



Weekly Sports Report Thursday 6 February, 2020 - Term 1 - Week 2 Inside this edition

From the Head of Sport - Uniform expectations: Cricket, Volleyball and AFL
Individual Achievements - Cricket, Volleyball and AFL Draw - Round 1 v SPLC Saturday 8 February
Week 3 Training Schedule - AFL, Swimming, Cricket and Volleyball - S&C Schedule Week 3



From the Head of Sport

At Wednesday's first College assembly we welcomed our new Year 5 and 7 students into the College community. Several of these students will be taking the court or field for the first time this year representing Marist College Ashgrove in official AIC competitions. We have a very proud tradition of success in sport, but we also emphasise having fun and encourage you to enjoy your time wearing the blue and gold. For our seniors, this is your last chance so make it count!

Firstly, I would like to acknowledge the hard work of our coordinators in organising our busy program. Last week was what has become the usual start to the year and we appreciate the patience of all students and families with our preparations for trials. The short week to start the year made for some very difficult days and the work of Mr Furdek (cricket), Mr Knight and Mr Minogue (volleyball), Mr Gillett (AFL) and Mrs Geraghty (swimming) was exceptional. We could not have organised 91 MCA teams without their effort to go above and beyond their normal duties. Thank you very much!

As you can see, now that teams and draws are finalised our flow of information is a lot easier and will be distributed via this newsletter and the College APP to allow organisation to occur more fluidly. The contact details of our sport coordinators are listed in the MCA sport connect section. Please contact them if you have any questions or concerns at any stage throughout the season.

A few important pieces of information:

Wet Weather

We will leave it as long as possible to make a final decision on cancellations. Please do NOT assume your games are automatically off for cricket or AFL. We will notify all families via the College APP and student emails so please keep checking. Saturday may see some matches cancelled in the morning but played in the afternoon. Until you hear otherwise assume it is on!!

Tennis

This year we are making a transition into the hiring of a Tennis Professional to oversee the re-development of our program. With these transition periods there is always some disruption as we introduce a new program and we apologise sincerely for this. Our hope is that our new direction will provide a positive future for tennis at the College and in the long run we will see a strong MCA program. This position has been advertised and subsequent interviews will take place in the very near future. Once again we apologise for the disruption this has caused.

UPCOMING EVENTS

Friday 7 February

AIC Swim Meet @ MCA

Year 8/9 AFL v SPCL (Coorparoo)

Saturday 8 February

AIC Round 1 Cricket,
Volleyball
v SPLC

Year 5/6 AFL v Villanova (Yeronga)

Friday 14 February

AIC Swim Meet
@ Centenary Pool

Year 8/9 + Open AFL
v SPC (Kedron FC)

Saturday 15 February

AIC Round 2 Cricket, Volleyball
and AFL v SPC

MCA SPORTS CONNECT

Head of Sport

Mr David Miles

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Head of Sport (Years 5 & 6)

Mr John Lambourne

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Volleyball

Mr Adam Knight

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AFL

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Cricket

Mr Brendan Furdek

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Swimming

Ms Cath Geraghty

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Head of Strength & Conditioning

Mr Simon Price

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From the Head of Sport Continued...

This Friday we will have another College assembly where our 1st VI Volleyball, 1st XI Cricket and 1st XVIII AFL captains for 2020 will present their teams to the school. For our students, the honour of representing a "first" team at the College is a very significant achievement and represents years of hard work and effort. We look forward to presenting these students to the school and wishing them the best for Round 1 this Saturday and for AFL commencing on Friday, February 14.

2020 has seen our busy sporting program continue with some of our highest participation rates in Term 1 sport. This term alone we have 91 teams participating in Cricket (42), Volleyball (42), and the AFL (7) competition. Some schools struggle to muster that many teams in one year of sport! In conjunction with over 200 swimmers, open football training, open rugby training the sheer size of our program is amazing. Soon our cross-country program will also commence! Please continue to focus on the information in this newsletter and on the College APP for all details.

MCA SPORT, SELECTIONS, "BIG POND"

Last year I wrote the passage below and this year I thought it was relevant to share once again as we head into another busy year of sport.

At MCA we are blessed with many talented students which makes our selection of teams very difficult. It was commented to me on the weekend from Iona staff how strong all of our teams were across all year levels, particularly in cricket, and how the depth of our program is outstanding. While that was pleasing to hear, it also makes things difficult for us when getting selections right.

Our College has historically been, and it is our aim to continue being, the most successful sporting school in the AIC competition. Our long and rich history of success in team sports and for individual athletes on a local, national and international stage is well-known. This success comes from having a culture that is based around valuing participation for all students while constantly striving for success.

Therefore, it is important to understand two important things as each new term begins:

- **Our success means that making a high-level team at MCA is a lot more difficult than at other Colleges.** We are a very "big pond", and often we will have students selected in a B or C team who could easily play in A teams at other Colleges. It can be difficult at times for students and parents to understand this and accept.

****MCA cricket has won 17 out of 20 AIC aggregate cricket championships due to the strength of our program****

- **We will not always get selections right.** However, part of why we have had success is because our staff and coaches have a wealth of experience over decades of involvement in sport – they have been doing this for a while... While we may not always get things right in the first instance, it will always be our intention to get there in the end.

It is our firm belief that we each have a role to play in the development of our students here at the College. Coaches, students and parents as spectators need to understand their own role and focus solely on playing their role to the best of their ability.

**Players play
Coaches coach
Officials officiate
Parents cheer and support
Let's all play our role**

WET/EXTREME WEATHER

In the event of wet or extreme weather, any cancellations of training or matches will be communicated through the Marist College Ashgrove College APP. Please check this regularly if poor weather looks imminent.

SATURDAY SPORT

Unless there is extreme weather, no decisions will be made until the morning of competition. The APP will be updated as regularly as possible.

TRAINING

We will aim to let students know by 2nd break if possible. This is not always realistic, so we encourage all students to have a contingency plan if poor weather arrives late in the day.

FOLLOW OUR SOCIALS!!!

This year we are launching our new Marist Sport Instagram account. The NEW Sport Instagram account will feature any sporting highlights throughout both trainings and games for the season. Please follow the [mca_sports](#) account.



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

AIC SPORT

This Saturday sees the commencement of AIC sporting fixtures for 2020 with matches primarily against St. Peter's Lutheran College and a few other Colleges in supplementary competitions. Please pay particular attention to the venue where your team is playing and what time your game is on. This is clearly outlined in the draws for cricket and volleyball in this newsletter.

On Friday night our swimmers will contest the first AIC meet for the season at the College pool in a head-to-head competition against Iona College, St Patrick's College and Padua College. We wish them all the best as they continue their preparation for the major AIC championships. Our Open AFL players will also have an internal trial at Ferny Grove to finalise teams in preparation for their first round of competition next weekend, while our Year 8/9 AFL team place SPCL at Coorparoo.

Good luck to all MCA teams for Round 1!

COMMUNICATION

With so much happening in Term 1, it is important that students and parents regularly check the main sources of information to receive updates and changes to draws, training timetables etc. Each week, information can be found in:

- The Buzz Newsletter (draws, training timetables, general information & contacts)
- The Marist College Ashgrove APP – please download if you have not already done so!
- Sports noticeboard (outside the gym)
- Morning and afternoon notices
- Emails (students are reminded to check these regularly!)

Mr David Miles
Head of Sport

Uniform

A very important part of representing Ashgrove in any sporting competition is our presentation. We have just over one week until round one of AIC Cricket, Volleyball and AFL commences, and in that time, I urge 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 court or 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 examples of correct Cricket, Volleyball and AFL attire.

Swimming – Please refer to the College APP – Sports/Swimming for further information.



Sports Canteen Volunteers Sign Up

We are always looking for Parents to help in the Sports Canteen, if you are available to assist for a few hours on a Saturday please sign up via the link below.

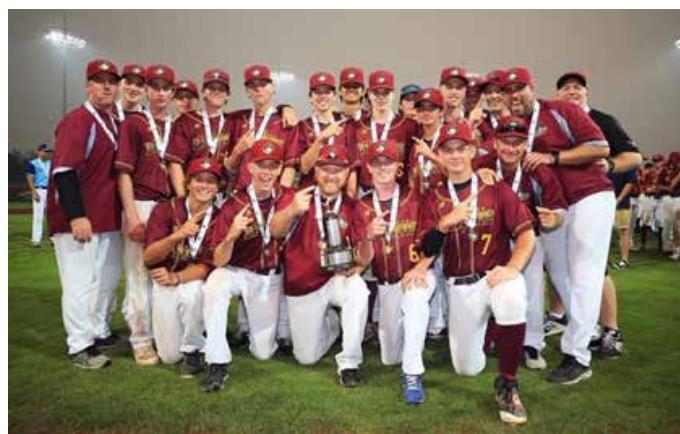
Sports Canteen Volunteers Sign Up Here:

<https://signup.com/go/AabGxgs>

Individual Achievements

Congratulations to:

- Floyd Aubery who represented the Australian U18 Rugby 7's side at the World School Rugby 7's Tournament in New Zealand.
- Matt Magnussen who competed at the 2020 Australian Royal Life Saving Pool Rescue Championships in Perth during late January. He won a total of 9 Gold medals, with 5 of these being for individual events. He also managed to break and Australian record and be selected into 2020 Australian Pool Lifesaving Championships Barras Team of Excellence.
- Will Valentine who was selected in the QLD Thunder water polo team for this year's National competition.
- Jackson Grounds who represented QLD at National Baseball championships. The team defeated NSW in the Gold medal game.
- Kingston Vaitusi (7D) captained the U12 QLD Futsal team at the National Championships in Canberra. The team won through to the final winning 7 games undefeated. The team placed second after losing the final in extra time.



Swimming Queensland State Championship Results:

- Over the summer holidays we had swimmers still in the water training hard preparing for Queensland State Championships and AIC Swimming Championships. Marist College Ashgrove was well represented at Queensland State Championships with the following swimmers.
- Hayden Barnes, Angus Bathe, Archie Bathe, Noah Coco, Braden Gettliffe, Jack Goyen, James Leigh, Alex Pedroni, Darcey Salter, Oliver Shinkel, Lachie Vink, Ed Wild, Noah Wright, Matthew Magnussen, Ryley Leeper and Josiah Short.
- We need to make a special mention of the following swimmers.
 - James Leigh who the won the 12 year's, 200m IM, 100m Freestyle, 200m Freestyle, 400m Freestyle, 200m Backstroke. James also came second in the 100m Butterfly and 100m Backstroke and Third in the 50m Freestyle. James also broke three under 12 school records, 50m Freestyle in a new time of 26.23, 100m Freestyle in a time of 57.68 and the 50m Backstroke in a time of 31.12. James was also awarded the 12 year's age champion for the Queensland States Championships. Well done James.
 - Jack Goyen who was 3rd in the 100m Freestyle and also broke a 16-year-old school record in a new time of 53.31. Jack also broke his own school record in the 50m freestyle in a new time of 24.22 to finish in 4th place. Jack also finished in the top 10 in the 200m Freestyle. Well done to Jack.
 - Angus Bathe who finished in the top 10 in the 400m Freestyle, 800m Freestyle and the 1500m Freestyle.
 - Archie Bathe who finished in the top 10 in the 400m Freestyle.
 - Noah Coco who finished in the top 10 in the 100m Backstroke.
 - Matthew Magnussen who finished 4th in the 200m Backstroke, Top 10 in the 400m Freestyle, top 10 in the 100m Backstroke and 4th in the 200m Freestyle. Matthew also broke his own school record for the 50m Backstroke in a new time of 28.17. Well done to Matthew.
- Also, congratulations to, James Leigh, Lachie Vink, Ryan O'Toole and Archer Mellifont who came third in the 12 year's 4x50m Freestyle relay.

SWIMMING

Friday Night Prep Meet @ Ashgrove - Friday 7 February 2020

Competing Colleges: Marist College Ashgrove, Iona College, St Patrick's College, Padua College

Venue: Marist College Ashgrove Pool
Enter via Glenlyon Drive. Parking in the car park beside the pool.
Please observe the **No Parking** signs in Glenlyon Drive.

Warm Up: 4:00pm (or earlier if you arrive before 4:00pm)

Start: 4:30pm (if all Colleges are ready to start earlier, then we may start at 4:15pm)

Finish: 6:30pm approx.

FORMAT

TIME	EVENT
4:30pm	200m IM / 200 Freestyle (two races only)
4:35pm	50m Backstroke
5:00pm	50m Butterfly
5:25pm	50m Freestyle
5:55pm	50m Backstroke
6:20pm	100m Freestyle

- PLEASE USE THE ABOVE SCHEDULE AS A GUIDELINE ONLY. These times will obviously need adjusting if we start early.
- Following the first race for each age group, there will be two swimmers in the water at once for all 50m events.
- Each school is to provide two timekeepers for their nominated lane.

LANE DRAW

0. SPC
1. SPC
2. PAD
3. PAD
4. IONA
5. IONA
6. MCA
7. MCA
8. MCA
9. MCA

POOL LAYOUT AND GRANDSTAND SEATING

ASHGROVE	IONA	PADUA	SPC	MARSHALLING	
Change-rooms & Pool Office			SPC	0	Main entrance to pool
			SPC	1	
			PAD	2	
			PAD	3	
			IONA	4	
			IONA	5	
			MCA	6	
			MCA	7	
			MCA	8	
			MCA	9	

- Swimmers are to be confined to their own College seating area where possible.
- A BBQ will be operating on the night, so bring your money for burgers, sausages & soft-drinks.
- A raffle will also be held on Friday night – please bring your spare change and be in the running to win some fabulous prizes. Tickets will be \$2 each or 3 for \$5.
- Please secure all valuables.

VOLLEYBALL

MARIST COLLEGE vs SPLC – Saturday 8 February 2020

Volleyball Coordinator: Mr Adam Knight

→ All players to arrive at least 30 mins prior to game time

→ All students are expected to be in correct uniform at all times – Volleyball playing shirt and sport shorts.

HOME GAMES

DATE – SATURDAY 8 February 2020			
VENUE – Marist College Ashgrove. Frasers Rd, Ashgrove			
Time	Champagnat Centre Court 1	Champagnat Centre Middle Court	Champagnat Centre Court 2
7:30am	8D	9D	7D
8:15am	8C	11C v Padua 11D	7C
9:00am	8B		7B
10:00am	8A		7A
11:00am	9B		9C
12:00pm	9A		11D v SLC 11D

AWAY GAMES

DATE – SATURDAY 8 February 2020		
VENUE – St Peters Lutheran College. Lambert Road, Indooroopilly		
Time	Court 1	Court 2
8:00am	11B	4 th VI
9:00am	3 rd VI	10C
10:00am	11A	10B
11:00am	2 nd VI	10A
12:00pm	1 st VI	

SUPPLEMENTARY GAMES

10D v PADUA 10D	11:00am	Court 3, Greccio Courts – Greccio Campus, Broughton Road, Kedron
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MARIST COLLEGE ASHGROVE DUTY SCHEDULE: ROUND 1 v SPLC: Saturday, February 2, 2020

TIME	COURT 1	MIDDLE COURT	COURT 2
7:30am	8D: Duty - 8C - James Rudder	9D: Duty - 11C - Tayla Palm	7D: Duty - 7C - Yentl Palm
8:00am	8C: Duty - 8D - James Rudder	11C v Pad 11D: Duty - 9D - Tayla Palm	7C: Duty - 7D - Yentl Palm
9:00am	8B: Duty - 8A - 1st James Rudder, 2nd Tayla Palm		7B: Duty - 7A - 1st Yentl Palm, 2nd Paul Kearney
10:00am	8A: Duty - 8B - 1st James Rudder, 2nd Tayla Palm		7A: Duty - 7B - 1st Yentl Palm, 2nd James Dupont
11:00am	9B: Duty - 9A - 1st James Rudder, 2nd Tayla Palm		9C: Duty - 11D - Yentl Palm
12:00pm	9A: Duty - 9B - 1st James Rudder, 2nd Tayla Palm		11D v SLC 11D: Duty - 9C - Yentl Palm

Cricket

MARIST COLLEGE vs SPLC – Saturday 8 February 2020

Cricket Coordinator: Mr Brendan Furdek

→ All players to arrive at least 30 mins prior to game time

→ All students are expected to be in correct uniform at all times – Cricket Whites

HOME GAMES

TEAM	TIME	H/A	VENUE	OVAL	OVERS
MCA 4 th XI v MCA 5 th XI	11:00am – 2:00pm	Home	Enoggera Memorial Park Mott Street	Field 1	T20
MCA 6 th XI v Villa 4 th XI	2:00pm – 5:00pm	Home	Enoggera Memorial Park Mott Street	Field 1	T20
9A	8:00am – 12:30pm	Home	Marist College. Frasers Rd, Ashgrove	McMahon Oval	35
9B	8:00am – 12:30pm	Home	Marist College. Frasers Rd, Ashgrove	Cameron Oval	35
MCA 9C v MCA 9D Gold	8:00am – 11:00am	Home	Enoggera Memorial Park Mott Street	Field 1	T20
8A	1:00pm – 5:30pm	Home	Marist College. Frasers Rd, Ashgrove	McMahon Oval	30
8B	1:00pm – 5:30pm	Home	Marist College. Frasers Rd, Ashgrove	Hayden Oval	30
8C v SLC 8C	2:15 – 5:30pm	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 5	T20
MCA 8D Gold v MCA 8F Green	2:15 – 5:30pm	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 6	T20
7A	1:00pm – 5:30pm	Home	Marist College. Frasers Rd, Ashgrove	Cameron Oval	30
7C v SPLC 7B	8:00am – 12:30pm	Home	Marist College. Frasers Rd, Ashgrove	Hayden Oval	T20
MCA 7E White v MCA 7G Blue	1:30pm – 4:30pm	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 7	T20
MCA 6 Gold v MCA 6 White	11:00am – 1:30pm	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 6	T20
MCA 6A v MCA 6B	10:00am – 12:30pm	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 7	T20
5A	8:00am – 11:00am	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 5	T25
5B	8:00am – 11:00am	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 6	T25
MCA 5C v MCA 5D Gold	7:30am – 10:00am	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 7	T20
MCA 5E White v MCA 6 Green	7:30am – 10:00am	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 8	T20
MCA 5 Green v MCA 5 Blue	10:00am – 12:30pm	Home	Des Connor Park. Grevillea Rd, Ashgrove	Flat 8	T20

Cricket

AWAY GAMES

TEAM	TIME	H/A	VENUE	OVAL	OVERS
1 st XI	9:30am – 5:30pm	Away	St Peters Lutheran College. Lambert Road, Indooroopilly	Mayer	50
2nd XI	1:00 – 5:30pm	Away	St Peters Lutheran College. Lambert Road, Indooroopilly	Stolz	35
10A	8:15am – 12.:45pm	Away	St Peters Lutheran College. Lambert Road, Indooroopilly	Stolz	35
10B	8:00am – 12:30pm	Away	Iona College – 85 North Rd, Lindum	McCarthy	35
10C	8:15am – 11:15am	Away	Indooroopilly SHS, Cnr of Lambert Rd & Carnarvon Rd, Indooroopilly	Field 1 (turf)	T20
9E White v Villa 9C	1:00pm – 4:00pm	Away	Kianawah Park, Wynnum Road, Tingalpa	Field 9	T20
8E White v Villa 8D	11.15am- 2:15pm	Away	Villanova Park, Manly Rd, Tingalpa	Field 4	T20
7B v Villa 7B	8:15am – 12:45pm	Away	Field 3, Villanova Park, Manly Rd, Tingalpa	Field 3	30
7D Gold v Villa 7D	1:00pm – 4:00pm	Away	Kianawah Park, Wynnum Road, Tingalpa	Feld 12	T20
7F Green v SLC 7E White	2:30pm – 5:30pm	Away	SLC Playing Fields, Nathan Road Runcorn	Field 8	T20
6C v SPLC 6A	8:00am – 11:00am	Away	Indooroopilly SHS, Cnr of Lambert Rd & Carnarvon Rd, Indooroopilly	Field 2 (synthetic)	T20
6 Gold v SPLC 6B	8:00am – 11:00am	Away	South East Redbacks Cricket Club, Sams Reserve, Storey Street, Redbank Plains	Field 1 (synthetic)	T20
6 White v Villa 6 Gold	8:00am – 11:00am	Away	Whites Hill State College, Abbott Rd, Camp Hill	Synthetic	T20

BYES

TEAM
3 rd XI

MARIST COLLEGE vs SPLC – Friday 7 February 2020

AFL Coordinator: Mr Brett Gillett

→ All players to arrive at least 30 mins prior to game time

→ All students are expected to be in correct uniform at all times – AFL Singlet and Shorts

FRIDAY AFTERNOON

TEAM	TIME	VENUE
1 st XVIII	BYE	BYE
YEAR 8/9	4:30pm	Coorparoo FC, 33 Birubi Street Coorparoo QLD 4151

SATURDAY MORNING – Saturday 8 February 2020

TEAM	TIME	VENUE
YEAR 7	BYE	BYE
6A v Villa 6A	10:30am	Oval 3, Cansdale Street, Yeronga QLD 4104
6B v Villa 6B	10:30am	Oval 4, Cansdale Street, Yeronga QLD 4104
5A v Villa 5A	9:15am	Oval 2, Cansdale Street, Yeronga QLD 4104
5B v Villa 5B	8:00am	Oval 2, Cansdale Street, Yeronga QLD 4104



MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad






Cricket Training Schedule 2020

Nets are all numbered directly above the net.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MORNING 7:00 – 8:00am	Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets	
	1	INVITED A/B PLAYERS 'SKILLS BOWLING SESSION' YEARS 7-10 7:00AM – 8:00AM	1	7F	1	9A Fielding/Nets	1	10C 10C 7D 7D 7E 7E	1	8A
	2		2	7F	2	9A	2		8A	
	3		3	7G	3	9B Fielding/Nets	3		8B	
	4		4	7G	4	9B	4		8B	
	5		5		5		5		4th XI	
	6		6		6	9C	6		4th XI	
	7		7		7	9C	7		8D	
	8		8		8	9D	8		8D	
	9		9		9	9D	9			
	10		10		10		10			
	11		11		11	9E	11			
	12		12		12	9E	12			
Sports Synthetic Nets		Sports Synthetic Nets		Sports Synthetic Nets		Sports Synthetic Nets		Sports Synthetic Nets		
1		1	INVITED A/B PLAYERS	1	8D	1		1		
2		2	'SKILLS	2	8D	2		2		
3		3	BATTING	3	8E	3		3		
4		4	SESSION'	4	8E	4		4		
5		5	YEARS 7 -10	5	8F	5		5		
6		6	6:30AM – 8:00AM	6	8F	6		6		
7		7		7		7		7		
8		8		8		8		8		
Cameron:		Cameron:		Cameron:		Cameron:		Cameron:		
Hayden: YEAR 6 AFL		Hayden: YEAR 5 AFL		Hayden: 1st XVIII		Hayden: AFL INTERMEDIATES 8/9		Hayden: JUNIORS 7		
McMahon:		McMahon:		McMahon:		McMahon:		McMahon:		

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AFTERNOON 3:30 – 5:00pm	Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets	
	1	9A	1	8A-Nets/Field	1	First XI Squad	1	10A Nets/ CW	1	
	2	9A	2	8A	2	First XI Squad	2	10A Nets/CW	2	
	3	9B	3	8B-Nets/ Field	3	First XI Squad	3	2nd XI	3	
	4	9B	4	8B	4		4	2nd XI	4	
	5	9C	5		5		5		5	
	6	9C	6	7A	6		6	10B	6	
	7	9D	7	7A	7	3rd XI	7	10B	7	
	8	9D	8	7B	8	3rd XI	8		8	
	9		9	7B	9		9	8C	9	
	10	7D	10	7C	10		10	8C	10	
	11	7D	11	7C	11		11		11	
	12		12		12		12		12	
	Sports Synthetic Nets		Sports Synthetic Nets		Sports Synthetic Nets		Sports Synthetic Nets		Sports Synthetic Nets	
	1	10A	1	8C	1	4th XI	1	7A	1	
	2	10A	2	8C	2	4th XI	2	7A	2	
	3	2nd XI	3	10B	3	5th XI	3	7B	3	
	4	2nd XI	4	10B	4	5th XI	4	7B	4	
	5		5	10C	5	6th XI	5	7C	5	
	6	3rd XI	6	10C	6	6th XI	6	7C	6	
	7	3rd XI	7		7		7		7	
	8		8		8		8		8	
	FLATS		FLATS		FLATS		FLATS		FLATS	
5		5		5		5		5		
6		6		6		6		6		
7		7	YEAR 5	7		7	YEAR 6	7		
8		8	YEAR 5	8		8	YEAR 6	8		
9		9		9		9		9		
MARIST COLLEGE FIELDS		MARIST COLLEGE FIELDS		MARIST COLLEGE FIELDS		MARIST COLLEGE FIELDS		MARIST COLLEGE FIELDS		
Cameron:		Cameron: 8A/B (CW)		Cameron:		Cameron: 10A/B (CW)		Cameron:		
Hayden: First XVIII (AFL)		Hayden: AFL INTERMEDIATES 8/9		Hayden: JUNIOR 7 AFL		Hayden: AFL YEARS 5/6		Hayden:		
McMahon: 1st XI Squad CW		McMahon:		McMahon:		McMahon: 1st XI Fielding		McMahon:		

Volleyball Training Schedule 2020

Morning Volleyball Training 6:45am – 8:00am

Venue	Court	Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
Champagnat Centre	1	11A	9D / 9C		10B	8A
	Middle	Open 2nd				8B
	2	8C		7D/8D	7B	7A/7B

Afternoon Volleyball Training 3:30pm – 5:00pm

Venue	Court	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Champagnat Centre	1	Open 1st Video session in GYM1	Open 1st v NC @ NC	9A	Open 1st	Internal Games
	Middle	Open 1st Video session in GYM1		9B	8B	Internal Games
	2			7A / 7B	* Open 4th	Internal Games

* Open 4th – Training will be 3.30pm on alternative days - Thursday Day 4 and Wednesday Day 8

Evening Volleyball Training 5:00pm – 6:30pm

Venue	Court	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Champagnat Centre	1			Open 3rd	11B	
	Middle			10C	11C/11D	
	2			10D	10A	

AFL Training Schedule 2020

Hayden Oval

Timetable for training:

- 1st XVIII - Monday 3:30pm till 4:45pm and Wednesday 6:45am till 8:00am on Hayden - Play Friday evenings
- Intermediates Years 8/9- Tuesdays 3:30pm till 4:45pm and Thursday 6:45am till 8:00am on Hayden - Play Friday evenings
- Juniors Year 7- Wednesday's 3:30pm till 4:45pm and Fridays 6:45am till 8:00am on Hayden - Play Saturday mornings
- 5s As and Bs – Tuesday's 7:00am – 8:00am and Thursdays 3:30pm till 4:45pm on Hayden Oval - Play Sat mornings
- 6s As and Bs - Monday's 7:00am – 8:00am and Thursdays 3:30pm till 4:45pm on Hayden Oval- Play Sat mornings

ALL TRAININGS ON HAYDEN OVAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6s	5s	1st XVIII	Intermediates 8/9s	Juniors 7s	Game 5/6 Game 7s
Break 1				Firsts Team meeting		
PM	1st XVIII	Intermediates 8/9s	Juniors 7s	5s 6s	Game 8/9s Game First's	

Swimming Training Schedule 2020

Below is the Term 1 training timetable for the Year 7 – 12 Training squad and the Year 5 – 6 training squad.

Year 7 – 12 Training Squad	Monday	Tuesday	Wednesday	Thursday	Friday
AM	6:00am – 7:30am	GYM U15's – Open 6:35am – 7:20am U12's – U14's 7:20am – 8:05am	6:00am – 7:30am	GYM U 15's – Open 6:35am – 7:20am U12's – U14's 7:20am – 8:05am	6:00am – 7:30am
PM	OFF	3:20pm – 5:00pm	OFF	3:20pm – 5:00pm	AIC Prep Meets

Year 5 – 6 Training Squad.	Monday	Tuesday	Wednesday	Thursday	Friday
AM			7:00am – 8:00am *for those boys wishing to compete for the AIC Team.		
PM	3:30pm – 4:30pm		3:30pm – 4:30pm *For those boys wishing to train for fitness.		AIC Prep Meets. No Training for 5 – 6 training squad.

If you are new to the college and wish to swim, please contact James Boyce on 0429552044.

Strength and Conditioning Timetable

PLEASE NOTE: This is the NEW S&C Timetable for Week 2 only, a more permanent timetable will come out in next weeks buzz.

MARIST COLLEGE GYM SCHEDULE - TERM 1 2020						
		Monday 10 Feb	Tuesday 11 Feb	Wednesday 12 Feb	Thursday 13 Feb	Friday 14 Feb
AM	6:35am - 7:20am	OPEN RUGBY (BOARDERS)	SENIOR SWIMMING	OPEN RUGBY (BOARDERS)	SENIOR SWIMMING	OPEN RUGBY (BOARDERS)
	7:20am - 8:05am	OPEN RUGBY (DAY BOYS)	JUNIOR SWIMMING	OPEN RUGBY (DAY BOYS)	OPENS CRICKET (GYM) JUNIOR SWIMMING	OPEN RUGBY (DAY BOYS)
	8:35am - 8:50am	YEAR 5 / 6 - MAD		YEAR 5 / 6 - MAD		YEAR 5 / 6 - MAD
LUNCH	BREAK 1					
	BREAK 2					
PM	3:25pm - 4:10pm	OPENS FOOTBALL (GYM)	OPEN AFL	OPENS FOOTBALL (GYM)	OPEN AFL	GENERAL USERS
	4:10pm - 4:55pm	GENERAL USERS	OPENS CRICKET (GYM)	GENERAL USERS	GENERAL USERS	

ALLSPORTS PHYSIOTHERAPY



SCHOOL MEDICAL CENTRE

Monday & Thursday 3:30pm – 5:30pm

DISCOUNTED RATES: \$68 Students

(Private Health Rebates available)

- Sporting Injuries
- Sports Specific Screening
- Injury Prevention
- Postural Neck / Back Pain
- Rehab Programs
- Musculoskeletal Conditions

For bookings contact **ALLSPORTS RED HILL:**

☎ 3217 5955

✉ redhilladmin@allsportsphysio.com.au

or contact Marist College Medical Centre

Marist College Ashgrove



INVITATION

MARIST COLLEGE ASHGROVE KINDLY INVITES YOU TO THE

CHAMPAGNE TRUST SPORTS LUNCH

Friday 13 March 2020

CO-PATRONS



John Eales



Matthew Hayden

12:00pm - Plaza Ballroom, Brisbane Exhibition & Convention Centre

TICKETS \$195 or \$1,950 PER TABLE OF 10

Includes Two Course Lunch with Beverages, Entertainment, Charity Auction, Raffles and a \$20 Table Draw ticket.

Registration and payment online via www.trybooking.com/559356
Limited Tickets Available

PLATINUM TABLE: \$5,000

Table of 12, includes private meet and greet with co-patrons and special guests, giftbag, premium beverages and premium table location.

MASTER OF CEREMONIES



Mick Colliss



Steve Waugh



Jeff Horn



Kim Hughes



Andrew Mehrrens



Peter Greste

SPECIAL GUESTS

PROUDLY SPONSORED BY:



Event Enquiries: Marist College Ashgrove Events Department - events@marash.qld.edu.au