



Weekly Sports Report 19 July 2018 - Term 3 - Week 1

Inside this edition

From the Head of Sport - Individual Achievements
Basketball and Tennis Trial Draws v Villanova – Saturday 15 July
Basketball and Tennis Training Schedules – Term 3



From the Head of Sport

After a long but enjoyable Term 2 of Sport, we welcome everyone to Term 3. Thank you again to all of our families, students, staff and community members for the efforts they have put into providing opportunities for our students. Term 2 sport is arguably the busiest term in our sporting calendar and relies heavily on the efforts of everyone in our community, so I thank you all sincerely.

Please check carefully the information in the newsletter relating to our Term 3 sport. We move very quickly into our basketball and tennis seasons with our cross country program also heading into the final three weeks of their preparation.

The holiday breaks continue to be a busy time in the sporting program and while the College generally has a break there are numerous staff and students are engaged in many different activities.

We thank the following staff and students involved in these various activities:

- Mr Brendan Kiernan (AIC coach), Mr Henry Gilbert (AIC Trainer), Mr David Miles and Mr Tim Sedgwick (QLD selectors) who were involved in the QLD Schoolboys Rugby Trials before the holidays
- Mr Jon Fitzgerald who coached the Combined States Team at the Australian Schoolboys Championships
- Mr Luke Caplick, Mr James Couper, Mr Ryan Apps and Father Kris who were involved with the coaching and management of the Confraternity Rugby League team during the first week of holidays
- Mr Matt Hayward, Mr Chris Hants, Mr Connor O'Leary, Mr Ryan Cullen, Mr David Miles and old boys Pat Cotter, Isaac Bacon and Storm McIlveen who coordinated and supervised the Cross Country Camp over the past weekend.
- Mr Michael Connolly who worked with Mr Dean Aspland and the 1st V Basketball Squad to run skills clinics for the Year 7 and 8 students during the second week of holidays.

Mr David Miles
Head of Sport

UPCOMING EVENTS

Friday 20 July

Years 5 & 6 Basketball Trial
v Villanova
(Year 6 @ Home)

Saturday 21 July

Basketball and Tennis Trial
v Villanova
(Year 10-12 @ Home)
(Year 7-9 @ Away)

Friday 28 July

Years 5 & 6 Basketball Round 1
v Padua
(Year 5 @ Home)

Saturday 29 July

Round 1 Basketball and Tennis
v Padua
(Year 10-12 @ Away)
(Year 7-9 @ Home)

MCA SPORTS CONNECT

Head of Sport

Mr David Miles

milesda@marash.qld.edu.au

Head of Sport (Years 5 & 6)

Mr John Lambourne

lambournej@marash.qld.edu.au

Cross Country Coordinator

Mr David Miles

milesda@marash.qld.edu.au

Basketball Coordinator

Mr Michael Connolly

connollym@marash.qld.edu.au

Head of Strength & Conditioning

Mr Henry Gilbert

gilberth@marash.qld.edu.au

Individual Achievements

Congratulations to:

- John Downes who was named in the Australian Schoolboys Rugby Union Squad. Following on from his strong performances at the recent National Championships, where John represented QLD 1, he was selected in the Australian Squad that will prepare for an International series against New Zealand and Tonga in October. A fantastic achievement after being switched to the front row for just the first time this year!
- The following boys who competed exceptionally well at the Australian Schoolboys Rugby Championships during the school holidays:
 - Shaquille McLeod – Fullback for QLD 1 who finished 3rd
 - John Downes – Loose Head Prop for QLD 1 who finished 3rd
 - Ben Geraghty – Blindside Flanker for QLD 2 who finished 7th
- Zach Brooks who was named in the QLD Independent Merit Team after strong performances throughout the recent Confraternity carnival in Charters Towers

Good luck to:

- The 12 Years Met North Rugby Union Boys – Riley Canavan, Jude Knapp, Lee Martin, James Prole, Jonah Titifanua, Jasper Barry and Noah Coco who will represent Met North at the 12 years rugby union State Championships to be held in Cairns from August 2 – 5.
- Asher Parkin, James Prole, Tom Prole, Tom Garbellini who are representing the Met North Cross Country at the Queensland Championships on the Sunshine Coast this weekend.

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.

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.

Basketball Singlet Collection

ALL STUDENTS MUST WEAR A MARIST COLLEGE ASHGROVE SINGLET AS THEIR UNIFORM

All students who have represented the College in basketball in 2017 should already have the required basketball singlet for the 2018 season. Any student in Year 7, new students to the College or any student who will need a replacement singlet are to please read the information below. No player will be permitted to take the court without a singlet.

All Year 7 students and any new students to basketball will be required to purchase a singlet for the 2018 season. The cost of the singlets is \$40 and we would appreciate if students could organise this purchase ASAP. Allocation of numbers will be dependent on size availability and/or in a first come-first served basis.

Please see below for instructions on how to do this.

Once this has been done, the singlets can be collected from the sports office during Lunch breaks. Boys are asked to bring their receipt with them as proof of purchase.

For instructions on how to set-up and use the QKR app, please click the link below. The following steps may help parents navigate the QKR app.

- Step 1: Download QKR for MasterCard App from either the Apple or Android Store – if you encounter problems with the app – please try the website version
- Step 2: Find - Marist College Ashgrove (please use the exact words to find the school)
- Step 3: Set up your details
- Step 4: Choose "School Payments"
- Step 5: Select your child that you are purchasing the shirt for
- Step 6: Scroll down to find Basketball Shirt and click to purchase

Cross Country

ONLY 2 AND ½ WEEKS REMAIN!

The cross country squad is now in the final stages of their preparation for the AIC championships. After a successful camp at the Sunshine Coast, the team will need to maintain their focus for the final two weeks ahead of strong challenges from our AIC rivals. There will be an important meeting for all cross country runners at second break on Friday in the Champagnat Centre.

Cross Country Trial – AIC practice meet

IMPORTANT

This Saturday will see a full trial being held on the AIC Championship course at Limestone Park. This is one of only two meets that our squad will attend next term. As it is being held over the AIC Championship Course it is considered compulsory for all cross country runners.

The timing of this competition is to allow boys involved in basketball and tennis trials to attend these trials and still compete at the AIC trial.

Date: Saturday July 21

Venue: Limestone Park, Ipswich

Time: Races begin at 2:00pm (see schedule below)

Transport: All students will travel by bus to and from Limestone Park.

Bus will depart at 12:15pm from the Hayden Oval bus stop and return to the College at approximately 5:00pm.

Any student wishing to travel to the venue or return home with their parents must see a teacher for approval please.

Race schedule:	Year/Age group	Time
	Year 5	2:00pm
	Year 6	2:15pm
	12/13 years	2:30pm
	14/15 years	2:50pm
	16 years/Open	3:10pm

TRAINING

For all sessions – Meet at the John Eales Grandstand at 6:30am for 6:45am start.

Training A – Monday/Tuesday

Training B – Wednesday/Thursday

- Most runners should be aiming to attend as many sessions as possible in the next two weeks
- As a minimum, boys are encouraged to try and get to 1 A and 1 B training session per week
- Further information will be discussed at Friday's meeting

MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad

Download on the **App Store** | GET IT ON **Google Play**

AIC BASKETBALL FIXTURES

TRIAL V VILLANOVA COLLEGE - FRIDAY JULY 20 & SATURDAY 21, 2018

Basketball Coordinators: Mr Michael Connolly (Years 10-12) & Mr Bas Pelly (Years 7-9)

- All players to arrive at least 30 mins before game time
- All students are expected to be in the correct uniform at all times – Ash Basketball singlet, shorts, and socks

FRIDAY JULY 20			
TEAM	TIME	H/A	VENUE
6A v VILLA 6A	4:45pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
6B v VILLA 6B	4:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
6C v VILLA 6C	4:45pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
6D v VILLA 6D	4:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
5A v VILLA 5A	4:45pm	AWAY	Court 1, Goold Hall. Villanova College, Coorparoo
5B v VILLA 5B	4:00pm	AWAY	Court 1, Goold Hall. Villanova College, Coorparoo
5C v VILLA 5C	4:00pm	AWAY	Villanova Multi-Court 1, Villanova College. Eighth Avenue, Coorparoo
5D v VILLA 5D	4:00pm	AWAY	Villanova Multi-Court 2, Villanova College. Eighth Avenue, Coorparoo

SATURDAY JULY 21			
TEAM	TIME	H/A	VENUE
1sts v VILLA 1sts	12:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
2nds v VILLA 2nds	11:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
3rds v VILLA 3rds	11:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
4ths v VILLA 4ths	10:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
11A v VILLA 11A	10:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
11B v VILLA 11B	9:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
11C No Game			NO GAME
11D No Game			NO GAME
10A v VILLA 10A	9:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
10B v VILLA 10B	8:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove.
10C v VILLA 10C	8:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove.
10D v VILLA 10D	8:00am	HOME	Outside Court 1 (bitumen), Marist College Ashgrove.
9A v VILLA 9A	12:00pm	AWAY	Court 1, Goold Hall. Villanova College, Coorparoo
9B v VILLA 9B	11:00am	AWAY	Court 1, Goold Hall. Villanova College, Coorparoo
9C v VILLA 9C	11:00am	AWAY	Loreto College Court, Cavendish Rd, Coorparoo
9D v VILLA 9D	12:00pm	AWAY	Loreto College Court, Cavendish Rd, Coorparoo
9E v No Game			NO GAME
8A v VILLA 8A	10:00am	AWAY	Court 1, Goold Hall. Villanova College, Coorparoo
8B v VILLA 8B	9:00am	AWAY	Court 1, Goold Hall. Villanova College, Coorparoo
8C v VILLA 8C	10:00am	AWAY	Loreto College Court, Cavendish Rd, Coorparoo
8D v VILLA 8D	8:00am	AWAY	Multi-Court 1, Villanova College. Eighth Avenue, Coorparoo
8E v VILLA 8E/8F	9:00am	AWAY	Multi-Court 1, Villanova College. Eighth Avenue, Coorparoo
7A v VILLA 7A	8:00am	AWAY	Court 1, Goold Hall. Villanova College, Coorparoo
7B v VILLA 7B	9:00am	AWAY	Loreto College Court, Cavendish Rd, Coorparoo
7C v VILLA 7C	8:00am	AWAY	Loreto College Court, Cavendish Rd, Coorparoo
7D v VILLA 7D	8:00am	AWAY	Multi-Court 2, Villanova College. Eighth Avenue, Coorparoo
7E v VILLA 7E/7F	9:00am	AWAY	Multi-Court 2, Villanova College. Eighth Avenue, Coorparoo

AIC TENNIS FIXTURES

TRIAL V VILLANOVA COLLEGE - FRIDAY JULY 20 & SATURDAY 21, 2018

- Warm-Up to commence 15 minutes before start time
- All students are expected to be in the correct uniform at all times – Ash Tennis Shirt, shorts, and socks

FRIDAY JULY 20			
TEAM	TIME	H/A	VENUE
2nds v VILLA 2nds	4:15pm	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
3rds v VILLA 3rds	4:15pm	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove

SATURDAY JULY 21			
TEAM	TIME	H/A	VENUE
1sts v VILLA 1sts	7:45am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
11A v VILLA 11A	10:15am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
11B v No Game			NO GAME
10A v VILLA 10A	7:45am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
10B v VILLA 10B	7:45am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
9A v VILLA 9A	10:15am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
9B v VILLA 9B	7:45am	HOME	Multi-Purpose Courts 1 & 2, Marist College Ashgrove (outside gym)
8A v VILLA 8A	10:15am	AWAY	Courts 3 & 4, Morningside Tennis Centre. Beverley St, Morningside
8B v VILLA 8B	10:15am	AWAY	Courts 5 & 9, Morningside Tennis Centre. Beverley St, Morningside
7A v VILLA 7A	10:15am	AWAY	Courts 10 & 11, Morningside Tennis Centre. Beverley St, Morningside
7B v VILLA 7B	10:15am	AWAY	Courts 8 & 12, Morningside Tennis Centre. Beverley St, Morningside
6A v VILLA 6A	7:45am	AWAY	Courts 3 & 4, Morningside Tennis Centre. Beverley St, Morningside
6B v VILLA 6B	7:45am	AWAY	Courts 5 & 9, Morningside Tennis Centre. Beverley St, Morningside
5A v VILLA 5A	7:45am	AWAY	Courts 10 & 11 Morningside Tennis Centre. Beverley St, Morningside
5B v VILLA 5B	7:45am	AWAY	Courts 8 & 12, Morningside Tennis Centre. Beverley St, Morningside

2018 Basketball Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 6.45am – 8.00am (unless otherwise directed)	G1: 3rds G2: 10B M3: 7D M4: 6C/6D B5: 8D	G1: 7A/7B G2: 10A M3: 4ths M4: 11C	G1: 8C G2: 10D M3: Year 5 M4: Year 5 B5: 7E	G1: 8A/8B G2: 10A M3: Year 6 M4: Year 6	G1: 2nds G2: 3rds M3: 8E
Afternoon 3.25pm – 4.45pm (unless otherwise directed)	G1: 11A/11B M3: 8B M4: 10C B5: 11D	G1: 1st V G2: 9A/9B M3: 8A M4: 7C	G1: 2nds G2: 11A/11B M3: 9C M4: 9D	G1: 1st V G2: 9A/9B M3: 7A/7B M4: 10B B5: 9E	

KEY: G=GYM COURTS, M=MULTI PURPOSE, B=BITUMEN

2018 Tennis Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am – 8:10am	Year 11		Year 11	Years 5 & 6	Years 5 & 6
3:15pm – 4:30pm	Opens	Years 7 – 10	Opens		Years 7 – 10

Strength and Conditioning Week 1 & 2 Schedule

TERM 3 - WEEK 1 & 2- SCHEDULE MAY CHANGE

Time		Monday	Tuesday	Wednesday	Thursday	Friday
AM	6:15am - 7:15am	OPENS SWIMMING / FOOTBALL	RUGBY DEVELOPMENT	OPENS SWIMMING / FOOTBALL	RUGBY DEVELOPMENT	
	7:05am - 8:05am	OPENS BASKETBALL	JUNIOR (7-9) T&F	OPENS BASKETBALL	JUNIOR (7-9) T&F	GENERAL / BOARDERS
	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	T&F - FLEXIBILITY	OPENS BASKETBALL - FLEXIBILITY	T&F - FLEXIBILITY	OPENS BASKETBALL - FLEXIBILITY	
PM	3:25pm - 4:25pm	T&F - FIELD TRAINING	SENIOR (10-12) T&F	T&F - FIELD TRAINING	SENIOR (10-12) T&F	
	4:25pm - 5:00pm	GENERAL/BOARDERS	SENIOR (10-12) T&F BOARDERS	GENERAL/BOARDERS	SENIOR (10-12) T&F BOARDERS	

Sports based S&C gym sessions are for either designated 1st Opens (Years 11/12) players or nominated students only

Students in Years 8-12 can access gym at designated general sessions (max 25 students)