



## Weekly Sports Report 7 February 2018 - Term 1 - Week 3

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## From the Head of Sport

With the skies opening up on Friday and Saturday it gave us our first wet weather weekend of sport. While we were happy for the grass on the flats... it certainly made life tough with cricket on Saturday. We thank all students and their families for their understanding with the weather on what was a disrupted day of sport.

We also congratulate all students on a strong start to AIC sport in 2018 and the way in which they represented the College in Round 1 of AIC sport against Padua College and various other schools. I commend all students for your attention to the College uniform policy and your superb conduct on and off the field.

### 91 teams will represent Marist College Ashgrove in Term 1 of 2018!

At last Friday's assembly, we acknowledged our 1st XI cricket team and our 1st VI volleyball team. These boys were presented in front of the College and recognised for their tremendous efforts in making the College's premier sporting team for their particular sport. We also acknowledged the hard-working coaches and staff involved in the preparation of our teams over the past many months – Ben Maddox (1st XI Cricket & Coordinator), Adam Knight (1st VI Volleyball Coach & Coordinator), and Scott Minogue (Assistant Volleyball Coordinator).

Our swimming squad also continues their preparations led by Head coach James Boyce and Swimming Coordinator Cathy Geraghty. We hosted one of the first AIC swimming meets at our College and the extra lanes allocated to our massive swimming squad is a testament to the positive culture and inclusiveness of our swimming program.

We sincerely thank all of these coaches and all coaches of MCA teams for their time and effort and we congratulate all of our students on their success in making these teams.

This Friday we travel to the Centenary Pool for the second swim meet of the year and on Saturday we play Round 2 of the cricket and volleyball competition primarily against Iona College. Good luck this weekend to all students competing in these competitions.

### UPCOMING EVENTS

#### Friday 9 February

AIC Swim Meet  
@ Centenary Pool

#### Saturday 10 February

AIC Round 2 Cricket and Volleyball  
v Iona College

#### Friday 16 February

MCA Swimming Age Championships  
@ASH

#### Saturday 17 February

AIC Round 3 Cricket and Volleyball  
v St Peter's

### MCA SPORTS CONNECT

Head of Sport

#### Mr David Miles

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

Head of Sport (Years 5 & 6)

#### Mr John Lambourne

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

Cricket Coordinator

#### Mr Ben Maddox

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

Volleyball Coordinators

#### Mr Adam Knight

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

#### Mr Scott Minogue

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

### WET 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.

# From the Head of Sport

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## Focus on your own performance

All students are asked to focus this week on controlling their own performances and to not focus on the things they cannot control (e.g. Referees/ Umpires, other students, other coaches). When we worry about things we cannot control we lose focus on our own performance to the detriment of our team. You CAN control how you perform and then be supportive of your team.

## Organisation

- **Presentation** – how we present ourselves is a strong reflection on our school. Saturday sport is the ideal medium to create a positive public image. This involves ALL students wearing the correct playing uniform and correct College uniform when supporting. The only exception is cricket where students are allowed to wear their playing whites.
- **Training** – coaches will spend a lot of time planning seasons and training sessions for our teams. It is only fair that students are organised, on time and ready to train for every session.
- **Absence** – students are not to send a message about missing training through another student. Please email your coach in advance about why you have missed training. Good luck to all Ashgrove teams for Round 2!

## Strength and Conditioning program at Marist College Ashgrove

This year we have also moved in a new direction with our strength and conditioning program. After over a decade of working with Acceleration Australia, we have decided to employ a full-time coach to oversee our program and liaise with the boys on a regular basis throughout the year. We extend a warm welcome to Mr Henry Gilbert as our Head Strength and Conditioning coach.

Mr Gilbert brings extensive experience from working at the QLD Reds and also having a range of experience in school settings so we are very fortunate to have his expertise. The information for this program is now available on the College App so please check there or on the TVs in the Champagnat Centre for what sessions are available to you. Our schedule for Term 1 is also posted later in this newsletter.

We sincerely thank Mr Stewart Briggs and his staff at Acceleration Australia for their passion and commitment to our students over the past 17 years. The Acceleration program has been an integral part of our success in sport over a number of years and while we have chosen to move in a different direction with our College strength and conditioning, we certainly wish the staff at Acceleration Australia the very best in the future.

For those of you who are particularly interested in developing your fitness and strength for rugby or football, then the running club and the gym are two avenues where you can certainly become involved and get yourself prepared for Term 2.

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

## 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).

## 1st Cricket and Volleyball Teams

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Congratulations to the following boys who have been selected in the 1st XI Cricket and 1st VI Volleyball teams for 2018

**Cricket:** Tom Collier, Tom Connolly, Sam Cope, Max Gonzalez, Ben Howard (vice-captain), Jake McCall, Nick McPhee (captain), Matt Moore, Jack O'Neill, Hayden Whyte (vice-captain), Jack Willis

**Volleyball:** Zach Hogan, Archie Marles, Isaac Crook, Edward Legge, Noah Sterling, Nick Schmidhauser, Tim Gibb, Larry Wratten, Jacob Heinke, Bill Bennett, Ben O'Rourke, Stephen Hanson, Toby Bergh, Cooper Arndell

# From the College Sport Captain

Hello, and welcome parents and men to the year of 2018. My name is Tom Connolly, Sports Vice Captain of Marist College. Today I thought I would share with you events and projects that Mr Miles, the eight sport house captains and myself will be embarking on during Term 1 this year. We, as a team, have gathered together and discussed many ideas in the sporting area at MCA which will no doubt create excitement around the college grounds. With a long year ahead we have evenly spread projects across four terms, so we can have events happening regularly throughout the year.

## Team of the Week is back!

We are excited to introduce 'Team of the Week' for more sports, which will be running throughout 2018. This term the team of the week gives boys acknowledgement for outstanding individual achievements as a result of playing cricket, volleyball and AFL during. All recipients will be chosen by their coaches from the previous Saturday fixture. There will be a senior and primary team for both cricket and volleyball as well as an additional AFL team for the Primary School.

### Senior Team

The senior teams comprise of Years 7-12 boys who represent MCA in the 1st, 2nd, and A teams. There will be two teams which include 12 cricketers and 10 volleyballers who have performed well on the weekend. Selected players will be announced each week.

### Primary Team

The Primary Teams will comprise of 12 boys each week who represent the College. There will be six cricketers selected from Years 5 and 6 cricketers from Year 6. There will also be nine boys who will represent the Junior AFL team. The prize will be a free Grill'd voucher for cricket, and an AFL ball for the AFL Team of the week. The recipients will be chosen by their coaches. Presentations will be made each Thursday morning at Junior School Assemblies.

### MCA Couch

The MCA couch will be up and running during the home games of the 1st Volleyball and will continue throughout the year. The couch will be positioned up on the mezzanine and the canteen has kindly offered free food and drink for the winner of the competition. You can choose two mates to view the game in comfort. Tickets will be sold by the sports house captains during break 1 and break one throughout the week prior to Saturday's game. Tickets are \$1. The first home game against Iona is this Saturday in the Champagnat Centre at 12:00 pm, so come down and get behind our boys in the swarm, and maybe on the couch!

Good luck to all teams this weekend!

**Regards,  
Tom Connolly**

# Teams of the Week – Round 1 v Padua

Each week during Cricket and Volleyball season, the best performing players from 1sts, 2nds, and A teams down to Year 7 will be selected in the 'Team of the Week'. At the conclusion of the season, a 'Team of the Season' will be selected and presented at assembly. Please see below for the volleyball team of the week v Padua. With the washed out cricket matches affecting the schedule in Round 1, the cricket team of the week will begin in Week 2.

Volleyball Round 1		
1	Zach Hogan (c)	1st VI
2	Tim Gibb	11A
3	Adam Green	10A
4	Finn McCaffrey	8A
5	Noah Stirling	1st VI
6	Oliver Eastwood	2nd VI
7	Connor McIlwain	2nd VI

## Individual Achievements

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Congratulations to:

- James and Thomas Prole on their selections in the 11-19 years old Met North Triathlon team to compete at the State Championships in Hervey Bay from 15-17 February.

## Uniform

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A very important part of representing Ashgrove in any sporting competition is our presentation. All students are required to be in 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 and Volleyball attire.

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



# AIC CRICKET FIXTURES

## ROUND 2 V IONA COLLEGE - SATURDAY FEBRUARY 10, 2018

Cricket Coordinator: Mr Ben Maddox

- 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

TEAM	TIME	H/A	VENUE	WKT
1sts vs. IONA 1sts	9:30am – 5:15pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
2nds vs. IONA 2nds	1:00pm – 5:30pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
3rds vs. IONA 3rds	1:00pm – 5:30pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
4ths vs. IONA 4ths	1:00pm – 5:30pm	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
ASH 5ths vs. ASH 6ths	1:00pm – 4:00pm	Home	North Oval, Hilder Rd State School. Hilder Rd, The Gap	Syn
ASH 7ths vs. ASH 8ths	11:15am – 2:15pm	Home	Fenwick Park. Samford Rd, Mitchelton	Syn
10A vs. IONA 10A	8:15pm – 12:45pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
10B vs. IONA 10B	8:15am – 12:45pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
10C vs. Wilston North	8:15am – 11:45am	Away	Allan Pettigrew Oval. Nabcac St, Kedron	Turf
10D vs. IONA 10C	8:00am – 11:00am	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
9A vs. IONA 9A	8:15am – 12:45pm	Away	Davine Oval, Iona College. 85 North Rd, Lindum	Turf
9B vs. IONA 9B	8:15am – 12:45pm	Away	McCarthy Oval, Iona College. 85 North Rd, Lindum	Turf
9C vs. Valley Purple	8:15am – 11:45am	Home	Oval 2, Valleys Cricket Club. Yoku Rd, Ashgrove	Turf
9D vs. PADUA 9C	8:00am – 11:00am	Home	Fenwick Park. Samford Rd, Mitchelton	Syn
9 Gold vs. PADUA 9 GOLD	8:00am – 11:00am	Away	Boyd Park. Boyd Rd, Nundah	Syn
8A vs. IONA 8A	1:00pm – 5:30pm	Away	Davine Oval, Iona College. 85 North Rd, Lindum	Turf
8B vs. IONA 8B	1:00pm – 5:30pm	Away	McCarthy Oval, Iona College. 85 North Rd, Lindum	Turf
8C vs. Ferny Green U14	8:15am – 11:45am	Away	Oval 2, Ferny Reserve. Tramway St, Ferny Grove	Syn
8D vs. IONA 8C	8:00am – 11:00am	Away	Fuller Oval, Iona College. 85 North Rd, Lindum	Syn
8 Gold vs. SPC 8C	11:00am – 2:00pm	Away	Curlew Oval 4. SPC playing fields. Curlew St, Shorncliffe	Syn
8 White vs. IONA 8 GOLD	11:15am – 2:15pm	Away	Fuller Oval, Iona College. 85 North Rd, Lindum	Syn
8 Green vs. SPC 8 GOLD	2:00pm – 5:00pm	Away	Curlew Oval 4. SPC playing fields. Curlew St, Shorncliffe	Syn
7A vs. IONA 7A	1:00pm – 5:30pm	Away	Harron Oval, Iona College. 85 North Rd, Lindum	Turf
7B vs. IONA 7B	8:15am – 12:45pm	Away	Harron Oval, Iona College. 85 North Rd, Lindum	Turf
7C vs. IONA 7C	2:30pm – 5:30pm	Away	Fuller Oval, Iona College. 85 North Rd, Lindum	Syn
7 Gold vs. SPC 7C	7:45am – 10:45am	Away	Curlew Oval 4. SPC playing fields. Curlew St, Shorncliffe	Syn
7 White vs. IONA 7 GOLD	8:00am – 11:00am	Away	Coghill Oval, Iona College. 85 North Rd, Lindum	Syn
7 Green vs. SPC 7 GOLD	8:00am – 11:00am	Away	Bracken Ridge SHS. Barefoot St, Bracken Ridge	Conc
7 Blue vs. IONA 7 WHITE	11:15am – 2:15pm	Away	Coghill Oval, Iona College. 85 North Rd, Lindum	Syn
6A vs. IONA 6A	7:30am – 11:00am	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6B vs. IONA 6B	7:30am – 11:00am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6C vs. IONA 6C	11:00am – 1:30pm	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6 Gold vs. SPC 6C	11:00am – 1:30pm	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6 White vs. IONA 6 GOLD	10:00am – 12:25pm	Home	North Oval, Corramulling Park. Yoorala St, The Gap	Syn
6 Green vs. IONA 6 GREEN	7:30am – 9:55am	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
6 Blue vs. IONA 6 WHITE	7:30am – 9:55am	Home	North Oval, Corramulling Park. Yoorala St, The Gap	Syn
6 Black vs. PADUA 5 GREEN	7:30am – 9:55am	Away	Roy Harvey Park. Byth St, Stafford	Syn
5A vs. IONA 5A	8:00am – 11:30am	Away	Field 4, Kianawah Park. Wynnum Rd, Tingalpa	Syn
5B vs. IONA 5B	8:00am – 11:30am	Away	Field 3, Kianawah Park. Wynnum Rd, Tingalpa	Syn
5C vs. IONA 5C	7:30am – 10:00am	Away	Field 2, Kianawah Park. Wynnum Rd, Tingalpa	Syn
5 Gold vs. SPC 5C	8:00am – 11:00am	Away	P&F Oval 1. SPC playing fields. Curlew St, Shorncliffe	Conc
5 White vs. IONA 5 GOLD	10:15am – 12:45pm	Away	Field 2, Kianawah Park. Wynnum Rd, Tingalpa	Syn
5 Green vs. IONA 5 GREEN	7:30am – 10:00am	Away	Dwyer #1 Oval, Iona College. 85 North Rd, Lindum	Syn
5 Blue vs. IONA 5 BLACK	7:30am – 10:00am	Away	Dwyer #2 Oval, Iona College. 85 North Rd, Lindum	Syn
5 Black vs. IONA 5 BLUE	10:15am – 12:45pm	Away	Dwyer #2 Oval, Iona College. 85 North Rd, Lindum	Syn

# AIC VOLLEYBALL FIXTURES

## ROUND 1 V IONA COLLEGE - SATURDAY FEBRUARY 10, 2018

Cricket Coordinator: Mr Adam Knight & Mr Scott Minogue

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times - Wear volleyball playing shirt OR school uniform to and from the venues.

### INTERNAL COMPETITION – YEAR 7 & 8

#### FRIDAY FEBRUARY 9

TEAM	TIME	H/A	VENUE
8 GREEN vs. 8 BLUE	3.30pm	HOME	Court 1, Champagnat Centre.
7 GOLD v 7 WHITE	3.30pm	HOME	Middle Court, Champagnat Centre.
7 GREEN v 7 BLUE	3.30pm	HOME	Court 2, Champagnat Centre.
8 GOLD v 8 WHITE	3.30pm	HOME	MPC 1, Champagnat Centre (Outside).
7 BLACK v 7 RED	3.30pm	HOME	MPC 2, Champagnat Centre (Outside).

#### SATURDAY FEBRUARY 10

TEAM	TIME	H/A	VENUE
1sts vs. IONA 1sts	12:00pm	Home	Court 1, Champagnat Centre, Marist College Ashgrove
2nds vs. IONA 2nds	11:00am	Home	Court 1, Champagnat Centre, Marist College Ashgrove
3rds vs. IONA 3rds	9:00am	Home	Court 1, Champagnat Centre, Marist College Ashgrove
4ths vs. IONA 4ths	8:00am	Home	Court 1, Champagnat Centre, Marist College Ashgrove
5ths vs. BYE	BYE	BYE	BYE
6ths vs. SLC 4ths	7:30am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
11A vs. IONA 11A	10:00am	Home	Court 1, Champagnat Centre, Marist College Ashgrove
11B vs. IONA 11B	8:15am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
11C vs. IONA 11C	8:15am	Home	Middle Court, Champagnat Centre, Marist College Ashgrove
10A vs. IONA 10A	11:00am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
10B vs. IONA 10B	10:00am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
10C vs. IONA 10C	9:00am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
10D vs. IONA 10D	7.30am	Home	Middle Court, Champagnat Centre, Marist College Ashgrove
10 Gold vs. ACGS 10D	7:30am	Home	Multipurpose Court 1 (outside), Champagnat Centre, Marist College Ashgrove
10 White vs. SLC 10D	7:30am	Home	Multipurpose Court 2 (outside), Champagnat Centre, Marist College Ashgrove
9A vs. IONA 9A	12:00pm	Away	Court 1. Oblate Hall, Iona College. 85 North Rd, Lindum
9B vs. IONA 9B	11:00am	Away	Court 1. Oblate Hall, Iona College. 85 North Rd, Lindum
9C vs. IONA 9C	11:00am	Away	Court 2. Oblate Hall, Iona College. 85 North Rd, Lindum
9D vs. IONA 9D	10:00am	Away	Court 3 (outside). Iona College. 85 North Rd, Lindum
9 Gold vs. ATC 9C	10:00am	Away	Court 2, Sir Francis Xavier Centre – ATC, Kate Street Indooroopilly
9 White vs. BYE	BYE	BYE	BYE
9 Green vs. GT 9E	11.00am	Away	Court 2. Brisbane Girls Grammar School. 70 Gregory Terrace, Spring Hill
8A vs. IONA 8A	10:00am	Away	Court 1. Oblate Hall, Iona College. 85 North Rd, Lindum
8B vs. IONA 8B	9:00am	Away	Court 1. Oblate Hall, Iona College. 85 North Rd, Lindum
8C vs. IONA 8C	8:00am	Away	Court 1. Oblate Hall, Iona College. 85 North Rd, Lindum
8D vs. IONA 8D	9:00am	Away	Court 3 (outside). Iona College. 85 North Rd, Lindum
7A vs. IONA 7A	10:00am	Away	Court 2. Oblate Hall, Iona College. 85 North Rd, Lindum
7B vs. IONA 7B	9:00am	Away	Court 2. Oblate Hall, Iona College. 85 North Rd, Lindum
7C vs. IONA 7C	8:00am	Away	Court 2. Oblate Hall, Iona College. 85 North Rd, Lindum
7D vs. IONA 7 Gold	8:00am	Away	Court 3 (outside). Iona College. 85 North Rd, Lindum

## AIC AFL FIXTURES

### ROUND 1 V IONA COLLEGE - SATURDAY FEBRUARY 10, 2018

TEAM	TIME	VENUE
6A vs IONA 6A	9:15am	Field 4, Yeronga AFC. Cansdale St, Yeronga
6B VS IONA 6B	8:00am	Field 4, Yeronga AFC. Cansdale St, Yeronga
5A VS IONA 5A	9:15am	Field 3, Yeronga AFC. Cansdale St, Yeronga
5B VS IONA 5B	8:00am	Field 3, Yeronga AFC. Cansdale St, Yeronga

## AIC Swim Meet

All AIC Colleges Years 5-12 - Friday 9 February 2018

**Format:** Inter-Collegiate Years 5-12 @ Centenary 50m Pool

**Times:** Warm-up - 4:15pm  
Start - 4:30pm

**Venue:** Centenary Aquatic Centre and Health Club  
400 Gregory Terrace, Spring Hill

Car park is operated by BCC so parking is limited

**Lanes:**

SLC	1
SLC	2
SPC	3
SPLC	4
PAD	5
SEC	6
ASH	7
ASH	8

**Officials:** Min. 2 timekeepers per lane  
Please supply stop watches

**Program:**

TIME	EVENT
4.30	50m FREESTYLE
	100m Open FREESTYLE (two races only)
5.00	50m BREASTSTROKE
	100m BREASTSTROKE (one race only)
5.30	50m BACKSTROKE
	100m BACKSTROKE (one race only)
6.00	50m BUTTERFLY
	100m BUTTERFLY (one race only)

## AIC Cricket Aggregate Results 2018

	PADUA	IONA	SPLC	SPC	SLC	SEC	VILLA
1st XI	WASH OUT						
2nd XI	WASH OUT						
3rd XI	WASH OUT						
4th XI	WASH OUT						
10A	ASH 130 PAD 194						
10B	ASH 105 PAD 73						
9A							
9B	ASH 84 PAD 82						
8A	WASH OUT						
8B	WASH OUT						
7A	WASH OUT						
7B	ASH 76 PAD 75						

## AIC Volleyball Aggregate Results 2018

	PADUA	IONA	SPLC	SPC	SLC	SEC	VILLA
1st XI	3-2 win						
2nd XI	1-2 loss						
3rd XI	2-0 win						
11A	2-1 win						
11B	0-2 loss						
10A	0-2 loss						
10B	0-2 loss						
10C	1-2 loss						
9A	1-2 loss						
9B	0-2 loss						
9C	0-3 loss						
8A	1-2 loss						
8B	2-1 win						
8C	1-2 loss						
7A	0-2 loss						
7B	3-0 win						
7C	2-1 win						



# 2018 Cricket Training Schedule

Nets are numbered from left to right.

MORNING 6:45-8:10am									
Monday		Tuesday		Wednesday		Thursday		Friday	
Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets	
1		1		1		1		1	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5	2nds	5	
6		6		6		6	2nds	6	
7	6 Black	7		7		7		7	
8	6 Black	8		8		8		8	
9	6 Green	9	6C	9	8 Green		5 Black	9	
10	6 Green	10	6C	10	8 Green		5 Black	10	
11	5C	11	6 Blue	11		11	5 Gold	11	
12	5C	12	6 Blue	12		12	5 Gold	12	

Sports Synthetic Area		Sports Synthetic Area		Sports Synthetic Area		Sports Synthetic Area		Sports Synthetic Area	
1	5 Blue	1	6 White	1	First XI Squad	1	5 White	1	
2	5 Blue	2	6 White	2	First XI Squad	2	5 White	2	
3	5 Green	3	6 Gold	3	First XI Squad	3		3	
4	5 Green	4	6 Gold	4	First XI Squad	4		4	
5	5B	5		5		5	7C	5	
6	5B	6		6		6	7C	6	
7	5A	7	6A	7		7		7	
8	5A	8	6A	8		8		8	

AFTERNOON 3:30-5:00pm									
Monday		Tuesday		Wednesday		Thursday		Friday	
Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets	
1	8A	1	2nds	1	8A	1	8C & 8D	1	
2	8A	2	2nds & 3rds	2	8A	2	8C & 8D	2	
3	8B	3	3rds	3	8B	3	8C & 8D	3	10D
4	8B	4	8C	4	8B	4	9B & 9C	4	10D
5	9A	5	8C	5	9D	5	9B & 9C	5	
6	9A	6	8D	6	9D	6	9B & 9C	6	
7	9B	7	8D	7	9A	7	First XI	7	8 Green
8	9B	8		8	9A	8	First XI	8	8 Green
9	9C	9	10A	9	3rds	9	10A & 10B	9	
10	9C	10	10A	10	3rds	10	10A & 10B	10	
11	9D	11	10B	11	4ths	11	10B & 10C	11	6ths
12	9D	12	10B	12	4ths	12	10B & 10C	12	6ths

Sports Synthetic Area		Sports Synthetic Area		Sports Synthetic Area		Sports Synthetic Area		Sports Synthetic Area	
1	7 Gold	1	7A	1	7 Gold	1	7A	1	
2	7 Gold	2	7A	2	7 Gold	2	7A	2	
3	7 White	3	7B	3	7 White	3	7B	3	
4	7 White	4	7B	4	7 White	4	7B	4	
5	7 Blue	5	7C	5	7 Blue	5		5	
6	7 Blue	6	7C	6	7 Blue	6		6	
7	10C	7	7 Green	7	10D	7	7 Green	7	
8	10C	8	7 Green	8	10D	8	7 Green	8	

Des Connor Park		Des Connor Park		Des Connor Park		Des Connor Park		Des Connor Park	
F5		F5	Year 5	F5		F5	Year 6	F5	
F6		F6	Year 5	F6		F6	Year 6	F6	
F7	Flats 7-9 out of service	F7		F7		F7		F7	
F8		F8		F8		F8		F8	
F9		F9		F9		F9		F9	

Fielding		Fielding		Fielding		Fielding		Fielding	
	Cameron:		Cameron:		Cameron:		Cameron:		Cameron:
	Hayden:		Hayden: First XI CW		Hayden:		Hayden:		Hayden:
	McMahon: First XI		McMahon:		McMahon:		McMahon:		McMahon:

# 2018 MCA Volleyball Training Schedule

Morning Volleyball Training - 6:45-8:00am						
Venue	Court	Monday	Tuesday	Wednesday	Thursday	Friday
Champagnat Centre	1 - 6:30 am	Open 1st	Open 5th	7C/D	7B	8A/B
	Middle	8 Gold	7 Red 8 Blue	8C	9 White	
	Outside			7 Gold		9 Green
	2 - 7:00 am	8 White	10D	7 Green	11B	8D

Afternoon Volleyball Training - 3:30-5:00pm						
Venue	Court	Monday	Tuesday	Wednesday	Thursday	Friday
Champagnat Centre	1	10A	Open 1st	11A	11A	Internal Games
	Middle	8B	7B	10C	Open 4th Open 6th	Internal Games
	2	8A	7A	10A/B	7A	Internal Games
Multi-Purpose Courts (MPC)	1	9 Gold	9C	11C	7 White	Internal Games
	2	8 Green	9D	7 Blue 7 Black	10 White 10 Gold	Internal Games

Afternoon Volleyball Training - 5:00-6:30pm						
Venue	Court	Monday	Tuesday	Wednesday	Thursday	Friday
Champagnat Centre	1	9A	Open 2nd	9A	Open 1st	
	Middle	9B		Open 3rd	Open 2nd	
	2	10B		9B	Open 3rd	

## MARC (Marist Ashgrove Running Club)

### January - March; Terms

MARC Coordinator: Matt Hayward - [heywardm@marash.qld.edu.au](mailto:heywardm@marash.qld.edu.au)

Interested in improving your fitness level? Want to prepare yourself better for your chosen sport? Or do you just love running? The College may just have the club for you. MARC (Marist Ashgrove Running Club) provides you with the opportunity to train with a group of like-minded people to achieve your personal fitness goals.

The club will be active in Term 1 2018, **meeting before school at 7:00am each Monday, Wednesday and Friday at the College pool (carpark end)**. You can choose to attend one session or all of the sessions available if you wish.

After sessions, club members are usually able to use the College Pool for recovery. Basic fitness through to elite level is catered for.

All are welcome to be part of MARC – by all, we mean all students, staff and parents.

You do not have to be part of Cross Country to attend sessions, though many students will use MARC as a preseason to provide a base in preparation for the upcoming Cross Country and Middle Distance seasons.

Like everything else distance running related at the College, MARC now takes a whole-College approach by including our Years 5 & 6 students. Considering the vast differences in age and ability, the younger boys will usually undertake slightly different sessions to the older boys. In the past, the younger boys have been generously supported (and often coordinated) by volunteer-parents – this high-level of parent involvement is once again encouraged as will ensure the active level of supervision required.

**MARC (RUNNING CLUB)**  
**SESSION OPTIONS:**  
A choice of:  
**Mon, Wed & Fri mornings**  
(meet at 7am at the College Pool)

# 2018 MCA Gym Schedule - Term 1

Schedule may change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING - 6:15 - 7:15AM</b>				
OPEN RUGBY - BOARDERS	OPENS CRICKET	OPEN RUGBY - BOARDERS	OPENS SWIMMING	OPEN RUGBY - BOARDERS
<b>MORNING - 7:05 - 8:05AM</b>				
OPENS RUGBY	OPENS SWIMMING	OPENS RUGBY	OPENS CRICKET	OPENS RUGBY
<b>MORNING - 8:35 - 8:50AM</b>				
YEAR 5-6 - M.A.D		YEARS 5-6 - M.A.D		Y5/6 - M.A.D
<b>LUNCH - BREAK 1</b>				
JUNIOR STRENGTH - AVAILABLE VIA SIGN ON - TO BE CONFIRMED				
<b>LUNCH - BREAK 2</b>				
OPENS FOOTBALL FLEX	OPENS RUGBY - FLEX	OPENS FOOTBALL - FLEX	OPENS RUGBY - FLEX	OPENS CRICKET - FLEX
<b>AFTERNOON - 3:25 - 4:25PM</b>				
FOOTBALL	VOLLEYBALL	BOARDERS/GENERAL	OPENS FOOTBALL	BOARDERS/GENERAL
<b>AFTERNOON - 4:15 - 5:00PM</b>				
BOARDERS/GENERAL		BOARDERS/GENERAL	OPENS VOLLEYBALL	
INSEASON SPORT	OPENS CRICKET/SWIMMING/VOLLEYBALL			
PRESEASON SPORT	OPENS RUGBY/FOOTBALL			

Sports based S&C Gym Sessions are for designated 16/Opens (Years 11-12) players only

Students in Years 8 - 10 can access gym at designated lunch times / general sessions (max 25 students)

All other students can access gym in boarders allocated times (max 25 students per session)



**2018**  
**NEXT GEN**  
**RUGBY**  
**COACHING**  
**CLINIC**

**18 & 25 February**  
**9.00am -12.00pm**

**@ Riverside Rugby Club Bulimba**

**COST:**  
**2 Days \$121**  
**1 Day \$66.00**

**Register online [www.nextgenrugby.com.au](http://www.nextgenrugby.com.au)**