



## Weekly Sports Report 2 November 2018 - Term 4 - Week 4

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## From the Head of Sport

### Track and Field – Success Continues

We had several students compete at the recent Queensland All Schools Track & Field Championships who we have recognised below. Unfortunately, many boys were unable to compete due to fatigue or injury following the AIC Championships. The AIC performance of some of these boys would have been good enough to win medals at the State titles, so we hope that provided some sort of satisfaction for them.

We have also listed below each of the event winners from AIC and the new College record holders.

### AIC Golf Champions

To finish the year in style, our Open Golf team won the annual Balharry Trophy for the champion AIC Golf College. Please see the list of boys and photo below.

### Term 1 Sport Preparation

Please see below for all information regarding the final weeks of trials and training for Term1 sport. It is important that all boys that are attending all sessions where possible. We head into a busy time towards the end of the year, so it is important all boys are being organised.

### Email Contacts – New Contacts for Sport!

Please carefully check the email contacts listed on the front page of this newsletter and ensure all communication is being directed to the correct email addresses. Some contact details have changed, and the emails listed in this newsletter are the current ones.

### Year 12 students as future Marist Ashgrove coaches!!

In future newsletters I will mention more about the fantastic efforts of our Senior students this year. With this in mind, I would like to extend an invitation to all of our graduating students to return next year as coaches in our AIC sporting program. We always have a keen interest from Old Boys in being involved in coaching and we hope this year's graduating class will feel the same. It is a great way to give something back to a program that has offered our students many opportunities. An email will be sent out soon to all Year 12 students with further details.

### UPCOMING EVENTS

#### Wednesday 7 November

Internal Waterpolo

### MCA SPORTS CONNECT

Head of Sport

**Mr David Miles**

[sports@marash.qld.edu.au](mailto:sports@marash.qld.edu.au)

Head of Sport (Years 5 & 6)

**Mr John Lambourne**

[lambournej@marash.qld.edu.au](mailto:lambournej@marash.qld.edu.au)

Track & Field Coordinator

**Mr David Miles**

[sports@marash.qld.edu.au](mailto:sports@marash.qld.edu.au)

Water Polo Coordinator

**Mr Ryan Apps**

[apps@marash.qld.edu.au](mailto:apps@marash.qld.edu.au)

Head of Strength & Conditioning

**Mr Henry Gilbert**

[gilberth@marash.qld.edu.au](mailto:gilberth@marash.qld.edu.au)

### 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

## Mr Brett Leavy – thank you!!

I would like to take this opportunity to recognise the fantastic efforts and invaluable input from Mr Brett Leavy to our track and field program. For some reason (I may blame early Alzheimer's here), Mr Leavy was mistakenly left off the track and field coaches list in the last newsletter and we sincerely apologise for this. For many years, Mr Leavy has provided his expertise to our sprints program, particularly in the juniors, and as someone who has represented Australia at the highest level in the Olympic Games we are very lucky to have him involved in our program. Thanks Brett!!

## Mr David Miles Head of Sport

# Individual Achievements

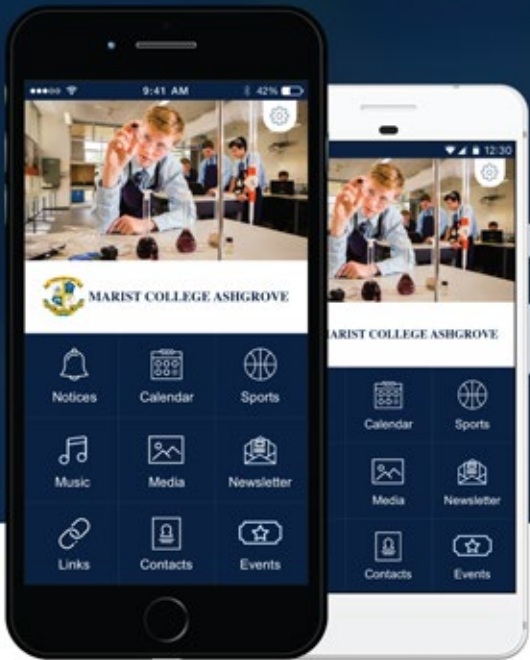
- In some brilliant performances at the recent Queensland All Schools track and field competition, we congratulate the following students on winning medals:
  - Liam O'Kelly who moved from 5th to 1st in his final throw of the competition to win Gold in the 17 yrs. Shot Put
  - Ben O'Rourke who won silver in the 18 years Discus
  - Reggie McMillan who won bronze in the 13 years javelin event and
  - Fraser Pye who also won bronze in the 13 years hurdles event
- The performance of our Golf team who competed in the annual AIC Championships on Monday. In a strong team performance, our College team won the AIC Balharry Trophy in the annual AIC competition. Congratulations to Max Mee, Cooper Arndell, Connor Gibson, Max Gonzales, and Matthew Roach.





 **MARIST COLLEGE ASHGROVE**

## College App Available Now

for iPhone, Android & iPad



# Athletics - College Record Breakers

EVENT	ATHLETE/S	NEW RECORD	OLD RECORD
Open Discus	Bill Bennett	47.98m	46.20m
15 years Javelin	Nick Baker	58.16m	57.07m
14 years 1500m	Tom Prole	4:17.09	4:21.00
14 years Triple Jump	Dan Meggitt	12.56m	12.47m
12 years Discus	Lee Martin	32.13m	31.57m
6x400m All Age Relay	Riley Canavan Fraser Pye Tom Prole Harry Lyons Sam Vosper Nick Schmidhauser	5:38.53	5:39.32

## AIC Track and Field - Event Winners

### YEAR 5

- Callan Jensen – 100m Div 1, 60m Hurdles Div 1, High Jump Div 1, Shotput Div 1
- Archie Fitzpatrick – 100m Div 3
- Elliot Aldridge 200m Div 4

### YEAR 6

- Ben Caughley – Long Jump Div 1
- Jasper Barry – Shotput Div 1
- Joel Drew – 200m Div 2, 100m Div 3
- Cooper Guise – 800m Div 3
- Liam Bourke 60m Hurdles Div 4

### 12 YEARS

- Jonah Titifanua – 200m 12yrs Div 1
- Jude Knapp – 400m 12yrs Div 1, 100m 12yrs Div 3
- Riley Canavan – 800m 12yrs Div 2, 1500m 12yrs Div 2
- Tom Hicks – Long Jump 12yrs Div 2
- Cody Radman – Javelin Div 2

### 13 YEARS

- 4x100m Relay 13 years Div 1  
Fraser Pye, Tom Dempsey, Tom Horton, Andrew Crook
- Fraser Pye - Triple Jump Div 1, 100m Div 3
- Reggie McMillan – Javelin Div 1, Shotput Div 2
- Tasman Barry – Discus Div 2
- Andrew Crook – 100m Div 4

### 14 YEARS

- Tom Prole – 800m Div 1, 1500m Div 1
- Dan Meggitt – Long Jump Div 1, Triple Jump Div 1
- Eli Nichols – 100m Div 2
- Jake Sturmer – 100m Div 3

### 15 YEARS

- Floyd Aubrey – 400m Div 1
- 4x100m Relay  
Dwayne Ludwick, Rhonan Jensen, Dylan Turner, Floyd Aubrey
- Carl Martin – Discus Div 1, Javelin Div 2
- Nick Baker – Javelin Div 1
- Dwayne Ludwick – 100m Div 2
- Baxter White – 800m Div 2
- Harry Hunter – 1500m Div 2
- Rhonan Jensen – Triple Jump Div 2, 100m Div 3
- Tyler Coogan – Shotput Div 2

### 16 YEARS

- Lachlan Laffer – Javelin Div 1
- Tyler Galligan – 800m Div 2
- Nick Fisher – Triple Jump Div 2
- Hunter Petrie – Javelin Div 2

### OPENS

- Liam O'Kelly – Shotput Div 1
- Bill Bennett – Discus Div 1
- Archie Marles – Triple Jump Div 2
- John Downes – Shotput Div 2
- Ben O'Rourke Discus Div 2
- Shaq McLeod – 100m Div 4
- 6x400m All Age Relay  
Riley Canavan, Fraser Pye, Tom Prole, Harry Lyons, Sam Vosper, Nick Schmidhauser

# Volleyball Trial Dates

Volleyball trials for 2019 will take place on the dates below.

Monday 6 November (Week 5) – Training schedule for all teams begin - schedule below

## 2019 MCA Volleyball Training Schedule

MORNING VOLLEYBALL TRAINING						
6:45am – 8:00am						
Venue	Court	Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
Champagnat Centre	1 6:30am	Open 1st	9A	7C	9C	8A
	Middle 7:00am		9B	7D	8C	8B
	2 7:00am	7A	7B	11C	8D	9D

AFTERNOON VOLLEYBALL TRAINING						
3:30pm – 5:00pm						
Venue	Court	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Champagnat Centre	1	Open 3rd	Open 1st	7A	11A	Internal Games
	Middle	10B	8A	7B	11D / Open 4th	Internal Games
	2	10A	8B	9B	Open 2nd	Internal Games

EVENING VOLLEYBALL TRAINING						
5:00pm – 6:30pm						
Venue	Court	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Champagnat Centre	1	10C	Open 2nd	9A	Open 1st	
	Middle			11B	10A	
	2	10D	11A	Open 3rd	10B	

## Cricket Trial Dates

The dates of cricket trials for those who wish to be considered for an **A or B cricket team in 2019** will be held in Week 4 and Week 5.

The Year levels below refer to 2019 year levels.

Monday - Year 10

Tuesday - Year 8

Wednesday - Year 9

All trials will be completed on Cameron oval from 3:30pm to 5:00pm.

ashgrovecricket@marash.qld.edu.au

## AFL Trial Dates

The senior AFL team (10, 11 and 12s 2019) - Wednesdays 3:30pm-5:00pm and Friday mornings 6:45am - 8:00am on Hayden Oval.

Year's 8/9 2019 - Thursdays 3:30pm- 4:45pm Hayden Oval

Year 7 2019 - Mondays 3:30pm -4:45pm Hayden Oval

Years 5 and 6 no training in 2018.

## Strength and Conditioning

### TERM 4

	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)