



Weekly Sports Report Wednesday 7 August, 2019 - Term 3 - Week 4 Inside this edition

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From the Head of Sport

As we head into a mini-break in our College it has certainly been an extraordinarily busy time in the sports program. With Term 3 sports well and truly underway, we have also been commencing the track and field season following another enjoyable College House Athletics Carnival. This is was a great day of high participation and also offered the chance for our talented track and field athletes to showcase their abilities in front of the College.

We now head into the commencement of our training blocks for track and field. As 4-time AIC champions all other colleges will no doubt work very hard to try to knock us off the top. Our preparations begin now. Please check the schedule below for information regarding training during the Exhibition break.

To conclude a busy week, we hosted the second round of AIC rugby league on our College grounds with the first round of matches for our teams this season. With six AIC colleges at our venue, it was a great day of games for our students officially wearing the Gold "V" for the very first time. From Year 5 to Opens our teams won 6 of the 7 games in a positive start to the program.

Our Round 2 opponents for basketball, rugby league and tennis were St. Patrick's College. In basketball and against a tough opponent we held a slight advantage 7-5 in AIC Aggregate Matches against a College that has a strong basketball program. Our 1st V were narrowly defeated 67-65 after trailing by as much as 20 points early in the game. In tennis, our 1st IV rebounded from a tough first round to secure a 6-2 victory. Across the tennis program, we were very successful in winning 8 out of 13 matches.

This weekend we face traditional rivals St. Laurence's College who always represent a strong challenge and we look forward to all teams putting together improved performances as we head into a short break in the season.

HOCKEY

Our Hockey team continues their involvement in the Brisbane Hockey Schools Cup, with an impressive 13-0 win over Ambrose Treacy. Goals scored by Matthew Treloar (12), Tyler Newell (11), Tom O'Connor (11), James Kay (11), Jacob Anderson (10), Ethan Cabot (10) and Nick Keir (8). This Friday, the team will play Padua at Burringbar Park – which is always a tough match for the boys.

Good luck this weekend!

Mr David Miles
Head of Sport

UPCOMING EVENTS

Friday 9 August

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

Saturday 10 August

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

Rugby League @ St Edmunds

Thursday 29 August –

Friday 30 August

Metropolitan North Track & Field

MCA SPORTS CONNECT

Head of Sport

Mr David Miles

sports@marash.qld.edu.au

Head of Sport (Years 5 & 6)

Mr John Lambourne

lambournej@marash.qld.edu.au

Track and Field Coordinator

David Miles

sports@marash.qld.edu.au

Basketball Coordinator

Michael Connolly

connollym@marash.qld.edu.au

Rugby League Coordinator

Kim Horwood

horwoodk@marash.qld.edu.au

Tennis Coordinator

sports@marash.qld.edu.au

Head of Strength & Conditioning

Mr Henry Gilbert

gilberth@marash.qld.edu.au

Individual Achievements

Congratulations to:

- The following boys who were selected in the 1st XIII Rugby League team, who were presented with their jersey on Assembly:

1st XIII Team:

Josh Radford ©
 Floyd Aubrey
 Thomas Barlow
 Riley Brown
 Hunter Dreghorn
 Adam Green
 Seb Gullo
 Lachlan McCormack
 Lachlan McKinnon
 Tom McKinlay
 Harry McVeigh
 Max Mee
 Matthew Mitchell
 Willem Michelmore
 Campbell Moller
 Billy Packer
 Gus Rosanowski
 Sammy Stephens

- The following boys who were named Track and Field Age Champions:

12 years – Austin Beaman
 13 years – Isaac Roach
 14 years – Reggie McMillan
 15 years – Eli Nichols
 16 years – Carl Martin
 Opens – Tyler Galligan

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

Track and Field - EKKA Week Schedule

While the school is only open for two days next week, we will be continuing our track and field program. We are very fortunate to have highly experienced external coaches who are willing to give up their time and coach our students during the week.

I encourage all students involved in the program to attend all sessions they are available for. The strength and conditioning program will also run in conjunction with track and field training. This will be an invaluable preparation period for the Met North championships being held in 3 weeks time.

Please see below for the training schedule for next week.

EKKA WEEK TRAINING SCHEDULE

MONDAY AUGUST 12	TUESDAY AUGUST 13	WEDNESDAY AUGUST 14	THURSDAY AUGUST 15	FRIDAY AUGUST 16
3:25pm - 4.45pm All Sprints LJ/TJ All Middle Distance (McMahon)	3:25pm - 4:15pm GYM - (Year 7-9) 4:10pm - 5:00pm GYM - (Year 10-12)	PUBLIC HOLIDAY	10:00am - 11:15am All Sprints (McMahon Oval) 1:00pm - 3:00pm High Jump (Hayden Oval)	8:00am - 9:00am GYM – all 12:00 - 2:00pm Long & Triple Jump (Hayden Oval) 1:00pm - 2:15pm Middle Distance (McMahon Oval)

Rugby League Barbarian and 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 Rugby League Barbarian and Basketball Select Team for Round 2 v SPC is below:

Basketball Select	Round 2
Tom Hancock	1st V
Esra Koiri	2nd V
Jack Brassington	11A
Sean O'Hara	10A
Cooper Hafiz	9A
Declan Tunny	8A
Jack Riley	7A

Rugby League Barbarian	Round 2
Harry McVeigh	1st XII
Sammy Stephens	1st XII
Josh Radford	1ST XII
Lochie Dudgeon	Year 10
Tate Cole	Year 10
Henry Thomasson	Year 10
Tasman Barry	Year 9
Eli Nichols	Year 9
Chastyn Creek	Year 9
Gino Gagliardi	Year 8
Ollie Lister	Year 8
Max Cole	Year 7
Jasper Barry	Year 7

Internal Basketball Competition

The College Internal Basketball Competition will commence this Friday afternoon 9 August with games being played between 3:20pm – 5:00pm. Our internal competition aims to provide an opportunity for all boys who are not playing AIC basketball to form a team with friends and participate in a competition against students from their Year level.

Please see below the Round 1 draw, which will also be posted on the school sport noticeboard.

- All players to arrive at least 15 mins prior to game time to ensure games run on time.
- Teams will be provided coloured bibs for all matches.

Marist College Ashgrove Year 7-10 Basketball Internal Competition 2019

Round 1 - Week 1 - Friday, 9 August

3:30pm

- Out #2 The Yeets v PGLP (YEAR 7)

4:00pm

- MPC #1 The Left Overs v I LOVE FOOD GANG (YEAR 8)
- MPC#2 1ST V Internal v Team BC (YEAR 9)
- OUT #1 Large Fellows v Reggin's (YEAR 10)
- OUT #2 The Ballers v Clutchers (YEAR 7)

4:30pm

- MPC #1 The Splash Pads v MAD LADS (YEAR 8)
- MPC#2 Furious George v Bread (YEAR 9)
- OUT #1 Beans 1 v Beans 2 (YEAR 10)
- OUT #2 Creeper Aww man v Lord of the Rims

BYES:

- Year 8 No Name

Basketball - Team Reports and Results

ROUND 2 VS SPC – SATURDAY 3 AUGUST, 2019

1ST V BASKETBALL VS ST PATRICKS: RESULT - 67-69 LOSS

The 1st V travelled to St Pats knowing they had just come off a loss and would come out firing. That they did, racing to an early lead and looking very strong and well drilled. The Ash boys rallied to win the second half, but left the run too late and fell short by 2 points.

TEAM	TEAM REPORT
2nd V	The 2nds started off very slowly and were still feeling the effects of the athletics carnival. The boys finished the first half frustrated, being unable to convert plenty of easy scoring opportunities. At half time the boys were reminded they were out there to have fun so go out there and enjoy yourselves. The 2nd half was a completely different story. The team played the type of basketball they are best at, pressure defence and fast break offense. Great pressure defence turned into easy baskets at the other end. The St Pats defence was no match for some magic passing and good ball movement. A measure of the defence was St Pats managed to score only 6 points in the second half.
3rd V	A quick start for the Marist 3rds gave Ashgrove a 15-point lead at the half, all the more impressive considering SPC was held to only 4 points in the 1st half. In the second half, the game's competition increased significantly and some quick SPC baskets allowed the opposition to rally and close the deficit to only 4 points with 2 minutes remaining in the 4th quarter. Ashgrove quickly readjusted with new defensive assignments to snuff out the resilient SPC comeback and did so with great proficiency for an impressive win against a tough opponent.
4th V	This week the 4ths played another highly competitive game of basketball. In our second game, we learnt more about the tactical strengths of our players and we are coming to an understanding that our defence is currently stronger than our attacking game. This is something we will be working on in our training on Wednesday.
11A	After a tough week at training, the boys produced an unbelievable performance against a quick and disruptive St Pats team grinding out a close win. Offensively the boys were excellent in getting through their sets and moving the ball to pass up good shots for great shots. The offence stemmed from great team pack-line defence with everybody moving on the flight of the ball. Looking to carry this momentum into a tough Round 3 matchup against SLC. Communication both on and off the court still needs to be improved and will be big focus at training this week.
11B	The mighty 11B's produced a great 8 point win with everyone contributing and playing their role. Great teamwork and effort from the entire group was the difference in the game. Special mention to Jordy Chugg, Tom Mitchell and Ethan Lucy for dominant games on the offensive end.
11C	11C started off a bit rocky in the first quarter, making minor mistakes which gave the opposition the lead early on. But once the team found their rhythm, they made a fierce comeback, dominating the rest of the game and securing their second win.
11D	After a tough loss one week prior, the 11D's went into week 2 of the 2019 season with a positive attitude to improve at training and get their first win. The 11D's started strong against the St Pats 5ths, making an immense improvement to both their defence and offensive skills. At half time the boys had all the momentum on their side, momentum which they rode into a convincing 35 to 22 win.
10A	The game was a tight affair with no more than 7 points separating the teams all game, a far cry from 2018 when we lost by 50! Jesse O'Neill, Sean O'Hara and James O'Hara were prominent throughout the game with Toby Bergh taking full advantage of his quickness and skill. Will Waters and Tyler Coogan showed good patches at both ends of the court. In the end, we went down by 4 in a quality effort.
10B	10B had a tough fight against St Pats as we knew this would be the case at practice heading into the game, also battling a few injuries throughout the week/game. However, we had a fantastic 4th Quarter comeback just. Unfortunately, time was against us. We didn't hang our heads as this was a huge improvement from last year's results. The boys will refocus and be ready to go next weekend!
10C	The 10C boys fought valiantly against St. Pats but unfortunately came up short on Saturday. It was a ragged, defensive orientated game which saw St. Pats come away with the win 29-19, in an incredibly low-scoring affair. Stand out performances from Tom Kuehler and Zac Williamson wasn't enough to get the Ashgrove boys home, yet the team remains confident in their abilities and will look to bounce back next game.
10D	The 10D's helped kick off the round 2 games played at St. Pats this weekend, fighting hard on the outdoor courts right from their 8:00am start. Despite the loss on the weekend against St. Pats, the group played hard and defended well!
9A	In a tight game with the score equal at the start of the first three quarters, Marist 9As did well to hold their nerve and win by 5. The last-minute went forever and credit to Cooper and Liam for steering the team home. All players gave their best and the win was a team effort played with Marist spirit.
9B	Another comprehensive win for the 9B team against a St Pats team they lost to last year, the boys applied pressure from the get-go with a full-court press never allowing our opponents to get any rhythm while still executing our own offence effectively. More pleasing than the win was the fact the lads showed great cohesiveness within the team, exhibiting great teamwork and support for each other.
9C	The 9Cs come out with another win for their second game of the season against St Patricks. Although having a low-scoring and rough start in the first quarter, the boys quickly found their finesse and dominated their opponents, coming out on top at the last whistle blow.
9D	The 9Ds played a tough physical St. Peter's team but the boys were able to secure a commanding win by outrunning and outworking the opponent on both ends.

Basketball - Team Reports and Results Continued...

TEAM	TEAM REPORT
8A	The 8As were looking to turn-around a disappointing result in Round 1 against a formidable-looking St Pat's outfit. The combinations and teamwork have started to gel and the team executed their offence well, at the defensive end good communication enabled the team to get a number of turnovers but they were unable to convert these into points. Marist were always in the contest and, in what was an even fought encounter, the game was up for grabs until the final siren. The boys were unlucky but should be proud of their efforts, we look forward to our Round 3 clash against St Laurence's.
8B	We were down on subs, down on height compared to our opposition, some weren't feeling 100% and many missed the team photos! It really wasn't a great start to the morning!! Our entire game plan was sealing and boxing out, and playing smart basketball to ensure we gave ourselves the best opportunity to score points. The boys dug deep to get the win, and in the process, made me extremely proud of their efforts.
8C	The 8C's were able to pull away in the second half for the second week in a row to grant themselves another win. By running in transition and not shying away from contact, the boys were able to draw plenty of fouls and were able to make their free throws. The boys also put a lot of effort into grabbing offensive rebounds which helped them score a lot of easy buckets around the hoop. Hopefully, they can keep up their good form next week.
8D	The 8Ds versed a strong St Pats side. Versing a much bigger side, the boys worked together as a team. Good execution and teamwork led the team to a hard-earned win.
7A	Tough game for the boys this week as they face a very strong and quick St Pats team. Despite the disappointing result, there were some moments of greatness. We will look to build on these going forward to ensure success.
7B	The 7Bs were looking to maintain their momentum following their dominant performance in Round 1 against St Peter's. St Pat's were an imposing side in what was a very evenly matched encounter. Jackson Williams, even though he found himself in foul trouble, proved to be the difference scoring 14 points. A great win, that was hard-fought, for the 7Bs.
7C	The boys themselves said they felt off, but to give them their due, they fought through the cloudiness and with much persistence and determination in defence, rattled the opposition and came away with a very deserving win - 34-12. Well done boys.
7D	A disappointing loss today to a team that we probably should have beaten. Lots of shots on goal, but we struggled to get the basketball to drop for us. The big positive today was watching the boys effectively using the "box out" rebounding technique that was taught to them at training this week by 1st players Jack, Cooper and Liam. Hayden Barnes and Liam O'Rourke were strong at both ends of the court.
6A	A tough game against a very talented opposition. The MCA boys didn't give up and that's all you can ask. Let's hope we can bounce back next week!
6B	Round 2 proved to be a challenge for the boys but they took it in their stride and proved their skills were no match for St Pat's. The team are starting to come together and play as one. I am so proud of what they have achieved so far in their journey to an undefeated season.
6C	After a good week of training, the 6Cs ventured to Shorncliffe to play a quality St Patrick's outfit. A fairly even opening half saw Marist trail by three heading into the 3rd quarter. However, a hot-shooting streak from St Pat's throughout the 2nd half gave them a healthy lead and ultimately the win. Nonetheless, a very hard-fought match from the Marist boys. A special mention goes to Most Valuable Player Patrick Cleary for his excellent defensive pressure.
6D	A hard-fought game for the 6Ds against a strong Pats outfit. The boys fought well in the second half to close a Pats lead and were unlucky not to finish with the win. Most Valuable Player Max Macready scored 6 points and showed good hustle throughout the match.
5A	Coming off a tough loss the boys showed their Marist spirit as they played an almost perfect team game with everyone getting involved in order to gain victory. They played fast and unselfishly leading to outstanding ball movement. The focus for the 5As has been on defence in the past few sessions, and it's been pleasing to see this aspect of their games develop on Friday afternoons.
5B	Outstanding teamwork resulted in a win for the 5Bs. All players are to be commended on their 'never give up' attitude and willingness to look for the best options rather than shoot out of desperation. Plenty of shooting drills will be a priority at training this week!! Well done boys.
5C	A great win for the 5C team. We played so well as a team today, with Luke Speedy and Angus Shay, in particular, combining brilliantly to add a number of points. Our rebounding was fantastic and this had a definite impact on the scoreboard because it allowed us to have lots of shots. Top scorer Giacomo Calabrese had a strong game also.
5D	The whole team played well to come away with a win against St Pats with scores close each quarter. Ben Allpass and Archer Mellifont played particularly well in the last quarter within the keyway. All boys are to be congratulated on their continual improvement each week.

Rugby League - Team Reports and Results

ROUND 2 VS SPC – SATURDAY 3 AUGUST, 2019

1ST XIII RUGBY LEAGUE VS ST PATRICKS: RESULT - 46-12 WIN

A great effort to begin our rugby league campaign. The players realised the momentous occasion they were part of and represented the College and the College's rich sporting history in a great fashion. From the beginning of the match, the boys really applied themselves to the task at hand and played an excellent brand of rugby league.

TEAM	TEAM REPORT
YEAR 10	Our Year 10 team began the season in unfortunate style by going down 30-18 against a well-drilled St Patrick's team. The first half was like a nightmare, which began with the kick-off not being taken on the full, this snowballed until St Pat's had 18 points on the board. Thankfully we scored just before half time to have an 18-4 deficit going into the break. The team regrouped at half time and got the score to 14-18 with ten minutes to go before we again become undisciplined in our ball security allowing St Pat's to take the game away from us with two quick tries. Fundamental errors such as missed tackles and handling errors cost us the game. Best players were Lochie Dudgeon, Tate Cole and Henry Thomasson. Plenty to work on at training this week and will be the perfect opportunity for some players to step up and perform.
YEAR 9	The Year 9 league side had a good win 56-0 V St Patricks College. The boys played well as team with the main focus being on structure and ball control also keeping the St Pats to a nil scoreline was very pleasing. Looking forward to the challenge of Laurie's this week.
YEAR 8	A close game all the way but the boys hung in there to get a very courageous and important win. Some stand out performances from Gino Gagliardi and Ollie Lister. Hamish Mceachern was the first try scorer for the Year 8's in 2019. All the boys enjoyed themselves – passing, tacking and running – what is there not to like?
YEAR 7	Year 7 Rugby League team had a successful start to the inaugural AIC Rugby League competition with a 40 – 6 defeat of St Patrick's College Shorncliffe. Starting the season in fine form, the challenge is to keep that standard up as we progress through the season and into some harder competition. Max Cole was excellent in defence and great service from the play the ball. Jasper Barry had several barnstorming runs and lead by example, and Zac Wilde powered through a lot of meters. A solid first-up game for the Year 7's with a pleasing team effort by all players. Mr Lynch and Mr Elphinstone look forward to improvements as we develop as a team throughout the season.
YEAR 6	For what was the first game of rugby league for many the boys, they showed lots of match awareness and cohesiveness which will only continue to grow as the season progresses. Lachlan Harney was our player of the match for doing a lot of the work which often goes unseen in a game of football. Kalan Schnaubelt & Jake Caughley showed courage in defence when often isolated on the edges. The level of sportsmanship between the two teams set a positive precedent for the remainder of the AIC RL season.
YEAR 5	An outstanding atmosphere for the very first ever Year 5 Rugby League match at Marist College Ashgrove was matched by the amazing attitude and performance of the boys. Sam Head was named Man of the Match for his leadership and team direction steering the team around; however, it was a wholehearted team performance from all 15 boys who took the park. We look forward to a fantastic season of Year 5 Rugby League.

AIC Basketball Results 2019

	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA	PADUA	IONA
1st V	67-26 win	67-69 loss					
2nd V	76-19 win	48-27 win					
3rd V	51-37 win	32-23 win					
4th V	30-13 win	33-27 win					
11A	37-28 win	42-34 win					
11B	50-10 win	42-34 win					
11C	69-21 win	49-27 win					
11D	35-27 win	35-22 win					
10A	48-31 win	34-38 loss					
10B	59-10 win	22-35 loss					
10C	67-12 win	19-29 loss					
10D	13-14 loss	21-34 loss					
9A	83-8 win	32-25 win					
9B	51-15 win	65-15 win					
9C	52-5 win	33-25 win					
9D	25-16 win	47-10 win					
8A	27-35 loss	46-52 loss					
8B	48-16 win	38-25 win					
8C	26-15 win	31-22 win					
8D	53-2 win	19-12 win					
7A	38-15 win	14-57 loss					
7B	77-5 win	29-21 win					
7C	53-5 win	34-12 win					
7D	23-12 win	16-20 loss					
6A	49-4 win	55-12 win					
6B	53-4 win	28-22 win					
6C	30-22 win v ASH 6D	12-22 loss					
6D	22-30 loss v ASH 6C	16-16 draw					
5A	26-31 loss	46-24 win					
5B	54-4 win	15-10 win					
5C	26-14 win v ASH 5D	36-7 win					
5D	14-26 loss v ASH 5C	12-6 win					

AIC Tennis Results 2019

	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA	PADUA	IONA
1st IV	0-8 loss	6-2 win					
2nd IV	0-8 loss	0-8 loss					
3rd IV	4-4 (25-24) SPLC win	1-7 loss					
11A	0-8 loss	2-6 loss					
11B	2-6 loss	5-3 win					
10A	2-6 loss	2-6 loss					
10B	1-7 loss	3-5 loss					
9A	1-7 loss	7-1 win					
9B	4-4 (30-23) ASH win	6-2 win					
8A		8-0 win					
8B		6-2 win					
7A		8-0 win					
7B		6-2 win					
6A	8-0 win	8-0 win					
6B	6-2 win	7-1 win					
5A	4-3 win	5-3 win					
5B	4-2 win	4-4 (29-26) ASH win					

AIC Rugby League Results 2019

	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA	PADUA	IONA
1st XIII	BYE	44-12 win					
YEAR 10	BYE	18-30 loss					
YEAR 9	BYE	56-0 win					
YEAR 8	BYE	18-16 win					
YEAR 7	BYE	40-6 win					
YEAR 6	BYE	36-16 win					
YEAR 5	BYE	50-6 win					

AIC BASKETBALL ROUND 3

MARIST COLLEGE ASHGROVE V ST LAURENCE'S COLLEGE FRIDAY 9 & SATURDAY 10 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 AUGUST 9

TEAM	TIME	H/A	VENUE
6A v SLC 6A	4:15pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
6B v SLC 6B	3:30pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
6C v SLC 6C	4:15pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
6D GOLD v SLC 6D GOLD	3:30pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
5A v SLC 5A	4:30pm	AWAY	Court 1, St Laurence's College. 82 Stephens Road, South Brisbane
5B v SLC 5B	3:45pm	AWAY	Court 1, St Laurence's College. 82 Stephens Road, South Brisbane
5C v SLC 5C	4:30pm	AWAY	Court 2, St Laurence's College. 82 Stephens Road, South Brisbane
5D GOLD v SLC 5D GOLD	3:45pm	AWAY	Court 2, St Laurence's College. 82 Stephens Road, South Brisbane

SATURDAY AUGUST 10

TEAM	TIME	H/A	VENUE
1sts v SLC 1sts	12:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
2nds v SLC 2nds	11:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
3rds v SLC 3rds	11:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
4ths v SLC 4ths	10:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove.
11A v SLC 11A	10:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
11B v SLC 11B	9:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
11C v SLC 11C	8:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
11D GOLD v PADUA 11D GOLD	9:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove.
10A v SLC 10A	9:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
10B v SLC 10B	8:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
10C v SLC 10C	10:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
10D GOLD v SLC 10D GOLD	8:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove.
9A v SLC 9A	12:15pm	AWAY	Court 1, St Laurence's College. 82 Stephens Road, South Brisbane
9B v SLC 9B	11:15am	AWAY	Court 1, St Laurence's College. 82 Stephens Road, South Brisbane
9C v SLC 9C	11:15pm	AWAY	Court 2, St Laurence's College. 82 Stephens Road, South Brisbane
9D GOLD v SLC 9D GOLD	12:15pm	AWAY	Court 2, St Laurence's College. 82 Stephens Road, South Brisbane
8A v SLC 8A	10:15am	AWAY	Court 1, St Laurence's College. 82 Stephens Road, South Brisbane
8B v SLC 8B	9:15am	AWAY	Court 1, St Laurence's College. 82 Stephens Road, South Brisbane
8C v SLC 8C	10:15am	AWAY	Court 2, St Laurence's College. 82 Stephens Road, South Brisbane
8D GOLD v SLC 8D GOLD	7:30am	AWAY	Court 1, St Laurence's College. 82 Stephens Road, South Brisbane
7A v SLC 7A	8:15am	AWAY	Court 1, St Laurence's College. 82 Stephens Road, South Brisbane
7B v SLC 7B	9:15am	AWAY	Court 2, St Laurence's College. 82 Stephens Road, South Brisbane
7C v SLC 7C	8:15am	AWAY	Court 2, St Laurence's College. 82 Stephens Road, South Brisbane
7D GOLD v SLC 7D GOLD	7:30am	AWAY	Court 2, St Laurence's College. 82 Stephens Road, South Brisbane

AIC TENNIS ROUND 3

MARIST COLLEGE ASHGROVE V ST LAURENCES SATURDAY 10 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 AUGUST 10			
TEAM	TIME	H/A	VENUE
1sts v SLC 1sts	7:45am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
2nds v SLC 2nds	7:45am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
3rds v SLC 3rds	7:45am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
11A v SLC 11A	10:15am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
11B v SLC 11B	10:15am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
10A v SLC 10A	10:15am	HOME	Court 3 & 4, Emerson Tennis Centre. 315 Milton Road, Milton, QLD
10B v SLC 10B	10:15am	HOME	Court 5 & 6, Emerson Tennis Centre. 315 Milton Road, Milton, QLD
9A v SLC 9A	7:45am	HOME	Court 3 & 4, Emerson Tennis Centre. 315 Milton Road, Milton, QLD
9B v SLC 9B	7:45am	HOME	Court 5 & 6, Emerson Tennis Centre. 315 Milton Road, Milton, QLD
8A v SLC 8A	10:15am	AWAY	Griffith University Tennis Centre. 176 Messines Ridge Rd, Mount Gravatt
8B v SLC 8B	10:15am	AWAY	Griffith University Tennis Centre. 176 Messines Ridge Rd, Mount Gravatt
7A v SLC 7A	7:45am	AWAY	Griffith University Tennis Centre. 176 Messines Ridge Rd, Mount Gravatt
7B v SLC 7B	7:45am	AWAY	Griffith University Tennis Centre. 176 Messines Ridge Rd, Mount Gravatt
6A v SLC 6A	10:15am	AWAY	Griffith University Tennis Centre. 176 Messines Ridge Rd, Mount Gravatt
6B v SLC 6B	10:15am	AWAY	Griffith University Tennis Centre. 176 Messines Ridge Rd, Mount Gravatt
5A v SLC 5A	7:45am	AWAY	Griffith University Tennis Centre. 176 Messines Ridge Rd, Mount Gravatt
5B v SLC 5B	7:45am	AWAY	Griffith University Tennis Centre. 176 Messines Ridge Rd, Mount Gravatt

AIC RUGBY LEAGUE ROUND 3

MARIST COLLEGE ASHGROVE V ST LAURENCES

SATURDAY 10 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 AUGUST 10			
TEAM	TIME	H/A	VENUE
OPENS	2:40pm	AWAY	Field 2, St Edmunds College. 69 Church Street, Tivoli
YEAR 10	1:30pm	AWAY	Field 2, St Edmunds College. 69 Church Street, Tivoli
YEAR 9	12:30pm	AWAY	Field 2, St Edmunds College. 69 Church Street, Tivoli
YEAR 8	11:30am	AWAY	Field 2, St Edmunds College. 69 Church Street, Tivoli
YEAR 7	10:30am	AWAY	Field 2, St Edmunds College. 69 Church Street, Tivoli
YEAR 6	9:30am	AWAY	Field 2, St Edmunds College. 69 Church Street, Tivoli
YEAR 5	8:30am	AWAY	Field 2, St Edmunds College. 69 Church Street, Tivoli

Basketball Training Schedule 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	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:
Afternoon	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

TIMETABLE FOR EKKA WEEK ONLY

TIME		MONDAY AUGUST 12	TUESDAY AUGUST 13	WEDNESDAY AUGUST 14	TIME		THURSDAY AUGUST 15	FRIDAY AUGUST 16	
AM	6:15am - 7:15am	GENERAL USER	GENERAL USER	PUBLIC HOLIDAY	AM	8:00am - 9:00am	OPENS BASKETBALL	T&F - WEIGHT	
	7:05am - 8:05am	RUGBY DEVELOPMENT GROUP	OPENS BASKETBALL			9:05am - 10:05am	RUGBY DEVELOPMENT GROUP	GENERAL USER	
	8:35am - 8:50am	YEAR 5/6 - M.A.D				10:15am - 11:00am	TRACK SESSION		
LUNCH	BREAK 1								
	BREAK 2	T&F - FLEXIBILITY	OPENS BASKETBALL - FLEXIBILITY						
PM	3:25pm - 4:25pm	OPENS AFL	JUNIOR T&F (YEARS 7-9)						
	4:25pm - 5:00pm	GENERAL USER	SENIOR T&F (YEARS 7-9)						

NORMAL TERM 3 TIMETABLE - SCHEDULE MAY CHANGE

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	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
LUNCH	BREAK 1					
	BREAK 2	T&F - FLEXIBILITY	OPENS BASKETBALL - FLEXIBILITY	T&F - FLEXIBILITY	OPENS BASKETBALL - FLEXIBILITY	
PM	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)	