



## Weekly Sports Report 17 October 2018 - Term 4 - Week 2 Inside this edition

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## From the Head of Sport

Although there are only a few weeks remaining on the AIC sporting calendar for 2018, the sporting program at Ashgrove continues to be action-packed. Our track and field athletes conclude their final preparations for the AIC Track and Field Championships next week, the short water polo season has commenced with the first matches this afternoon and we will soon be organising our golf team for their annual AIC competition day.

In addition to this, trials for cricket and volleyball A & B teams are about to commence and will continue throughout the term and the open rugby and football squads are already in the gym and will begin their pre-season training in the coming weeks.

With so much still happening across a number of different sports, it is important that all students carefully check notices, and the buzz for information and take responsibility for attending the relevant training and trials. This newsletter will contain trial dates for cricket and volleyball. Please check carefully.

**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.**

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

### 2019 Preseason Preparations

Very soon our organisation of next years cricket, volleyball and AFL programs will begin as well as the commencement of training for our swimming squad, 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 are on the noticeboard outside the Champagnat Centre. 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

### UPCOMING EVENTS

#### Wednesday 17 October

AIC Water Polo Round 1  
v SPLC

#### Thursday 18 October

AIC Track and Field Meet #3  
@ QSAC

#### Monday 22 and Tuesday 23

AIC Track and Field  
Championships

### MCA SPORTS CONNECT

Head of Sport

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Head of Strength & Conditioning

**Mr Henry Gilbert**

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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.

# MCA Track and Field

From our current squad we will be finalising our team to compete at the AIC CHAMPIONSHIPS on Monday October 22 and Tuesday October 23 at QSAC. Our team finalises their preparation this week with the final AIC competition meet on Thursday night.

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 #3 (Thursday night October 18).**

**Final team training session will be held on Friday October 19 – 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. Good luck to all students for the remaining weeks of training and competition.

## AIC TRACK AND FIELD MEET #3 - Thursday October 18 – SAF

This Thursday will be the third and final AIC Track & Field meet for Years 5-12 at the State Athletics Facility (SAF), Nathan. As the AIC Championships are next week, this meet is considered compulsory for all students wishing to be selected in this year's team. Final Selections will take place after this meet and students will be notified on Friday.

### 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.

**MARIST COLLEGE ASHGROVE**

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# MCA Track & Field

Congratulations to all on your efforts so far in training throughout the season. With the cancellation of last Friday's meet, we are without a lot of opportunities to finalise our team for AIC. Every session counts!!

As a result of this our usual Wednesday training session will be held at QSAC where the AIC championships will be held. This is an unbelievable opportunity for our squad to practice at the venue where the championships will take place and get some much-needed practice and experience.

**This session is considered compulsory for all boys who are available and wanting to do well at AIC.**

## FINAL PREPARATION

### Wednesday 17 October

- FULL TEAM TRAINING SESSION @ QSAC (YEAR 7-12)

### Thursday 18 October

- AIC MEET #3 @ SAF – final competition before selections

### Friday 19 October

- FULL TEAM TRAINING SESSION @ Marist College Ashgrove (3:30 – 4:45pm)
- Team BBQ & Senior team presentation

### Monday 22 October & Tuesday 23 October

- AIC CHAMPIONSHIPS

TERM 4 TRAINING - FINAL WEEK						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Oct 15</b> TRAINING Sprints & Jumps Middle Distance Throws – Shot & Discus	<b>Oct 16</b> TRAINING Javelin 7:00am -8:15am Weights Years 7-9 7:05am – 8:05am Weights Years 10-12 3:25am – 4:45pm	<b>Oct 17</b> TRAINING Team excursion to QSAC Depart 12:45pm Return 4:00pm	<b>Oct 18</b> Weights Years 7-9 7:05am – 8.05am <b>AIC MEET #3 @ SAF</b>	<b>Oct 19</b> FULL TEAM TRAINING @ ASHGROVE 3:25pm – 4:45pm Team BBQ & presentation 5:00pm – 5:45pm	<b>Oct 20</b> REST	<b>Oct 21</b> REST
<b>Oct 22</b> AIC CHAMPIONSHIPS - 1st round of events	<b>Oct 23</b> MAJOR AIC CHAMPIONSHIPS	<b>Oct 24</b>	<b>Oct 25</b> STATES	<b>Oct 26</b> STATES	<b>Oct 27</b> STATES	<b>Oct 28</b> STATES

## KEY DATES

- Wednesday October 17 – Full team excursion to QSAC (Depart at 12:45pm, Return by 4:00pm)
- Thursday October 18 – AIC MEET #3 (final meet – compulsory)
- Friday October 19 – Final FULL team session @ ASHGROVE - final “tune up” session.
- AIC CHAMPIONSHIPS – Monday 22 October & Tuesday 23 October

# AIC Track & Field - Thursday 18 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 Year 5 - Open
5:15pm	3000m
5:20pm	Hurdles 12 Years - Open
5:40pm	800m
6:10pm	100m
6:55pm	400m
7:20pm	1500m
7:40pm	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	TRIPLE JUMP JAVELIN SHOT PUT LONG JUMP DISCUS HIGH JUMP 2 HIGH JUMP 1	12 & 13 YEARS 12 YEARS 13 YEARS 14 YEARS 16 YEARS & OPEN 16 YEARS OPEN
5:20 pm	HIGH JUMP TRIPLE JUMP LONG JUMP SHOT PUT DISCUS JAVELIN	13 YEARS 14 & 15 YEARS 16 YEARS & OPEN 16 YEARS & OPEN 13 YEARS 14 & 15 YEARS
6:10 pm	HIGH JUMP TRIPLE JUMP JAVELIN DISCUS LONG JUMP SHOT PUT 1 SHOT PUT 2	12 YEARS 16 YEARS & OPEN 13 YEARS 12 YEARS 15 YEARS 15 YEARS 14 YEARS
7:00 pm	SHOT PUT LONG JUMP LONG JUMP HIGH JUMP 1 HIGH JUMP 2 DISCUS JAVELIN	12 YEARS 12 YEARS 13 YEARS 14 YEARS 15 YEARS 14 & 15 YEARS 16 YEARS & 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 today 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 - WEEK 3 ONWARDS

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>	6:15am - 7:15am	OPENS CRICKET	JUNIOR (YEARS 7-9) SWIMMING	OPENS FOOTBALL	SENIOR (YEARS 10-12) SWIMMING	OPEN RUGBY (BOARDERS)
	7:05am - 8:05am	OPENS FOOTBALL	SENIOR (YEARS 10-12) SWIMMING	OPENS CRICKET	JUNIOR (YEARS 7-9) SWIMMING	OPEN RUGBY (DAY STUDENTS)
	8:35am - 8:50am	YEARS 5/6 - M.A.D		YEARS 5/6 - M.A.D		YEARS 5/6 - M.A.D
<b>LUNCH</b>	BREAK 1					
	BREAK 2					
<b>PM</b>	3:25pm - 4:25pm	OPENS RUGBY (DAY STUDENTS)	GENERAL USER - DAY STUDENTS	OPENS RUGBY (DAY STUDENTS)	GENERAL USER - DAY STUDENTS	
	4:25pm - 5:00pm	OPENS RUGBY (BOARDERS)	GENERAL USER - BOARDERS	OPENS RUGBY (BOARDERS)	GENERAL USER - 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)