



## Weekly Sports Report Wednesday 31 July, 2019 - Term 3 - Week 3 Inside this edition

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## From the Head of Sport

Congratulations to all students for their efforts in starting the Term 3 sporting competition so positively. The enthusiasm, level of performance and the focus on presenting a good image with our uniforms was great to see. A very busy term with our College involved in basketball, hockey, rugby league, tennis and track and field mean organisation is very important.

### A few reminders to students:

- **Uniform/Gear organisation:** Organise all of your uniform and equipment the night before you train or compete. Do not expect to find missing items of clothing or training gear in the morning. Your parents will be more enthusiastic to help you if you are organised yourself.
- **Cold weather uniform options:** The College sports jacket or new College hoodie are your only options. Both are available in the uniform shop. We had a very positive start to the term with this so please keep it up!
- **Where do I find training/game information?** College APP or The Buzz Sports Newsletter. It is all there! Please make sure the APP is downloaded on your phone.

Last Saturday, we hosted St. Peter's Lutheran College in Round 1 of AIC sport for Term 3. In recent years St. Peter's have certainly been the benchmark for tennis as they have the strongest program in the AIC competition. Our teams competed admirably and are now aware of what is required for the remainder of their season. The 1st IV competed more closely that the results indicate with many competitive games and are looking forward to their next opportunity on Saturday.

A very successful start to the basketball season saw our teams win 11 out of 12 aggregate matches with only two losses from Year 5-12. All teams now head into a tough weekend of games against St. Patrick's College with a good start to the season providing each team with confidence.

This Saturday will see the commencement of the MCA rugby league season. With a first-round BYE against St. Peter's, all other Colleges played Round 1 at Shorncliffe. Each weekend one College will host all games at their venue and this Saturday we have the pleasure of hosting. All teams from MCA, Padua, St. Edmund's, St. Laurence's, St. Patrick's and Villanova will play their games at our home ground.

This will be a great day for our community so we encourage everyone to come along and support what will be an exciting day of matches. All Ashgrove teams will be playing St. Patrick's on McMahon Oval starting at 8:30am with our Year 5 students and finishing with the 1st XII at 2.40pm.

### UPCOMING EVENTS

#### Thursday 1 August

Track & Field Age Championships  
(House Athletics Carnival)

#### Friday 2 August

Years 5 & 6 Basketball Round 2  
v St Patrick's (Year 6 @ Home)

#### Saturday 3 August

Basketball, Tennis and Rugby League  
Round 2 v St Patrick's (Year 10-12 Away;  
Year 7-9 Home)

#### Friday 9 August

Years 5 & 6 Basketball Round 3  
v St Laurence's (Year 5 @ Home)

#### Saturday 10 August

Basketball, Tennis and Rugby League  
Round 3 v St Laurence's (Year 10-12  
Home; Year 7-9 Away)

### 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)

Track and Field Coordinator

**David Miles**

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

Basketball Coordinator

**Michael Connolly**

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

Rugby League Coordinator

**Kim Horwood**

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

Tennis Coordinator

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

### McMahon Oval Canteen Help

With all matches being played at our venues we will require "all-hands-on-deck"!! There will be a lot of students, parents and other spectators around so it could be a busy time. We are asking all of our rugby league parents to assist in the canteen in the time leading into their son's match.

Please see the schedule below for when we will require assistance

TIME	CANTEEN HELP REQUIRED	MATCH BEING PLAYED
8.30am	Year 6	Year 5
9.30am	Year 7	Year 6
10.30am	Year 8	Year 7
11.30am	Year 9	Year 8
12.30pm	Year 10	Year 9
1.30pm	1st XIII	Year 10
2.40pm	ANY AVAILABLE HELP	1st XII

### Track and Field

Our Track and Field athletes have commenced their first week of training to mark the start of the season. As 4-time defending champions from 2015-2018, we will be looking to continue this trend and defend our title once again. The commitment of our best athletes is important for this to occur and it is important that athletes get into good training habits from the start. The formula for success in sport is not a secret. It is simply turning up to training on a regular basis and working hard.

### Hockey

Our Hockey team continues their involvement in the Brisbane Hockey Schools Cup competition held on Friday afternoons. Last Friday, the team won 6-3 against Kelvin Grove State High School at Burringbar Park. A hat trick to Tyler Newell and one goal each to Tom O'Connor, Dom Heron and Nick Kier helped guide the boys to victory. This week they will play Ambrose Treacy College on Friday at the State Hockey Centre. We wish these boys the best of luck.

### House Athletics Carnival

Tomorrow we host our annual College House Athletics Carnival. This is traditionally a great day of high participation and also offers the chance for our talented track and field athletes to showcase their abilities in front of the College. The program for the day has been uploaded to the College APP for parents and friends to reference.

**Mr David Miles**  
**Head of Sport**

## Basketball Select Team

Each week during the basketball and rugby league season, high performing players from the 1st, 2nd, and A teams in both sports are rewarded with selection in the teams of the week. At the conclusion of the season, a team of the season is selected for both sports to be presented at assembly.

The Basketball Select Team for Round 1 v SPLC is below:

BASKETBALL SELECT - ROUND 1			
Liam Hearn	1st V	Paul Stracotta	9A
Callam Thomas	2nd V	Ned Rosenbrock	8A
Nick Tucker	11A	Tom Hallion	7A
Tom Pfizner	10A		

### 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)

# Basketball - Team Reports and Results

Saturday saw our first AIC home fixture for our Year 10, 11 and 12 teams. The players rose to the occasion and recorded a clean sweep of results against St. Peter's College for the games played at our home venue. I would like to congratulate the boys on the sportsmanship that they displayed over the course of the morning. I would also like to thank every boy for making the effort to wear the correct MCA gear when they arrived for their match. There was a huge improvement in this area in comparison to last year.

The highlight of the morning was the singlet presentation for our 2019 1st V Squad. Eight members of our 2018 1st V Premiership team returned to present this year's players with the singlet number that the 2018 boys had worn the previous year. Last year's captain, Hamish Geary spoke about what the blue AIC playing strip meant to him as a player and wished the boys all the best for the season ahead. Our boys responded to the call and recorded a convincing win over their opponents.

I would like to thank every supporter who came along to watch all the games on Saturday.

## ROUND 1 VS SPLC – SATURDAY, JULY 27, 2019

### 1ST V BASKETBALL VS ST PETERS: RESULT 67-26 WIN

The 1st V were presented with their blue jerseys in the locker room and were ready to come out and face a St Peters outfit that was not to be underestimated. Ashgrove started strong behind the stellar play of returning members Liam Hearn, Jack O'Neill and Will Jackson and new member Tom Hancock. The crowd support lifted the players to new heights and pushed them to play hard at home and protect the house. The tone was set early and the boys roared away to a convincing 40 point win, and the title defence has started strongly.

TEAM	TEAM REPORT
<b>3rd V</b>	The team got off to a slow start in the first quarter taking time to adjust to a new defensive structure. Readjusted and played very well offensively to hold a 20 point lead at the half. Held off a resilient comeback in the 3rd and 4th to get the 14-point win over a quality St Peters side.
<b>4th V</b>	With a single training session involving only half the team under their belts, the 4ths came to the game against St Peters with a sense of apprehension. It didn't take long for them to find their voices and start to work as a team. We look forward to training on Wednesday in order to hone our skills and strategy.
<b>11A</b>	11A started the game slowly with nerves and not finishing easy opportunities. The boys adjusted after halftime, with Nick Tucker and Adam Wilson lifting the boys on the defensive end leading to easy fast breakpoints. After key adjustments in the 2nd half, the boys finished with a 9-point win. Looking forward to a much-improved performance this week against SPC.
<b>11C</b>	It was great to see the boys put into practice what we have trained and rehearsed in the last week. They are showing the early signs of working as a cohesive team, with great offence and solid defence. The score was evidence of this (69 - 21) Amazing work by Liam Bacon who was our lead point scorer, and Zac Kierpalz who was our lead dunker. Can't wait to see how the team matures over the season.
<b>11D</b>	Despite playing a C-grade team the boys played very hard and improved tremendously throughout the game almost mounting a comeback in what was a closely contested game. The boys defended and shot very well with a combined five 3-pointers which is encouraging for the next couple of games.
<b>10A</b>	10A took half a game to get into a rhythm struggling for most of the first half. The second half was much improved with greater attention on the defensive end leading to better opportunities at the offensive end. The game highlight was a ripping tomahawk dunk by Toby Bergh in the first quarter off a loose pass. Good contributions by all in the second half with the new guys Dan Meggitt and Dan Drew contributing strongly. Tom Pfizner had his mid-range working nicely and Liam Hagarty pushed the ball, ran the floor hard and made some nice passes.
<b>9A</b>	9A confirmed they will be a force this year with a convincing win over SPLC. They played with spirit, as a team and with humility.
<b>9C</b>	With a commanding win over Saint Peter's Lutheran College, the 9Cs have started the 2019 basketball season in the right direction. With some stand out performances, specifically from the centre-positioned players of the team, the boys left confident and ready for their next game against Saint Patrick's for Game 2.
<b>9D</b>	9Ds started off the season well with a win over St Pats. They forced a lot of turnovers on defence which helped them gain a 10-point lead at the end of the fourth quarter. We look forward to a big game this weekend.

## Basketball - Team Reports and Results Continued...

TEAM	TEAM REPORT
<b>8A</b>	A disappointing result for the 8A. The boys began well and were on top of their, equally matched, opponents early. As the game progressed the boys' shot radar deserted them and they missed countless scoring opportunities, this allowed the opposition into the game. Even though the boys finished well the victory eluded them. The team will be looking to regroup this week and are out for redemption.
<b>8B</b>	8B stepped up on game day displaying a well-organised transition leading to many opportunities to score under the post. The win was contributed by effective teamwork and an understanding of spatial awareness. It was an enjoyable game to watch.
<b>8C</b>	8C got up 27-17 on the back of a 13-2 second half. The boys displayed terrific ball movement and teamwork while also locking down St. Peter's on defence. Hopefully they'll be able to bring more of the same this weekend against St Pat's.
<b>8D</b>	The boys competed strongly throughout the whole game. Although they were dominant the boys backed up their performance with a good showing of sportsmanship representing the school well.
<b>7A</b>	7A Game started off with a slow first quarter. By the third quarter, we had gained a comfortable lead. This allowed us to try some new plays and saw the boys push themselves with things we hadn't run at practice during the week. A strong overall performance and a great start to the season.
<b>7B</b>	7B had a great game dominating the St Peter's boys in every facet of the game. To their credit, the boys didn't lose focus or carried on when it became clear that they were playing a weaker team
<b>7C</b>	What a great group of young men. Some comments from the boys on the sideline - "Maybe we should just let them have the ball so they can get some goals", "We've got great team spirit".
<b>7D</b>	St Peter's had us worried in the first half and we only led 11-9 at the half-time break. However, some great rebounding in the 3rd quarter, at both ends of the court made a big difference to the score. Player of the match Tom Small worked hard and made his presence felt all over the court.
<b>6A</b>	The boys started the game strongly and held this momentum throughout the game. They have been working very hard in training and have improved 10-fold since our first training session and it showed in a great game.
<b>6B</b>	6B started the basketball season on a high, putting their new skills to the test. With a bit more practice on slowing down the pace the boys will be unstoppable this season. Well done to the 6B boys!
<b>6C</b>	A friendly match between the 6C and 6 Gold teams began with a tightly fought 1st quarter. 6C pulled away in the second as they began to pass the ball into open space and found scoring opportunities on the fast break. Man-of-the-Match Roy particularly took advantage of the fast break and finished with 13 points. An excellent team performance to open the season.
<b>5A</b>	After a strong trial, 5A were ready to put in a good performance in Round 1, St Peter's had a star player that proved a handful for the MCA boys, but we started to make more shots which held us in the contest right up to the final minutes. The end result reflected a hard-fought match with many highlights, but the boys went down by a narrow margin. The lads can take confidence from this match moving forward into the season.
<b>5B</b>	The focus for the Mighty 5B first official AIC game was to work as a team and execute the basic basketball skills they have been practising at training. The score reflects the boys' excellent efforts at implementing these team goals. Well done TEAM!
<b>5C</b>	A closer game than last week between these two MCA teams. Big defence by Weston Lewis and great action at both ends of the court by Harry Clay helped us with the win.
<b>5D</b>	All the boys displayed a solid effort to go down by only six points to the 5C team. Tyson Baker led the way in offense as well as Matty Murdoch defending well. All boys communicated well as a team in overall play. Well done!

# AIC Basketball Results 2019

	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA	PADUA	IONA
1st V	67-26 win						
2nd V	76-19 win						
3rd V	51-37 win						
4th V	30-13 win						
11A	37-28 win						
11B	50-10 win						
11C	69-21 win						
11D	35-27 win						
10A	48-31 win						
10B	59-10 win						
10C	67-12 win						
10D	13-14 loss						
9A	83-8 win						
9B	51-15 win						
9C	52-5 win						
9D	25-16 win						
8A	27-35 loss						
8B	48-16 win						
8C	26-15 win						
8D	53-2 win						
7A	38-15 win						
7B	77-5 win						
7C	53-5 win						
7D	23-12 win						
6A	49-4 win						
6B	53-4 win						
6C	30-22 win						
6D	22-30 loss						
5A	26-31 loss						
5B	54-4 win						
5C	26-14 win						
5D	14-26 loss						

## AIC Tennis Results 2019

	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA	PADUA	IONA
<b>1st IV</b>	0-8 loss						
<b>2nd IV</b>	0-8 loss						
<b>3rd IV</b>	4-4 (25-24) SPLC win						
<b>11A</b>	0-8 loss						
<b>11B</b>	2-6 loss						
<b>10A</b>	2-6 loss						
<b>10B</b>	1-7 loss						
<b>9A</b>	1-7 loss						
<b>9B</b>	4-4 (30-23) ASH win						
<b>8A</b>							
<b>8B</b>							
<b>7A</b>							
<b>7B</b>							
<b>6A</b>	8-0 win						
<b>6B</b>	6-2 win						
<b>5A</b>	4-3 win						
<b>5B</b>	4-2 win						

## AIC Rugby League Results 2019

	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA	PADUA	IONA
<b>1st XIII</b>	BYE						
<b>YEAR 10</b>	BYE						
<b>YEAR 9</b>	BYE						
<b>YEAR 8</b>	BYE						
<b>YEAR 7</b>	BYE						
<b>YEAR 6</b>	BYE						
<b>YEAR 5</b>	BYE						

## AIC BASKETBALL ROUND 2

### MARIST COLLEGE ASHGROVE V SPC

### FRIDAY 2 & SATURDAY 3 AUGUST, 2019

Basketball Coordinator: Mr Michael Connolly (Years 5-12)

- 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 Basketball singlet, shorts, and socks

FRIDAY 2 AUGUST			
TEAM	TIME	H/A	VENUE
6A v SPC 6A	4:50pm	AWAY	Court 1, Christian Brothers Centre. Yundah Street or Pier Ave, Shorncliffe.
6B v SPC 6B	4:00pm	AWAY	Court 1, Christian Brothers Centre. Yundah Street or Pier Ave, Shorncliffe.
6C v SPC 6C	4:50pm	AWAY	Court 1, Callan Centre. Yundah Street or Pier Ave, Shorncliffe.
6D GOLD v SPC 6D GOLD	4:00pm	AWAY	Court 1, Callan Centre. Yundah Street or Pier Ave, Shorncliffe.
5A v SPC 5A	4:45pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
5B v SPC 5B	4:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
5C v SPC 5C	4:45pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
5D GOLD v SPC 5D GOLD	4:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.

SATURDAY 3 AUGUST			
TEAM	TIME	H/A	VENUE
1sts v SPC 1sts	12:00pm	AWAY	Court 1, Christian Brothers Centre. Yundah Street or Pier Ave, Shorncliffe.
2nds v SPC 2nds	11:00am	AWAY	Court 1, Christian Brothers Centre. Yundah Street or Pier Ave, Shorncliffe.
3rds v SPC 3rds	11:00am	AWAY	Court 1, Callan Centre. Yundah Street or Pier Ave, Shorncliffe.
4ths v SPC 4ths	10:00am	AWAY	Morven Court 1, 60 Park Parade, Shorncliffe
11A v SPC 11A	10:00am	AWAY	Court 1, Christian Brothers Centre. Yundah Street or Pier Ave, Shorncliffe.
11B v SPC 11B	9:00am	AWAY	Court 1, Callan Centre. Yundah Street or Pier Ave, Shorncliffe.
11C v SPC 11C	8:00am	AWAY	Court 1, Callan Centre. Yundah Street or Pier Ave, Shorncliffe.
11D GOLD v SPC 5ths	9:00am	AWAY	Morven Court 1, 60 Park Parade, Shorncliffe
10A v SPC 10A	9:00am	AWAY	Court 1, Christian Brothers Centre. Yundah Street or Pier Ave, Shorncliffe.
10B v SPC 10B	8:00am	AWAY	Court 1, Christian Brothers Centre. Yundah Street or Pier Ave, Shorncliffe.
10C v SPC 10C	10:00am	AWAY	Court 1, Callan Centre. Yundah Street or Pier Ave, Shorncliffe.
10D GOLD v SPC 10D GOLD	8:00am	AWAY	Morven Court 1, 60 Park Parade, Shorncliffe
9A v SPC 9A	12:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
9B v SPC 9B	11:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
9C v SPC 9C	11:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
9D GOLD v SPC 9D GOLD	10:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove.
8A v SPC 8A	10:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
8B v SPC 8B	9:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
8C v SPC 8C	10:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
8D GOLD v SPC 8D GOLD	9:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove.
7A v SPC 7A	8:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
7B v SPC 7B	9:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
7C v SPC 7C	8:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
7D GOLD v SPC 7D	8:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove.



## AIC TENNIS ROUND 2

### MARIST COLLEGE ASHGROVE V SPC

### SATURDAY 3 AUGUST, 2019

Tennis Coordinators: Mrs Rebecca Taylor (Years 11/12), Mr Laurie Boustead (Years 9/10), Mr Andrew Ward (Years 7/8), Mr Chris Bathersby (Years 5/6)

- Warm-up to commence 15 minutes prior to start time
- All students are expected to be in correct uniform at all times – Ash Tennis Shirt, shorts, and socks

SATURDAY 3 AUGUST			
TEAM	TIME	H/A	VENUE
1sts v SPC 1sts	7:45am	AWAY	Coops Tennis Centre, Beams Rd, Carseldine
2nds v SPC 2nds	7:45am	AWAY	Coops Tennis Centre, Beams Rd, Carseldine
3rds v SPC 3rds	7:45am	AWAY	Coops Tennis Centre, Beams Rd, Carseldine
11A v SPC 11A	10:15am	AWAY	Coops Tennis Centre, Beams Rd, Carseldine
11B v SPC 11B	10:15am	AWAY	Coops Tennis Centre, Beams Rd, Carseldine
10A v SPC 10A	10:15am	AWAY	Sandgate Tennis Centre, Board St Deagon
10B v SPC 10B	10:15am	AWAY	Sandgate Tennis Centre, Board St Deagon
9A v SPC 9A	7:45am	AWAY	Sandgate Tennis Centre, Board St Deagon
9B v SPC 9B	7:45am	AWAY	Sandgate Tennis Centre, Board St Deagon
8A v SPC 8A	10:15am	HOME	Court 3 & 4, Emerson Tennis Centre. 315 Milton Road, Milton, QLD
8B v SPC 8B	10:15am	HOME	Court 5 & 6, Emerson Tennis Centre. 315 Milton Road, Milton, QLD
7A v SPC 7A	7:45am	HOME	Court 3 & 4, Emerson Tennis Centre. 315 Milton Road, Milton, QLD
7B v SPC 7B	7:45am	HOME	Court 5 & 6, Emerson Tennis Centre. 315 Milton Road, Milton, QLD
6A v SPC 6A	10:15am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
6B v SPC 6B	10:15am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
5A v SPC 5A	7:45am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
5B v SPC 5B	7:45am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove



## AIC RUGBY LEAGUE ROUND 2

### MARIST COLLEGE ASHGROVE V SPC

### SATURDAY 3 AUGUST, 2019

Rugby League Coordinators: Mrs Kim Horwood, Mr Luke Caplick

- All players to arrive at least 45 mins prior to game time OR when your coach has requested
- All students are expected to be in the correct uniform at all times – Team jersey provided, BLUE playing shorts, and Ashgrove rugby socks

SATURDAY 3 AUGUST - VENUE: MARIST COLLEGE ASHGROVE. FRASERS RD, ASHGROVE			
TIME	MCMAHON OVAL - <b>ASH V SPC</b>	HAYDEN OVAL - <b>PADUA V VILLA</b>	CAMERON OVAL - <b>SLG V SEC</b>
8:30am	YEAR 5	YEAR 5	YEAR 5
9:30am	YEAR 6	YEAR 6	YEAR 6
10:30am	YEAR 7	YEAR 7	YEAR 7
11:30am	YEAR 8	YEAR 8	YEAR 8
12:30pm	YEAR 9	YEAR 9	YEAR 9
1:30pm	YEAR 10	YEAR 10	YEAR 10
2:40pm	1st XIII	1st XIII	1st XIII

## Basketball Training Schedule 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b>	G1: 11C G2: 10C M3: M4: B5: B6:	G1: 6A/6B G2: 7A/7B M3: 5A/5B M4: 9D B5: B6:	G1: 8B G2: 6A M3: 11D M4: B5: B6:	G1: 5A G2: 7A M3: 7C M4: 8C B5: 5B B6: 6B	G1: 11A G2: 8A/8B M3: 3rds M4: 7B B5: B6:
<b>Afternoon</b>	G1: 9A/9B G2: 2nds M3: 11B M4: 8D B5: B6:	G1: 10A/10B G2: 11A M3: 5C/5Gold M4: B5: B6:	G1: 8A G2: 11B M3: 7D M4: 9C B5: 10D B6: 4ths	G1: 9A G2: 10A/10B M3: 2nds M4: 9B B5: 6C/6Gold B6: 6A (temp)	

1st V Train at 5:00pm on Monday and Wednesday

G=GYM  
M=MULTI PURPOSE  
B=BITUMEN

# Rugby League Training Schedule

## AIC RUGBY LEAGUE TRAINING SCHEDULE YEARS 5-12

TRAINING DAYS: TUESDAY/THURSDAY 3:30PM-4:45PM	
YEAR	VENUE
1st XIII	McMahon Oval (no.1)
Year 10	McMahon Oval (no.1)
Year 9	Cameron Oval (no.2)
Year 8	Cameron Oval (no.2)
Year 7	Hayden Oval
Year 6	Hayden Oval
Year 5	Jack Eales Oval

# Tennis Training Schedule and Important Information


## AIC TENNIS TRAINING SCHEDULE YEARS 5 – 12

YEAR	VENUE	TIME
1st IV	Court 1/2/3	Monday: 3:15pm – 4:30pm Wednesday: 3:15pm – 4:30pm
2nd IV	Court 4	Monday: 3:15pm – 4:30pm Wednesday: 3:15pm – 4:30pm
3rd IV	Court 5	Monday: 3:15pm – 4:30pm Wednesday: 3:15pm – 4:30pm
Year 11	Court 4/5/6	Monday: 7:00am – 8:15am Thursday: 7:00am – 8:15am
Year 10	Court 1/2	Monday: 4:30pm – 5:30pm Friday: 3:15pm – 4:30pm
Year 9	Court 5/6	Tuesday: 3:15pm – 4:30pm Friday: 3:15pm – 4:30pm
Year 8	Court 3/4	Tuesday: 4:30 – 5:30pm Thursday: 3:15 – 4:30pm
Year 7	Court 5/6	Tuesday: 4:30pm – 5:30pm Thursday: 3:15pm – 4:30pm
Year 6	Court 1/2/3	Wednesday: 7:00am – 8:15am Friday: 7:00am – 8:15am
Year 5	Court 1/2/3	Wednesday: 7:00am – 8:15am Friday: 7:00am – 8:15am

# Strength and Conditioning

## TERM 3 - SCHEDULE MAY CHANGE

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>	6:15am - 7:15am	GENERAL USER	GENERAL USER	GENERAL USER	GENERAL USER	
	7:05am - 8:05am	RUGBY DEVELOPMENT GROUP	OPENS BASKETBALL	RUGBY DEVELOPMENT GROUP	OPENS BASKETBALL	GENERAL USER
	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	T&F - FLEXIBILITY	OPENS BASKETBALL - FLEXIBILITY	T&F - FLEXIBILITY	OPENS BASKETBALL - FLEXIBILITY	
<b>PM</b>	3:25pm - 4:25pm	OPENS AFL	JUNIOR T&F (YEARS 7-9)	OPENS AFL	JUNIOR T&F (YEARS 7-9)	
	4:25pm - 5:00pm	GENERAL USER	SENIOR T&F (YEARS 7-9)	GENERAL USER	SENIOR T&F (YEARS 7-9)	



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