



THE BUZZ

Weekly Sports Report 26 July 2018 - Term 3 - Week 2

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From the Head of Sport

With a very busy first week of term completed, we now head into the first round of our final sporting season for 2018 against Padua College this weekend. Congratulations to all students who have been selected in the 1st V Basketball and 1st IV Tennis teams for Round 1 of competition this Saturday, as well as all students who have been selected in AIC competition teams in both sports.

We would also like to acknowledge the work that our coordinators, Mr Michael Connolly and Mr Sebastian Pelly (Basketball) and Mrs Rebecca Taylor, Mr Laurie Boustead, Mr Ben Webb, and Ms Jessica King (Tennis) have done in preparation for the AIC tennis and basketball seasons. With all three staff taking on coordination roles for the first time, they have worked tirelessly to organise trials, teams, training schedules, and referees during pre-season. Well done to these hard-working staff members and to all students and staff on their fantastic commitment in preparing for the upcoming season.

Our cross country squad continues their preparation after a strong effort at the AIC trial last Saturday. Our cross country students will be running again this Friday at Shorncliffe in what will be the final race for most boys before the AIC Championships. Please see details about this competition later in this newsletter.

The track and field season commenced this week with many new and "old" students attending training for most events. After a very positive attendance at our first team meeting we look forward to seeing what the boys can produce again this season. (PLEASE SEE TRAINING SCHEDULE LATER IN THE BUZZ)

This weekend begins our final season of Saturday sport. With only 6 weeks left it is crucial that all boys aim to finish the year off in style. Please check match times and venue information available in the draws below carefully. Good luck to all students for the season and particularly to our senior students representing MCA for the final time!

Mr David Miles
Head of Sport

UPCOMING EVENTS

Friday 27 July

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

Saturday 28 July

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

Friday 3 August

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

Saturday 4 August

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

MCA SPORTS CONNECT

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Individual Achievements

Good luck to:

- Ed Renwick, Darcy Hammond, Nick Baker, Rhonan Jensen, Dwayne Ludwick, Harry Whitten, Floyd Aubrey, George Perrers who will represent the Met North 15 years Rugby Union Team at the State Championships in Brisbane.
- Matt Magnussen who will represent Queensland at the Australian School Sport Swimming Championships in Hobart, Tasmania from July 25 – 31. Matt will compete in six individual events and two relays. Matt will also compete at the 2018 Australian Surf Life Saving Pool Rescue Championships from August 3-5. In a further accolade, Matt was awarded the Sunshine Coast Branch Surf Life Saving Junior Athlete of the Year Award last weekend and this now makes him a finalist for the Surf Life Saving State Awards to be held in August.

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

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.

Cross Country

ONLY 2 WEEKS REMAIN!

The cross country squad is now in the final stages of their preparation for the AIC championships. The team will need to maintain their focus for the final two weeks ahead of strong challenges from our AIC rivals.

Cross Country Trial – AIC practice meet

Date: Friday July 27

Venue: Curlew Park, Curlew St, Sandgate

Time: Races begin at 4:00pm (see schedule below)

Transport: Bus will depart at the following times:

2.30pm Year 5&6, 12 years and 13 years

3.00pm 14 years, 15years, 16 years and Open

All buses will depart from the Hayden Oval bus stop and return to the College at approximately 6:00pm

All students will travel by bus to and from Curlew Park. Any student wishing to travel to the venue or return home with their parents must see a teacher for approval please.

TRAINING

Next week is our final full week of training and all boys are asked to finish off the season well with a strong attendance at the remaining sessions.

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 2 weeks
- As a minimum, boys are encouraged to try and get to 1 A and 1 B training session per week



St Patrick's College

Invitational AIC Cross Country Trial

Friday 27 July 2018

Format: Invitation Cross Country Meet Year 5 - 12

Venue: Curlew Park, Curlew St, Sandgate

Times: Warm up from 3:30pm

First race from 4:00pm (late arrivals can compete in any race as the course is loops of 1.5 or 2 km)

Officials: Colleges to supply own stopwatches and timekeepers

Program:	TIME	AGE GROUP	DISTANCE
	4:00pm	Year 5	2km
	4:10pm	Year 6	3km
	4:25pm	12 Years & 13 Years	3km
	4:40pm	14 Years & 15 Years	4km
	4:55pm	16 Years & Opens	6km

- Note:**
1. Sports Medicine Personnel will be located near the finish line for the treatment of injuries. (This is provided by AIC)
 2. There will be no presentation of awards for place-getters.
 3. No Canteen available on the day.

AIC BASKETBALL FIXTURES

ROUND 1 V PADUA COLLEGE - FRIDAY & SATURDAY JULY 27 & 28, 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 27			
TEAM	TIME	H/A	VENUE
6A v PADUA 6A	4:45pm	AWAY	La Cordelle, Padua College. Turner Rd, Kedron
6B v PADUA 6B	4:00pm	AWAY	La Cordelle, Padua College. Turner Rd, Kedron
6C v PADUA 6C	4:00pm	AWAY	Greccio Court 1, Padua College. Broughton Rd, Kedron
6D v PADUA 6D	4:00pm	AWAY	Greccio Court 2, Padua College. Broughton Rd, Kedron
5A v PADUA 5A	4:45pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5B v PADUA 5B	4:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5C v PADUA 5C	4:45pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5D v PADUA 5D	4:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove

SATURDAY JULY 28			
TEAM	TIME	H/A	VENUE
1sts v PADUA 1sts	12:00pm	AWAY	La Cordelle, Padua College. Turner Rd, Kedron
2nds v PADUA 2nds	11:00am	AWAY	La Cordelle, Padua College. Turner Rd, Kedron
3rds v PADUA 3rds	11:00am	AWAY	Greccio Court 1, Padua College. Broughton Rd, Kedron
4ths v PADUA 4ths	10:00am	AWAY	Greccio Court 2, Padua College. Broughton Rd, Kedron
11A v PADUA 11A	10:00am	AWAY	La Cordelle, Padua College. Turner Rd, Kedron
11B v PADUA 11B	9:00am	AWAY	Greccio Court 1, Padua College. Broughton Rd, Kedron
11C v PADUA 11C	8:00am	AWAY	Greccio Court 1, Padua College. Broughton Rd, Kedron
11D v SLC 11C	8:15am	AWAY	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
10A v PADUA 10A	9:00am	AWAY	La Cordelle, Padua College. Turner Rd, Kedron
10B v PADUA 10B	8:00am	AWAY	La Cordelle, Padua College. Turner Rd, Kedron
10C v PADUA 10C	10:00am	AWAY	Greccio Court 1, Padua College. Broughton Rd, Kedron
10D v PADUA 10D	8:00am	AWAY	Greccio Court 2, Padua College. Broughton Rd, Kedron
9A v PADUA 9A	12:30pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9B v PADUA 9B	11:30am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9C v PADUA 9C	11:30am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9D v PADUA 9D	12:30pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9E v SLC 9D	10:00am	HOME	Outside Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
8A v PADUA 8A	10:30am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8B v PADUA 8B	9:30am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8C v PADUA 8C	10:30am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8D v PADUA 8D	7:30am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8E v PADUA 8E	9:00am	HOME	Outside Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
7A v PADUA 7A	8:30am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7B v PADUA 7B	9:30am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7C v PADUA 7C	8:30am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7D v PADUA 7D	7:30am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7E v PADUA 7E	8:00am	HOME	Outside Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove

AIC TENNIS FIXTURES

ROUND 1 V PADUA COLLEGE - SATURDAY JULY 28, 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

SATURDAY JULY 28			
TEAM	TIME	H/A	VENUE
1sts v PADUA 1sts	7:45am	AWAY	Shaw Tennis Centre. Shaw Rd, Woolloowin
2nds v PADUA 2nds	10:15am	AWAY	Shaw Tennis Centre. Shaw Rd, Woolloowin
3rds v PADUA 3rds	10:15am	AWAY	Shaw Tennis Centre. Shaw Rd, Woolloowin
11A v PADUA 11A	7:45am	AWAY	Shaw Tennis Centre. Shaw Rd, Woolloowin
11B v PADUA 11B	7:45am	AWAY	Shaw Tennis Centre. Shaw Rd, Woolloowin
10A v PADUA 10A	10:15am	AWAY	Roy Emerson Tennis Centre. Milton Rd, Milton
10B v PADUA 10B	10:15am	AWAY	Roy Emerson Tennis Centre. Milton Rd, Milton
9A v PADUA 9A	7:45am	AWAY	Roy Emerson Tennis Centre. Milton Rd, Milton
9B v PADUA 9B	7:45am	AWAY	Roy Emerson Tennis Centre. Milton Rd, Milton
8A v PADUA 8A	10:15am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
8B v PADUA 8B	10:15am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
7A v PADUA 7A	7:45am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
7B v PADUA 7B	7:45am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
6A v PADUA 6A	10:15am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
6B v PADUA 6B	10:15am	HOME	MPC 1 & 2 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove
5A v PADUA 5A	7:45am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
5B v PADUA 5B	7:45am	HOME	MPC 1 & 2 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove



MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad







Track and Field

TRAINING SCHEDULE - WEEK 2/3/4 OF TERM 3

(up until the Ekka break – new schedule to come out after this)

Please see below for information regarding training and meetings this week:

- Distance runners (800/1500m) – all runners will commence following AIC cross country
- Any boys wishing to run 400m or 800m are to attend the sprint sessions and gym sessions
- HURDLES – please check the info below for different training days each week

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Hurdles (Week 3) (Years 7-12) 7:10am – 8:10am	Gym (Years 7-9) 7:05am – 8:05am Hurdles (Week 2) Year 7-12 7:10am – 8:10am	Hurdles (Week 4) (Years 7-12) 7:10am – 8:10am	Gym (Years 7-9) 7:05am – 8:05am Javelin 7:00am – 8:15am	
Break 2	Flexibility (Gym)		Flexibility (Gym)		
Afternoon	Sprinters/Jumpers (McMahon Oval)	Gym (Year 10-12) 3:25pm – 4:25pm Javelin/Discus 3:25pm – 4:45pm	Sprinters/Jumpers (McMahon Oval) Discus/Shot (Hayden Oval) 3:25pm – 4.45pm	Gym (Years 10-12) 3:25pm – 4:25pm	

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: 5 Gold M4: 11C B5: 4ths	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 – 8	Opens	Years 9-10	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 GROUP	OPENS SWIMMING / FOOTBALL	RUGBY DEVELOPMENT GROUP	
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)