



## Weekly Sports Report Friday 27 March, 2020 - Term 1 - Week 9

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## From the Head of Sport

The Term 1 sporting season certainly had its fair share of anti-climaxes with wet weather affecting the start of the year and our current situation impacting the end. In hindsight, the students involved in this term of sport can think themselves very lucky to have had the opportunity to participate and represent their College this year.

This newsletter is the final one for the term and includes wrap-ups of our Term 1 seasons. These sports have some of the longest programs in College sport with preparation beginning back in late October and continuing throughout the Christmas holidays and early January. A special mention to the many students, staff and families all involved in making our programs such a success for Marist College Ashgrove.

We always pride ourselves on providing every student with an opportunity to be involved in organised sport, and the task of managing this is no greater anywhere than at our College. This term we had 93 teams involved in AFL, cricket and volleyball from involvement in AIC competition and our internal volleyball competition. The work of our sport coordinators, coaches and ground staff in collaboration with the sports department to run a program of this magnitude is impressive.

The development of our AFL teams in a short time has been great to see. We are not as fortunate as many other Colleges who live in a big AFL community so the efforts of our students and coaches to keep improving is fantastic to see. We look forward to the 2021 AFL season and seeing our players improving and closing the gap even further.

The AIC Volleyball competition saw another great season by our teams where the top 3 Colleges in AIC, St. Laurence's, Iona and Marist College Ashgrove, were clearly dominant over the remainder of the competition. We were disappointed that our final round against Iona could not happen as this is always a battle both colleges look forward to. We comfortably placed 3rd in the aggregate competition and with some strong junior results we are eager for the season 2021. As always the involvement of our Year 7 and 8 students in our colour's volleyball competition and the double-header against SLC was another highlight.

In a season that had many rounds affected by wet weather, our Cricket program continues to maintain its strength we finished 2nd place in the aggregate title for only the 4th time in 21 years with 17 aggregate championships to our name. There is no doubt that our cricket program needs much improvement if we are to return to the top and this will be something that our students and coaching staff will need to focus on towards the end of this year.

### 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.



### MCA SPORTS CONNECT

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## From the Head of Sport Continued...

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

### The Future

I wish I knew... unfortunately this is very unpredictable and no one is more frustrated with the uncertainty than I am. I share the disappointment of our students, particularly our Year 12's who are currently not afforded the same opportunities as previous seniors have been given. AIC Heads of Sport are planning several models for the remainder of the sporting year based on different starting points being available. We sincerely hope we can provide some sort of competition and opportunity for all of our students to participate in sport before the end of 2020.

In the meantime, as difficult as it may be, we ask that students stay as active as they can in this situation. There will be a lot of energy around that is usually spent on sport and the need for our students to be active will be important – for all of our sakes! As long as we are all following the specified guidelines, then engaging in physical activity will be very beneficial. We have been working on different ideas to interact with our students and encourage physical activity. Please see the strength and conditioning section below for more information.

Good luck to all students undertaking exams at this time of the term and we will see you next term!

**Mr David Miles**  
Head of Sport

## Individual Achievements

Congratulations to:

- The following boys on outstanding results at the QLD Track and Field State Titles during early February:
  - Tom Prole: Gold in U17 2000m Steeplechase, 4th 3000m Championships and 6th 1500m.
  - James Prole: Silver in U15 3000m Championships and 8th in 1500m
  - Callan Jensen: Gold in High Jump and 90m Hurdles, Silver in Javelin, Bronze in the 200m Hurdles and 5th in 100m
  - Dan Drew: Gold in U17 110m Hurdles
  - Carl Martin: Silver in U18 110m Hurdles, 4th in Shot Put and 5th in Discus
  - Lee Martin: Silver in U15 Javelin and Bronze in U15 Shot Put
- Christian Kuenzel who won bronze in Heptathlon Multi Event Championships and represented QLD at National Multi Event Championships held at QSAC during late February.

## Strength and Conditioning

Due to the unrepresented event of COVID19 and the closure of the College gym an extensive Home Isolation program has been created which students can attempt from home. Please find the program via the College APP under the Strength and Conditioning tab.

I wish all students a safe and enjoyable holidays and remember to stay as active and healthy as possible during this situation.

We will be running a COVID19 fitness challenge where we are wanting students to compete in the weekly **'See 10, Do 10, Tag 10 challenge'**

Below are the steps for students to participate:

- Step 1: Each week Mr Simon Price (Head S&C) will upload a weekly challenge.
- Step 2: You must video yourself completing the challenge and nominate 10 of your mates to do the same.
- Step 3: Upload the video to your Instagram account and tag your 10 mates and mca\_sports account.

Weekly challenges will be uploaded to the College Instagram account with first one starting next MONDAY 30 March. Please follow mca\_sports to participate in this challenge!

### 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.

### 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)



# Cricket Wrap-up

Another Term in the books and end of another Cricket season and can proudly say that all our cricketers performed extremely well and represented Marist College Ashgrove (MCA) with pride. Trials started late September of 2019 for our 1st XI as they prepared themselves for the Marist Cricket Carnival which we were lucky enough to host. I must thank Mr Ben Maddox and Mr Harry Collier for all their hard work in trialling and preparing the boys for the carnival where they put on a dominant performance finishing the carnival in 4th place. This is a tremendous result in tough weather conditions with all five days of the carnival exceeding 30 degrees. All boys and coaching staff should be commended for their commitment and performances throughout the week.

At the start of Term 1 we finalised our teams, saw great numbers at trials and were eager to regain the aggregate and promote our strong cricket reputation. We had 28 teams in the secondary school coinciding with 13 Primary teams and once again had far more teams than other colleges in the AIC. This season was tougher than normal with multiple washouts due to wet weather, and COVID 19 having an impact on the last round of the season. Despite this the program took massive strides forward and saw tremendous results week in week out, allowing us to finish 2nd in the overall aggregate behind Villanova. I would like to start of by thanking all coach's involvement and support throughout the season. The program can't continue to develop without the hard work from all coaches and I'm very appreciative that you were able to provide all the boys an opportunity to forge friendships and memories that will last a lifetime.

We had five AIC Premierships and multiple teams finishing the season undefeated. Congratulations to the following teams and coaches below:

## AIC Premierships:

Mr Michael Toolis and Mr Stephen Barwell and the 2nd XI team, Mr Samuel Priddis and the 9C's, Mr Fraser Brydon with the 8A's and Mr Matt Wilcox and the 8B's, Mr Mick Harris and 8C's.

## Undefeated Seasons:

Mr Nam Tran and 5th XI, Mr Fraser Brydon and 8A's, Mr Matt Wilcox and 8B's, Mr Mick Harris and 8C's, Mr Michael O'Connor and 8D Gold and Mr Brendan Nolan and 7D Gold.

This year we implemented Skill Academy sessions for all A/B players in the senior program to help strengthen the program. I would like to thank Andrew Gode, Nathan Hauritz, Brad Murphy, Ollie West and Michael Toolis on your commitment to our Skills Academy sessions throughout Term 1. These sessions were very detailed and saw the continued enjoyment and growth of all our A/B players who attended the sessions.

To all the boys who represented the College throughout Term 1 thank you for wearing your whites with pride and for all the hard work you have put in over the term. I hope you enjoyed the season, and hopefully, we can go one better next year.

I would like to finish off by thanking 1st XI Coach Ben Maddox who will be finishing up as First coach here at Marist College. Ben has been a vital part of MCA Cricket program over the last 11 years and his hard work has not gone unnoticed, I sincerely thank Ben for his dedication and hard work and we look forward to his continued involvement in near future!





## AFL Wrap-up

Term One sport has been completed and the 2020 AIC AFL season has come to an end. The AFL program started back in Term 4 2019 with our 1st XVIII training and trialling hard to pick our strongest squad of 30. The Intermediate boys (8/9) and Juniors (7) also had very strong numbers as we had to reduce many keen young men to playing squads of 30.

The AFL needs to be thanked for providing much-needed assistance for the preseason trials. With the flats booked each Thursday for 2 hours we were able to utilise the 4 fields to have well over 150 keen young men working hard to secure only 90 squad positions. The AFL's commitment to Marist College Ashgrove and the AIC is greatly appreciated.

This year we had a short lead into the AIC AFL season at all levels. We had a fantastic Grade 5 and 6 selection day where our First XVIII players volunteered to assist the Primary Coaches in a bid to make the difficult selection decisions. Thank you to all involved on that very warm Saturday morning.

Unfortunately, due to the poor weather, we were unable to play all games this AIC AFL season. We had early games cancelled due to the heavy fields and our final game cancelled due to the COVID-19 Virus.

Overall, we improved in the AIC AFL standings in terms of win/loss record. In the senior age groups, MCA finished 5th in the standings with our 1st XVIII securing three fantastic wins after losing their first encounter to the undefeated St Laurence side. Our Intermediates were not as successful as a large injury toll took many of our older Year 9 boys out of the program. With only one win from the four games, it was a tough season. The Year 7s had their first win in the competition in the two years and gave a very loud rendition of Sub Tuum after their maiden win against St Edmunds and followed up with another win over Villanova the following week.

To all the boys and parents thank you for your efforts at trials, trainings and games in 2020. To the Year 12s, thank you for your time and leadership in the AFL program. You were fantastic and gave the program fantastic spirit. We hope you continue your AFL after MCA and join the Marcellin Old Collegians AFC.

Thank you to the AFL for their assistance, the MCA sports department for their continued support and all of the Coaches and Managers for making the MCA AFL program a reality.

We all look forward to 2021 to continue to grow our program.



## Volleyball Wrap-up

With another year of strong attendance and participation with many athletes and teams across competitive and social programs, Ashgrove Volleyball provided an activity this year that will grow young men and create lasting memories for our seniors. The edict of “great men play Volleyball as Volleyball creates great men” certainly was played out during the 2020 season.

On the court, Ashgrove continued our resurgence with an overall placing of 3rd in the Aggregate competition, despite teams finishing stronger than in 2019 when we finished 2nd. In fact, 2020 had our best team placings in approximately 15 years. Everyone except the Open 2nds (5th) were in the top 3. We won five Rounds out of the six that were played. In Aggregate, we achieved three (3) premierships, four (4) second, and three (3) third placings. A fantastic result! The development of new coaching methods certainly paid off early this year, and I am eternally grateful to all coaches for their dedication to the boys in producing this result. This was all carried out in the Ashgrove way – respectful of opponents and officials, with a determined and resilient attitude, and through prioritising the team above the individual. Congratulations must go to the 7B, 7D, 8D, 9D, 10A, 10B and Open 4th teams on winning premierships in their respective divisions. Having over 80% of our teams with a podium finish is a feat and speaks volume of the culture that everyone within the Ashgrove Volleyball community contributes to. This was also alive and well in our internal competition, where the game was played in good spirits.

This culture came through coaches, parents, administrators, support staff and the boys themselves. A huge thank you to Heidi Jensen and the parents of our 1st VI team for post-match afternoon teas, our Head of Sport Mr David Miles for his stalwart support and guidance, the always astounding Mr Scott Minogue whose oversight of the Junior program and the Internal competition was of the highest order, and to the wider Marist Ashgrove community, parents in particular, for supporting our young men both on and off the court. Whilst the finish was abrupt, and halted our charge for better results in both Aggregate and 1st VI competitions, it was a hugely successful season that has us all excited for what 2021 will bring.





## Primary Sport - Cricket Results

TEAM	SPLC	SPC	SLC	ATC	Villa	Padua	Iona
MCA 6A	Wash Out	Wash Out	MCA 8/148 def. SLC 8/108	MCA 4/104 def. ATC 6/90	MCA 7/145 def. Villa 88	Padua 8/93 def. MCA 9/74	Match Abandoned
MCA 6B	Wash Out	Wash Out	MCA 7/133 def. SLC 97	ATC 9/109 def. MCA 88	MCA 3/136 def. Villa 8/102	MCA 2/134 def. Padua 82	Match Abandoned
MCA 6C	Wash Out	Wash Out	MCA 4/118 def. SLC 3/62	MCA 3/90 def. ATC 6/56	Villa 3/84 def. MCA 5/51	MCA 3/125 def. Padua 5/94	Match Abandoned
MCA 6 Gold	Wash Out	Wash Out	MCA 8/111 def. SLC 9/62	MCA 5/81 def. Iona 6 White 3/76	Win by forfeit.	MCA 2/71 def. Padua 70	Match Abandoned
MCA 6 White	Wash Out	Wash Out	MCA 4/80 def. Padua 6 Gold 1/55	MCA 4/56 def. Villa 6 White 4/56	Iona 6 White 3/83 def. MCA 40	SLC 6 Gold 5/143 def. MCA 71	Match Abandoned
MCA 6 Green	Wash Out	Wash Out	MCA 7/72 def. Padua 6 Green 4/59	MCA 3/85 def. Iona 6 Blue 3/61	Villa 6 Green 6/64 def. MCA 6/43	Padua 2/101 def. MCA 8/86	Match Abandoned
TEAM	SPLC	SPC	SLC	ATC	Villa	Padua	Iona
MCA 5A	Wash Out	Wash Out	MCA 10/97 def. SLC 8/95	MCA 120 def. ATC 109	Villa 8/137 def. MCA 81	MCA 5/121 def. Padua 48	Match Abandoned
MCA 5B	Wash Out	Wash Out	MCA 8/195 def. SLC 9/79	MCA 7/82 def. ATC 81	MCA 6/67 def. Villa 62	MCA 4/116 def. Padua 40	Match Abandoned
MCA 5C	Wash Out	Wash Out	SLC 6/82 def. MCA 9/56	ATC 3/95 def. MCA 8/55	MCA 9/81 def. Villa 8/78	MCA 4/86 def. Padua 53	Match Abandoned
MCA 5 Gold	Wash Out	Wash Out	SLC 8/91 def. MCA 4/75	ATC 5 Blue 3/ 84 def. MCA 48	MCA 8/97 def. Villa 7/48	MCA 2/88 def. Padua 8/37	Match Abandoned
MCA 5 White	Wash Out	Wash Out	MCA 0/76 def. ATC 5 Green 0/52	MCA 7/58 def. ATC 5/53	MCA 5 White 4/51 def. Villa 3/50	MCA 5 White 7/73 tied Padua 5/73	Match Abandoned
MCA 5 Green	Wash Out	Wash Out	MCA 5/81 def. Padua 5 White 6/72	MCA 4/124 def. Villa 5 White 3/96	MCA 2/60 Def. ATC 5 White 57	Match Abandoned	Match Abandoned
MCA 5 Blue	Wash Out	Wash Out	MCA 39 def. ATC 5 White 28	MCA 2/52 def. ATC 5 Green 6/44	MCA 74 def. Iona 5 Blue 60	MCA 76 def. Padua 5 Green 54	Match Abandoned

## Primary Sport - AFL Results


TEAM	Villa	SPC	SLC	Iona	Padua	Villa	SPC
MCA 6A	Wash Out	Wash Out	SLC 7.5(40) def. MCA 1.1(7)	Iona 4.5(29) def. MCA 4.3(27)	Padua 4.9(33) def. MCA 3.5(23)	Villa 7.7(49) def. MCA 2.1(13)	Match Abandoned
MCA 6B	Wash Out	Wash Out	SLC 8.4(52) drew with MCA 7.10(52)	Iona 8.9(57) def. MCA 4.0(24)	Padua 5.10(40) def. MCA 1.5(11)	Villa 12.18(90) def. MCA 3.1(9)	Match Abandoned
MCA 5A	Wash Out	Wash Out	SLC 8.5(53) def. MCA 5.5(35)	Iona 117.7(109) def. MCA 1.1(7)	Padua 9.5(59) def. MCA 1.1(7)	Villa 7.2(44) def. MCA 3.6(24)	Match Abandoned
MCA 5B	Wash Out	Wash Out	MCA 8.2(50) def SLC 3.4(22)	Iona 12.5(77) def. MCA 1.1(7)	MCA 6.10(46) def. Padua 5.1(31)	MCA 6.2(38) def. Villa 5.5(35)	Match Abandoned

# Teams of the Season

At the conclusion of the season, a Team of the Season will be selected and presented at assembly. Please see below for Cricket and Volleyball Teams of the Season. The ALF Team of the Season will be published during Term 2.

CRICKET TEAM OF THE SEASON		
1	Tom Philp	1st XI
2	Tom Collier	1st XI
3	Riley Grace	2nd XI
4	Jesse O'Neill	2nd XI
5	Billy Nuss	10A
6	Max Hrstich	10A
7	Ben Ferguson	9A
8	Harry Condon	9A
9	Harry Frost	8A
10	James Brandon	8A
11	Xavier Cheeseman	7A
12	Tom Clulow	7A



VOLLEYBALL TEAM OF THE SEASON		
1	Flynn Fuller	1st VI
2	Campbell McKinlay	2nd VI
3	Fergal Apps	11A
4	Jeremy Vanderbyl	10A
5	Declan Tunny	9A
6	Isaac Roach	8A
7	Sean Green	7A

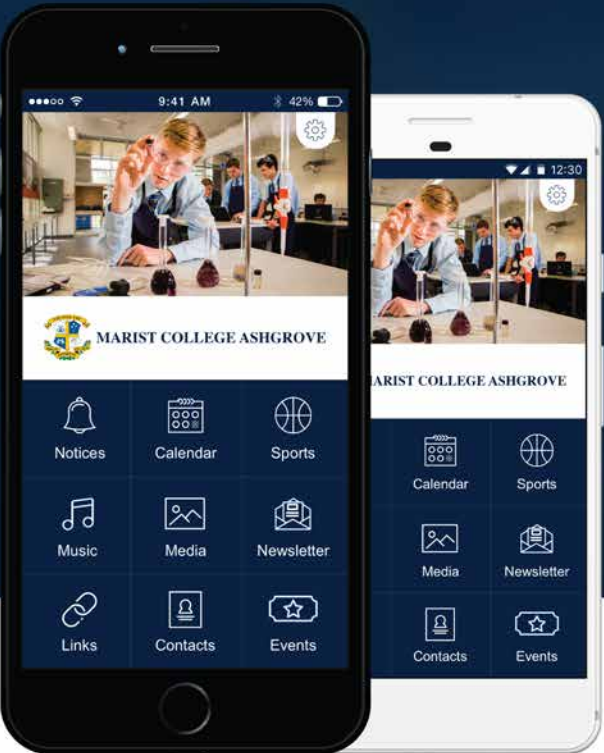


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## AIC AFL 2020 Aggregate Table

					RANKING	
	OPEN	YRS 8/9	YEAR 7	TOTAL	2020	2019
VILLA	3	6	6.5	15.5	4	2
SPLC		3		3	8	
SLC	7.5	6	6.5	20	1	4
SPC	7.5	6	2	15.5	3	
SEC	3	1	3	7	7	7
PADUA	3	8	8	19	2	5
IONA	5	3	4.5	12.5	6	2
ASH	6	3	4.5	13.5	5	6

## AIC Cricket 2020 Aggregate Table

														RANKING	
	1st	2nd	3rd	4th	10A	10B	9A	9B	8A	8B	7A	7B	TOTAL	2020	2019
VILLA	6.5	6.5	8	7.5	8	6	7	8	1.5	5	5	7	76	1	1
SPLC	1	2			2.5		5	4.5	6.5	5	2.5		29	7	7
SLC	6.5	6.5	6.5	7.5	6.5	8	2.5	3	4	2	1	6	60	3	3
SPC	8	3	5		6.5	7	4	4.5	4	3	5	5	55	4	6
SEC	2.5				1		2.5		1.5		5		12.5	8	8
PADUA	2.5	5			4		8	2	4	7	7.5	8	48	6	4
IONA	4.5	4	4		2.5	4	6	6.5	6.5	5	7.5	3.5	54	5	5
ASH	4.5	8	6.5	6	5	5	1	6.5	8	8	2.5	3.5	64.5	2	2

## AIC Volleyball 2020 Aggregate Table

														RANKING	
	1st	2nd	3rd	11A	10A	10B	9A	9B	8A	8B	7A	7B	TOTAL	2020	2019
VILLA	3	7	3	1	4.5	2.5	2.5	6.5	6	1	5.5	7	49.5	4	7
SPLC	2	2	3	6	2	4.5	8	3.5	1.5	3.5	5.5	2	43.5	7	5
SLC	8	7	7.5	8	7	2.5	7	8	6	7	5.5	5	78.5	1	3
SPC	1	2	3	2	1	1	5	3.5	1.5	2	1	1	24	8	8
SEC	4.5	2	1	3.5	3	4.5	5	5	3.5	5.5	3	3.5	44	6	6
PADUA	7	7	5.5	3.5	4.5	7.5	1	1	3.5	3.5	2	3.5	49.5	4	4
IONA	6	5	7.5	6	7	6	2.5	2	8	8	8	7	73	2	1
ASH	4.5	4	5.5	6	7	7.5	5	6.5	6	5.5	5.5	7	70	3	2

### POINTS KEY

1st = 8 points, 2nd = 7 point, 3rd = 6 points





# South Africa Cricket Tour

January 2021

**Cape Town, Stellenbosch, Knysna, Albertina**



## HIGHLIGHTS:

- 5 x Match Days
- Full Day Peninsula Tour (Table Mountain & Cable Car; Duiker Island Cruise; Cape of Good Hope Nature Reserve; Boulder's Beach Penguin Colony)
- Shopping in Cape Town
- Robben Island & Prison Tour
- Knysna Elephant Park
- 2 Day Game Drive

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For bookings contact **ALLSPORTS RED HILL:**

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✉ [redhilladmin@allsportsphysio.com.au](mailto:redhilladmin@allsportsphysio.com.au)

or contact Marist College Medical Centre