



## Weekly Sports Report 14 February 2018 - Term 1 - Week 4

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## From the Head of Sport

There were mixed results across the weekend in our matches against Iona College. A clean sweep of results in the cricket games demonstrated the strength of the Ashgrove cricket program while our volleyballers had a tougher day in winning only two games across the program. This weekend we play St. Peter's in AIC competition and this also traditionally becomes an Ashgrove "home derby" as many of our teams fill in for where St. Peter's cannot field teams. I know our volleyball teams, in particular, are looking for an improved performance this Saturday against SPLC after playing the top 2 colleges in AIC over round 1 and 2.

Best wishes to all students for an enjoyable and successful day. A reminder about the importance of the following:

1. Presentation – how we present ourselves is a strong reaction on our school. Saturday sport is the ideal medium to create a positive public image. This involves ALL students wearing the correct uniform to and from AIC matches. Please see the uniform section below for an example of appropriate attire for Cricket and Volleyball.
2. Training – coaches 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.
3. Absence – students are not to send a message about missing training through another student. Please email your coach in advance about why you will miss training.
4. Sports Contacts – Should you have any questions regarding Cricket, Volleyball, or Swimming, please contact the relevant staff members in the first instance.

### 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

### UPCOMING EVENTS

#### Friday 16 February

AIC Swim Meet  
@ Centenary Pool

#### Saturday 17 February

AIC Round 3 Cricket and Volleyball  
v St Peter's

#### Friday 23 February

AIC Swim Meet  
@ASH

#### Saturday 24 February

AIC Round 4 Cricket and Volleyball  
v St Patrick'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**

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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**

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Swimming Coordinator

**Mrs Cath Geraghty**

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

### 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 Development Tour 2019

There will be an information evening for boys wishing to be part of a possible January 2019 cricket development tour to Sri Lanka in the Draney Theatre on Thursday 22 February at 6:30pm.

The tour is for cricket players who will be in Year 9 and Year 10 in 2019 (current Year 8 and 9 students).

If you have any questions regarding this, please contact Ben Maddox [maddoxb@marash.qld.edu.au](mailto:maddoxb@marash.qld.edu.au).

## Teams of the Week – Round 2 v Iona

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.

Volleyball Round 2		
1	Zach Hogan (c)	1st VI
2	Tim Gibb	11A
3	Riley Brown	10A
4	Noah Stirling	1st VI
5	Cooper Arndell	11A
6	Adam Green	10A
7	Archie Marles	1st VI

Cricket Round 2		
1	Jesse O'Neill ( c )	1st VI
2	Lachlan Laffer	10A
3	Harry Whitten	10A
4	Cooper Mackie	9A
5	Marcus Zipf	8A
6	Fraser Pye	8A
7	Will Ford	7A
8	Jude Knapp	7A
9	Justin King	3rd XI
10	Nick Fisher	10C
11	Paul Strachotta	8B

# AIC CRICKET FIXTURES

## ROUND 3 V SPLC - SATURDAY FEBRUARY 17, 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. SPLC 1sts	9:30am – 5:15pm	Away	Mayer Oval. SPLC. Enter off Indooroopilly Rd, Indooroopilly	Turf
2nds vs. SPLC 2nds	1:00pm – 5:30pm	Away	Stolz Oval. SPLC. Enter off Indooroopilly Rd, Indooroopilly	Turf
3rds vs. SPLC 3rds	1:00pm – 5:30pm	Away	Indooroopilly SHS. Enter off Lambert Rd, Indooroopilly	Syn
ASH 4ths vs. ASH 5ths	2:30pm – 5:30pm	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
6ths vs. BYE	BYE	BYE	BYE	
7ths vs. SLC 4ths	1:00pm – 4:00pm	Home	Ashgrove State School. 31 Glory St, Ashgrove	Syn
8ths vs. BYE	BYE	BYE	BYE	
10A vs. SPLC 10A	8:15am – 12:45pm	Away	Stolz Oval. SPLC. Enter off Indooroopilly Rd, Indooroopilly	Turf
10B vs. SPLC 10B	7:15am – 11:30am	Away	Indooroopilly SHS. Cnr of Lambert & Carnarvon Rd, Indooroopilly	Turf
10C vs. Albany Creek	8:15am – 11:45am	Away	North Oval, South Pine Sports Complex, Brendale	Syn
10D vs. SLC 10C	11:15am – 2:15pm	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
9A vs. SPLC 9A	8:15am – 12:45pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
9B vs. SPLC 9B	8:15am – 12:45pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
9C vs. Sandgate Redcliffe	8:15am – 11:45am	Home	Oval 3, Valleys Cricket Club. Yoku Rd, Ashgrove	Turf
9D vs. Villa 9C	8:00am – 11:00am	Home	Fenwick Park. Samford Rd, Mitchelton	Syn
9 Gold vs. Villa 9 Gold	8:00am – 11:00am	Away	Field 4, Villanova Park. Manly Rd, Tingalpa	Syn
8A vs. SPLC 8A	1:00pm – 5:30pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
8B vs. SPLC 8B	1:00pm – 5:30pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
8C vs. Albany Creek	8:15am – 11:45am	Away	South Oval, South Pine Sports Complex, Brendale	Syn
ASH 8D vs. ASH 8 Gold	8:00am – 11:00am	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
ASH 8 White vs. ASH 8 Green	FRIDAY FEB 16 3:30pm – 5:45pm	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove	Syn
7A vs. SPLC 7A	1:00pm – 5:30pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
7B vs. SPLC 7B	8:15am – 12:45pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
ASH 7C vs. ASH 7 Gold	10:00am – 1:00pm	Home	North Oval, Corramulling Park. Yoorala St, The Gap	Syn
ASH 7 White vs. ASH 7 Green	7:30am – 9:55am	Home	North Oval, Corramulling Park. Yoorala St, The Gap	Syn
ASH 7 Blue vs. PADUA 7 Green	11:15am – 2:15pm	Home	Fenwick Park. Samford Rd, Mitchelton	Syn
6A vs. SPLC 6A	8:00am – 11:30am	Away	Indooroopilly SHS. Cnr of Lambert & Carnarvon Rd, Indooroopilly	Syn
6B vs. SPLC 6B	8:00am – 11:30am	Away	South East Redbacks Cricket Club. Sams Reserve, Storey St. Redbank Plains	Syn
ASH 6C vs. ASH 6 Gold	7:30am – 9:55am	Away	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
ASH 6 White vs. ASH 6 Green	10:00am – 12:25pm	Away	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
6 Blue vs. IONA 6F	8:00am – 11:00am	Away	Coghill Oval, Iona College. 85 North Rd, Lindum	Syn
6 Black vs. SLC 6 White	10:00am – 12:25pm	Away	Gair Field 2. St. Laurence's College, Stephens Rd, Brisbane	Syn
5A vs. SPLC 5B	7:30am – 11:00am	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5B vs. SPLC 5A	7:30am – 11:00am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove	Syn
ASH 5C vs. ASH 5 Gold	11:15am – 1:45pm	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5 White vs. IONA 5 White	11:15am – 1:45pm	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove	Syn
ASH 5 Green vs. ASH 5 Blue	7:30am – 9:55am	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Conc.
5 Black vs. IONA 5 Black	10:00am – 12:25pm	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Conc.

# 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.

TEAM	TIME	H/A	VENUE
1sts vs. SPLC 1sts	12:00pm	Away	Court 1, SPLC gym. Lambert Rd, Indooroopilly
2nds vs. SPLC 2nds	11:00am	Away	Court 1, SPLC gym. Lambert Rd, Indooroopilly
3rds vs. SPLC 3rds	9:00am	Away	Court 1, SPLC gym. Lambert Rd, Indooroopilly
4ths vs. SPLC 4ths	8:00am	Away	Court 2, SPLC gym. Lambert Rd, Indooroopilly
5ths vs. SLC 11D	7:30am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
6ths vs. SLC 11C	7:30am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
11A vs. SPLC 11A	10:00am	Away	Court 1, SPLC gym. Lambert Rd, Indooroopilly
11B vs. SPLC 11B	8:00am	Away	Court 1, SPLC gym. Lambert Rd, Indooroopilly
11C vs. IONA 11D	8:00am	Away	Court 3, Iona College. 85 North Rd, Lindum
10A vs. SPLC 10A	11:00am	Away	Court 2, SPLC gym. Lambert Rd, Indooroopilly
10B vs. SPLC 10B	10:00am	Away	Court 2, SPLC gym. Lambert Rd, Indooroopilly
10C vs. SPLC 10C	9:00am	Away	Court 2, SPLC gym. Lambert Rd, Indooroopilly
10D vs. BBC 10C	12:00pm	Away	Court 1, QLD Academy of Maths & Sciences. 78 Bywong St, Toowong
ASH 10 Gold vs. ASH 10 White	9:00am	Home	MPC 1 (outside courts). Marist College Ashgrove
9A vs. SPLC 9A	12:00pm	Home	Court 1, Champagnat Centre. Marist College Ashgrove
9B vs. SPLC 9B	11:00am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
9C vs. SPLC 9C	11:00am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
9D vs. SPLC 9D	12:00pm	Home	Court 2, Champagnat Centre. Marist College Ashgrove
9 Gold vs. GT 9E	8:00am	Home	MPC 1 (outside courts). Marist College Ashgrove
9 White vs. ATC 9C	8:00am	Home	MPC 2 (outside courts). Marist College Ashgrove
9 Green vs. BYE	BYE	BYE	BYE
8A vs. SPLC 8A	10:00am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
8B vs. SPLC 8B	9:00am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
8C vs. SPLC 8C	8:15am	Home	Court 1, Champagnat Centre. Marist College Ashgrove
8D vs. SPLC 8D	8:15am	Home	Middle Court, Champagnat Centre. Marist College Ashgrove
7A vs. SPLC 7A	10:00am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
7B vs. SPLC 7B	9:00am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
7C vs. SPLC 7C	8:15am	Home	Court 2, Champagnat Centre. Marist College Ashgrove
7D vs. SPLC 7D	7:30am	Home	Middle Court, Champagnat Centre. Marist College Ashgrove

## AIC AFL FIXTURES ROUND 3 V BYE - SATURDAY FEBRUARY 17, 2018

TEAM	TIME	VENUE
6A vs BYE	BYE	BYE
6B VS BYE	BYE	BYE
5A VS BYE	BYE	BYE
5B VS BYE	BYE	BYE

## College App



**MARIST COLLEGE ASHGROVE**

# College App Available Now

for iPhone, Android & iPad






# AIC Cricket Aggregate Results 2018

	PADUA	IONA	SPLC	SPC	SLC	SEC	VILLA
<b>1st XI</b>	WASH OUT	ASH 9/193 IONA 89					
<b>2nd XI</b>	WASH OUT	ASH 163 IONA 6/139					
<b>3rd XI</b>	WASH OUT	ASH 4/144 IONA 143					
<b>4th XI</b>	WASH OUT	ASH 246 IONA 46					
<b>5th XI</b>	NO RESULT GIVEN	ASH 6/152 ASH 6th 7/216					
<b>6th XI</b>	NO RESULT GIVEN	ASH 7/216 ASH 5th 6/152					
<b>7th XI</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>8th XI</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>10A</b>	ASH 130 PAD 194	ASH 202 IONA 7/104					
<b>10B</b>	ASH 105 PAD 73	ASH 3/72 IONA 71					
<b>10C (BNJC)</b>	NO RESULT GIVEN	ASH 5/145 Wilst N 5/147					
<b>10D</b>	NO RESULT GIVEN	ASH 96 IONA C 110					
<b>9A</b>	NO RESULT GIVEN	ASH 7/157 IONA 7/132					
<b>9B</b>	ASH 84 PAD 82	ASH 237 IONA 194					
<b>9C (BNJC)</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>9D</b>	NO RESULT GIVEN	ASH 166 PAD C 146					
<b>9 Gold</b>	NO RESULT GIVEN	ASH 150 PAD D 166					
<b>8A</b>	WASH OUT	ASH 6/128 IONA 9/127					
<b>8B</b>	WASH OUT	ASH 5/225 IONA 89					
<b>8C (BNJC)</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>8D</b>	NO RESULT GIVEN	ASH 90 IONA C 89					
<b>8 Gold</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>8 White</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>8 Green</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>7A</b>	WASH OUT	ASH 173 IONA 159					
<b>7B</b>	ASH 76 PAD 75	ASH 142 IONA 85					
<b>7C</b>	NO RESULT GIVEN	ASH 4/92 IONA 3/74					
<b>7 Gold</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>7 White</b>	NO RESULT GIVEN	NO RESULT GIVEN					
<b>7 Green</b>	NO RESULT GIVEN	ASH 2/122 SPC D 3/112					
<b>7 Blue</b>	NO RESULT GIVEN	NO RESULT GIVEN					

# AIC Volleyball Aggregate Results 2018

	PADUA	IONA	SPLC	SPC	SLC	SEC	VILLA
<b>1st VI</b>	3-2 win	0-3 loss					
<b>2nd VI</b>	1-2 loss	0-2 loss					
<b>3rd VI</b>	2-0 win	0-2 loss					
<b>4th VI</b>		0-2 loss					
<b>5th VI</b>		BYE					
<b>6th VI</b>		0-2 loss v SLC 4th					
<b>11A</b>	2-1 win	2-1 win					
<b>11B</b>	0-2 loss	0-2 loss					
<b>11C</b>		0-2 loss					
<b>10A</b>	0-2 loss	1-2 loss					
<b>10B</b>	0-2 loss	0-2 loss					
<b>10C</b>	1-2 loss	1-2 loss					
<b>10D</b>		0-2 loss					
<b>10 Gold</b>		0-2 loss v ACGS 10D					
<b>10 White</b>	Bye	1-2 loss v SLC 10D					
<b>9A</b>	1-2 loss	0-3 loss					
<b>9B</b>	0-2 loss	1-2 loss					
<b>9C</b>	0-3 loss	0-3 loss					
<b>9D</b>	0-3 loss	0-3 loss					
<b>9 Gold</b>		2-1 win v ATC 9C					
<b>9 White</b>		BYE					
<b>9 Green</b>		2-0 win v GT 9E					
<b>8A</b>	1-2 loss	0-3 loss					
<b>8B</b>	2-1 win	1-2 loss					
<b>8C</b>	1-2 loss	0-3 loss					
<b>8D</b>	1-2 loss	1-2 loss					
<b>8 Gold</b>	DNP	0-3 loss v Ash 8 White					
<b>8 White</b>	DNP	3-0 win v Ash 8 Gold					
<b>8 Green</b>	DNP	1-2 loss v Ash 8 Blue					
<b>8 Blue</b>	DNP	2-1 win v Ash 8 Green					
<b>7A</b>	0-2 loss	2-1 win					
<b>7B</b>	3-0 win	1-2 loss					
<b>7C</b>	2-1 win	1-2 loss					
<b>7D</b>	3-0 win	0-3 loss					
<b>7 Gold</b>	DNP	1-2 loss v Ash 7 White					
<b>7 White</b>	DNP	2-1 win v Ash 7 Gold					
<b>7 Green</b>	DNP	2-1 win v Ash 7 Blue					
<b>7 Blue</b>	DNP	1-2 loss v Ash 7 Green					
<b>7 Black</b>	DNP	2-1 win v Ash 7 Black					
<b>7 Red</b>	DNP	1-2 loss v Ash 7 Red					

# 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	9	5 Black	9	
10	6 Green	10	6C	10	8 Green	10	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 - [haywardm@marash.qld.edu.au](mailto:haywardm@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**  
**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)**