



“The Buzz”

Weekly Sports Report

From the Head of Sport

- 1: From the Head of Sport**
- 2: Track and Field Wrap up**
- 3: Water Polo wrap up**
- 4: Swimming**
- 5: Cricket trials**
- 6: 1st XI Football Squad trials**
- 7: Volleyball**
- 8: Swimming Fundraiser**
- 9: Valleys Cricket Academy**

FROM THE HEAD OF SPORT

What a great finish to the 2015 sporting year at Marist Ashgrove with our track and field team breaking a ten year drought to win the AIC championship and our golfers also taking out the Balharry shield on Monday this week. (All details are below)

Despite a whirlwind finish to the sporting year we move quickly into organising the 2016 cricket and volleyball seasons. Next week sees these trials and training sessions commence. All information is below and can also be found in the school notices and on the website.

Our term sports of cricket and volleyball are heavily skill based and require hours of practice. Years of research the figure of 10, 000 hours of practice to master a skill has been often used.

This equates to 3 hrs a day for 9-10 years to master a skill. This is very difficult to do but the point of this is that you can never practice skill-based sports too much and your Christmas holidays should involve as much practice as you can to be ready to go next year.

The swimming program is in full swing and I thank Mr Doug Perrers for his great organization and support of our new head coach Mr Ben Geard. With over 100 boys attending some training sessions this week our swimmers look set to continue our tradition of success in this sport.

The AIC Golf championships were held on Monday out at Nudgee Golf course. The winning team of James Mee, Dylan McLaughlin, Jayden Arndell, Matthew Roach and Joshua Horswill managed to sneak home and win the Balharry Shield by 6 shots.

A special mention to James Mee who had the best score of any golfer, shooting 69.

Track and Field

Congratulations to the 2015 Track & Field squad on the impressive way in which they committed to achieving their ultimate goal of winning the AIC championships.

The track and field season involves a lengthy preparation of several training sessions each week, Friday night competitions, holiday training clinics and training sessions all in the hope that on the one day that matters, everything will fall into place.

On Wednesday last week, as usual not everything went to plan, but the performance of the team was impeccable. On a day that is always a rollercoaster ride of emotion for coaches and athletes it was clear that it was going to take the effort of all 100 boys in this team to get us over the line.

For the first time in ten years we were crowned AIC track and field champions. This achievement is significant in that over the past 14 years only two other schools have ever won the AIC Track and Field title – Iona College and St. Edmund's College. This year's accomplishment was a great reward for the talented athletes and dedicated coaching staff we possess at our college.

We did not feel that the first night of competition would be our strongest effort but after we had established a 41.5 point lead, we were never headed. We managed to extend our lead and win by 126.5 points. The announcement of Iona in 2nd place saw an enormous eruption of elation from

both the Ashgrove athletes on the track and the supporting students in the stand who combined in a passionate rendition of “Sub Tuum”. It was another significant moment for our school in front of nearly 5000 people and the athletes involved were very proud to have again achieved this task.

Over a 14-week block, during and after school there is an enormous amount of time and effort devoted to the preparation of our athletes. The contribution of each coach was significant in achieving the final result and we thank the following staff for playing a role in achieving our victory:

Mr. Michael Lynagh, Mr. David Meehan. Mr. Rick Morrow, Mr. Josh Grinter, Mr. Paul Kearney, Mr. Phil Holding, Mr. Graham Lawson, Mr. Andrew Fogarty, Des Davis, Mr. Stacey Taurima and old boys coaches Mr. Josh Lewis and Mr. Harry Stephens.

AIC AGGREGATE RESULTS		
Position	College	Points
1	MARIST ASHGROVE	721.75
2	Iona College	595.25
3	St Laurence’s	547.50
4	St Edmund’s	530
5	Padua	498
6	St Patrick’s	452.25
7	St Peter’s	447.75
8	Villanova	443.50

AIC AGE GROUP RESULTS	
Age group	Position
Opens	2 nd
16 years	1 st
15 years	1 st
14 years	2 nd
13 years	2 nd
12 years	2 nd

With achievements like this it is difficult to highlight individual standouts because there were so many, below are a few areas that may not have been the greatest athletes but typify what Marist Ashgrove is all about.

- Harry Hunter who, while he lacked the speed of many other runners, trained whole heartedly for the entire season and dropped 25 seconds off his 1500m time.
- The commitment of 13 yrs throwers Henry Meland, Jack McLennan & Lachlan McKarzel who agreed to train for shot put event this year with little experience and place 1st (Jack Mc – B div) and 2nd (Henry M – A div) in their events.
- The 14 yrs shot & discus throwers John Downes, Liam O’Kelly, Zach Hogan and Will Bennett who along with 12 years thrower, Hunter Pyne, were the most committed throwers of the entire season. This translated into 4 of these 5 boys winning their events.
- Young Harry Whitten who filled in for another injured student at the last minute on the day to place 3rd in the 800m and then continued to race with lower leg soreness to place 3rd in his 100m race and run a great opening leg in the 6x400m race
- Bailey Huth who went into the competition with a suspected stress fracture in his foot and still competed in 3 events, winning all 3.
- Calum Mackay who collapsed after his 800m race, needed to be carried off the track to the medical tent only to return later in the day and run an important leg in the winning 6x400m relay

NEW AIC record holders:

Gabriel Murray 12 yrs Triple Jump

Hunter Pyne 12 yrs Discus

Nick Baker 12 yrs Javelin

Callum McCarthy 16 yrs 100m

Our 6 x 400m relay team of Harry Whitten, Nick Sgroi, Tom Vosper, Tom Shaw-Miles, Calum Mackay & Izaak Ellings.

Water Polo

Water Polo had its 3rd round of fixtures on last Thursday with some mixed results occurring up against St. Laurence's. The junior and intermediate teams recorded tight 1 goal wins while the opens came up against a well-drilled SLC to go down 15-3

Swimming

Our coordinator of swimming for the 2015/16 season is Mr Doug Perrers. Mr Perrers has distributed a wealth of information to students about the upcoming season and any students or parents looking for information are encouraged to contact Mr Perrers via email –

perrersd@marash.qld.edu.au

Football

1st XI squad trials – Please see below for dates, times, and venue for Term 4 trials.

Senior Squad Trial Dates Term 4 2015

1. Tuesday 10th November- 3:30pm-5:00pm The Flats

Final Senior squad announced in the week following the final session

Cricket

Trials for 2016 Cricket Teams will once again compete in **YEAR LEVELS**

Boys need to trial according to their **YEAR LEVEL...NOT THEIR AGE!**

Year 7 Boys who hope to play in the 8 A's or B's in 2016 will trial in week 5 of term 4 (C's & beyond in term 1 2016). Boys wishing to trial for Year 9 – 12 A – C teams in 2016 will be required to trial in Term 4 as per times below.

Boys wishing to play D and below (and 8C and below) will begin trials in Week 1, Term 1 of 2016.

Year 8/9/10 and Open Trials for 2016

	Session 1 (3:15 – 5:00pm)	Session 2 (3:15 – 5:00pm)	A/B Game
Year 8 2016 (A & B) (Current Yr. 7)	Mon 9/11 Synthetic Nets	Mon 16/11 Synthetic Nets	A/B Trials will continue 1 st week back Term 1 along with boys wanting to play in C teams and below.
Year 9 2016 (A, B & C) (Current Yr. 8)	Tue 10/11 Synthetic nets	Thurs 12/11 Synthetic nets	Sat 14/11 – Hayden Oval 12:30 pm
Year 10 2016 (A, B & C) (Current Yr. 9)	Mon 9 /11 Cameron Nets	Mon 16/11 Cameron Nets	Sat 21/11 – Cameron Oval 12:30 pm
Opens 2016 (2nds – 4ths) (Current Yr. 10&11)	Tue 10/11 Cameron Nets	Thurs 12/11 Cameron Nets	Sat 14/11 – Cameron Oval 12:30 pm 2nds/3 rd match

Please note: Year 7 2016 trials (current year 6 students) will begin Term 1 2016.

For further information about cricket trials, please contact Mr Ben Maddox at maddoxb@marash.qld.edu.au or Mr James Metzeling at metzelingj@marash.qld.edu.au

Volleyball

MCA VOLLEYBALL 2016

Welcome to Marist College Ashgrove Volleyball for 2016.

Trials for those students wanting to try out for 2016 A & B teams (Yr 8 – Opens) will commence in week 6 (beginning Monday 9 November) at the times listed below:

MCA VOLLEYBALL TRIALS (for 2016 AIC Season)

	<u>Monday</u> (3.30pm – 5.00pm)	<u>Tuesday</u> (3.30pm – 5.00pm)	<u>Wednesday</u> (3.30pm – 5.00pm)	<u>Thursday</u> (3.30pm – 5.00pm)	<u>Friday (3.30pm – 5.00pm)</u>
Court 1	8A/8B	9A/9B (training)		11A/2nds/ 3rds	11A/2nds/ 3rds
Court 2	10A/10B	1sts (Trial vs Churchie)	10A/10B	8A/8B	

Any students wanting to try out for these teams must register their interest by signing in on the sign on sheet for the team they want to trial for (available at the sports office).

Trials for all other teams will be during early week 1 of term 1 2016.

If you would have any questions regarding the volleyball program please contact:

Michael Wooldridge – Co-ordinator of Volleyball

(wooldridgem@marash.qld.edu.au)

Kate Moore – Assistant Co-ordinator of Volleyball

(moorek@marash.qld.edu.au)

We look forward to a successful 2016 MCA Volleyball season and encourage all students to get involved in Volleyball at the College.



Fresh North Queensland Mangoes

Direct from the farm to you!

Please Support Our Mango Fundraiser

Dear Parents/Staff/Friends of Marist,

We are pleased to once again bring you the "Mango Drive" to help raise funds to assist with the costs associated with the swimming program. We are sure the mango enthusiasts in your household will be very excited to hear about this fresh and healthy alternative treat.

The Mango Fundraiser will be delivering quality mangoes direct from the farm to Marist College Ashgrove. This is a great way to get delicious, affordable, quality "Kensington Pride" Mangoes for your enjoyment! Each tray contains 7 kg of Quality Kensington Pride Mangoes (approx.14-16 mangoes). Cost per tray is \$25. Mangoes should be ready for collection in the last week of school. (Note: This date may vary slightly depending on the mangoes ripening).

Orders are made by

All orders by Friday 13th November

You will be notified when the trays arrive. Mangoes can be collected at the new pool between 6 and 7:30am or between 3:00 and 6:30pm each week day from when they arrive.

Feel free to tell your mango loving relatives, neighbours, friends and work colleagues of this opportunity for them to buy the freshest mangoes of the season from our school.

Thank you for your support.

Regards,

Marist Swimmers

Philippa Fielden

Philippa ph: 0432 972 206



Cricket Academy

Term 4 Skill Specific Group Program

These 8 week structured group programs will focus on developing/improving skills and are the perfect way to prepare for the forthcoming season.

With sessions catering for Batting, Pace Bowling, Spin Bowling and Wicketkeeping participants will have the chance to choose which specific skills session to attend based on their individual game requirements and are not limited to one.

The Coaches

Batting Wicketkeeping
Seam Bowling
Spin Bowling

Peter Drinnen
Scott Prestwidge
Trent Ryan

ECB Level 4 / CA Level 3
CA Level 3
CA Level 3

Starting Monday 12 October and costing \$199 for the full 8 week program Numbers are limited to ensure the quality of each session. To confirm your place please fill out the registration form below and return via email to Peter @ p.drinnen@valleycricket.org.au

Please note the Term 4 sessions are designed for ages 10+ and all participants will receive a Valley Academy shirt.



Term 4 - 2015 Registration Form

Name: _____ Date of Birth: _____ School/Club: _____

Address: _____ Last Level Played: _____

Parent/Guardian Details – Name _____ Phone: _____ Email: _____ Please circle your preferred session: Note there is a limit of 8 per session and if your preferred session is full another suitable time slot will be offered.

Monday:	4pm to 5pm	Batting – Discovery
	4pm to 5pm	Pace Bowling – Discovery
	5:15pm to 6:15pm	Batting – Intermediate
	5:15pm to 6:15pm	Pace Bowling – Intermediate
	5:15pm to 6:15pm	Spin Bowling – Discovery - Intermediate
	6:30pm to 7:30pm	Batting – Advanced
	6:30pm to 7:30pm	Pace Bowling – Advanced
	6:30pm to 7:30pm	Spin Bowling – Advanced
Thursday:	3:30pm to 4:30pm	Wicketkeeping
	4:45pm to 5:45pm	Fielding bn

Player Targets/Objectives: _____

Medical

Information: Please notify us of any injuries past or present that may affect your ability to participate in vigorous physical activity. _____

Please note: video analysis may be used during some sessions. These recordings will only be used by the coach in consultation with the player. Please tick this box if you do not wish for your sessions to be recorded.

Payment can be made via EFT or credit card using the below details:

EFT – Name: Valley District Cricket Club BSB: 484-799 Account: 178 241 – Please use player full name for reference Credit Card Details-

Name _____ Card # _____ Exp _____ Signature _____

Please return completed form to Peter @ p.drinnen@valleycricket.org.au to secure your preferred session