



Weekly Sports Report 10 October 2018 - Term 4 - Week 1 Inside this edition

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From the Head of Sport

Welcome back to all students and families for the final term of sport for 2018.

Term 4 usually begins the final wrap up of the College year and with our Saturday sporting commitments concluding a sense of relief arrives because the end is in sight, but certainly not within the sporting program! Track and field has entered the business end of the season; water polo commences with cricket, volleyball and AFL pre-season programs also beginning shortly. This is an important time to be organised as almost every sport at the College will have something happening this Term. I encourage all students to check information carefully, communicate with coaches/staff at the College and most importantly communicate with your families so they know what is happening.

As usual, our College sports take priority over all other commitments. Track and field is the final major AIC sport for the year and as such all boys need to be committing to all training and competitions. While we will always aim to balance all activities boys are involved in our current sports take precedence as usual.

September Holidays

The recent holidays were a very busy time for students in some of our college sports and with representative teams.

Track & Field

- Fantastic attendance at our Monday & Wednesday sessions each week – around 30 boys at each session
- Approximately 40 students attended the holiday training meets at UQ. There were some good PB's at these meets with boys in the middle of hard programs.

I sincerely thank Mr Henry Gilbert, Mr Andrew Fogarty, Mr Laurie Boustead, Mr Paul Kearney, Mr Robin Martin, Mr Brett Leavy, Mr Connor O'Leary, Mr Eric Brown and Old Boys Josh Lewis and Will Whitchurch who gave up their time to assist the boys in their preparations.

With only two weeks of training remaining we now place a very heavy focus on our preparation for track and field. We are the defending AIC champions and this is a title that several colleges are chasing. Our students have been working hard to ensure they can retain this championship and training attendance is extremely important leading up to the big day on Tuesday 23 October.

PLEASE SEE LATER IN THE BUZZ FOR ALL TRAINING INFORMATION AND COMPETITION DETAILS

UPCOMING EVENTS

Friday 12 October

AIC Track and Field Meet #2
@ State Athletics Facility

Wednesday 17 October

AIC Water Polo Round 1
v SPLC

Thursday 18 October

AIC Track and Field Meet #3
@ QSAC

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

Basketball

During the final two days of Term 3 and over the first weekend our Open basketball team competed in the CBSQ tournament. Following on from their AIC premiership and last year's success, our boys were placed in a tough draw against some of the strongest basketball colleges around. With nearly every game going down to the final few minutes the boys competed well and were certainly exhausted by the end of the competition.

Our thanks to Mr Dean Aspland (coach), Mr Michael Connolly and Mr John Lambourne who worked with the boys and the many parents who assisted with transport and support in the stands.

We are very fortunate to have staff members at our College that give up their personal holiday time to coach, train and develop our students. I sincerely thank the hard-working staff listed above for their efforts.

2019 Preseason Preparations

Very soon our organisation of next year's cricket and volleyball programs will begin as well as the commencement of training for our Open football and rugby squads. This will create a very busy term for any students involved and communication between coaches and students is very important.

Sign-ons

The list of boys who have signed on for water polo (current sport), cricket, volleyball and AFL was placed on the noticeboard outside the Champagnat Centre today. Any student whose name does not appear is to please contact the sports office ASAP so we can add your name to the lists.

The preseason program for 2019 sports will commence in Week 4 and information will be distributed over the next two weeks.

David Miles
Head of Sport

Individual Achievements

Congratulations to:

- Nick Baker, Floyd Aubrey, Dwayne Ludwick and Harry Whitten who represented Queensland in the 15 years Junior Gold Cup Rugby Union Tournament. Floyd, Nick and Dwayne represented the QLD Red team while Harry represented QLD Blue. Nick was also captain of the Red team that made the National final and defeated NSW 17-5 last Saturday.
- Tom Prole who continued his strong cross-country form on the athletics track by breaking a 36-year-old school record in the 1500m for the 14 years age group. Tom ran 4.17, which is an exceptional time and broke the record by 4 seconds.
- Sam Keogan who was selected as a member of the Queensland U14 Metro football team for the recent FFA National Youth Championships in Coffs Harbour. Sam was also given the honour of captaining the team throughout the competition.
- Tim Gibb and Toby Bergh who competed at the Australian Junior Volleyball Championships last week. On Saturday Toby came away with a gold medal in the U15 boys and was also named in the Australian All-stars team. Tim also played very well for his team who finished fourth in the U19 competition.



MCA Track and Field

From our current squad we will be finalising our team to compete at the AIC CHAMPIONSHIPS on Monday 22 October and Tuesday 23 October at QSAC. This season has seen another fantastic effort with training and with only a few sessions remaining you cannot afford to be missing any sessions! The team is selected in 2 weeks!

As part of your selection in this squad you are expected to attend all training sessions outlined in the training schedule for your events (College APP, "The Buzz" & emails) unless you have notified your coaches of a prior important engagement. We encourage all boys to organise other arrangements outside of your training times where it is possible please.

All athletes who are selected in the FINAL track and field squad will attend the AIC championships regardless of whether they are competing or not. Every member of the squad has contributed to the strength of our team and will be a valuable member of the team.

FINAL SELECTIONS

Final selections will be based on performance, attendance at training and what is in the best interest of the entire squad (e.g. some boys may be asked to do events they are not necessarily training for and they are the best we have).

The final AIC event selections will be made after AIC MEET #2 (Thursday night 18 October).

Final team training session will be held on Friday 19 October – all students must attend for final team announcement and BBQ.

There are 138 events contested at the AIC Championships and over 90 students will compete for Marist College Ashgrove at this competition. Every student's contribution is extremely valuable and as a result any improvements we can make over the remaining three weeks are vital to our chance of success.

Good luck to all students for the remaining weeks of training and competition.

AIC TRACK AND FIELD MEET #2 - Friday 12 October – SAF

This Friday will be the second AIC Track & Field meet for Years 5-12 at the State Athletics Facility (SAF), Nathan. As we are only 2 weeks away from the AIC Championships this meet is considered compulsory for all students wishing to be selected in this year's team. Final Selections will take place after the last AIC Meet on Thursday 18 October.

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

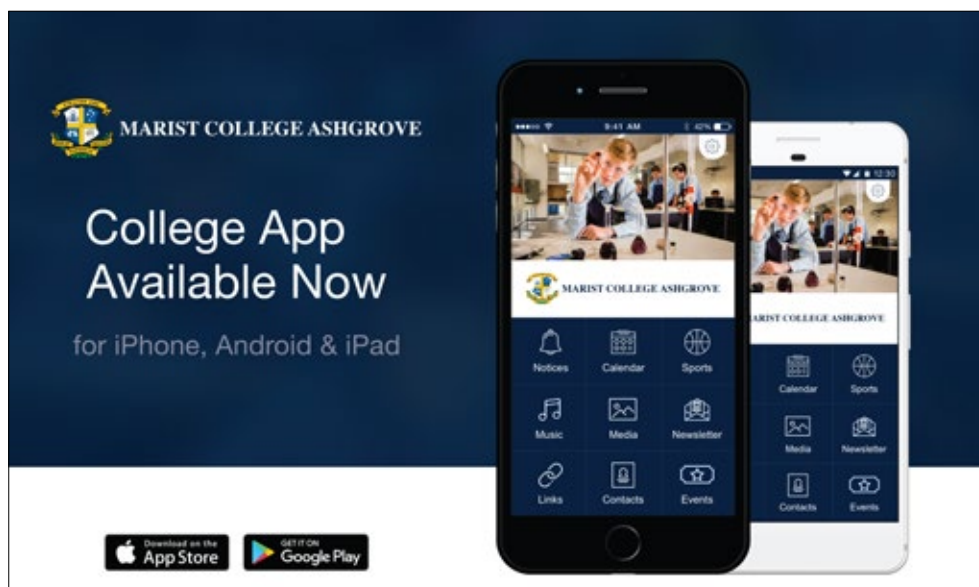
Returns

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.



MCA Track & Field Calendar

(up until the AIC championships)

LAST 2 WEEKS OF TRAINING PREP

TRAINING AS PER THE USUAL TERM 3 SCHEDULE – please check the APP & “The Buzz” for further information.

TERM 4 TRAINING						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oct 8 Term 4 starts FULL TEAM MEETING TRAINING	Oct 9 TRAINING	Oct 10 TRAINING	Oct 11 TRAINING	Oct 12 AIC MEET #2 @ SAF	Oct 13 TRAINING Jumps 11:15am – 1:00pm	Oct 14
Oct 15 TRAINING	Oct 16 TRAINING	Oct 17 TRAINING	Oct 18 AIC MEET #3 @ QSAC	Oct 19 FULL TEAM TRAINING @ ASHGROVE 3:25pm – 4:45pm 5:00pm – 5:45pm Team BBQ & presentation	Oct 20	Oct 21
Oct 22 AIC CHAMPIONSHIPS - 1st round of events	Oct 23 MAJOR AIC CHAMPIONSHIPS	Oct 24	Oct 25 STATES	Oct 26 STATES	Oct 27 STATES	Oct 28 STATES

KEY DATES

Friday October 12 – AIC MEET #2 (compulsory)

Thursday October 18 – AIC MEET #3 (final meet – compulsory)

Friday October 19 – Final team session @ ASHGROVE - final “tune up” session.

AIC CHAMPIONSHIPS – Monday 22 October & Tuesday 23 October

AIC Track & Field - Friday 12 October

STATE ATHLETICS FACILITY (SAF) - ASHGROVE: LANE 8

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 5 - Open
5:15pm	Hurdles 12 Years - Open
5:35pm	800m
6:10pm	100m
6:55pm	400m
7:25pm	1500m
7:45pm	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 LONG JUMP SHOT PUT DISCUS JAVELIN	13 YRS 14 & 15 YRS 16 YRS & OPEN 16 YRS & OPEN 13 YRS 14 & 15 YRS
5:20 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
6:10 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
7:00 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

Water Polo Information

Training

Training will commence on Monday morning at the College pool at 7:30am for all teams.

Game Times

Round 1 commences this Wednesday against SPLC with game times listed below:

Year 7/8 – 4:15pm

Year 9/10 – 4:50pm

1sts – 5:25pm

****All games will be played at the College Pool****

AIC WATER POLO DRAW		
ROUND	DATE	DRAW
1	Wednesday 17 October	Ash v SPLC
2	Wednesday 24 October	Ash v SLC
3	Wednesday 31 October	Ash v Villa
4	Week 5	Spare if schools want to arrange another game

*(Team named first is the home team)

Strength and Conditioning

TERM 4 - WEEKS 1-3 ONLY

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	6:15am - 7:15am	OPENS RUGBY	OPENS FOOTBALL / SWIMMING	OPENS RUGBY	OPENS FOOTBALL / SWIMMING	
	7:05am - 8:05am	OPENS CRICKET	JUNIOR (7-9) T&F	OPENS CRICKET	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		T&F - FLEXIBILITY		
PM	3:25pm - 4:25pm	GENERAL USER - DAY STUDENTS	SENIOR (10-12) T&F	GENERAL USER - DAY STUDENTS	SENIOR (10-12) T&F	
	4:25pm - 5:00pm	GENERAL USER	SENIOR (10-12) T&F	GENERAL USER	SENIOR (10-12) T&F	

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)