



## Weekly Sports Report Friday 26 April 2019 - Term 2 - Week 1

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## From the Head of Sport

Welcome back to all students and families from what we hope was a relaxing and injury-free holiday break! Term 2 sport sees the commencement of the rugby, football (soccer) and chess seasons along with the continuation of our cross-country program. Our cross-country squad will have their major AIC championships at the start of Week 4 this term, and we wish them the best of luck in the final few weeks.

What an interesting first week back we have had at school!! We certainly appreciate the patience of all students and families in handling such a rushed first week back. We hope that once we get through our trials this weekend against Iona that a sense of normality will return and our students can settle into some sort of regular routine.

With that in mind... our final stage of renovation on "The Flats" is in the final stages and as a result, will see some slight changes to our training schedule for next week.

Please check the Week 2 training schedule for rugby and football listed in this newsletter as, due to fewer fields being available, it may have some slight changes to our normal schedule. We hope to be able to restore our normal training program after Labour Day.

With only two days in our first week back, this week's newsletter will contain information regarding uniform, training schedules, and draws for this weekend's trial v Iona. Reports of sporting tours over the Easter holidays, student highlights, and more in-depth Rugby and Football information will be in next week's newsletter.

All students are reminded to check all details contained in this newsletter regarding times and venues for training and trial matches. It is also important that students know which team they are in for this weekend's trial against Iona. Any questions regarding this should be directed to the coordinators for the relevant sports.

Round 1 of the AIC competition against St. Peter's Lutheran College commences on Friday, May 3 with Chess and continues on Saturday, May 4 with Rugby and Football fixtures.

Attendance at training and working hard over the next week to ensure a good start to the season will be crucial for success in your competitions. Good luck to all students and coaches for the upcoming season!

**Mr David Miles**  
Head of Sport

### UPCOMING EVENTS

#### Friday 26 April

AIC Chess Trial

#### Saturday 27 April

Rugby & Football Trial v Iona

#### Friday 3 May

AIC Chess Round 1  
v St Peters Lutheran College

#### Saturday 4 May

AIC Rugby & Football Round 1  
v St Peters Lutheran College

### MCA SPORTS CONNECT

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## Student Achievements

Congratulations to:

- Will Jennings (10R), Cooper Thomas (10D) and Mason Houlihan (9R) on their selection in Met North 13-15 years AFL team to compete at State Championships in Gold Coast in early May.
- Toby Bergh (10H) for being selected in the Volleyball 12 – 15 years Boys Team who will compete at the State Championship in May

## Term 2 Sport Uniform

A very important part of representing Ashgrove in any sporting competition is our presentation. As we move into the AIC Rugby and Football seasons, it is a good opportunity for all students to ensure they have the correct uniform for their particular sport. It is the position of our College and most AIC colleges that no student should be on the field if they are not dressed in the correct uniform. All coaches will be asked to not put a player on until they have the correct uniform so please organise this ASAP.

Please see photos below as for correct Rugby and Football uniform.



### 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)

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## Rugby Training Timetable - Term 2, Week 2

DAY/TIME	MCCMAHON	HAYDEN	FLAT 8
<b>Monday</b>			
Afternoon 3:30pm - 5:00pm	Open Rugby	Year 10	Year 8

<b>Tuesday</b>			
Afternoon 3:30pm - 5:00pm	1st XV/2nd XV	Year 9	Year 7

<b>Wednesday</b>			
Morning 6:45am - 8:00am	Year 10A/B	Year 10 C - colour	
Afternoon 3:30pm - 5:00pm	1st XV/2nd XV	Open Rugby	Year 8

<b>Thursday</b>			
Afternoon 3:30pm - 5:00pm	1st XV/2nd XV	Year 9	Year 7B-F

<b>Friday</b>			
Morning 6:45am - 8:00am		Year 7A	

## Football Training Timetable - Term 2, Week 2

MORNING 6:45AM - 8:00AM					
FIELD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cameron	10A/10B Football	1st XI & 2nd XI Football	4th XI Football	1st XI & 2nd XI Football	
Flat 8	7 White Football / 5th XI Football	7 Gold Football	7 White / Year 8 Football	8A, 8B & 8C Football	
Flat 7	10C & 10 Gold Football		Year 8 Football	Year 9 Football	7 Green Football
Jack Eales	Year 5 Football	Year 6 Football			
Hayden	Year 5 Football	Year 6 Football			

AFTERNOON 3:30PM - 5:00PM					
FIELD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cameron	3rd & 4th XI Football	9A, 9B & 9C Football	10A, 10B & 10 Gold Football	Uhlisport/ISSA Cup	5th & 6th XI Football
Flat 7	7A, 7B, 7C Football	Year 5 Football	3rd XI, 7A & 7B Football	Year 6 Football	10C, 8 Gold & White Football

## AIC CHESS

### TRIAL V IONA, FRIDAY APRIL 26, 2019

Chess Coordinator: Mr Daniel Bull and Tim Humphry

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times – Ash Rugby jersey, shorts, and socks

Venue: Iona College, 85 North Road , Lindum

Bus departs College at 3:30pm

Games commence at 4:30pm

Bus will return to College by 6:30pm

## AIC RUGBY

### TRIAL V IONA, SATURDAY APRIL 27, 2019

Rugby Coordinator: Mr David Miles

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times – Ash Rugby jersey, shorts, and socks

YEAR 9 -12 RUGBY (AWAY)			
TIME	DAVINE OVAL	MCCARTHY	HARRON
9:00am			9D
10:00am	6ths	Iona 10D v Ash 10D/E	9C
11:00am	5ths	10C	9B
12:00pm	4ths	10B	9A
1:00pm	3rds	10A	
2:15pm	2nds		

YEAR 5 - 8 RUGBY (HOME)						
TIME	MCCMAHON	HAYDEN	TIME	FLAT 8	TIME	MT MARIA 2
8:00am	Ioana 8E v Ash 8E/F	Ash 7E v Ash 7F	8:00am	6D	8.00am	5D
9:00am	8D	7D	9:00am	6C	8.50am	5C
10:00am	8C	7C	10:00am	6B	9.40am	5B
11:00am	8B	7B	11:00am	6A	10.30am	5A
12:00pm	8A	7A	12:00pm	Ash 9E v Ash 9F		

## AIC FOOTBALL

### TRIAL V IONA, SATURDAY APRIL 27, 2019

Football Coordinator: Mr Terry Quain

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times – Ashgrove Football jersey, shorts, and socks.

<b>YEAR 9 - 12 FOOTBALL (AWAY)</b>					
<b>TIME</b>	<b>FULLER OVAL</b>	<b>TIME</b>	<b>COGHILL OVAL</b>	<b>TIME</b>	<b>DWYER OVAL</b>
7:30am		7:30am	9D	7:30am	9C
8:30am	9A	8:30am	10B	8:30am	10D
9:45am	10A	9:30am	9B	9:30am	10C
11:00am	2nds	10:30am	3rds	10:30am	5ths
12:30pm	1sts	11:40am	4ths	11:30am	6ths

<b>YEAR 5 - 8 FOOTBALL (HOME)</b>							
<b>TIME</b>	<b>CAMERON</b>	<b>TIME</b>	<b>MT MARIA 1</b>	<b>TIME</b>	<b>FLAT 7 (1)</b>	<b>TIME</b>	<b>FLAT 7 (2)</b>
7:30am	8A	7:30am	7A	7:30am	6A	7:30am	5A
8:30am	8B	8:30am	7B	8:20am	6B	8:20am	5B
9:30am	8C	9:30am	7C	9:10am	6C	9:10am	5C
10:30am	8D	10:30am	7D	10:00am	6D	10:00am	5D
11:30am	8E	11:30am	7E	10:50am	6E	10:50am	5E
						11:40am	5F

# Cross Country

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Welcome back from the school holidays, this week marks the beginning of the competitive season for cross country as we get the ball rolling with the Interhouse Cross Country on Friday. In the coming weeks our boys will be participating in a number of races leading up to the AIC Championships on Monday, 13 May, details as follows:

- Wednesday 1 May – AIC Meet @ Curlew Park
- Saturday 4 May – QLD All Schools Championships
- Wednesday 8 May – AIC Meet @ Runcorn
- Thursday 9 May – Ashgrove Rangers Primary School Meet – Dorrington Park
- Monday 13 May – AIC Championships @ Curlew Park

## Camp Wrap-Up

Over the holidays we held the annual Cross Country Camp down at the BLK Performance Centre at Runaway Bay. The camp was a jam-packed three days of activities and challenges to prepare the boys for the racing season and camaraderie across the team.

Before heading down the coast we kicked things off with what is becoming known as 'the Ashgrove' workout, a high-volume, high-quality blend of paces and distances that embodies the concept of 'the training is the test'. This was backed up the following morning as the boys took part in the ParkRun at Main Beach, and after a surprisingly challenging pool recovery session the fun and games began.

A split session of yoga and laser skirmish provided entertainment at opposite ends of the excitement spectrum, and the annual touch footy tournament proved as competitive and comical as ever. Playing the grand final under lights and refereed by an elite officiating crew added an element of prestige previously unknown to the tournament, and after a big day, we were happy to wind down watching either a movie or the footy in the lodges.

A morning at the beach with a BBQ breakfast proved a fantastic way to finish off the camp and as with all other jobs the cleaning and pack up was carried out with speed and efficiency. A special thanks must go to head coach Connor O'Leary and squad supervisors Tom Smart, Jakob Funk, Tom Connelly, Luc Bruna, Callum Mackay and Brendan Saunders who gave up their time to make the camp possible.

## Training Taper

The training schedule will continue as normal up until AIC Championships; generally speaking, an effective taper involves maintaining training quality whilst reducing volume by 20%-30% over a period of a few weeks. So with that in mind, we would encourage boys to continue to attend A & B sessions and the Friday long run as normal and the coaching staff will manage the training load appropriately.

## Squad Presentation Night

This year's AIC Squad Presentation Night will take place after the Ashgrove Rangers Primary School Meet on Thursday, 9 May; there will be a special training session after school for high school boys before we all head down to cheer on our Year 5 & 6 boys in their races. Following the meet, there will be food and refreshments provided as we acknowledge the year level teams for this years AIC Championships.

Due to the condensed nature of this years competition period we will be relying on use of the College App for most information, so be sure to keep an eye out for updates over the course of the next few weeks.

## Strength and Conditioning - Term 2, Week 2

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>	6:15am - 7:15am	GENERAL USER	OPENS FOOTBALL (FITNESS)	GENERAL USER	OPENS RUGBY (BOARDERS)	GENERAL USER
	7:05am - 8:05am	T&F DEVELOPMENT	OPENS BASKETBALL	OPENS RUGBY	OPENS RUGBY (DAY STUDENTS)	OPENS BASKETBALL
	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	OPENS RUGBY	RUGBY DEVELOPMENT (YEAR 10)	OPENS FOOTBALL	RUGBY DEVELOPMENT (YEAR 10)	
	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)