



Weekly Sports Report 10 August 2018 - Term 3 - Week 4

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From the Head of Sport

As we head into what could be called a mid-term break in our College, it has certainly been an extraordinarily busy time in the sports program. With Term 3 sports well and truly underway, we have also been commencing training for track and field and have come to the conclusion of the cross country season. Today we host our annual College House Athletics Carnival. This is traditionally a great day of high participation and also offers the chance for our talented track and field athletes to showcase their abilities in front of the College. The program for the day has been uploaded to the College APP for parents and friends to reference.

Cross Country – AIC CHAMPIONS!!

As many would now be aware we were crowned AIC champions for the 2nd consecutive year. In what was a very close competition in hot and humid conditions at Ipswich, the team was magnificent across all age groups, and it took some exceptional efforts from our students to hold off the strong challenge from Iona and St. Peter's.

So that we are able to do this performance justice, we will hear more of the team's success in our next newsletter but I would like to take this opportunity to thank all students who participated in the cross-country program this year. Cross country has undoubtedly one of the best cultures in our sporting program here at Ashgrove and to all of our students, college staff, coaches and numerous old boys who are a part of this team we congratulate you on your achievement.

Our Round 2 opponents for tennis and basketball were Iona College. In basketball, the honours were shared 6-6 in AIC Aggregate Matches against a College that has a strong sporting program similar to Ashgrove. Our 1st V continued their winning ways with a 65-41 result that gave plenty of boy's time on the court. In tennis, our 1st IV came up against a very youthful but strong Iona team and were unfortunately defeated 8-0 in matches. Across the tennis program however we were very successful in winning 10 out of 13 matches.

This weekend we face St. Peter's Lutheran College who have the strongest tennis program in AIC and a developing basketball program. Our students look forward to this challenge with eagerness to put their skills to the test against quality opposition.

Good luck this weekend!

Mr David Miles
Head of Sport

UPCOMING EVENTS

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)

Saturday 25 August

Basketball and Tennis
v SPC
(Year 10-12 Home, Year 7-9 Away)

Wednesday 29 August

– Friday 31 August
Metropolitan North Track & Field

MCA SPORTS CONNECT

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Track & Field


While the school is closed next week we will be continuing our track and field program. We are very fortunate to have highly experienced external coaches who are willing to give up their time and coach our students during the week.

I encourage all students involved in the program to be attending all session they are available for. The strength and conditioning program will also run in conjunction with the track and field training. This will be an invaluable preparation period for the Met North championships being held in three weeks time.

Please see below for the training schedule for next week.

EKKA WEEK TRAINING SCHEDULE



TIME	MONDAY August 13	TUESDAY August 14	WEDNESDAY August 15	THURSDAY August 16	FRIDAY August 17
See Specific Day	10.00am-12.00pm All Sprints All Middle Distance Long Jump Triple Jump		9.00-11.00am All Throws	10.00am-12.00pm All Sprints All Middle Distance	11.30am-1.30pm High Jump Long Jump Triple Jump

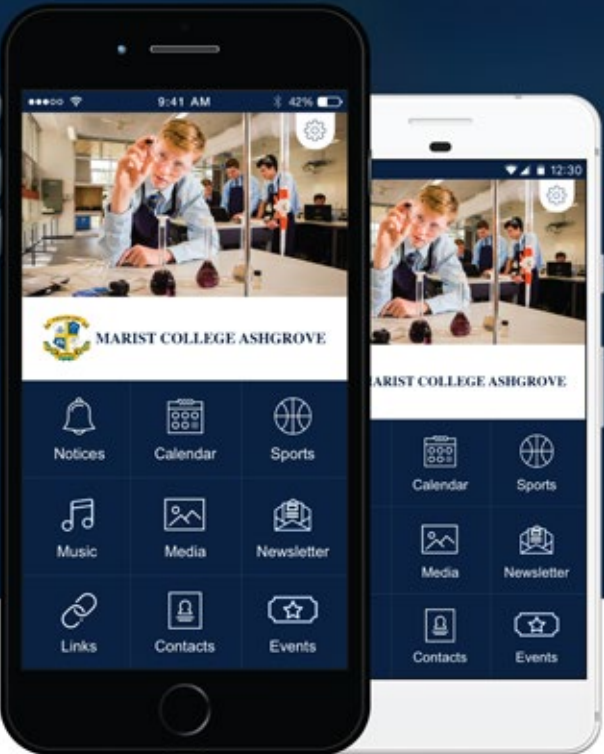


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AIC Basketball Results 2018

	PADUA	IONA	ST PETER'S	ST PATRICK'S	ST LAURENCE'S	ST EDMUND'S	VILLANOVA
1st V	57-50 win	65-41 win					
2nd V	50-31 win	29-37 loss					
3rd V	28-22 win	32-18 win					
4th V	30-35 loss	17-29 loss					
11A	36-39 loss	45-33 win					
11B	47-3 win	35-27 win					
11C	22-16 win	40-24 win					
11D	12-41 loss	20-55 loss v SCC					
10A	41-32 win	20-32 loss					
10B	42-56 loss	28-20 win					
10C	18-31 loss	25-37 loss					
10D	33-15 win	44-17 win					
9A	61-45 win	50-47 win					
9B	32-40 loss	21-36 loss					
9C	13-27 loss	24-21 win					
9D	25-19 win	29-17 win					
9E	10-37 loss v SLC D						
8A	48-28 win	75-22 win					
8B	34-23 win	25-44 loss					
8C	39-17 win	37-17 win					
8D	22-26 loss	30-21 win					
8E	47-10 win	16-28 v VILLA					
7A	28-22 win	26-77 loss					
7B	21-10 win	25-44 loss					
7C	22-13 win	23-37 loss					
7D	34-14 win	10-24 loss					
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	0-8 loss					
2nd IV	6-2 win	5-3 win					
3rd IV	7-1 win	6-0 win					
11A	3-5 loss	2-6 loss					
11B	5-3 win	8-0 win					
10A	6-2 win	7-1 win					
10B	5-3 win	8-0 win					
9A	0-8 loss	6-2 win					
9B	4-4 (31-30) win	8-0 win					
8A	7-1 win	2-6 loss					
8B	8-0 win	6-2 win					
7A	5-3 win	7-1 win					
7B	8-0 win	8-0 win					

AIC BASKETBALL FIXTURES

ROUND 3 V ST PETERS - FRIDAY & SATURDAY AUGUST 10 & 11, 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 10			
TEAM	TIME	H/A	VENUE
6A v SPLC 6A	4:00pm	AWAY	Outdoor Court 1, St Peter's. Lambert Rd, Indooroopilly
6B v SPLC 6B	4:00pm	AWAY	Outdoor Court 2, St Peter's. Lambert Rd, Indooroopilly
6C v BYE	BYE		
6D v BYE	BYE		
5A v SPLC 5A	4:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5B v SPLC 5B	4:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5C v ASH 5D	3:15pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5D v ASH 5C	3:15pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove

SATURDAY AUGUST 11			
TEAM	TIME	H/A	VENUE
1sts v SPLC 1sts	12:00pm	AWAY	Court 1, Centenary SHS. Moolanda St, Jindalee
2nds v SPLC 2nds	11:00am	AWAY	Court 1, Centenary SHS. Moolanda St, Jindalee
3rds v SPLC 3rds	11:00am	AWAY	Court 2, Centenary SHS. Moolanda St, Jindalee
4ths v SPLC 4ths	8:00am	AWAY	Court 1, Centenary SHS. Moolanda St, Jindalee
11A v SPLC 11A	10:00am	AWAY	Court 1, Centenary SHS. Moolanda St, Jindalee
11B v SPLC 11B	9:00am	AWAY	Court 2, Centenary SHS. Moolanda St, Jindalee
11C v ASH 11D	10:00am	HOME	Multi-purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
11D v ASH 11C	10:00am	HOME	Multi-purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
10A v SPLC 10A	9:00am	AWAY	Court 1, Centenary SHS. Moolanda St, Jindalee
10B v SPLC 10B	8:00am	AWAY	Court 2, Centenary SHS. Moolanda St, Jindalee
10C v SPLC 10C	10:00am	AWAY	Court 2, Centenary SHS. Moolanda St, Jindalee
10D v BYE	BYE		
9A v SPLC 9A	12:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove
9B v SPLC 9B	11:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove
9C v SPLC 9C	11:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove
9D v ASH 9E	9:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
9E v ASH 9D	9:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
8A v SPLC 8A	10:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove
8B v SPLC 8B	9:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove
8C v SPLC 8C	10:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove
8D v SPLC 8D	8:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
8E v BYE	BYE		
7A v SPLC 7A	8:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove
7B v SPLC 7B	9:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove
7C v SPLC 7C	8:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove
7D v SPLC 7D	9:00am	HOME	Multi-Purpose Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove
7E v VILLA 7F	8:00am	HOME	Multi-Purpose Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove

AIC TENNIS FIXTURES

ROUND 3 V ST PETERS - SATURDAY AUGUST 11, 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 11			
TEAM	TIME	H/A	VENUE
1sts v SPLC 1sts	7:45am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
2nds v SPLC 2nds	10:15am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
3rds v SPLC 3rds	10:15am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
11A v SPLC 11A	10:15am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
11B v SPLC 11B	10:15am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
10A v SPLC 10A	7:45am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
10B v SPLC 10B	7:45am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
9A v SPLC 9A	7:45am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
9B v SPLC 9B	7:45am	AWAY	University of Queensland Tennis Centre. Blair Drive, St Lucia
8A v SPLC 8A	10:15am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
8B v SPLC 8B	10:15am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
7A v SPLC 7A	7:45am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
7B v SPLC 7B	7:45am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
6A v SPLC 6A	10:15am	HOME	Courts 1&2, Marist College Ashgrove. Frasers Rd, Ashgrove
6B v SPLC 6B	10:15am	HOME	Courts 3&4, Marist College Ashgrove. Frasers Rd, Ashgrove
5A v SPLC 5A	7:45am	HOME	Courts 1&2, Marist College Ashgrove. Frasers Rd, Ashgrove
5B v SPLC 5B	7:45am	HOME	Courts 3&4, Marist College Ashgrove. Frasers Rd, Ashgrove

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

TERM 3 - 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)