



Weekly Sports Report 22 August 2018 - Term 3 - Week 6 Inside this edition

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From the Head of Sport

Welcome back to all families after a mid-term break that hopefully sees our students rested up as we head into the final four weeks of Term with exams approaching and the conclusion of our Term 3 sport.

Before the break we saw the conclusion of the cross-country season that resulted in a very impressive and well-deserved AIC championship victory. I have mentioned previously how the nature of cross country requires a certain type of character to be able to commit to the long season and the tough training involved in order to achieve success. Our team was exceptional and the performance of every student was integral to this success.

There is a report in this newsletter, but I would like to personally thank our staff and Old Boys for their coordination of the program along with head coach Connor O'Leary who once again brought his coaching expertise and valuable experience to this year's squad. Congratulations to these staff and the entire team on a fantastic achievement.

Our Round 4 opponents for tennis and basketball are St. Patrick's College. Last year SPC were tough opponents in basketball and I know our teams will be ready to face this challenge with the aim of improving on our 2017 results. After a tough battle against AIC tennis heavyweights St. Peter's, our tennis players are also looking forward to the matches against SPC and we wish them luck.

Uniform

With only three matches remaining please do not let the standards of uniform slide any further. All students need to be wearing BLUE shorts in competition along with white socks. This has been emphasised throughout the entire season and we need to ensure we finish this Term of sport well presented.

Good luck this weekend!

Track and Field

Please check the training schedule below carefully! This is the schedule for the remainder of the Term.

This is a key time in the track and field season and all boys need to start to prioritise their training commitments. The September holidays always pose a challenge in the middle of a training program and make it very difficult to achieve great results if the training does not start now.

UPCOMING EVENTS

Friday 24 August

Year 5 & 6 Basketball v SPC

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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From the Head of Sport

Met North Track and Field

Good luck to the students competing next week in the Met North Competition. All boys have been emailed the relevant forms and information and all information has also been posted on the noticeboard outside the Champagnat Centre. We look forward to hearing of their success in future newsletters.

Mr David Miles

Head of Sport

AIC Cross Country Championships Results

2018 AIC CHAMPIONS!

Congratulations to the entire squad on winning the 2018 AIC XC Championships. The coaching staff could not be prouder of the boys who worked incredibly hard over the past five months for this accomplishment. A massive thank you to the coaches, parents and supporters and of course runners for ensuring such a smooth and successful season.

Well done to our Year 5 & 6 team who narrowly missed winning their championship by 1 point to Iona!

Congratulations to the runners in the U13s on winning their age group!

Congratulations to Tom Prole – 1st in U14s and Asher Parkin – 1st in Year 6 with Tom De Luca (Year 5) narrowly missing 1st place in a photo finish to place 2nd.

2018 AWARD RECIPIENTS

Peter Lehman Perpetual Shield for Greatest Contribution to MCA XC – NICK SCHMIDHAUSER

Derek Cameron Medal for 2018 Opens Champion – JACK GIBSON

Most Consistent Trainer Award – JAMES CLARKE AND HARRY HUNTER

TEAM SPIRIT AWARDS

Year 5 – Thomas De Luca, Callan Jensen

Year 6 – Cooper Guise, Henry O'Malley

U12 – Thomas Hicks, Jack Fogarty

U13 – Parker Lovering, Riley Chugg

U14 – Jack L'Enfant, Aidan O'Connell

U15 – Liam Bacon, Harry Lyons

U16 – Tyler Borham, Riley O'Connell

Opens – Luc Bruna, Will Carroll

2018 AGE GROUP AND AGGREGATE PLACINGS

Opens	3rd
U16	3rd
U15	3rd
U14	2nd
U13	1st
U12	2nd
Year 6	2nd
Year 5	2nd

It is clearly evident by the results above how important the efforts of all runners and all age groups is to our team's overall performance. Well done once again to all involved in maintaining such a strong culture of cross country at our College and for your result this year.

Basketball Teams Of The Week

ROUND 1 V PADUA	
1	Hamish Geary
2	Ben Byrne
3	Jack O'Neill
4	Ryan Ellis
5	Toby Bergh
6	Aiden Gibbons
7	Jonah Titifanua

ROUND 2 V IONA	
1	Jordan Sing
2	Luc Bruna
3	Liam Hearn
4	Ben Howard
5	Sean O'Hara
6	Aiden Gibbons
7	Ned Rosenbrock

ROUND 3 V SPLC	
1	Hamish Geary
2	Noah Sterling
3	Jack O'Neill
4	Sam O'Rourke
5	Toby Bergh
6	Liam Thomas
7	Spencer Mahoney

House Athletics Carnival

Although the first few weeks of Term 3 were very chaotic in the sports department, it was definitely worth it to see the high level of participation and outstanding athletic performances from our students at the House Athletics carnival on Friday, August 10. It is not often we have the opportunity to gather all staff and students from the Senior school together for a full school day and the involvement of everyone in coming together to make the day such a big success was great to see.

Congratulations to FOLEY for winning the house competition for 2018. A special mention also must go to all students who contested the age championship competition on Friday with several boys competing in 9 events over the course of the day. With events also held in the lead-up, we were able to once again determine a true age champion. These boys were presented at assembly today and are listed below.

HOUSE RESULTS

1. Foley
2. Harold
3. Ridley
4. Ignatius
5. Slattery
6. Rush
7. Ephrem
8. Gilroy

A day such as last Friday cannot be implemented without the support of staff from many different areas who helped to ensure that the carnival ran as smoothly as possible. A sincere thank-you to:

Matt Poole and Alex Ford who assisted enormously in the organisation of the carnival and John Lambourne who also assisted with the running of the carnival on the day. Their support certainly made a tough task a lot easier and is greatly appreciated.

John-Paul Stewart, Russell Randle, and the grounds and facilities teams for all the work that went into ensuring that all ovals were prepared and all event areas were set up for competition.

Penny Cloete, Roberta Bannah and all staff who assisted with the running of the canteen on day.

Gary Keown and the hospitality students for all their hard work to provide food and drinks for staff throughout the day.

All staff members who were actively involved in running events on the day, in particular, the staff who gave up their spare time to assist with some age championship events on Thursday and to all staff involved in motivating students to participate and enjoy the day.

Finally, thank you to all students who were involved in the day. The success of these events relies on your high level of involvement and participation. There are not many schools that could claim to have so many students involved in an athletics carnival and you should all be proud of the effort you put in last week.

Well done!

Track and Field Age Championship Results

Congratulations to the following boys on their results in the track and field age championships, which were held at the College Track and Field Carnival. These boys were presented in front of the College during a morning assembly and should be very proud of their achievements in tough competition. See below for the age champions for 2018.

Open:	Archie Marles
U16:	Will Lee
U15:	Carl Martin
U14:	Eli Nicholls
U13:	Jackson Tallis
U12:	Tom Hicks

Individual Achievements

Congratulations to:

- At the recent QLD Short course swimming championships Alex Bibo competed in the very tough 1500m Freestyle event winning a gold medal in the 16 years age group and also won 2 silvers for the 16 years 200m Breaststroke and the 400m Freestyle.
- Jackson Grounds who has been selected to participate in the Australian Major League Baseball Invitational. This event allows the best 13 and 14-year-old players in the country to participate in a training camp and tournament under the guidance of elite coaches from universities and professional baseball.

Track and Field

TRAINING SCHEDULE (YEAR 7-12)

- This is the current schedule for the remainder of the term (may be subject to change)
- All jumpers will attend an important meeting this week to discuss the final training schedule

TERM 3 TRAINING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning		Gym (Year 7-9) 7:05am – 8:05am	Hurdles (Year 7-12) 7:10am – 8:10am	Gym (Year 7-9) 7:05am – 8:05am Javelin 7:00am – 8:15am	
Break 2	Flexibility (Gym)		Flexibility (Gym)		
Afternoon	All Sprints All Jumps (McMahon) All Middle Distance Shot Put / Discus 3:25pm – 4:45pm/5:00pm	Gym (Year 10-12) 3:25pm – 4:25pm Javelin 3:25pm – 4:45pm	All Sprints (Session B) All Jumps All Middle Distance Shot Put / Discus 3:25pm – 4:45/5:00pm	Gym (Year 10-12) 3:25pm – 4:25pm All Sprints (Session B) All Middle Distance 3:25pm – 4:45pm	

SPRINTS

To assist all boys with their commitments we have added another sprint option later in the week.

Session A – Monday is compulsory for all / Session B – students are to choose one of Wednesday or Thursday.

SPRINTS/DISTANCE – McMahon Oval

THROWS – Hayden Oval

HURDLES – John Nunan synthetic track area near the tennis courts

JUMPS – John Nunan synthetic track area near the tennis courts

AIC Cross Country Results

YEAR 5

PLACE	SCHOOL	POINTS
1	Padua	93
2	Ashgrove	110
3	Iona	117

YEAR 6

PLACE	SCHOOL	POINTS
1	Iona	64
2	Ashgrove	94
3	Villanova	126

12 YEARS

PLACE	SCHOOL	POINTS
1	SPLC	67
2	Ashgrove	76
3	Iona	92

13 YEARS

PLACE	SCHOOL	POINTS
1	Ashgrove	84
2	Villanova	91
3	Iona	122

14 YEARS

PLACE	SCHOOL	POINTS
1	Iona	75
2	Ashgrove	82
3	SPLC	143

15 YEARS

PLACE	SCHOOL	POINTS
1	SPLC	69
2	Iona	100
3	Ashgrove	106

16 YEARS

PLACE	SCHOOL	POINTS
1	SPC	69
2	Padua	121
3	Ashgrove	136

OPEN

PLACE	SCHOOL	POINTS
1	Iona	58
2	SEC	109
3	Ashgrove	146

YEAR 5 & 6 AGGREGATE

PLACE	SCHOOL	POINTS
1	Iona	15
2	Ashgrove	14
3	Padua	11
4	SLC	10
5	Villanova	9
6	SPC	8
7	SPLC	5

AGGREGATE 2018

PLACE	SCHOOL	POINTS
1	MARIST ASHGROVE	41
2	IONA & ST PETERS	39
4	ST PATRICK'S	24
5	VILLANOVA	22
6	ST LAURENCES	20
7	PADUA	19
8	ST EDMUNDS	18

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	72-34 win				
2nd V	50-31 win	29-37 loss	27-21 win				
3rd V	28-22 win	32-18 win	36-18 win				
4th V	30-35 loss	17-29 loss	18-18 draw				
11A	36-39 loss	45-33 win	57-11 win				
11B	47-3 win	35-27 win	45-24 win				
11C	22-16 win	40-24 win	36-10 win v ASH 11D				
11D	12-41 loss	20-55 loss v SCC	10-36 loss v ASH 11C				
10A	41-32 win	20-32 loss	42-46 loss				
10B	42-56 loss	28-20 win	51-15 win				
10C	18-31 loss	25-37 loss	41-14 win				
10D	33-15 win	44-17 win	BYE				
9A	61-45 win	50-47 win	25-36 loss				
9B	32-40 loss	21-36 loss	35-34 win				
9C	13-27 loss	24-21 win	36-18 win				
9D	25-19 win	29-17 win	47-18 win v ASH 9E				
9E	10-37 loss v SLC D		18-47 loss v ASH 9D				
8A	48-28 win	75-22 win	80-12 win				
8B	34-23 win	25-44 loss	33-14 win				
8C	39-17 win	37-17 win	55-15 win				
8D	22-26 loss	30-21 win	43-17 win				
8E	47-10 win	16-28 v VILLA	BYE				
7A	28-22 win	26-77 loss	40-27 win				
7B	21-10 win	25-44 loss	42-15 win				
7C	22-13 win	23-37 loss	37-27 win				
7D	34-14 win	10-24 loss	32-4 win				
7E	24-2 win		8-20 loss v VILLA 7F				

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	0-8 loss				
2nd IV	6-2 win	5-3 win	5-3 win				
3rd IV	7-1 win	6-0 win	5-3 win				
11A	3-5 loss	2-6 loss	0-8 loss				
11B	5-3 win	8-0 win	6-2 win				
10A	6-2 win	7-1 win	0-8 loss				
10B	5-3 win	8-0 win	1-7 loss				
9A	0-8 loss	6-2 win	0-8 loss				
9B	4-4 (31-30) win	8-0 win	3-5 loss				
8A	7-1 win	2-6 loss	2-6 loss				
8B	8-0 win	6-2 win	2-6 loss				
7A	5-3 win	7-1 win	0-8 loss				
7B	8-0 win	8-0 win	2-6 loss				

AIC BASKETBALL FIXTURES

ROUND 4 V ST PATRICK'S COLLEGE - FRIDAY & SATURDAY AUGUST 24 & 25, 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 24			
TEAM	TIME	H/A	VENUE
6A v SPC 6A	4:45pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6B v SPC 6B	4:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6C v SPC 6C	4:45pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6D v SPC 6D	4:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5A v SPC 5A	4:50pm	AWAY	Christian Brothers Building, St Patrick's College. Park Parade, Shorncliffe
5B v SPC 5B	4:00pm	AWAY	Christian Brothers Building, St Patrick's College. Park Parade, Shorncliffe
5C v SPC 5C	4:50pm	AWAY	Callan Centre, St Patrick's College. Pier St, Shorncliffe
5D v SPC 5D	4:00pm	AWAY	Callan Centre, St Patrick's College. Pier St, Shorncliffe

SATURDAY AUGUST 25			
TEAM	TIME	H/A	VENUE
1sts v SPC 1sts	12:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
2nds v SPC 2nds	11:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
3rds v SPC 3rds	11:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
4ths v SPC 4ths	10:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11A v SPC 11A	10:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11B v SPC 11B	9:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11C v SPC 11C	8:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11D v SPC 5ths	9:00am	HOME	MPC Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove
10A v SPC 10A	9:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
10B v SPC 10B	8:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
10C v SPC 10C	9:00am	HOME	MPC Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
10D v SPC 10D	8:00am	HOME	MPC Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
9A v SPC 9A	12:00pm	AWAY	Christian Brothers Building, St Patrick's College. Park Parade, Shorncliffe
9B v SPC 9B	11:00am	AWAY	Christian Brothers Building, St Patrick's College. Park Parade, Shorncliffe
9C v SPC 9C	11:00am	AWAY	Callan Centre, St Patrick's College. Pier St, Shorncliffe
9D v SPC 9D	12:00pm	AWAY	Morven Front Court 1 (outdoor), St Patrick's College. Park Parade, Shorncliffe
9E v IONA 9D	8:00am	HOME	MPC Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove
8A v SPC 8A	10:00am	AWAY	Christian Brothers Building, St Patrick's College. Park Parade, Shorncliffe
8B v SPC 8B	9:00am	AWAY	Christian Brothers Building, St Patrick's College. Park Parade, Shorncliffe
8C v SPC 8C	10:00am	AWAY	Callan Centre, St Patrick's College. Pier St, Shorncliffe
8D v SPC 8D	9:00am	AWAY	Morven Front Court 1 (outdoor), St Patrick's College. Park Parade, Shorncliffe
8E v SPC 8E	10:00am	AWAY	Morven Front Court 1 (outdoor), St Patrick's College. Park Parade, Shorncliffe
7A v SPC 7A	8:00am	AWAY	Christian Brothers Building, St Patrick's College. Park Parade, Shorncliffe
7B v SPC 7B	9:00am	AWAY	Callan Centre, St Patrick's College. Pier St, Shorncliffe
7C v SPC 7C	8:00am	AWAY	Callan Centre, St Patrick's College. Pier St, Shorncliffe
7D v SPC 7D	8:00am	AWAY	Morven Front Court 1 (outdoor), St Patrick's College. Park Parade, Shorncliffe
7E v SPC 7E	8:00am	AWAY	Morven Front Court 2 (outdoor), St Patrick's College. Park Parade, Shorncliffe

AIC TENNIS FIXTURES

ROUND 4 V ST PATRICK'S COLLEGE - SATURDAY AUGUST 25, 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 25			
TEAM	TIME	H/A	VENUE
1sts v SPC 1sts	7:45am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
2nds v SPC 2nds	10:15am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
3rds v SPC 3rds	10:15am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
11A v SPC 11A	10:15am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
11B v SPC 11B	10:15am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
10A v SPC 10A	7:45am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
10B v SPC 10B	7:45am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
9A v SPC 9A	7:45am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
9B v SPC 9B	7:45am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
8A v SPC 8A	10:15am	AWAY	Coops Tennis Centre. Beams Rd, Carseldine
8B v SPC 8B	10:15am	AWAY	Coops Tennis Centre. Beams Rd, Carseldine
7A v SPC 7A	10:15am	AWAY	Coops Tennis Centre. Beams Rd, Carseldine
7B v SPC 7B	10:15am	AWAY	Coops Tennis Centre. Beams Rd, Carseldine
6A v SPC 6A	7:45am	AWAY	Coops Tennis Centre. Beams Rd, Carseldine
6B v SPC 6B	7:45am	AWAY	Coops Tennis Centre. Beams Rd, Carseldine
5A v SPC 5A	7:45am	AWAY	Coops Tennis Centre. Beams Rd, Carseldine
5B v SPC 5B	7:45am	AWAY	Coops Tennis Centre. Beams Rd, Carseldine

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 B6: 4ths	

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)

