



THE BUZZ

Weekly Sports Report 29 August 2018 - Term 3 - Week 7 Inside this edition

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Basketball and Tennis Round 5 draws v St Laurence's - Friday 31 August and Saturday 1 September
Basketball and Tennis Training Schedules - Term 3



From the Head of Sport

Our Round 4 opponents for tennis and basketball were St. Patrick's College. After a successful start to our season, St Patrick's proved to be tough opponents for our teams, winning 8 of the 12 aggregate matches. Our 1st V, however, continued their undefeated start to the season in what was an exciting game that resulted in a 76-67 win. Our tennis teams bounced back from a tough round against St Peter's to win 7 and draw 1 match out of the 13 aggregate matches against St Patrick's. The 1st IV had a successful day, playing some strong tennis to record their first win of the season with a 6-2 win. This weekend we face traditional rivals St Laurence's College, which always presents a tough challenge, and one that both Colleges look forward to. We encourage all boys to give their best performance this Saturday in a round of sport that is likely to impact the final aggregate standings.

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!

David Miles
Head of Sport

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

UPCOMING EVENTS

Friday 31 August
Year 5 & 6 Basketball v SLC

Saturday 1 September
Basketball and Tennis v SLC
(Year 7-9 Home, Year 10-12 Away)

Wednesday 29 August – Friday 31 August
Metropolitan North Track & Field

Friday 7 September
Year 5 & 6 Basketball v ATC

Saturday 8 September
Basketball & Tennis v SEC
(Year 10-12 Home, Year 7-9 Away)

MCA SPORTS CONNECT

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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.

1st V Basketball Report

Round 4 saw us do battle against St Patrick's College, Shorncliffe on our home court.

The Marist boys took the court knowing that it had been a tough day for the home teams with St Pat's winning the majority of matches at Ashgrove. There was no doubt that the 1st V players were under pressure to turn this around in the feature match.

The Marist team found themselves behind during the early stages and the home supporters had to go to a new level to lift the boys. The cheering worked and the team found themselves in front by one point at three-quarter time although a very dogged St Pat's outfit was determined to spoil the party.

With the match in the balance deep in the fourth quarter, the big crowd in attendance got behind the team and the cheering reached fever pitch.

The players responded to the support and dug deep to secure a 76-67 win.

A huge thanks to everyone who came along to show their support for the team. The final home match is in two weeks' time and it would be great to see a big crowd for this match against St. Edmonds College.



Basketball Team of the Week

ROUND 4 V SPC	
1	Jordan Sing
2	Luc Bruna
3	Jack O'Neill
4	Nick Tucker
5	Jesse O'Neill
6	Cooper Hafiz
7	Ned Rosenbrock

Individual Achievements

Congratulations to:

- Tom Prole who competed at the National Cross Country Championships on Saturday at Maleny. He ran in a combined U/14's and U/15's boys race and finished 15th overall, and was 3rd in the U/14 boys.

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 – 4:45/5:00pm	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



MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad







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	76-67 win			
2nd V	50-31 win	29-37 loss	27-21 win	28-34 loss			
3rd V	28-22 win	32-18 win	36-18 win	35-37 loss			
4th V	30-35 loss	17-29 loss	18-18 draw	34-28 win			
11A	36-39 loss	45-33 win	57-11 win	49-31 win			
11B	47-3 win	35-27 win	45-24 win	19-24 loss			
11C	22-16 win	40-24 win	36-10 win v ASH 11D	18-23 loss			
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	30-59 loss			
10B	42-56 loss	28-20 win	51-15 win	25-34 loss			
10C	18-31 loss	25-37 loss	41-14 win	27-35 loss			
10D	33-15 win	44-17 win	BYE	MCA win			
9A	61-45 win	50-47 win	25-36 loss	21-65 loss			
9B	32-40 loss	21-36 loss	35-34 win	35-56 loss			
9C	13-27 loss	24-21 win	36-18 win	25-32 loss			
9D	25-19 win	29-17 win	47-18 win v ASH 9E	16-44 loss			
9E	10-37 loss v SLC D		18-47 loss v ASH 9D	11-38 loss			
8A	48-28 win	75-22 win	80-12 win	43-37 win			
8B	34-23 win	25-44 loss	33-14 win	32-39 loss			
8C	39-17 win	37-17 win	55-15 win	65-20 win			
8D	22-26 loss	30-21 win	43-17 win	43-16 win			
8E	47-10 win	16-28 v VILLA	BYE	32-14 win			
7A	28-22 win	26-77 loss	40-27 win	40-44 loss			
7B	21-10 win	25-44 loss	42-15 win	41-25 win			
7C	22-13 win	23-37 loss	37-27 win	26-16 win			
7D	34-14 win	10-24 loss	32-4 win	23-22 win			
7E	24-2 win		8-20 loss v VILLA 7F	22-15 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	0-8 loss	6-2 win			
2nd IV	6-2 win	5-3 win	5-3 win	7-1 win			
3rd IV	7-1 win	6-0 win	5-3 win	3-5 loss			
11A	3-5 loss	2-6 loss	0-8 loss	2-6 loss			
11B	5-3 win	8-0 win	6-2 win	1-7 loss			
10A	6-2 win	7-1 win	0-8 loss	3-5 loss			
10B	5-3 win	8-0 win	1-7 loss	4-4 (26-29) loss			
9A	0-8 loss	6-2 win	0-8 loss	6-2 win			
9B	4-4 (31-30) win	8-0 win	3-5 loss	6-2 win			
8A	7-1 win	2-6 loss	2-6 loss	4-4 (27-27) tie			
8B	8-0 win	6-2 win	2-6 loss	8-0 win			
7A	5-3 win	7-1 win	0-8 loss	6-2 win			
7B	8-0 win	8-0 win	2-6 loss	8-0 win			

AIC BASKETBALL FIXTURES

ROUND 5 V ST LAURENCE'S - FRIDAY AUGUST 31 & SATURDAY SEPTEMBER 1

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 31			
TEAM	TIME	H/A	VENUE
6A v SLC 6A	4:45pm	AWAY	Court 1, SLC Sports Centre. Stephens Rd, South Brisbane
6B v SLC 6B	4:00pm	AWAY	Court 1, SLC Sports Centre. Stephens Rd, South Brisbane
6C v SLC 6C	4:45pm	AWAY	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
6D v SLC 6D	4:00pm	AWAY	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
5A v SLC 5A	4:45pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5B v SLC 5B	4:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5C v SLC 5C	4:45pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5D v SLC 5D	4:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove

SATURDAY SEPTEMBER 1			
TEAM	TIME	H/A	VENUE
1sts v SLC 1sts	12:15pm	AWAY	Court 1, SLC Sports Centre. Stephens Rd, South Brisbane
2nds v SLC 2nds	11:15am	AWAY	Court 1, SLC Sports Centre. Stephens Rd, South Brisbane
3rds v SLC 3rds	11:15am	AWAY	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
4ths v SLC 4ths	7:30am	AWAY	Court 1, SLC Sports Centre. Stephens Rd, South Brisbane
11A v SLC 11A	10:15am	AWAY	Court 1, SLC Sports Centre. Stephens Rd, South Brisbane
11B v SLC 11B	9:15am	AWAY	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
11C v SLC 11C	8:15am	AWAY	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
11D v PAD 11C	8:00am	AWAY	Court 1, Greccio, Padua College. Broughton Rd, Kedron
10A v SLC 10A	9:15am	AWAY	Court 1, SLC Sports Centre. Stephens Rd, South Brisbane
10B v SLC 10B	8:15am	AWAY	Court 1, SLC Sports Centre. Stephens Rd, South Brisbane
10C v SLC 10C	10:15am	AWAY	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
10D v SLC 10D	7:30am	AWAY	Court 2, SLC Sports Centre. Stephens Rd, South Brisbane
9A v SLC 9A	12:00pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9B v SLC 9B	11:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9C v SLC 9C	11:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9D v SLC 9D	12:00pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
9E v PAD 9D	9:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
8A v SLC 8A	10:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8B v SLC 8B	9:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8C v SLC 8C	10:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
8D v SLC 8D	8:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
8E v VILLA 8E	9:00am	AWAY	Villanova Multi-Court 1, Villanova College. Eighth Avenue, Coorparoo
7A v SLC 7A	8:00am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7B v SLC 7B	9:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7C v SLC 7C	8:00am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
7D v SLC 7D	8:00am	HOME	Multi-Purpose Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove
7E v PAD 7E	9:00am	HOME	Multi-Purpose Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove

AIC TENNIS FIXTURES

ROUND 5 V ST LAURENCE'S COLLEGE - SATURDAY SEPTEMBER 1, 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 SEPTEMBER 1			
TEAM	TIME	H/A	VENUE
1sts v SLC 1sts	7:45am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
2nds v SLC 2nds	10:15am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
3rds v SLC 3rds	10:15am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
11A v SLC 11A	10:15am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
11B v SLC 11B	10:15am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
10A v SLC 10A	7:45am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
10B v SLC 10B	7:45am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
9A v SLC 9A	7:45am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
9B v SLC 9B	7:45am	AWAY	Griffith University Tennis Centre. Messines Ridge Rd, Mt Gravatt
8A v SLC 8A	10:15am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
8B v SLC 8B	10:15am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
7A v SLC 7A	7:45am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
7B v SLC 7B	7:45am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
6A v SLC 6A	10:15am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
6B v SLC 6B	10:15am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
5A v SLC 5A	7:45am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia
5B v SLC 5B	7:45am	HOME	University of Queensland Tennis Centre. Blair Drive, St Lucia

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)

2018 NEXT GEN RUGBY COACHING CLINIC

*Free
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26, 27 & 28 September
9.00am -12.30pm

@ Riverside Rugby Club Bulimba

Cost: \$195.00 3 Days
\$175.00 2 Days
\$115.00 1 Day

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