



Weekly Sports Report 21 February 2018 - Term 1 - Week 5 Inside this edition

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From the Head of Sport

Prepare the child for the Path

Article taken from Red Sports Feb 7, 2018

I received a link to an article from a colleague at Padua that I would like to share in this newsletter. It is a strong reminder to all of us of the need to keep things in perspective.

Lifelong Learning Institute, Saturday, February 3, 2018 — “Prepare the child for the path, not the path for the child,” said Widmer to sports parents on the second day of the National Youth Sports Institute (NYSI) Youth Coaching Conference.

In a career spanning more than 20 years, Widmer has coached swimmers who have broken 20 world records, won three Olympic and 16 World Championship gold medals.

However, the National Head Coach and Performance Director of the Singapore Swimming Association, urged parents to “help your child see him or herself as a whole person, not just an athlete”.

“Parents, this is your child’s thing. All their successes are theirs, all their failures are theirs, all their problems are theirs,” said Widmer.

He urged parents to avoid the trap of doing everything for their child.

“Teach them to deal with their own emotions, solve their own problems, and how to talk to authority figures. Prepare them for their own life,” said Widmer.

Widmer also emphasised the need to take a long-term view when it came to developing a swimmer.

He said, “Guess how many of the top 100 American swimmers under 10 years of age were still top 100 at ages 17-18? Two.”

He urged parents to take a balanced approach, and that “early success does not guarantee future success”.

It was more important for parents to give their children a multi-sport experience in their growing up years, according to Widmer.

Widmer highlighted that “a high proportion of elite Australian athletes took part in a diverse variety of sports before specialising around 13-15 years of age”, and that “Australian athletes at senior international events participated in an average of four

UPCOMING EVENTS

Friday 23 February

AIC Swim Meet @ASH

Saturday 24 February

AIC Round 4 Cricket and Volleyball
v St Patrick's

Saturday 3 March

AIC Round 5 Cricket and Volleyball
v St Laurence's

Monday 5 March

AIC Swimming Championships
@ Chandler

MCA SPORTS CONNECT

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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

different sports before specialising in their main sport”.

And the four most powerful words you can say to your child?

“I love watching you,” said Widmer.

“Do you know why it is so powerful? Because it is non-judgmental.

Week 6

It is an extraordinarily busy time for students as we head into Week 6 of Term 1. At this important time in our studies and the end of our sporting seasons, it can be quite difficult to manage the many commitments we all have. Our communication with each other is very important. I encourage all students to have conversations with their families, teachers and coaches if they are struggling to maintain a balance.

There is a lot of information in this week’s newsletter so please make sure you check it thoroughly. Below is a list of current and upcoming events:

- Term 1 sport continues with Round 4 against St. Patrick’s College this weekend – Cricket, Volleyball and Junior AFL against Villanova
- Our Swimming Squad is in their final week of preparation heading into the AIC championships on Monday, March 5
- MARC continues with our runner’s meeting on Monday, Wednesday and Friday mornings at the pool
- Term 2 sport – sign on for Rugby and Football is now OPEN. Please follow the directions below.

Even though it is important that we are organised for the upcoming Term 2 sports, our focus is still to remain heavily on the sports that are currently running. Please ensure that you maintain your commitments to your Term 1 sports.

Term 2 Sport

We have begun sign-on for all rugby and football (soccer) players for the upcoming season. All of the information is listed below and all students are asked to pay close attention to the final date for signing on.

Our 1sts squads for these sports have been begun training in preparation for the AIC season with our football squad into preseason trials while our rugby squad prepare for a tour of New Zealand at Easter.

Enjoy Round 4 of sport!

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.

Individual Achievements

Congratulations to:

- James Fitzgerald on his performances at the Queensland Sprint Swimming Championships at Chandler on Saturday. James established new PB’s and Queensland records for his multi-class classification in the 50m Freestyle, 50m Butterfly, and 50m Breaststroke. James is the first person to set records for these events at his age level.

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.

Teams of the Week – Round 3 v St Peter’s

Each week during Cricket and Volleyball season, the best performing players from 1sts, 2nds, and A teams (Volleyball), and milestone performers (Cricket) 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 teams of the week v St Peter’s.

Cricket Round 3		
1	Sam Cope (c)	1st XI
2	Nick McPhee	1st XI
3	Matthew Moore	1st XI
4	Dylan Cope	10B
5	Chris Mahoney	10D
6	Billy Nuss	8A
7	Marcus Zipf	8A
8	Jamieson Parkin	8B
9	Joel Ephraims	7A
10	Liam Morris	8B
11	Jack Urquhart	7C

Volleyball Round 3		
1	Nick Schmidhauser (c)	1st VI
2	Connor McIlwain	2nd VI
3	Tim Gibb	11A
4	Floyd Aubrey	10A
5	Henry Howse	9A
6	Andrew Crook	8A
7	Spencer Mahoney	7A

Rugby and Football Sign-on

Similar to previous years we have managed to make all sign-on for Years 7-12 Rugby & Football online.

Please click on the links below, which will take you to the respective forms.

Rugby

<https://goo.gl/CkTv1L>

Football (Soccer)

<https://goo.gl/Hh3pqW>

If you signed on for Football (Soccer) before 12:00pm on Wednesday, please sign-on again using the above link. Due to a glitch in the system, no names or email addresses were recorded. This has been rectified now.

2018 Year/Age groupings

A reminder of the age groupings below:

Rugby - Years 5-10, Opens (this year all Years 11 & 12 students will compete in the Open competition as one group)

Football - Years 5-10, Opens

Rugby and Football Pre-Season Training and Trials

Football and Rugby training will commence over the next 2 weeks. Once sign-ons are completed on Friday 23 February, age group coordinators for these sports will contact students regarding training.

AIC CRICKET FIXTURES

ROUND 4 V SPC - SATURDAY FEBRUARY 24, 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. SPC 1sts	9:30am – 5:15pm	Home	McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
2nds vs. SPC 2nds	1:00pm – 5:30pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
ASH 3rds vs. ASH 4ths	1:00pm – 5:30pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
ASH 4ths vs. ASH 3rds	1:00pm – 4:00pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
5ths vs. BYE	BYE	BYE	BYE	
ASH 6ths v ASH 8ths	1:00pm – 4:00pm	Home	Ashgrove State School. Glory St, Ashgrove	Syn
ASH 7ths v IONA 4ths	1:00pm – 5:30pm	Away	Fuller Oval, Iona College. 85 North Rd, Lindum	Syn
ASH 8ths v ASH 6ths	1:00pm – 4:00pm	Home	Ashgrove State School. Glory St, Ashgrove	Syn
10A vs. SPC 10A	8:15pm – 12:45pm	Home	Cameron Oval, Marist College Ashgrove. Glenlyon Dr, Ashgrove	Turf
10B vs. SPC 10B	8:15am – 12:45pm	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove	Turf
10C vs. Albany Creek	8:15am – 11:45am	Away	North Oval, South Pine Spors Complex, Brendale	Turf
10D vs. IONA 10C	8:00am – 11:00am	Away	Fuller Oval, Iona College. North Rd, Lindum	Syn
9A vs. SPC 9A	8:15pm – 12:45pm	Away	Oval 1, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Turf
9B vs. SPC 9B	8:15pm – 12:45pm	Away	Oval 2, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Turf
9C vs. Sandgate Redcliffe	8:15am – 11:45am	Home	Oval 3, Valleys Cricket Club. Yoku Rd, Ashgrove	Turf
9D vs. SLC 9 Gold	8:00am – 11:00am	Home	Field 1, Mt Maria Playing Fields. Mott St, Enoggera	Syn
9 Gold vs. PADUA 9C	8:00am – 11:00am	Home	South Field, Gibson Park. Stafford Rd, Stafford	Turf
8A vs. SPC 8A	1:00pm – 5:30pm	Away	Oval 1, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Turf
8B vs. SPC 8B	1:00pm – 5:30pm	Away	Oval 2, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Turf
8C vs. Albany Creek	8:15am – 11:45am	Away	South Oval, South Pine Spors Complex, Brendale	Syn
8D vs. SPC 8C	11:00am – 2:00pm	Away	Oval 4, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Syn
8 Gold vs. SPC 8 Gold	2:00pm – 5:00pm	Away	Oval 4, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Syn
8 White vs. IONA 8C	8:00am – 11:00am	Home	Fenwick Park. Samford Rd, Mitchelton	Syn
8 Green vs. IONA 8D	11:15am – 2:15pm	Home	Fenwick Park. Samford Rd, Mitchelton	Syn
7A vs. SPC 7A	1:00pm – 5:30pm	Away	Oval 3, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Turf
7B vs. SPC 7B	8:15pm – 12:45pm	Away	Oval 3, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Turf
7C vs. SPC 7C	7:45am – 10:45am	Away	Oval 4, SPC playing fields, Curlew Park. Curlew St, Shorncliffe	Syn
7 Gold vs. IONA 7C	11:15am – 2:15pm	Away	Coghill Oval, Iona College. North Rd, Lindum	Syn
7 White vs. SPC 7 Gold	8:00am – 11:00am	Away	Bracken Ridge State High School. Barefoot St, Bracken Ridge	Conc
7 Green vs. IONA 7 Gold	10:15am – 1:15pm	Away	Field 2, Kianawah Park. Wynnum Rd, Tingalpa	Syn
7 Blue vs. IONA 7 Green	1:30pm – 4:30pm	Away	Field 2, Kianawah Park. Wynnum Rd, Tingalpa	Syn
6A vs. SPC 6A	7:30am – 11:00am	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6B vs. SPC 6B	7:30am – 11:00am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove	Syn
6C vs. SPC 6C	7:30am – 10:00am	Home	North Oval, Corramulling Park. Yoorala St, The Gap	Syn
6 Gold vs. IONA 6C	7:30am – 10:30am	Away	Field 2, Kianawah Park. Wynnum Rd, Tingalpa	Syn
6 White vs. BYE	BYE	BYE	BYE	
6 Green vs. IONA 6D	7:30am – 10:30am	Away	Field 3, Kianawah Park. Wynnum Rd, Tingalpa	Syn
6 Blue vs. ASH 6 Black	11:00am – 1:30pm	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove	Syn
5A vs. SPC 5A	8:00am – 11:30am	Away	SJC Oval, St. Joseph's College, Phillips St, Bracken Ridge	Syn
5B vs. SPC 5B	8:00am – 11:30am	Away	Bracken Ridge State School. Tomah Rd, Bracken Ridge	Syn
5C vs. SPC 5C	8:00am – 11:00am	Away	P&F Oval 1. SPC playing fields, Curlew St, Shorncliffe	Conc
5 Gold vs. IONA 5C	7:30am – 10:00am	Home	South Oval, Corramulling Park. Yoorala St, The Gap	Syn
5 White vs. SPC 5 Gold	8:00am – 11:00am	Away	P&F Oval 2. SPC playing fields, Curlew St, Shorncliffe	Conc
5 Green vs. BYE	BYE	BYE	BYE	
5 Blue vs. IONA 5 Green	7:30am – 10:00am	Home	Field 2, Mt Maria Playing Fields. Mott St, Enoggera	Conc
5 Black vs. SLC 5 Green	10:00am – 12:30pm	Home	North Oval, Corramulling Park. Yoorala St, The Gap	Syn

AIC VOLLEYBALL FIXTURES

ROUND 4 V SPC - SATURDAY FEBRUARY 24, 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.

FRIDAY FEBRUARY 23 - INTERNAL COMPETITION – YEAR 7 & 8

TEAM	TIME	H/A	VENUE
8 Gold v 8 Blue	3.30pm	HOME	Court 1, Champagnat Centre.
7 Red v 7 Green	3.30pm	HOME	Middle Court, Champagnat Centre.
8 White v 8 Green	3.30pm	HOME	Court 2, Champagnat Centre.
7 Gold v 7 Blue	3.30pm	HOME	MPC 1, Champagnat Centre (Outside).
7 White v 7 Black	3.30pm	HOME	MPC 2, Champagnat Centre (Outside).

SATURDAY FEBRUARY 24


TEAM	TIME	H/A	VENUE
1sts vs. SPC 1sts	12:00pm	Home	Court 1, Champagnat Centre, Marist College Ashgrove
2nds vs. SPC 2nds	11:00am	Home	Court 1, Champagnat Centre, Marist College Ashgrove
3rds vs. SPC 3rds	9:00am	Home	Court 1, Champagnat Centre, Marist College Ashgrove
4ths vs. SPC 4ths	8:00am	Home	Court 1, Champagnat Centre, Marist College Ashgrove
5ths vs. SLC 4ths	8:15am	Away	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
6ths vs. Padua 4ths	7:30am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
11A vs. SPC 11A	10:00am	Home	Court 1, Champagnat Centre, Marist College Ashgrove
11B vs. SPC 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. SPC 10A	11:00am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
10B vs. SPC 10B	10:00am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
10C vs. SPC 10C	9:00am	Home	Court 2, Champagnat Centre, Marist College Ashgrove
10D vs. GT 10D	7.30am	Home	Middle Court, Champagnat Centre, Marist College Ashgrove
10 Gold vs. TGS 10D	9:00am	Home	Multipurpose Court 1 (outside), Champagnat Centre, Marist College Ashgrove
10 White vs. ATC 10C	7:30am	Home	Multipurpose Court 2 (outside), Champagnat Centre, Marist College Ashgrove
9A vs. SPC 9A	12:00pm	Away	Christian Brothers Centre, SPC. 60 Park Parade, Shorncliffe
9B vs. SPC 9B	11:00am	Away	Christian Brothers Centre, SPC. 60 Park Parade, Shorncliffe
9C vs. SPC 9C	11:00am	Away	Court 1. Callan Centre, SPC. 60 Park Parade, Shorncliffe
9D vs. SPC 9D	11:00am	Away	Court 2. Callan Centre, SPC. 60 Park Parade, Shorncliffe
9 Gold vs. PADUA 9D	10:00am	Away	Court 3, Greccio Centre, Padua College. Turner Rd, Kedron
9 White vs. ASH 9 Green	8:00am	Home	Multipurpose Court 1 (outside), Champagnat Centre, Marist College Ashgrove
9 Green vs. ASH 9 White	8:00am	Home	Multipurpose Court 1 (outside), Champagnat Centre, Marist College Ashgrove
8A vs. SPC 8A	10:00am	Away	Christian Brothers Centre, SPC. 60 Park Parade, Shorncliffe
8B vs. SPC 8B	9:00am	Away	Christian Brothers Centre, SPC. 60 Park Parade, Shorncliffe
8C vs. SPC 8C	8:00am	Away	Christian Brothers Centre, SPC. 60 Park Parade, Shorncliffe
8D vs. SPC 8D	10:00am	Away	Court 2. Callan Centre, SPC. 60 Park Parade, Shorncliffe
7A vs. SPC 7A	10:00am	Away	Court 1. Callan Centre, SPC. 60 Park Parade, Shorncliffe
7B vs. SPC 7B	9:00am	Away	Court 1. Callan Centre, SPC. 60 Park Parade, Shorncliffe
7C vs. SPC 7C	8:00am	Away	Court 1. Callan Centre, SPC. 60 Park Parade, Shorncliffe
7D vs. SPC 7D	9:00am	Away	Court 2. Callan Centre, SPC. 60 Park Parade, Shorncliffe

AIC AFL FIXTURES

ROUND 4 V VILLANOVA - SATURDAY FEBRUARY 24, 2018

TEAM	TIME	VENUE
6A vs VILLA 6A	9.15am	Field 2, Yeronga AFC. Cansdale St, Yeronga
6B vs VILLA 6B	8.00am	Field 2, Yeronga AFC. Cansdale St, Yeronga
5A vs VILLA 5A	9.15am	Field 1, Yeronga AFC. Cansdale St, Yeronga
5B vs VILLA 5B	8.00am	Field 1, Yeronga AFC. Cansdale St, Yeronga

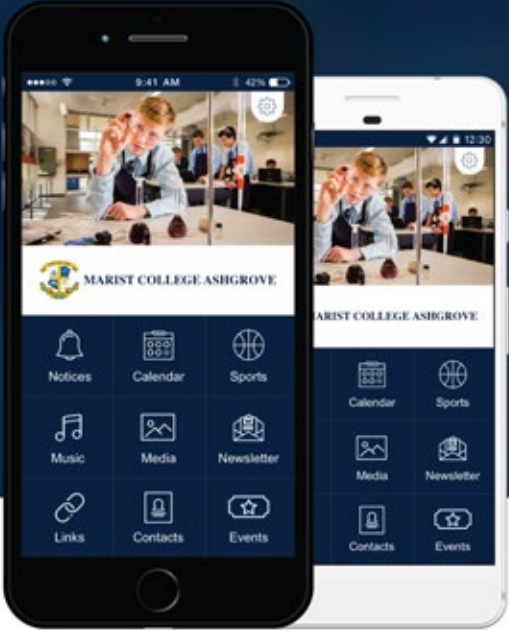
College App





MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad



AIC Cricket Aggregate Results 2018

	PADUA	IONA	SPLC	SPC	SLC	SEC	VILLA
1st XI	WASH OUT	ASH 9/193 IONA 89	ASH 1/71 SPC 9/69				
2nd XI	WASH OUT	ASH 163 IONA 6/139	ASH 2/61 SPC 7/58				
3rd XI	WASH OUT	ASH 4/144 IONA 143	ASH 2/89 SPC 88				
4th XI	WASH OUT	ASH 246 IONA 46	WOF V ASH 5TH				
5th XI	NO RESULT GIVEN	ASH 6/152 ASH 6th 7/216	LOF V ASH 4TH				
6th XI	NO RESULT GIVEN	ASH 7/216 ASH 5th 6/152	BYE				
7th XI	DID NOT PLAY	NO RESULT GIVEN	BYE				
8th XI	DID NOT PLAY	NO RESULT GIVEN	NO RESULT GIVEN				
10A	ASH 130 PAD 194	ASH 202 IONA 7/104	ASH 144 SPLC 5/148				
10B	ASH 105 PAD 73	ASH 3/72 IONA 71	ASH 1/39 SPLC 38				
10C (BNJC)	DAY 1 OF GAME	ASH 5/145 Wilst N 5/147	NO RESULT GIVEN				
10D	NO RESULT GIVEN	ASH 96 IONA C 110	ASH 5/141 SLC C 5/106				
9A	ASH 84 PAD 40	ASH 7/157 IONA 7/132	ASH 148 SPLC 83				
9B	ASH 84 PAD 82	ASH 237 IONA 194	ASH 116 SPLC 79				
9C (BNJC)	DAY 1 OF GAME	NO RESULT GIVEN	DAY 1 A CREEK 4/221				
9D	NO RESULT GIVEN	ASH 166 PAD C 146	NO RESULT GIVEN				
9 Gold	NO RESULT GIVEN	ASH 150 PAD D 166	NO RESULT GIVEN				
8A	WASH OUT	ASH 6/128 IONA 9/127	ASH 2/111 SPLC 9/110				
8B	WASH OUT	ASH 5/225 IONA 89	ASH 8/232 SPLC 29				
8C (BNJC)	DAY 1 OF GAME	NO RESULT GIVEN	DAY 1 OF GAME				
8D	NO RESULT GIVEN	ASH 90 IONA C 89	NO RESULT GIVEN				
8 Gold	NO RESULT GIVEN	NO RESULT GIVEN	NO RESULT GIVEN				
8 White	NO RESULT GIVEN	NO RESULT GIVEN	NO RESULT GIVEN				
8 Green	NO RESULT GIVEN	NO RESULT GIVEN	NO RESULT GIVEN				
7A	WASH OUT	ASH 173 IONA 159	ASH 6/142 SPLC 92				
7B	ASH 76 PAD 75	ASH 142 IONA 85	ASH 4/71 SPLC 70				
7C	NO RESULT GIVEN	ASH 4/92 IONA 3/74	ASH 2/129 ASH D 9/90				
7 Gold	NO RESULT GIVEN	NO RESULT GIVEN	ASH 9/90 ASH C 2/129				
7 White	NO RESULT GIVEN	NO RESULT GIVEN	MATCH ABANDONED				
7 Green	NO RESULT GIVEN	ASH 2/122 SPC D 3/112	MATCH ABANDONED				
7 Blue	NO RESULT GIVEN	NO RESULT GIVEN	NO RESULT GIVEN				

AIC Volleyball Aggregate Results 2018

	PADUA	IONA	SPLC	SPC	SLC	SEC	VILLA
1st VI	3-2 win	0-3 loss	2-3 loss				
2nd VI	1-2 loss	0-2 loss	1-2 loss				
3rd VI	2-0 win	0-2 loss	2-1 win				
4th VI	NO RESULT GIVEN	0-2 loss	1-2 loss				
5th VI	NO RESULT GIVEN	BYE	NO RESULT GIVEN				
6th VI	NO RESULT GIVEN	0-2 loss v SLC 4th	NO RESULT GIVEN				
11A	2-1 win	2-1 win	2-0 win				
11B	0-2 loss	0-2 loss	0-2 loss				
11C	NO RESULT GIVEN	0-2 loss	NO RESULT GIVEN				
10A	0-2 loss	1-2 loss	2-1 win				
10B	0-2 loss	0-2 loss	1-2 loss				
10C	1-2 loss	1-2 loss	2-1 win				
10D	NO RESULT GIVEN	0-2 loss	NO RESULT GIVEN				
10 Gold	NO RESULT GIVEN	0-2 loss v ACGS 10D	1-2 loss v 10 White				
10 White	Bye	1-2 loss v SLC 10D	2-1 win v 10 Gold				
9A	1-2 loss	0-3 loss	1-2 loss				
9B	0-2 loss	1-2 loss	0-2 loss				
9C	0-3 loss	0-3 loss	3-0 win				
9D	0-3 loss	0-3 loss	2-1 win				
9 Gold	NO RESULT GIVEN	2-1 win v ATC 9C	2-1 win v GT				
9 White	NO RESULT GIVEN	BYE	NO RESULT GIVEN				
9 Green	NO RESULT GIVEN	2-0 win v GT 9E	BYE				
8A	1-2 loss	0-3 loss	2-0 win				
8B	2-1 win	1-2 loss	0-3 loss				
8C	1-2 loss	0-3 loss	0-2 loss				
8D	1-2 loss	1-2 loss	2-1 win				
8 Gold	DNP	0-3 loss v Ash 8 White	1-2 loss v 8 Green				
8 White	DNP	3-0 win v Ash 8 Gold	1-2 loss v 8 Blue				
8 Green	DNP	1-2 loss v Ash 8 Blue	2-1 win v 8 Gold				
8 Blue	DNP	2-1 win v Ash 8 Green	2-1 win v 8 White				
7A	0-2 loss	2-1 win	2-0 win				
7B	3-0 win	1-2 loss	3-0 win				
7C	2-1 win	1-2 loss	3-0 win				
7D	3-0 win	0-3 loss	2-1 win				
7 Gold	DNP	1-2 loss v Ash 7 White	1-2 loss v 7 Green				
7 White	DNP	2-1 win v Ash 7 Gold	0-3 loss v 7 Red				
7 Green	DNP	2-1 win v Ash 7 Blue	2-1 win v 7 Gold				
7 Blue	DNP	1-2 loss v Ash 7 Green	0-3 loss v 7 Black				
7 Black	DNP	2-1 win v Ash 7 Black	3-0 win v 7 Blue				
7 Red	DNP	1-2 loss v Ash 7 Red	3-0 win v 7 White				

2018 Cricket Training Schedule

Nets are numbered from left to right.

MORNING 7:00-8:10am											
Monday		Tuesday		Wednesday		Thursday		Friday			
Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets		Cameron Oval Nets			
1		1		1	5ths	1	8 White	1	8 Gold		
2		2		2	5ths	2	8 White	2	8 Gold		
3		3	9A	3	9 Gold	3	9A	3			
4		4	9A	4	9 Gold	4	9A	4			
5	6B	5		5	7ths	5	2nds	5	7ths		
6	6B	6		6	7ths	6	2nds	6	7ths		
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		1			
2	5 Blue	2	6 White	2	First XI Squad	2		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	1sts & 2nds	1	8A	1	8C	1	8ths		
2	8A	2	2nds	2	8A	2	8C	2	8ths		
3	8B	3	2nds & 3rds	3		3	9B	3	10D		
4	8B	4	3rds	4		4	9B	4	10D		
5	5ths	5	8C	5	8D	5	9C	5	9 Gold		
6	5ths	6	8C	6	8D	6	9C	6	9 Gold		
7	9B	7	8D	7	9D	7	First XI	7	8 Green		
8	9B	8	8D	8	9D	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	7 Green	5			
6	7 Blue	6	7C	6	7 Blue	6	7 Green	6			
7	10C	7	7 Green	7	10D	7	5 White	7			
8	10C	8	7 Green	8	10D	8	5 White	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: 8 Gold & 8 White		Cameron:		Cameron: 8B		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

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)