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From the Head of Sport

The AIC Cross Country Championships were run last Saturday with Ashgrove finishing a gallant second behind Iona College. Last Friday, the Year 5 & 6 Basketball teams hosted St Laurence’s in what was a big afternoon of Basketball. Our internal Basketball competition continued on Saturday and preparations for the Tennis season also continued with some teams travelling to St Peter’s for their final trial. With the Ekka this week, we have a weekend free of sport. With only 1 week until round 1 of AIC Basketball and Tennis commences, we hope that all boys return refreshed and ready to start the season well.

We wish all families a safe and enjoyable exhibition break!

AIC Cross Country

Congratulations to our determined Cross Country team on their fantastic performance at the AIC championships. Our boys represented the College with tremendous pride with all students doing their best for the team. Our second placing behind Iona College was an excellent result and a reflection of the gutsy effort our team put in.
Thank you to Mr Andrew Fogarty (Cross Country Coordinator) and Mr Josh Grinter (Head Coach) who were tremendous in their organisation and leadership of our students. The Cross Country team is one of the largest teams to represent the College in sport and the effort that Mr Fogarty and Mr Grinter put into this season was outstanding.

**Track and Field**

In track and field, a large number of students have begun training already with the start of our season underway. The obvious aim is to continue the success of the 2015 team and we need all students to begin their training now. As usual, the target is on our backs and we need the best athletes representing the College. This sport is the cornerstone of every other sport and developing yourself as an athlete will directly improve your performance in other sports so please get yourself involved.

**Uniform**

A very important part of representing Ashgrove in any sporting competition is our presentation. We only have 1 week until round one of AIC commences and in that time I urge all students to ensure they have the correct uniform for their particular sport. It is the position of our College and most AIC colleges that no student should be on the court or field if they are not dressed in the right uniform. All coaches have been asked not to put a player on until they have the correct uniform, so please organise this ASAP. Basketball singlets are available for purchase using the QKR App and can be collected from the sports office at lunch breaks.

Mr David Miles  
Head of Sport
Basketball Singlet Collection

Boys who have been selected in the Years 7-10 A-D teams and the Year 11 A-B teams will be required to purchase a singlet for $15 via the QKR App. Once this has been done, the singlets can be collected from the sports office. Boys are asked to bring their receipt with them. For instructions on how to set-up and use the QKR App, please click the link below.

How to purchase a Basketball singlet

AIC Cross Country

The annual AIC Cross Country Championships were staged on Saturday 6 August with Ashgrove finishing a gallant second behind Iona College in the overall aggregate. Although there were no age-group wins, Ashgrove finished second in 5 age-groups, which reflected the hard work put in by the Coaches and the runners.

Please see below for a breakdown of results.

Overall and age-group Placings

- Overall Aggregate: 2nd (winner – Iona)
- Open: 2nd (winner – Villa)
- U16: 4th (winner – SPC)
- U15: 2nd (winner – Iona)
- U14: 2nd (winner – Padua)
- U13: 2nd (winner – Iona)
- U12: 5th (winner – Villa)
- Year 6: 2nd (winner – Iona)
- Year 5: 4th (winner – Villa)

Top 6 Ashgrove runners by age-group

Open: Calum Mackay (6th), Sam Knyenburg (8th), Coby Stack (12th), Storm McIlveen (15th), Yohan Manuel (22nd), Rory Campbell (29th)

U16: Luka Apps (5th), Tom Connolly (14th), Luc Bruna (24th), Hamish Nation (33rd), Tom Shaw-Miles (35th), Jeremy Boyle (37th)

U15: Tom Vosper (4th), Nick Schmidhauser (8th), Elias Majaliwa (15th), Jack Donoghue (19th), Kyle Colligan (24th), Sam Cope (26th)

U14: Ben Braunstorfer (3rd), Sam Vosper (6th), Jordan Courtney (9th), Tyler Galligan (13th), Nick Sgroi (23rd), Tyler Borham (28th)

U13: Not Available
U12: Grayson Coll (7th), James Ramsey (19th), Sean O’Hara (20th), James O’Hara (30th), Tom Pfitzner (39th), Will Geldard (42nd)

Year 6: Tom Prole (2nd), Ben Adams (4th), Nick Gallagher (5th), Liam Thomas (21st), Xander Bussa (29th), Harvey Whiteheart (30th)

Year 5: James Prole (11th), Ben Ferguson (16th), Finn Ambrose (20th), Riley Canavan (22nd), Jack Fogarty (30th), Oliver Barrie (31st)
<table>
<thead>
<tr>
<th>TIME</th>
<th>Monday 15 August</th>
<th>Tuesday 16 August</th>
<th>Wednesday 17 August</th>
<th>Thursday 18 August</th>
<th>Friday 19 August</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td></td>
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<tr>
<td>7:00 – 8:15am</td>
<td>Hurdles (Yr 7-12)</td>
<td>Hurdles (Yr 5-6)</td>
<td>Hurdles (Yr 7-12)</td>
<td>Long Jump (Yr 5-6)</td>
<td>High Jump (Yr 5-6)</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>Sprints (Yr 5-12)</td>
<td>Middle Distance</td>
<td>Sprints (Yr 5-12)</td>
<td>Middle Distance</td>
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</tr>
<tr>
<td>3:20 – 5:00pm</td>
<td>Middle Distance (Yr 5-12)</td>
<td>High Jump (Yr 7-12)</td>
<td>Middle Distance (Yr 5-12)</td>
<td>High Jump (Yr 7-12)</td>
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<tr>
<td></td>
<td>Threws (Yr 7-12)</td>
<td>Long/Triple (Yr 7-12)</td>
<td>Javelin (Yr 7-12)</td>
<td>Long/Triple (Yr 7-12)</td>
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<tr>
<td></td>
<td></td>
<td>Shot Put (Yr 5-6)</td>
<td></td>
<td>Javelin (Yr 7-12)</td>
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## BASKETBALL TRAINING SCHEDULE 2016
### YEARS 5 & 6

Head of Sport Year 5 & 6: Mr Chris Sheahan – sheahanc@marash.qld.edu.au

<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Email</th>
<th>Morning Training</th>
<th>Lunchtime Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>6A</td>
<td>John Lambourne</td>
<td><a href="mailto:lambournej@marash.qld.edu.au">lambournej@marash.qld.edu.au</a></td>
<td>Tuesday 7:00 – 8:00am</td>
<td>Friday Break 1</td>
</tr>
<tr>
<td>6B</td>
<td>Rachel Walsh</td>
<td><a href="mailto:walshr@marash.qld.edu.au">walshr@marash.qld.edu.au</a></td>
<td>Tuesday 7:00 – 8:00am</td>
<td>Friday Break 1</td>
</tr>
<tr>
<td>6C</td>
<td>Martin Boga</td>
<td><a href="mailto:martin.boga@hotmail.com">martin.boga@hotmail.com</a></td>
<td>Monday 7:00 – 8:00am</td>
<td>Wednesday Break 1</td>
</tr>
<tr>
<td>6D</td>
<td>Cath Geraghty</td>
<td><a href="mailto:geraghtyc@marash.qld.edu.au">geraghtyc@marash.qld.edu.au</a></td>
<td>Thursday 7:00 – 8:00am</td>
<td>Monday Break 1</td>
</tr>
<tr>
<td>6E</td>
<td>Peta Earley</td>
<td><a href="mailto:earleyp@marash.qld.edu.au">earleyp@marash.qld.edu.au</a></td>
<td>Thursday 7:00 – 8:00am</td>
<td>Wednesday Break 1</td>
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<tr>
<td></td>
<td>Connor Earley</td>
<td><a href="mailto:connorearley01@gmail.com">connorearley01@gmail.com</a></td>
<td></td>
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<tr>
<td>5A</td>
<td>Michael Connolly</td>
<td><a href="mailto:connollym@marash.qld.edu.au">connollym@marash.qld.edu.au</a></td>
<td>Thursday 7:00 – 8:00am</td>
<td>Wednesday Break 1</td>
</tr>
<tr>
<td>5B</td>
<td>Nicholas Howlie</td>
<td><a href="mailto:nicholas.howlie@uq.net.au">nicholas.howlie@uq.net.au</a></td>
<td>Thursday 7:00 – 8:00am</td>
<td>Wednesday Break 1</td>
</tr>
<tr>
<td>5C</td>
<td>Matt Jones</td>
<td><a href="mailto:jonesm@marash.qld.edu.au">jonesm@marash.qld.edu.au</a></td>
<td>Wednesday 7:00 – 8:00am</td>
<td>Thursday Break 1</td>
</tr>
<tr>
<td>5D</td>
<td>Jack Beath</td>
<td><a href="mailto:jack_beath@hotmail.com">jack_beath@hotmail.com</a></td>
<td>Thursday 7:00 – 8:00am</td>
<td>Tuesday Break 1</td>
</tr>
<tr>
<td>5E</td>
<td>Bill Kruijp</td>
<td><a href="mailto:bkruij@bigpond.net.au">bkruij@bigpond.net.au</a></td>
<td>Thursday 7:00 – 8:00am</td>
<td>Monday Break 1</td>
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### BASKETBALL TRAINING SCHEDULE 2016
#### SENIOR

<table>
<thead>
<tr>
<th>Court</th>
<th>Monday (7-8.15am)</th>
<th>Monday (3.30-5pm)</th>
<th>Tuesday (7-8.15am)</th>
<th>Tuesday (3.30-5pm)</th>
<th>Wednesday (7-8.15am)</th>
<th>Wednesday (3.30-5pm)</th>
<th>Thursday (7-8.15am)</th>
<th>Thursday (3.30-5pm)</th>
<th>Friday (7-8.15)</th>
<th>Friday (3.30-5pm)</th>
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<tbody>
<tr>
<td>Champagnat Centre (1)</td>
<td>8A/B</td>
<td>10B/3rd 1sts</td>
<td>10C 11B</td>
<td>9A/B</td>
<td>10A/B 11A (5-6.30pm)</td>
<td>9C</td>
<td>1sts 2nds (4-5.30)</td>
<td>10A</td>
<td>5/6 A-E Games</td>
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<tr>
<td>Champagnat Centre (2)</td>
<td>7B</td>
<td>2nds (4-5.30pm)</td>
<td>6A/6B 3rds/4ths</td>
<td>7C/10D 7B</td>
<td>8C/D</td>
<td>9A/B</td>
<td>7A</td>
<td>5/6 A-E Games</td>
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<tr>
<td>Multi-purpose (3)</td>
<td>6C</td>
<td>Clippers/Kings</td>
<td>Grizzlies/Timber-</td>
<td>7A</td>
<td>5C</td>
<td>Bulls/Lakers</td>
<td>6D/E</td>
<td>8A/B</td>
<td>Thunder/Warriors</td>
<td>5/6 A-E Games</td>
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<tr>
<td>Multi-purpose (4)</td>
<td>Hawks</td>
<td>Bucks</td>
<td>7D</td>
<td>9D</td>
<td>Cavaliers</td>
<td>5A/B 5D/E</td>
<td>Mavericks</td>
<td>Magic</td>
<td>5/6 A-E Games</td>
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<td>Bitumen Court (5)</td>
<td>Suns</td>
<td>Breakers/Bulls</td>
<td>Rockets/Pistons</td>
<td>9D</td>
<td>Spurs</td>
<td>Celtics/Knicks</td>
<td>Wildcats</td>
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<tr>
<td>Bitumen Court (6)</td>
<td>Heat</td>
<td>36ers/Bulls</td>
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<td>Pacers/Jazz</td>
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### TENNIS TRAINING SCHEDULE 2016

<table>
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<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>7:00 - 8:00am</strong></td>
<td>Year 5&amp;6 (crt3-6)</td>
<td>11A/B (crt 5-6)</td>
<td>8A/B (crt 3-4)</td>
<td>11A/B (crt 5-6)</td>
<td>8A/B (crt 3-4)</td>
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<tr>
<td>3:30 - 4:30pm</td>
<td>1sts (crt 3-4) 2nds (crt 5) 3rds (crt 6)</td>
<td>1sts (crt 3-4) 2nds (crt 5) 3rds (crt 6)</td>
<td>10A/B (crt 3-4) 9A/B (crt 5-6)</td>
<td>10A/B (crt 3-4) 9A/B (crt 5-6)</td>
<td>Year 5&amp;6 (crt3-6)</td>
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</table>
WET WEATHER

It is inevitable that the weather will cause some games and training to be cancelled. Parents and students are encouraged to follow MCA Secondary Sports on twitter for the most up to date announcements regarding training and games.

COLLEGE SOCIAL MEDIA

We encourage everyone to follow the College’s social media pages to find out the latest news from the college.

Facebook
www.facebook.com/MaristCollegeAshgrove

Twitter
https://twitter.com/marist_ashgrove

Instagram
www.instagram.com/marist_ashgrove

LinkedIn
www.linkedin.com/company/marist-college-ashgrove

MCA Track and Field App

INSTRUCTIONS

1. Download TeamApp from the Apple or Google Play App store

2. Sign-Up to TeamApp. You will be sent an email to confirm your registration

3. Log in to the App and search for “MCA Track and Field 2016

4. Choose your applicable access group(s)

If you don’t have a smartphone go to www.mcatrackandfield2016.teamapp.com to sign-up and view this App
MARIST ALL-DAY HOLIDAY SCHOOL CARE

September / December 2016

Next camp: Mon 19th - Fri 23rd of September
Mon 28th November - Friday 23rd December (4 Weeks)

Great Location
Outdoor Activities
10 Lane Heated Pool
Indoor Sports

✓ More than 10 fun indoor/outdoor activities for kids!
✓ $65/day or $299/5 days (5% family discount available)
✓ Parents can drop off and pick-up at their own times between 8am - 5pm.

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Limited Positions!
Book Now to avoid disappointment!

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8am to 5pm

For further information please visit our website or call 0408 766 882
MARISTASHCARE.COM.AU