



Weekly Sports Report 12 September 2018 - Term 3 - Week 9 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 - Basketball & Tennis Results
Track and Field Training Schedule - AIC Track and Field meet schedule - Saturday 8 September
Basketball and Tennis Round 5 draws v St Laurence's - Friday 31 August and Saturday 1 September



On Saturday we hosted St Edmund's College in Round 6 of the AIC tennis and basketball competition. With St Edmund's proving to be another strong Basketball school, particularly in the 1st V competition, the round of competition was certainly a hard-fought battle. Our teams had a strong round of results winning 9 of the 12 matches contested in the aggregate competition. Undoubtedly the highlight of the day was the 1st V match where both teams headed into the game undefeated and did not disappoint with their outstanding effort in representing their colleges. Please see below for a detailed report on the match and a link to the final point of the game. I commend the team from St. Edmund's College and their coaching staff for what was a fantastic game and for providing one of the most exciting contests in AIC sport in recent times.

With wet weather affecting the round of tennis, it was a disappointing day for our teams who missed out on playing. Out of the three competitions contested on Saturday in the 2nd V, 11A and 10A competitions our teams won all three and are now looking forward to the final round of competition for the season against Villanova.

With this being the last week of the season, the final aggregate finishing position for both sports will be determined by the results in this final round. It is vital that all teams finish the season positively this weekend.

We also wish all Year 12 boys the best of luck in their final Basketball and Tennis matches for the College this weekend.

Good luck to all students!

David Miles
Head of Sport

UPCOMING EVENTS

Friday 14 September

AIC Track and Field Meet #2

Years 5 & 6 Basketball
v VILLA

Saturday 15 September

Basketball & Tennis
v VILLA

(Years 7-9 Home, Years 10-12 Away)

Friday 21 - Sunday 23 September

Track and Field Camp

MCA SPORTS CONNECT

Head of Sport

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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.

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 - <https://bit.ly/2lsoxso>

1st V Basketball Report

History never repeats is a common saying that is often used in sporting contexts.

Anyone who looked at the final score from Saturday's 1st V match might have a case to argue that history may very well have repeated itself this time around!

Once again, our team managed to take the game to the final seconds and, like last week against SLC, the 1st V found themselves in front by a solitary point when the full-time buzzer sounded.

In one of the most tense and exciting matches in recent years, both teams refused to give an inch throughout the four quarters as they battled to remain the only undefeated 1st V team in the AIC competition. The AIC Premiership was on the line and both teams fought hard to take the title.

The boys from MCA were inspired by the wonderful community support from a packed Champagnat Centre and hung on to stay in the fight, snatching a one-point win after sinking the winning basket with less than a second left on the clock.

Thanks to everyone who came along to cheer the boys on to victory. The goal now is to win one more match this Saturday against Villanova and become undefeated AIC Premiers.



Good luck boys!

Basketball Team of the Week

| ROUND 6 V SEC | |
|---------------|------------------|
| 1 | Jordan Sing |
| 2 | Ben Geraghty |
| 3 | Cam Wightman |
| 4 | Charlie Ryan |
| 5 | Sean O'Hara |
| 6 | Ethen Tsiamalili |
| 7 | Ned Rosenbrock |

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 - <https://bit.ly/2MnNPJD>

Volleyball Sign-on Form 2019 - <https://bit.ly/2xgWqJx>

AFL Sign-on Form 2019 - <https://bit.ly/2KsEEXA>

MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad

Download on the App Store | GET IT ON Google Play

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 | 46-45 win | |
| 2nd V | 50-31 win | 29-37 loss | 27-21 win | 28-34 loss | 46-36 win | 46-22 win | |
| 3rd V | 28-22 win | 32-18 win | 36-18 win | 35-37 loss | 32-38 loss | 28-24 win | |
| 4th V | 30-35 loss | 17-29 loss | 18-18 draw | 34-28 win | 21-38 loss | 34-20 win | |
| 11A | 36-39 loss | 45-33 win | 57-11 win | 49-31 win | 43-24 win | 61-20 win | |
| 11B | 47-3 win | 35-27 win | 45-24 win | 19-24 loss | 30-23 win | 50-8 win | |
| 11C | 22-16 win | 40-24 win | 36-10 win v ASH 11D | 18-23 loss | 27-26 win | wash out | |
| 11D | 12-41 loss | 20-55 loss v SCC | 10-36 loss v ASH 11C | | | wash out | |
| 10A | 41-32 win | 20-32 loss | 42-46 loss | 30-59 loss | 23-68 loss | 22-67 loss | |
| 10B | 42-56 loss | 28-20 win | 51-15 win | 25-34 loss | 33-40 loss | 30-27 win | |
| 10C | 18-31 loss | 25-37 loss | 41-14 win | 27-35 loss | 30-26 win | 45-28 win | |
| 10D | 33-15 win | 44-17 win | BYE | MCA win | 19-21 loss | wash out | |
| 9A | 61-45 win | 50-47 win | 25-36 loss | 21-65 loss | 21-53 loss | 46-55 loss | |
| 9B | 32-40 loss | 21-36 loss | 35-34 win | 35-56 loss | 19-61 loss | 56-51 win | |
| 9C | 13-27 loss | 24-21 win | 36-18 win | 25-32 loss | 19-24 loss | 34-17 win | |
| 9D | 25-19 win | 29-17 win | 47-18 win v ASH 9E | 16-44 loss | 33-30 win | wash out | |
| 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 | 63-44 win | |
| 8B | 34-23 win | 25-44 loss | 33-14 win | 32-39 loss | 28-26 win | 72-42 win | |
| 8C | 39-17 win | 37-17 win | 55-15 win | 65-20 win | 43-22 win | 29-19 win | |
| 8D | 22-26 loss | 30-21 win | 43-17 win | 43-16 win | 39-17 win | 49-20 win | |
| 8E | 47-10 win | 16-28 v VILLA | BYE | 32-14 win | 27-31 loss | wash out | |
| 7A | 28-22 win | 26-77 loss | 40-27 win | 40-44 loss | 20-33 loss | 40-46 loss | |
| 7B | 21-10 win | 25-44 loss | 42-15 win | 41-25 win | 14-14 draw | 36-21 win | |
| 7C | 22-13 win | 23-37 loss | 37-27 win | 26-16 win | 29-38 loss | 20-23 loss | |
| 7D | 34-14 win | 10-24 loss | 32-4 win | 23-22 win | 19-19 draw | 52-7 win | |
| 7E | 24-2 win | | 8-20 loss v VILLA 7F | 22-15 win | 16-22 loss v PAD | 17-29 loss | |

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 | wash out | |
| 2nd IV | 6-2 win | 5-3 win | 5-3 win | 7-1 win | 3-5 loss | 4-4 (28-25) win | |
| 3rd IV | 7-1 win | 6-0 win | 5-3 win | 3-5 loss | 5-3 win | wof | |
| 11A | 3-5 loss | 2-6 loss | 0-8 loss | 2-6 loss | 2-6 loss | 5-3 win | |
| 11B | 5-3 win | 8-0 win | 6-2 win | 1-7 loss | 1-7 loss | wof | |
| 10A | 6-2 win | 7-1 win | 0-8 loss | 3-5 loss | 6-2 win | 8-0 win | |
| 10B | 5-3 win | 8-0 win | 1-7 loss | 4-4 (26-29) loss | 3-5 loss | wof | |
| 9A | 0-8 loss | 6-2 win | 0-8 loss | 6-2 win | 1-5 loss | wash out | |
| 9B | 4-4 (31-30) win | 8-0 win | 3-5 loss | 6-2 win | 4-2 win | wash out | |
| 8A | 7-1 win | 2-6 loss | 2-6 loss | 4-4 (27-27) tie | 1-7 loss | wash out | |
| 8B | 8-0 win | 6-2 win | 2-6 loss | 8-0 win | 4-4 (30-29) win | wash out | |
| 7A | 5-3 win | 7-1 win | 0-8 loss | 6-2 win | 5-3 win | wash out | |
| 7B | 8-0 win | 8-0 win | 2-6 loss | 8-0 win | 4-4 (33-28) win | wash out | |

Track and Field

TRAINING SCHEDULE (YEAR 7-12)

- This is the current schedule for the remainder of the term (may be subject to change)

| 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 High Jump Javelin 3:25pm – 4:45pm | All Sprints (Session B) Long/Triple Jump All Middle Distance Shot Put / Discus 3:25pm – 4:45/5:00pm | Gym (Year 10-12) 3:25pm – 4:25pm All Middle Distance High Jump 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 #2 (Years 5-12)

Friday September 14 - QSAC

This Friday will be the first AIC Track & Field meet for Years 5-12 at the Queensland State Athletics Centre (QSAC), Nathan.

This event will be run as a time trial and is a good opportunity for 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.

Transport

The College will be organising buses to this meet. Please see below for details.

Departures

1:45pm - Years 5&6 athletes depart from College bus stop

3:10pm - Years 7-12 athletes depart from College bus stop

Returns

5:15pm - Years 5&6 athletes (arrive at College bus stop by approximately 6:00pm)

7:45pm Years 7-12 athletes (arrive at College bus stop by approximately 8:30pm)

Uniform

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

AIC Track & Field – Meet #2 (Years 5-12) continued...

SCHEDULE OF TRACK EVENTS FRIDAY SEPTEMBER 14 (State Athletics Facility)

ASHGROVE: LANE 5

| TRACK EVENTS | |
|--------------|----------------------------------|
| TIME | EVENT |
| 3.00pm | Hurdles Years 5 & 6 |
| 3.20pm | 200m Years 5 & 6 |
| 4.00pm | 800m Years 5 & 6 |
| 4.30pm | 100m Years 5 & 6 |
| 4.45pm | 4 x 100m Relays Years 5 & 6 only |
| 5:00pm | Hurdles 12 Years - Open |
| 5.20pm | 800m |
| 5.50pm | 100m |
| 6.35pm | 400m |
| 7.00pm | 1500m |
| 7.20pm | 200m |

| FIELD EVENTS | | |
|--------------|---|--|
| TIME | EVENT | AGE GROUP |
| 3:00pm | SHOT PUT HIGH JUMP LONG JUMP | YEAR 5 YEAR 6 YEAR 6 |
| 3:45pm | LONG JUMP SHOT PUT HIGH JUMP | YEAR 5 YEAR 6 YEAR 5 |
| 4:30 pm | HIGH JUMP TRIPLE JUMP JAVELIN DISCUS LONG JUMP SHOT PUT 1 SHOT PUT 2 | 12 YRS 16 YRS & OPEN 13 YRS 12 YRS 15 YRS 15 YRS 14 YRS |
| 5:20 pm | SHOT PUT LONG JUMP LONG JUMP HIGH JUMP 1 HIGH JUMP 2 DISCUS JAVELIN | 12 YRS 12 YRS 13 YRS 14 YRS 15 YRS 14 & 15 YRS 16 YEARS & OPEN |
| 6:10 pm | TRIPLE JUMP JAVELIN SHOT PUT LONG JUMP DISCUS HIGH JUMP 2 HIGH JUMP 1 | 12 & 13 YRS 12 YRS 13 YRS 14 YRS 16 YRS & OPEN 16 YRS OPEN |
| 7:00 pm | HIGH JUMP TRIPLE JUMP LONG JUMP SHOT PUT DISCUS JAVELIN | 13 YRS 14 & 15 YRS 16 YRS & OPEN 16 YRS & OPEN 13 YRS 14 & 15 YRS |

AIC BASKETBALL FIXTURES

ROUND 7 V VILLANOVA - FRIDAY 14 & SATURDAY 15 SEPTEMBER

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 14 | | | |
|---------------------|--------|------|---|
| TEAM | TIME | H/A | VENUE |
| 6A v VILLA 6A | 4:45pm | AWAY | Court 1, Goold Hall, Villanova College. Eighth Avenue, Coorparoo |
| 6B v VILLA 6B | 4:00pm | AWAY | Court 1, Goold Hall, Villanova College. Eighth Avenue, Coorparoo |
| 6C v VILLA 6C | 4:00pm | AWAY | Multi-Court 1, Villanova College. Eighth Avenue, Coorparoo |
| 6D v VILLA 6D | 4:00pm | AWAY | Multi-Court 2, Villanova College. Eighth Avenue, Coorparoo |
| 5A v VILLA 5A | 4:45pm | HOME | Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 5B v VILLA 5B | 4:00pm | HOME | Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 5C v VILLA 5C | 4:45pm | HOME | Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 5D v VILLA 5D | 4:00pm | HOME | Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |

| SATURDAY SEPTEMBER 15 | | | |
|-----------------------|---------|------|--|
| TEAM | TIME | H/A | VENUE |
| 1sts v VILLA 1sts | 12:00pm | AWAY | Court 1, Goold Hall, Villanova College. Eighth Avenue, Coorparoo |
| 2nds v VILLA 2nds | 11:00am | AWAY | Court 1, Goold Hall, Villanova College. Eighth Avenue, Coorparoo |
| 3rds v VILLA 3rds | 11:00am | AWAY | Court 2, St Martin's, Dominic Centre. Mayfield Rd, Carina |
| 4ths v VILLA 4ths | 8:00am | AWAY | Court 2, St Martin's, Dominic Centre. Mayfield Rd, Carina |
| 11A v VILLA 11A | 10:00am | AWAY | Court 1, Goold Hall, Villanova College. Eighth Avenue, Coorparoo |
| 11B v VILLA 11B | 9:00am | AWAY | Court 2, St Martin's, Dominic Centre. Mayfield Rd, Carina |
| 11C v ASH 11D | 12:00pm | HOME | Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 11D v ASH 11C | 12:00pm | HOME | Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 10A v VILLA 10A | 9:00am | AWAY | Court 1, Goold Hall, Villanova College. Eighth Avenue, Coorparoo |
| 10B v VILLA 10B | 8:00am | AWAY | Court 1, Goold Hall, Villanova College. Eighth Avenue, Coorparoo |
| 10C v VILLA 10C | 10:00am | AWAY | Court 2, St Martin's, Dominic Centre. Mayfield Rd, Carina |
| 10D v VILLA 10D | 9:00am | AWAY | Multi-Court 1, Villanova College. Eighth Avenue, Coorparoo |
| 9A v VILLA 9A | 12:00pm | HOME | Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 9B v VILLA 9B | 11:00am | HOME | Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 9C v VILLA 9C | 11:00am | HOME | Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 9D v VILLA 9D | 10:00am | HOME | Outside Court 1 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove |
| 9E v SPC 9E | 10:00am | HOME | Outside Court 2 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove |
| 8A v VILLA 8A | 10:00am | HOME | Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 8B v VILLA 8B | 9:00am | HOME | Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 8C v VILLA 8C | 10:00am | HOME | Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 8D v VILLA 8D | 9:00am | HOME | Outside Court 1 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove |
| 8E v VILLA 8E | 8:00am | AWAY | Outside Court 1 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove |
| 7A v VILLA 7A | 8:00am | HOME | Court 1, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 7B v VILLA 7B | 9:00am | HOME | Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 7C v VILLA 7C | 8:00am | HOME | Court 2, Champagnat Centre, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 7D v VILLA 7D | 9:00am | HOME | Outside Court 2 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove |
| 7E v VILLA 7E | 8:00am | HOME | Outside Court 2 (outside gym), Marist College Ashgrove. Frasers Rd, Ashgrove |

AIC TENNIS FIXTURES

ROUND 7 V VILLANOVA COLLEGE - SATURDAY SEPTEMBER 15, 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 15 | | | |
|-----------------------|---------|------|---|
| TEAM | TIME | H/A | VENUE |
| 1sts v VILLA 1sts | 7:45am | AWAY | Courts 3 & 4, Morningside Tennis Centre. Beverley St, Morningside |
| 2nds v VILLA 2nds | 10:15am | AWAY | Courts 5 & 9, Morningside Tennis Centre. Beverley St, Morningside |
| 3rds v VILLA 3rds | 10:15am | AWAY | Courts 8 & 12, Morningside Tennis Centre. Beverley St, Morningside |
| 11A v VILLA 11A | 10:15am | AWAY | Courts 10 & 11, Morningside Tennis Centre. Beverley St, Morningside |
| 11B v VILLA 11B | 10:15am | AWAY | Courts 6 & 7, Morningside Tennis Centre. Beverley St, Morningside |
| 10A v VILLA 10A | 7:45am | AWAY | Courts 10 & 11, Morningside Tennis Centre. Beverley St, Morningside |
| 10B v VILLA 10B | 7:45am | AWAY | Courts 6 & 7, Morningside Tennis Centre. Beverley St, Morningside |
| 9A v VILLA 9A | 7:45am | AWAY | Courts 5 & 9, Morningside Tennis Centre. Beverley St, Morningside |
| 9B v VILLA 9B | 7:45am | AWAY | Courts 8 & 12, Morningside Tennis Centre. Beverley St, Morningside |
| 8A v VILLA 8A | 10:15am | HOME | Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 8B v VILLA 8B | 10:15am | HOME | Multi-Purpose Courts 1 & 2 (next to gym), Marist College Ashgrove |
| 7A v VILLA 7A | 7:45am | HOME | Courts 5 & 6, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 7B v VILLA 7B | 7:45am | HOME | Multi-Purpose Courts 1 & 2 (next to gym), Marist College Ashgrove |
| 6A v VILLA 6A | 10:15am | HOME | Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 6B v VILLA 6B | 10:15am | HOME | Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 5A v VILLA 5A | 7:45am | HOME | Courts 1 & 2, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 5B v VILLA 5B | 7:45am | HOME | Courts 3 & 4, Marist College Ashgrove. Frasers Rd, Ashgrove |

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

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