



Weekly Sports Report 19 April 2018 - Term 2 - Week 1 Inside this edition

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From the Head of Sport

Welcome back to all students and families from what we hope was a relaxing and injury-free holiday break! Term 2 sport sees the commencement of the rugby, football (soccer) and chess seasons along with the continuation of our cross-country program.

This week's newsletter contains information regarding uniform expectations, training schedules and draws for this weekend's trial v St Laurence's. All students are reminded to check the details contained in this newsletter regarding times and venues for training and trial matches. There will be some movement of training fields over the next two weeks for a few age groups as we gain access to our newly renovated fields on the flats so please pay attention to this newsletter and the College App for any updates or changes.

It is also important that students know which team they are in for this weekend's trial against St Laurence's. Any questions regarding this should be directed to the specific age coordinators for the relevant sports. Your attendance at training and working hard over the next week to ensure a good start to the season will be crucial for success in your competitions. Good luck to all students and coaches for the upcoming season!

HOLIDAY TOURS

Football Tour to Italy – Throughout the entire holidays a group of 29 students from the College football program ranging from Years 10-12 embarked on the trip of a lifetime to Italy. Over the course of 17 days, the group enjoyed a 'professional' football experience with two training sessions on most days and four friendly matches against local groups, as well as extensive sightseeing in Rome, Verona, Bergamo, Milano, and Venice. The tour was exceptionally organised and managed by Lou Mazzoleni who worked extremely hard to ensure that the tour was an enjoyable and rewarding experience for all involved. We also thank Mr McLoughlin, Mr Morgan, and Mr Poole who accompanied the students to Italy. A more in-depth wrap of the tour will be included in next week's newsletter.

Rugby Tour to New Zealand – During the first week of our break a squad of 36 Open rugby players travelled to the north island of New Zealand to play some tough matches against quality rugby schools and engage in a fantastic cultural experience. The boys played three matches over the course of the week to put them in a great position leading into the AIC season. We thank Mr Miles, Mr Kiernan, Mr Byrne, Mr Kosiek, Mr Gilbert and Tyrell Barker for their time and efforts with our students. Next week's newsletter will also include a tour report from some students.

UPCOMING EVENTS

Saturday 21 April

Rugby & Football Trial v St Laurence's

Friday 27 April

AIC Chess Round 1 v Padua

Saturday 28 April

AIC Rugby & Football Round 1 v Padua

MCA SPORTS CONNECT

Head of Sport

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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 CONTINUED...

HOLIDAY CLINICS

Next Gen Rugby Clinic – The Easter tradition of NextGen rugby clinics on McMahon and Hayden Oval continued with over 100 students attending over the course of the three days. Mr Michael Broad (NextGen Director) was extremely pleased with the enthusiasm of the boys and noted the great attendance of Marist Ashgrove boys who led the way. Mr Broad was also greatly appreciative of the opportunity to utilise our first class fields and facilities and wished to pass on his thanks to our community.

Feyenoord Football Clinic – Over the holidays, two members of the Feyenoord football club in the Netherlands delivered a clinic at the College involving around 60 players, many of which were Ashgrove students. This was the first time we have conducted such a clinic, and from all feedback, this was a great experience for all involved. Our College looks forward to continuing this relationship and providing such a great experience for our students.

HOLIDAY TRAINING

Our cross country runners and staff began their season preparation with some holiday training at various venues. We thank Ms Deeley for her fantastic organisation of our program and for the support provided by staff and old boys in ensuring our students are given every opportunity to participate.

IMPORTANT REMINDER

Marist College Ashgrove Sport comes first – no exceptions. As I know all students and families are aware, our College policy on all students at Marist College Ashgrove committing to their school sport first is and always will be in place. Please ensure you are maintaining your commitment to your school first throughout the upcoming season.

A few key REMINDERS regarding sport:

- 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 uniform to and from AIC matches. Please see the uniform section below for an example of appropriate attire for Cricket and Volleyball.
- 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.
- 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.
- Sports Contacts – Should you have any questions regarding Rugby, Football or Cross Country please contact the relevant staff members in the first instance.

COMMUNICATION

With a busy Term 1 ahead, 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)
- College App
- Sports noticeboard (outside the gym)
- Morning and afternoon notices
- Emails (students are reminded to check these regularly!)

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:

- Jackson Grounds and Orlando Gonzalez on their selections in the Met North 14 years Baseball team to compete at the State Championships on the Sunshine Coast this weekend.
- Matt Magnussen who won a Bronze Medal in the U14 Surf Race, and made the final of the U14 Board Race, and U14 Iron at the recent Australian Surf Lifesaving Championships in WA.
- Daniel Meggitt on his success at the QLD Youth Surf Titles winning a silver medal in the U/14 Male Cameron Relay and another silver in the U/15 Male Cameron Relay.

Term 2 Sport Uniform

A very important part of representing Ashgrove in any sporting competition is our presentation. As we move into the AIC Rugby and Football seasons, it is a good opportunity for all students to ensure they have the correct uniform for their particular sport. It is the position of our College and most AIC colleges that no student should be on the 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 for correct Rugby and Football uniform.



Rugby And Football Training Timetables – Week 2, Term 1

Due to circumstances beyond our control, the training timetables for Week 2 are yet to be finalised. Please check the College App over the coming days for training schedules for Week 2.



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AIC RUGBY FIXTURES

TRIAL V ST LAURENCE'S - SATURDAY APRIL 21, 2017

Rugby Coordinator: Mr Tim Sedgwick

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times – Ash Rugby jersey, shorts, and socks

TEAM	TIME	Home/Away	VENUE
1sts vs. SLC 1sts	3:15pm	Away	Crawford Oval, SLC Playing Fields. Nathan Rd, Runcorn
2nds vs. SLC 2nds	2:00pm	Away	Crawford Oval, SLC Playing Fields. Nathan Rd, Runcorn
3rds vs. SLC 3rds	1:00pm	Away	Crawford Oval, SLC Playing Fields. Nathan Rd, Runcorn
4ths vs. SLC 4ths	12:00pm	Away	Crawford Oval, SLC Playing Fields. Nathan Rd, Runcorn
5ths vs. SLC 5ths	11:00am	Away	Crawford Oval, SLC Playing Fields. Nathan Rd, Runcorn
10A vs. SLC 10A	2:00pm	Away	Lehmann East Field 2, SLC Playing Fields. Nathan Rd, Runcorn
10B vs. SLC 10B	1:00pm	Away	Lehmann East Field 2, SLC Playing Fields. Nathan Rd, Runcorn
10C vs. SLC 10C	12:00pm	Away	Lehmann East Field 2, SLC Playing Fields. Nathan Rd, Runcorn
9A vs. SLC 9A	1:00pm	Away	O'Neill Oval Field 4, SLC Playing Fields. Nathan Rd, Runcorn
9B vs. SLC 9B	12:00pm	Away	O'Neill Oval Field 4, SLC Playing Fields. Nathan Rd, Runcorn
9C vs. SLC 9C	11:00am	Away	O'Neill Oval Field 4, SLC Playing Fields. Nathan Rd, Runcorn
9 Gold vs. SLC 9 Gold	10:00am	Away	O'Neill Oval Field 4, SLC Playing Fields. Nathan Rd, Runcorn
8A vs. SLC 8A	11:00am	Away	Lehmann East Field 2, SLC Playing Fields. Nathan Rd, Runcorn
8B vs. SLC 8B	10:00am	Away	Lehmann East Field 2, SLC Playing Fields. Nathan Rd, Runcorn
8C vs. SLC 8C	9:00am	Away	Lehmann East Field 2, SLC Playing Fields. Nathan Rd, Runcorn
8 Gold vs. SLC 8 Gold	8:00am	Away	Lehmann East Field 2, SLC Playing Fields. Nathan Rd, Runcorn
7A vs. SLC 7A	10:00am	Away	Crawford Oval, SLC Playing Fields. Nathan Rd, Runcorn
7B vs. SLC 7A	9:00am	Away	Crawford Oval, SLC Playing Fields. Nathan Rd, Runcorn
7C vs. SLC 7C	8:00am	Away	Crawford Oval, SLC Playing Fields. Nathan Rd, Runcorn
7 Gold vs. SLC 7 Gold	2:00pm	Away	O'Neill Oval Field 4, SLC Playing Fields. Nathan Rd, Runcorn
7 White vs. SLC 7 White	1:00pm	Away	Field 5, SLC Playing Fields. Nathan Rd, Runcorn
7 Green vs. SLC 7 Green	2:00pm	Away	Field 5, SLC Playing Fields. Nathan Rd, Runcorn
6A vs. SLC 6A	12:10pm	Away	Field 5, SLC Playing Fields. Nathan Rd, Runcorn
6B vs. SLC 6B	11:20am	Away	Field 5, SLC Playing Fields. Nathan Rd, Runcorn
6C vs. SLC 6C	10:30am	Away	Field 5, SLC Playing Fields. Nathan Rd, Runcorn
6 Gold vs. SLC 6 Gold	9:40am	Away	Field 5, SLC Playing Fields. Nathan Rd, Runcorn
5A vs. SLC 5A	9:00am	Away	O'Neill Oval Field 4, SLC Playing Fields. Nathan Rd, Runcorn
5B vs. SLC 5B	8:00am	Away	O'Neill Oval Field 4, SLC Playing Fields. Nathan Rd, Runcorn
5C vs. SLC 5C	8:50am	Away	Field 5, SLC Playing Fields. Nathan Rd, Runcorn
5 Gold vs. SLC 5 Gold	8:00am	Away	Field 5, SLC Playing Fields. Nathan Rd, Runcorn

AIC FOOTBALL FIXTURES

TRIAL V ST LAURENCE'S - SATURDAY APRIL 21, 2017

Football Coordinator: Mr Terry Quain

- All players to arrive at least 30 mins prior to game time
- All students are expected to be in correct uniform at all times - Ashgrove Football jersey, shorts, and socks

TEAM	TIME	Home/Away	VENUE
1sts vs. SLC 1sts	12:15pm	Away	Lehmann West Field 3, SLC Playing Fields. Nathan Rd, Runcorn
2nds vs. SLC 2nds	11:00am	Away	Lehmann West Field 3, SLC Playing Fields. Nathan Rd, Runcorn
3rds vs. SLC 3rds	11:40am	Away	Grundy Oval Field 7, SLC Playing Fields. Nathan Rd, Runcorn
4ths vs. SLC 4ths	10:30am	Away	Grundy Oval Field 7, SLC Playing Fields. Nathan Rd, Runcorn
5ths vs. SLC 5ths	12:50pm	Away	Grundy Oval Field 7, SLC Playing Fields. Nathan Rd, Runcorn
6ths vs. SLC 6ths	11:30am	Away	Field 8, SLC Playing Fields. Nathan Rd, Runcorn
10A vs. SLC 10A	9:45am	Away	Lehmann West Field 3, SLC Playing Fields. Nathan Rd, Runcorn
10B vs. SLC 10B	8:30am	Away	Grundy Oval Field 7, SLC Playing Fields. Nathan Rd, Runcorn
10C vs. SLC 10C	8:30am	Away	Field 8, SLC Playing Fields. Nathan Rd, Runcorn
10 Gold vs. SLC 10 Gold	7:30am	Away	Grundy Oval Field 7, SLC Playing Fields. Nathan Rd, Runcorn
9A vs. SLC 9A	8:30am	Away	Lehmann West Field 3, SLC Playing Fields. Nathan Rd, Runcorn
9B vs. SLC 9B	9:30am	Away	Grundy Oval Field 7, SLC Playing Fields. Nathan Rd, Runcorn
9C vs. SLC 9C	9:30am	Away	Field 8, SLC Playing Fields. Nathan Rd, Runcorn
9 Gold vs. SLC 9 Gold	10:30am	Away	Field 8, SLC Playing Fields. Nathan Rd, Runcorn
9 White vs. SLC White	7:30am	Away	Field 8, SLC Playing Fields. Nathan Rd, Runcorn
8A vs. SLC 8A	8:30am	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
8B vs. SLC 8B	9:30am	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
8C vs. SLC 8C	10:30am	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
8 Gold vs. SLC 8 Gold	11:30am	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
8 White vs. SLC 8 White	7:30am	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove
7A vs. SLC 7A	7:30am	Home	Hayden Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
7B vs. SLC 7B	8:30am	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove
7C vs. SLC 7C	9:30am	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove
7 Gold vs. SLC 7 Gold	10:30am	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove
7 White vs. SLC 7 White	11:30am	Home	Flat 6, Des Connor Park. Grevillea Rd, Ashgrove
6A vs. SLC 6A	7:30am	Home	Jack Eales Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
6B vs. SLC 6B	8:20am	Home	Jack Eales Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
6C vs. SLC 6C	9:10am	Home	Jack Eales Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
6 Gold vs. SLC 6 Gold	10:00am	Home	Jack Eales Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
6 White vs. SLC 6 White	10:50am	Home	Jack Eales Oval, Marist College Ashgrove. Frasers Rd, Ashgrove
5A vs. SLC 5A	7:30am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove
5B vs. SLC 5B	8:20am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove
5C vs. SLC 5C	9:10am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove
5 Gold vs. SLC 5 Gold	10:00am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove
5 White vs. SLC 5 White	10:50am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove
5 Green vs. SLC 5 Green	11:40am	Home	Flat 5, Des Connor Park. Grevillea Rd, Ashgrove

Gym Schedule

TERM 2 - WEEK 2 - SCHEDULE MAY CHANGE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	6:15am - 7:15am	PHYSIO & TRIAGE - RUGBY & FOOTBALL	OPENS BASKETBALL	GENERAL/BOARDERS	OPENS RUGBY - BOARDERS	OPENS BASKETBALL
	7:05am - 8:05am		RUGBY DEVELOPMENT GROUP	TENNIS / T&F	OPENS RUGBY	TENNIS / T&F
	8:35am - 8:50am	YEARS 5/6 - M.A.D		YEARS 5/6 - M.A.D		YEARS 5/6 - M.A.D
LUNCH	BREAK 1					
	BREAK 2	OPENS FOOTBALL FLEX	OPENS RUGBY FLEX	OPENS FOOTBALL FLEX	OPENS RUGBY FLEX	
PM	3:25pm - 4:25pm	OPENS RUGBY	GENERAL/BOARDERS	OPENS FOOTBALL	RUGBY DEVELOPMENT GROUP	
	4:25pm - 5:00pm	OPENS FOOTBALL			GENERAL/BOARDERS	

BASKETBALL/TENNIS/TRACK & FIELD	PRESEASON SPORT
OPENS RUGBY/FOOTBALL	INSEASON SPORT

SPORTS BASED S&C GYM SESSIONS ARE FOR EITHER DESIGNATED 1ST OPENS (YEARS11/12) PLAYERS OR NOMINATED STUDENTS ONLY
STUDENTS IN YEARS 8 - 12 CAN ACCESS GYM AT DESIGNATED GENERAL SESSIONS (MAX 25 STUDENTS)

Cross Country

All Cross Country squad members should be attending at least 2-3 sessions per week. If this is going to be an issue, please keep Miss Deeley or your Age Coordinator informed. We are well aware that many of you are committed to Term 2 Sport – we will be happy to show flexibility as long as you're open with us and you keep us in the loop.

Our training session options are as follows:

Training A: Monday & Tuesday mornings – focus will be on race pace development

Training B: Wednesday & Thursday mornings – focus will be on short/long hill repetitions

Long Runs: Friday mornings – focus is on aerobic running (easy long runs)

We meet at the **Grandstand (McMahon Oval)** for regular training with sessions commencing at 6:45am sharp – please arrive before then so we'll be ready to leave on time (make sure you have your name checked-off with Miss Deeley before the session starts). We have a tradition of playing touch on McMahon Oval before training – for those interested, this usually kicks off around 6:20am onwards.

We will train every school day of Term 2, other than ANZAC Day.