



Weekly Sports Report 2 August 2018 - Term 3 - Week 3

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From the Head of Sport

Well done to all students on a strong start to the Term 3 season. We had 35 basketball teams and 17 tennis teams represent the College in Round 1 of the AIC competition last weekend and it was a successful start for all involved. In the Year 7-12 AIC aggregate competitions against Padua College, our tennis teams were successful in 11 out of 13 matches while our basketball teams won 10 of their 13 games. Congratulations also to all of our Year 5 & 6 students who represented the College so enthusiastically in basketball or tennis for the first time.

Thank you to all of our coordinators and coaching staff who worked hard in preparation for our first round and with only six rounds remaining of Saturday sport we are looking forward to all players continuing to develop their skills and enjoy representing their college in sport.

Congratulations to the cross country and tennis players who were presented at assembly today. Well done to Tom Connolly (cross country) and Andrae Mackay (tennis) who spoke so well on Assembly when presenting their teams to the College. Congratulations to the following boys who have been selected in the 1st IV Tennis Squad for 2018.

Andrae Mackay (captain), Anthony Stephens, Finn Hellawell, Luke Barnard and Dan Mohun.

Our Senior Cross Country Squad was also presented and will be competing at the SLC meet on Friday afternoon. Final selections will be made following this competition and mentioned in next week's newsletter.

IMPORTANT REMINDER FOR ALL STUDENTS

Uniform – while we had success in our performances on the courts we can certainly improve with our appearance on the court.

All players should be wearing white sports socks only OR a colour of socks decided on by the team. Coaches are aware of this. Our preference is to wear your ASH socks. However, any sports socks that present a consistent image will be sufficient.

Due to the colder weather in Term 3 sport, it appears that it is difficult for students to find the correct uniform to wear. It is important while participating in Saturday sport that we are dressed in uniforms only representing Marist College Ashgrove. No other hoodies, jumpers, or jackets should be worn to and from Saturday sport.

UPCOMING EVENTS

Friday 3 August

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

Cross Country Trial Meet
@ St Laurence's

Saturday 4 August

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

Wednesday 8 August

AIC Cross Country Championships
@ Limestone Park

Friday 10 August

Years 5 & 6 Basketball Trial
v St Peter's (Year 5 @ HOME)

Track & Field Age Championships
(House Carnival)

Saturday 11 August

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

MCA SPORTS CONNECT

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CROSS COUNTRY

Final team selections will be announced at a team meeting during first break in the Champagnat Centre. All squad members have received information regarding final preparations for the Team presentation evening and AIC championships next week. This is also posted on our College APP. We wish all boys competing the very best next Wednesday and thank all students for another enjoyable season.

HOUSE ATHLETICS

The annual House Athletics Carnival will be held on Friday August 10. The final program for the carnival will be posted in next week's newsletter. Please see below for all age champion events that are scheduled over the days leading into the major carnival.

TRACK AND FIELD

Congratulations to all students who have commenced training so far this season. We have a very busy week next week leading into the House carnival and the training schedule is listed below. All students are reminded to rest and recover well during these busy times to avoid the potential for sickness and fatigue.

HOCKEY

Our hockey team continues their involvement in the Brisbane Hockey Schools Cup competition held on Friday afternoons. The team is coached by Jordan Cabot (Old Boy) and managed exceptionally well by Ms Kathryn Badini and Mrs Stacey Cabot. Several of these boys have participated in this competition for the past few years and are still a very young side with enormous potential playing against Senior students.

So far the team has had two matches with a first-round forfeit and a second round against Padua College. The team reversed last year's 2-1 loss to Padua with a 2-0 win.

We look forward to hearing of their results in the future and congratulate them on a successful start to their season.

Mr David Miles
Head of Sport

Individual Achievements

Congratulations to:

- Ed Renwick, Darcy Hammond, Nick Baker, Rhonan Jensen, Dwayne Ludwick, Harry Whitten, Floyd Aubrey, George Perrers who were members of the Met North U15 Rugby Union who won the State Championships on the weekend, beating Met East 14-12 in the final. See below for a picture of the boys.
- Will Nickelson on his selection in the Met North 10-12 years football team to compete at the State Championships from Thursday to Sunday this week.
- This past week we have also had some of our top swimmers represent the Queensland team at Nationals Championships in Hobart.
 - Year 5 student Ryan O'Toole competed in three events with two 4ths places,
 - Year 6 student James Leigh competed in five events with two gold medals in relays,
 - Year 9 Matt Magnussen competed in seven events winning gold medals in the 200m and 400m freestyle, another gold medal in the freestyle relay and a silver medal in the 200m backstroke.

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.

House Athletics Carnival

Age Championships - Pre-carnival event schedule

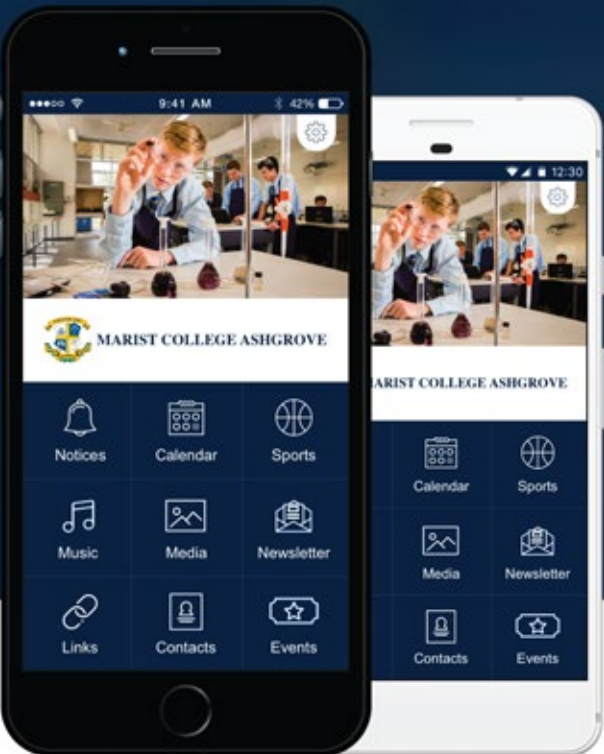
DAY	TIME	EVENT
Thursday August 2	After school	All Ages 1500m (McMahon Oval)
Friday August 3	First break	16 years / Open Discus (Hayden oval)
Monday August 6	First break	14 years / 15 years Discus (Hayden oval)
	After school	14 years High Jump (John Nunan Jumps Area) 15 years Shot Put (Hayden oval) 16 years Long Jump (John Nunan Jumps Area)
Tuesday August 7	First break	12 years / 13 years Discus (Hayden oval)
	After school	Open Javelin (Hayden oval)




MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad



AIC Cross Country 2018

Team Presentation / AIC Cross Country Championships

Following the final AIC race at SLC this Friday afternoon, we will select the final teams of 12 runners to represent each age group. Only a small group of runners is competing on Friday and these boys have been notified. These selections will be announced at a team meeting at 2nd break in the Champagnat Centre on Friday August 3 where team shirts will also be handed out.

Please see below for important information about upcoming events:

LEAD UP SCHEDULE TO AIC

- Friday August 3 – compulsory team meeting (Champagnat Centre)
- Monday 6 August: COMPULSORY FINAL TEAM TRAINING SESSION 6:45am (McMahon Oval)
- Monday 6 August: Team Presentation Evening 5:30pm @ Draney Theatre (details below)
- Tuesday 8 August: NO TRAINING
- Wednesday 9 August: AIC DAY (details below)

TEAM PRESENTATION EVENING – MONDAY 6 AUGUST

Where: Draney Theatre
Time: 5:30pm drinks/nibbles, 6:00pm start
Dress: Parents – smart casual, Boys – Winter School Uniform
Cost: No cost

****Drinks are available for purchase via EFTPOS for parents and students****

The night will commence at 5:30pm with welcome drinks and nibbles in the foyer. The presentations will begin at 6:00pm. All squad members and their families are highly encouraged to attend the evening.

AIC CHAMPIONSHIPS 2018 – WEDNESDAY 8 AUGUST

8:30am Team meets at Cyprian Pavilion – team photos taken and general administration
9:00-9:15am First bus departs
11:00am First race
2:30pm Presentations.
4:00pm (approx.) Team arrives back at the College to the Cyprian Pavilion – team break up and presentations.

Schedule of Events

VENUE: LIMESTONE PARK, Lion St, Ipswich
DATE: Wednesday, August 8 2018

EVENTS:	11:00am	Year 5	2km
	11:15am	Year 6	3km
	11:35am	12 Years	3km
	11:55am	13 Years	3km
	12:15pm	14 Years	4km
	12:45pm	15 Years	4km
	1:15pm	16 Years	6km
	1:45pm	Open	6km
	2:30pm - 2:45pm	TROPHY PRESENTATIONS	

Boys are permitted to wear their team kit to school (team shirt & sports shorts/XC tracksuits) – THEY DO NOT NEED TO WEAR SCHOOL UNIFORM TO P1/2.

BREAK-UP

After AIC the bus will return to school at approximately 4:00pm, where parents and boys are invited for a quick break-up at the Cyprian Pavilion for pizza and trophy presentations, hopefully finished no later than 5:00pm.

AIC Basketball Results 2018

	PADUA	IONA	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA
1st V	57-50 win						
2nd V	50-31 win						
3rd V	28-22 win						
4th V	30-35 loss						
11A	36-39 loss						
11B	47-3 win						
11C	22-16 win						
11D	12-41 loss						
10A	41-32 win						
10B	42-56 loss						
10C	18-31 loss						
10D	33-15 win						
9A	61-45 win						
9B	32-40 loss						
9C	13-27 loss						
9D	25-19 win						
9E	10-37 loss v SLC D						
8A	48-28 win						
8B	34-23 win						
8C	39-17 win						
8D	22-26 loss						
8E	47-10 win						
7A	28-22 win						
7B	21-10 win						
7C	22-13 win						
7D	34-14 win						
7E	24-2 win						

AIC Tennis Results 2018

	PADUA	IONA	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA
1st IV	6-7 loss						
2nd IV	6-2 win						
3rd IV	7-1 win						
11A	3-5 loss						
11B	5-3 win						
10A	6-2 win						
10B	5-3 win						
9A	0-8 loss						
9B	4-4 (31-30) win						
8A	7-1 win						
8B	8-0 win						
7A	5-3 win						
7B	8-0 win						

AIC BASKETBALL FIXTURES

ROUND 1 V IONA COLLEGE - FRIDAY & SATURDAY AUGUST 3 & 4, 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 AUGUST 3			
TEAM	TIME	H/A	VENUE
6A v IONA 6A	4:45pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6B v IONA 6B	4:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6C v IONA 6C	4:45pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6D v IONA 6D	4:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5A v IONA 5A	4:45pm	AWAY	Inside Court, Oblate Hall, Iona College. North Rd, Lindum
5B v IONA 5B	4:00pm	AWAY	Inside Court, Oblate Hall, Iona College. North Rd, Lindum
5C v IONA 5C	4:00pm	AWAY	Tetevano Court, Oblate Hall, Iona College. North Rd, Lindum
5D v IONA 5D	4:00pm	AWAY	Lindum Court 1, Iona College. North Rd, Lindum

SATURDAY AUGUST 4			
TEAM	TIME	H/A	VENUE
1sts v IONA 1sts	12:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
2nds v IONA 2nds	11:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
3rds v IONA 3rds	11:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
4ths v IONA 4ths	10:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11A v IONA 11A	10:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11B v IONA 11B	9:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11C v SLC 5ths	8:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11D v SPC 11C	11:00am	HOME	Outside Court 1 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove
10A v IONA 10A	9:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
10B v IONA 10B	8:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
10C v IONA 10C	10:00am	HOME	Outside Court 1 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove
10D v IONA 10D	9:00am	HOME	Outside Court 1 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove
9A v IONA 9A	12:00pm	AWAY	Inside Court, Oblate Hall, Iona College. North Rd, Lindum
9B v IONA 9B	11:00am	AWAY	Inside Court, Oblate Hall, Iona College. North Rd, Lindum
9C v IONA 9C	11:00am	AWAY	Tetevano Court, Oblate Hall, Iona College. North Rd, Lindum
9D v IONA 9D	10:00am	AWAY	Lindum Court 1, Iona College. North Rd, Lindum
9E v SPC 9D	12:00pm	AWAY	Callan Centre, St Patrick's College. Park Parade, Shorncliffe
8A v IONA 8A	10:00am	AWAY	Inside Court, Oblate Hall, Iona College. North Rd, Lindum
8B v IONA 8B	9:00am	AWAY	Inside Court, Oblate Hall, Iona College. North Rd, Lindum
8C v IONA 8C	10:00am	AWAY	Tetevano Court, Oblate Hall, Iona College. North Rd, Lindum
8D v IONA 8D	9:00am	AWAY	Lindum Court 1, Iona College. North Rd, Lindum
8E v VILLA 8F	8:00am	HOME	Outside Court 1 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove
7A v IONA 7A	8:00am	AWAY	Inside Court, Oblate Hall, Iona College. North Rd, Lindum
7B v IONA 7B	9:00am	AWAY	Tetevano Court, Oblate Hall, Iona College. North Rd, Lindum
7C v IONA 7C	8:00am	AWAY	Tetevano Court, Oblate Hall, Iona College. North Rd, Lindum
7D v IONA 7D	8:00am	AWAY	Lindum Court 1, Iona College. North Rd, Lindum
7E v VILLA 7E	10:00am	AWAY	Multi-Court 1, Villanova College. Eighth Avenue, Coorparoo

AIC TENNIS FIXTURES

ROUND 1 V IONA COLLEGE - SATURDAY AUGUST 4, 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 AUGUST 4			
TEAM	TIME	H/A	VENUE
1sts v IONA 1sts	7:45am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
2nds v IONA 2nds	10:15am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
3rds v IONA 3rds	10:15am	HOME	MPC 1 & 2 (outside gym), Marist College Ashgrove
11A v IONA 11A	10:15am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
11B v IONA 11B	10:15am	HOME	Taylor Range 1 & 2. 28 Greenlanes Rd, Ashgrove
10A v IONA 10A	7:45am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
10B v IONA 10B	7:45am	HOME	Taylor Range 1 & 2. 28 Greenlanes Rd, Ashgrove
9A v IONA 9A	7:45am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
9B v IONA 9B	7:45am	HOME	MPC 1 & 2 (outside gym), Marist College Ashgrove
8A v IONA 8A	10:15am	AWAY	Iona College Tennis Centre. North Rd, Lindum
8B v IONA 8B	10:15am	AWAY	Iona College Tennis Centre. North Rd, Lindum
7A v IONA 7A	10:15am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
7B v IONA 7B	10:15am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
6A v IONA 6A	7:45am	AWAY	Iona College Tennis Centre. North Rd, Lindum
6B v IONA 6B	7:45am	AWAY	Iona College Tennis Centre. North Rd, Lindum
5A v IONA 5A	7:45am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum
5B v IONA 5B	7:45am	AWAY	Wynnum Tennis Centre. Colina St, Wynnum

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 – 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)