



Weekly Sports Report 5 September 2018 - Term 3 - Week 8 Inside this edition

From the Head of Sport - Water Polo Sign-On - 1st V Basketball Report - Basketball Team of the Week
Changes to AIC Sport 2019 - Track and Field Training Schedule - Basketball & Tennis Results
Basketball and Tennis Round 5 draws v St Laurence's - Friday 31 August and Saturday 1 September
AIC Track and Field meet schedule - Saturday 8 September - Basketball and Tennis Training Schedules - Term 3



From the Head of Sport

On Saturday we were hosted by St Laurence's who are traditional rivals of Ashgrove and who provided their usual level of strong competition across both Basketball and Tennis.

In a tightly contested round of Basketball, we won 5 out of 12 aggregate with one draw. The highlight of the round was the 1st V contest where our team jumped out to a comfortable lead only to have SLC claw their way back and force the match into overtime. Our team banded together to record a nail-biting 71-70 win and now face St. Edmund's as the only remaining undefeated teams in the competition. With the 1st V premiership on the line, I know the team is hoping for a very vocal and supportive home crowd on Saturday. Our tennis teams had a similarly challenging day, winning 6 out of 13 aggregate matches with some very strong performances from our junior teams showing signs of a bright future in tennis.

With two rounds remaining, the final aggregate finishing position for both sports will be determined by the results in these matches. It is vital that all aggregate teams finish the season positively and aim to finish as high as possible in their respective competitions regardless of their current position.

Uniform

With only two 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 later in The Buzz 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.

Track and Field Camp – Friday September 21 – Sunday September 23

The 2018 track and field camp will be held at the Runaway Bay Sports Centre again this year. In what is a very busy time at the Sports Centre, we have been provided with a last minute opportunity to take 64 students along at this time and it was too good to refuse!

UPCOMING EVENTS

Friday 7 September

Year 5 & 6 Basketball v ATC

Saturday 8 September

Basketball & Tennis v SEC
(Years 10-12 Home, Years 7-9 Away)

Friday 14 September

Years 5 & 6 Basketball v VILLA

Saturday 15 September

Basketball & Tennis v VILLA
(Years 7-9 Home, Years 10-12 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.

From the Head of Sport

Initial invitations have been sent out to boys and, while we would like to invite all of the boys involved in training, we are unfortunately restricted to the 64 students attending.

All invited students should have received this information and details about payment through QKR.

Met North Track and Field

Congratulations to all boys who competed at the Met North Track and Field Championships last week. Once the Met North team has been announced, we will acknowledge the performances of these athletes in the newsletter.

Hockey

Our Hockey team had an extremely successful season where the hard work of recent years resulted in their place in the grand final against St. Edmund's last Friday. St. Edmund's have always had a very proud and strong tradition in hockey, yet against such a formidable side, the performance of our students in the grand final was outstanding.

The result was 3-0 to St. Edmund's but the ongoing development of our young players over the past three years has been tremendous. Coupled with the dedication of Jordan Cabot as coach and the enthusiasm and passion from Ms Badini and Mrs Cabot in managing the team, our boys will certainly return for the 2019 season aiming to challenge again for the competition title.

We sincerely thank the many staff and students who attended the match in support of our College team. The boys and staff involved in hockey were very appreciative of this support as they proudly represented the College.

David Miles
Head of Sport

Water Polo Sign-On

The AIC Water Polo season will again run in term for with a combined Years 7-8, Years 9-10, Years 11-12 teams participating. If you are interested in playing Water Polo in Term 4, please click on the link below to sign-on.

[Water Polo Sign-on Form](#)

1st V Basketball Report

There have been many entertaining basketball matches this season across all year levels. A strong case could be argued that the 1st V match against St. Laurence's College on Saturday ranked as the most exciting of the season to date.

Given the healthy rivalry that exists between the two schools, the match was always going to be strongly contested.

Neither team gave an inch throughout the first half and the scores were locked up 40-40 at halftime.

The MCA boys had a strong third quarter and took the lead to the third break but the SLC boys stormed home in the final quarter levelling the match with a clutch long two-point shot with only .08 of a second left on the clock.

With the scores locked at 60-60 at full time, an extra time period of 5mins commenced and after an intense, nail-biting final five minutes, the boys from MCA were victorious 72-71.

Credit must go to both teams for their never say die attitude and the spirit on show. Thanks also to our loyal supporters who did a great job cheering for the team.

Our team plays their final home game this Saturday against St Edmunds College who are the only other 1st V team undefeated in the competition. The boys would love to play in front of a packed Champagnat Centre for their final match at home so please come along and support them.

Basketball Team of the Week

ROUND 5 V SLC

1. Jordan Sing	2. Ben Byrne	3. Jack O'Neill	4. Jacob Mortensen
5. Will Waters	6. Riley Chugg	7. Spencer Mahoney	

Changes to AIC Sport 2019

As you would be aware, 2019 will see the introduction of AFL (Term 1) and Rugby League (Term 3) as part of a 2-year trial in AIC sport.

Our normal AIC sport program will continue as usual and in no way will the introduction of new sports seek to diminish or detract from what we currently do. Our focus remains heavily on maintaining and continuing to develop the traditional high standards of our College sporting program.

A primary focus for our program will also be on managing student welfare and ensuring students are not overloading themselves with too many commitments.

All students will be expected to maintain their usual commitments to our current sports and our College policy of students "bringing their talents forward" will continue to apply.

TERM 1	TERM 2	TERM 3	TERM 4
Swimming	Cross Country (Championships)	Basketball	Track & Field (Championships)
Cricket	Rugby Union	Tennis	
Volleyball	Football (Soccer)	Rugby League	
AFL	Chess	Track & Field (begins)	
Cross Country (begins)			

Major Changes for 2019

- Trial sports of AFL and Rugby League
- Cross Country moved into Term 2

All Sports will be played on a Saturday except for:

- AFL: Years 8-9 and Opens (Years 10-12) will play on a Friday night. Year 7 will play on a Saturday morning
- Swimming and Track and Field: Friday night practice meets with a mid-week Championship Day/s
- Cross Country: Mid-week practice meets and a mid-week Championship Day
- Water Polo will be offered but will be run as a 1-2 day tournament
- Golf will also be offered in the current format of a 1 day competition

Sign-ons are now taking place for Term 1 sport with pre-season to begin in Term 4. Please see below for links to the respective sign-on forms.

[Cricket Sign-on Form 2019](#)

[Volleyball Sign-on Form 2019](#)

[AFL Sign-on Form 2019](#)

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:

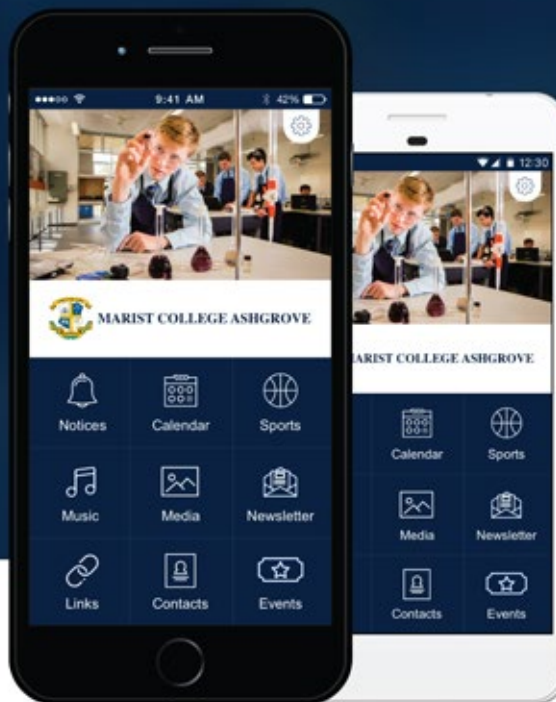
mcasport@marash.qld.edu.au



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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

AIC Track & Field – Meet #1 (Years 5-7)

Saturday September 8 - State Athletics Facility

This Saturday there will be an AIC Track & Field meet for Years 5-7 at the State Athletics Facility (SAF), Nathan.

This event will be run as a time trial and is the first opportunity for the boys to qualify for the AIC T&F Championships, to be held 22 & 23 October.

This event is open to all boys wishing to make the MCA AIC T&F Team with boys encouraged to participate in all the track events. The field event numbers may be restricted due to time constraints.

Saturday sport – boys involved in basketball and tennis are to maintain these commitments as their first priority.

Transport – this is the only meet in which there is no bus transport available. Boys are asked to arrange their own transport to and from the event, and are encouraged to carpool with other students if they cannot get transport. We are happy to assist with organising this.

Students are permitted to be collected from SAF after their event but must inform a teacher before leaving.

Uniform – MCA athletics singlet and blue sport shorts. If boys do not have an athletics singlet they can wear the MCA sports shirt.

Schedule of track events Saturday September 8 SAF

TIME	EVENT
8.30am	Hurdles Year 5
8.40am	Hurdles Year 6
8.50am	Hurdles Year 7
9.00am	200m Year 5
9.15am	200m Year 6
9.30am	200m Year 7
9.40am	800m Year 5
9.50am	800m Year 6
10.00am	800m Year 7
10.10am	100m Year 5
10.15am	100m Year 6
10.30am	100m Year 7
10.45am	Relays – all

Schedule of field events Saturday September 8 SAF

TIME	EVENT	AGE GROUP
8.30am	Shot Put 1	Year 5
	High Jump 1 Long Jump Shot Put 2	Year 6
	High Jump 2	Year 6
		Year 7
		Year 7
9.30am	Long Jump Shot Put High Jump	Year 5
	Long Jump 2	Year 6
		Year 5
		Year 7

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	72-71 win		
2nd V	50-31 win	29-37 loss	27-21 win	28-34 loss	46-36 win		
3rd V	28-22 win	32-18 win	36-18 win	35-37 loss	32-38 loss		
4th V	30-35 loss	17-29 loss	18-18 draw	34-28 win	21-38 loss		
11A	36-39 loss	45-33 win	57-11 win	49-31 win	43-24 win		
11B	47-3 win	35-27 win	45-24 win	19-24 loss	30-23 win		
11C	22-16 win	40-24 win	36-10 win v ASH 11D	18-23 loss	27-26 win		
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	23-68 loss		
10B	42-56 loss	28-20 win	51-15 win	25-34 loss	33-40 loss		
10C	18-31 loss	25-37 loss	41-14 win	27-35 loss	30-26 win		
10D	33-15 win	44-17 win	BYE	MCA win	19-21 loss		
9A	61-45 win	50-47 win	25-36 loss	21-65 loss	21-53 loss		
9B	32-40 loss	21-36 loss	35-34 win	35-56 loss	19-61 loss		
9C	13-27 loss	24-21 win	36-18 win	25-32 loss	19-24 loss		
9D	25-19 win	29-17 win	47-18 win v ASH 9E	16-44 loss	33-30 win		
9E	10-37 loss v SLC D		18-47 loss v ASH 9D	11-38 loss	16-18 loss v PAD 9D		
8A	48-28 win	75-22 win	80-12 win	43-37 win	60-30 win		
8B	34-23 win	25-44 loss	33-14 win	32-39 loss	28-26 win		
8C	39-17 win	37-17 win	55-15 win	65-20 win	43-22 win		
8D	22-26 loss	30-21 win	43-17 win	43-16 win	39-17 win		
8E	47-10 win	16-28 v VILLA	BYE	32-14 win	27-31 loss		
7A	28-22 win	26-77 loss	40-27 win	40-44 loss	20-33 loss		
7B	21-10 win	25-44 loss	42-15 win	41-25 win	14-14 draw		
7C	22-13 win	23-37 loss	37-27 win	26-16 win	29-38 loss		
7D	34-14 win	10-24 loss	32-4 win	23-22 win	19-19 draw		
7E	24-2 win		8-20 loss v VILLA 7F	22-15 win	16-22 loss v PAD		

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	2-6 loss		
2nd IV	6-2 win	5-3 win	5-3 win	7-1 win	3-5 loss		
3rd IV	7-1 win	6-0 win	5-3 win	3-5 loss	5-3 win		
11A	3-5 loss	2-6 loss	0-8 loss	2-6 loss	2-6 loss		
11B	5-3 win	8-0 win	6-2 win	1-7 loss	1-7 loss		
10A	6-2 win	7-1 win	0-8 loss	3-5 loss	6-2 win		
10B	5-3 win	8-0 win	1-7 loss	4-4 (26-29) loss	3-5 loss		
9A	0-8 loss	6-2 win	0-8 loss	6-2 win	1-5 loss		
9B	4-4 (31-30) win	8-0 win	3-5 loss	6-2 win	4-2 win		
8A	7-1 win	2-6 loss	2-6 loss	4-4 (27-27) tie	1-7 loss		
8B	8-0 win	6-2 win	2-6 loss	8-0 win	4-4 (30-29) win		
7A	5-3 win	7-1 win	0-8 loss	6-2 win	5-3 win		
7B	8-0 win	8-0 win	2-6 loss	8-0 win	4-4 (33-28) win		

AIC BASKETBALL FIXTURES

ROUND 6 V ST EDMUND'S COLLEGE - FRIDAY & SATURDAY SEPTEMBER 7 & 8, 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 SEPTEMBER 7			
TEAM	TIME	H/A	VENUE
6A v ATC 6A	4:15pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6B v ATC 6B	3:30pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6C v ATC 6C	4:15pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
6D v ATC 6D	3:30pm	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
5A v ATC 5A	4:15pm	AWAY	Xavier Centre, ATC. Twigg St, Indooroopilly
5B v ATC 5B	3:30pm	AWAY	Xavier Centre, ATC. Twigg St, Indooroopilly
5C v ATC 5C	4:15pm	AWAY	Outdoor Court, ATC. Twigg St, Indooroopilly
5D v ATC 5D	3:30pm	AWAY	Outdoor Court, ATC. Twigg St, Indooroopilly

SATURDAY SEPTEMBER 8			
TEAM	TIME	H/A	VENUE
1sts v SEC 1sts	12:15pm	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
2nds v SEC 2nds	11:15am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
3rds v SEC 3rds	11:15am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
4ths v SEC 4ths	10:15am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11A v SEC 11A	10:15am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11B v SEC 11B	9:15am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
11C v PADUA 11D	9:00am	AWAY	Greccio Court 2, Padua College. Broughton Rd, Kedron
11D v SPC 11D	9:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
10A v SEC 10A	9:15am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
10B v SEC 10B	8:15am	HOME	Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
10C v SEC 10C	8:15am	HOME	Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove
10D v SPC 10E	8:00am	HOME	Multi-Purpose Court 2, Marist College Ashgrove. Frasers Rd, Ashgrove
9A v SEC 9A	1:15pm	AWAY	Sports Hall, St Edmund's College. Mary St, Woodend
9B v SEC 9B	12:15pm	AWAY	Sports Hall, St Edmund's College. Mary St, Woodend
9C v SEC 9C	1:15pm	AWAY	McAuley Centre, St Mary's College (opposite St Edmund's)
9D v SPC 9E	9:00am	AWAY	Morven Court 1, St Patrick's. Park Parade, Shorncliffe
9E v VILLA 9E	12:00pm	AWAY	Court 2, St Martins Dominic Centre. Mayfield Rd, Carina
8A v SEC 8A	11:15am	AWAY	Sports Hall, St Edmund's College. Mary St, Woodend
8B v SEC 8B	10:15am	AWAY	Sports Hall, St Edmund's College. Mary St, Woodend
8C v SEC 8C	12:15pm	AWAY	McAuley Centre, St Mary's College (opposite St Edmund's)
8D v SEC 8D	11:15am	AWAY	McAuley Centre, St Mary's College (opposite St Edmund's)
8E v PADUA 8E	8:00am	HOME	Multi-Purpose Court 1, Marist College Ashgrove. Frasers Rd, Ashgrove
7A v SEC 7A	9:15am	AWAY	Sports Hall, St Edmund's College. Mary St, Woodend
7B v SEC 7B	8:15am	AWAY	Sports Hall, St Edmund's College. Mary St, Woodend
7C v SEC 7C	10:15am	AWAY	McAuley Centre, St Mary's College (opposite St Edmund's)
7D v SEC 7D	9:15am	AWAY	McAuley Centre, St Mary's College (opposite St Edmund's)
7E v SEC 7E	8:15am	AWAY	McAuley Centre, St Mary's College (opposite St Edmund's)

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 8			
TEAM	TIME	H/A	VENUE
1sts v SEC 1sts	8:15am	HOME	Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove
2nds v SEC 2nds	10:30am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
3rds v No Game			No Game
11A v SEC 11A	10:30am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
11B v No Game			No Game
10A v SEC 10A	10:30am	HOME	MPC Courts 1 & 2 (outside gym), Marist College Ashgrove
10B v No Game			No Game
9A v SEC 9A	8:15am	HOME	Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove
9B v SEC 9B	8:15am	HOME	Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove
8A v SEC 8A	10:15am	AWAY	St Edmund's College Courts. Mary St, Woodend
8B v SEC 8B	10:15am	AWAY	St Edmund's College Courts. Mary St, Woodend
7A v SEC 7A	10:15am	AWAY	St Mary's College Courts. Mary St, Woodend
7B v SEC 7B	10:15am	AWAY	St Mary's College Courts. Mary St, Woodend
6A v ATC 6A	7:45am	AWAY	Ambiwerra Tennis Centre. Cnr Rolfe & Erinvale St, Corinda
6B v ATC 6B	7:45am	AWAY	Ambiwerra Tennis Centre. Cnr Rolfe & Erinvale St, Corinda
5A v ATC 5A	7:45am	AWAY	Lifetime Tennis Centre, Spring Hill. Gregory Terrace, Spring Hill
5B v ATC 5B	7:45am	AWAY	Lifetime Tennis Centre, Spring Hill. Gregory Terrace, Spring Hill

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
Ball!*

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

Register online www.nextgenrugby.com.au