 2019 – 67.5 points (2nd)
- 2018 – 52.5 points (5th)
- 2017 – 59.5 points (4th)
- 2016 – 49 points (5th)
- 2015 – 51 points (5th)

Every team except one (who came 5th) achieved a top 4 placing – this is a monumental achievement. This is due to the hard work of our coaches. Their dedication, care and professionalism was an asset to the boys and the program. It is also due to our depth – our C and D teams performed exceptionally well and contributed greatly to this result through the enacting of the culture we want in the program. Well done to all of you!

And the best thing about all of this? We have done it with dignity. Success comes through hard work, care for others, and learning and growing – virtues we have seen throughout the weeks and throughout the teams.

A massive thank you to everyone else involved – players, parents, staff and most notably Mr Scott Minogue, whose oversight of the junior and Internal competitions has been exemplary. Also a huge thank you to our Head of Sport, David Miles, for his unwavering support of the program and those who run it. I look forward in earnest in our attempt to do one better in 2020.

Adam Knight
Volleyball Head Coach and Coordinator



The last round, two undefeated teams going head to head in a battle they both knew was going to be a test of skill and stamina. Iona came out a very talented team, matching us point for point, the first set consisted of a plethora of kill blocks and bouncing balls. However, Iona took it out in an edge-of-your-seat point for point battle that left the final set score at 27-25. Following this, Iona wanted to capitalise on their momentum, and we strove to upset their flow. Similarly to the first set, the two teams displayed an extremely high level of skill as both teams fought valiantly; however the Iona offence was too strong as they again took the second set, 28-26. MCA, on the back foot and with a buzzing crowd at their back, knew that they had to put everything they could into the final set. Starting shakily – down 17-8 at one point – they slowly worked their way back up, chipping away at Iona's well-formed defence, hit by hit. Regardless of the heart displayed by the MCA boys, Iona was too well established, they took out the final set 25-22.

Regardless of the end result, I couldn't have asked for a better group of boys to play with throughout my final year of schoolboy Volleyball and better support staff to help out. I would like to wholeheartedly thank anyone who has helped the Volleyball program, whether it was half an hour in the tuckshop or an extra voice in the crowd, thank you.

Tim Gibb
1st VI Volleyball Captain

TEAM OF THE WEEK

VOLLEYBALL ROUND 7	
Tom Gibb	Open 1st
Josh Barbeler	Open 2nd
Rhonon Jensen	11A
Dwayne Ludwig	10A
Andrew Crook	9A
Hamish Burton	9A
Jack Fogarty	8A
Joel Drew	7A

2019 VOLLEYBALL SELECT SIDE

2019 SELECT SIDE	
Steve Hanson	Open 1st
Hunter Petrie	Open 1st
Andrae Mackay	Open 2nd
Adam Green	11A
Fred Elia	10A
Nick Griffin	9A
Jonah Titifanua	8A
Isaac Roach	7A

Volleyball Years 7-9

The Junior Volleyball teams have had their most successful season to date, and their results helped contribute to the second place aggregate result. Each week this season, I was able to report back that the Year 7-9 teams, from A-D, won the majority of their games across the day quite convincingly. The success that these teams saw was a result of the hard work, effort and commitment that the players possessed, and all of the teams in the Junior competition saw improvement from Round 1. Special mention must go to the 7C, 7D and 9D teams who were undefeated this season.

Marist College Ashgrove presented as strong unit on the court, whilst always playing with humility and showing respect towards the opposition, the referees and each other; I am very proud of how these boys presented themselves. It must be noted that the coaches led by example and they set a positive and determined tone in their teams. I would like to thank the coaches for their commitment to the program through their drive, enthusiasm and organisation of training sessions - this was evident to the boys and was definitely a contributing factor to our final result.

I am well aware that without parental support, the boys wouldn't have had the opportunity to experience these successes, or learn many valuable lessons, in this sport. So, a big thank you must go to the parents for driving your son to trainings, your encouragement for their involvement in the sport, and your support on Saturdays. I would also like to thank those parents who spent time in the canteen this season – your time here was much appreciated.

I would also like to thank David Miles, Adam Knight and Corey Lucas for their organisation this season. I look forward to being involved in continuing to develop the Volleyball program at Marist, and hopefully we can emulate this similar success in the future.

Scott Minogue

Assistant Coordinator of Volleyball (Years 7-9)

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	3-0 win	0-3 loss
2nd VI	1-2 loss	2-0 win	0-2 loss	2-1 win	2-0 win	2-1 win	0-2 loss
3rd VI	2-1 win	1-2 loss	2-0 win	2-0 win	2-0 win	1-2 loss	0-2 loss
4th VI	2-0 win	2-1 win	0-2 loss	BYE	2-1 win	0-2 loss	1-2 loss
11A	2-0 win	2-0 win	0-2 loss	2-1 win	2-0 win	1-2 loss	0-2 loss
11B	1-2 loss	2-1 win	1-2 loss	0-2 loss	2-1 win	0-2 loss	0-2 loss
11C	2-0 win	2-0 win	0-2 loss	2-0 win	No Result Given	0-2 loss	1-2 loss
11D	2-0 win	1-2 loss		BYE	No Result Given	0-2 loss	0-2 loss
10A	0-2 loss	2-1 win	0-2 loss	2-0 win	0-2 loss	2-1 win	1-2 loss
10B	3-0 win	0-2 loss	1-2 loss	2-0 win	2-1 win	2-1 win	1-2 loss
10C	3-0 win	1-2 loss	0-2 loss	2-0 win	1-2 loss	1-2 loss	0-2 loss
10D	2-0 win	2-1 win	1-2 loss	2-0 win	No Result Given	0-2 loss	0-2 loss
9A	1-2 loss	2-1 win	1-2 loss	2-1 win	0-3 loss	2-1 win	2-1 win
9B	2-1 loss	3-0 win	2-1 win	2-1 win	3-0 win	2-1 win	3-0 win
9C	0-3 loss	3-0 win	2-1 win	3-0 win	1-2 loss	1-2 loss	0-3 loss
9D	3-0 win	3-0 win	2-1 win	2-0 win	2-1 win	2-1 win	3-0 win
8A	0-2 loss	3-0 win	2-1 win	2-1 win	2-1 win	1-2 loss	2-1 win
8B	2-1 win	2-1 win	2-1 win	0-3 loss	2-1 win	1-2 loss	2-1 win
8C	1-2 loss	2-1 win	2-1 win	3-0 win	1-2 loss	3-0 win	0-3 loss
8D	2-1 win	3-0 win	2-1 win	2-0 win	3-0 win	3-0 win	2-1 win
7A	3-0 win	0-2 loss	2-1 win	3-0 win	2-1 win	3-0 win	0-3 loss
7B	2-1 win	2-1 win	3-0 win	1-2 loss	3-0 win	3-0 win	0-3 loss
7C	3-0 win	3-0 win	2-1 win	3-0 win	3-0 win	3-0 win	2-1 win
7D	3-0 win	2-1 win	2-1 win	2-1 win	3-0 win	3-0 win	3-0 win

Strength and Conditioning - Term 1 - Week 9

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	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
LUNCH	BREAK 1					
	BREAK 2					
PM	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)