

GISST Training Schedule



Fall Season 2016/17

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Sports Hall 1	U14 Badminton 5 Sep - 30 Nov (12 Weeks) 4.00 – 5.30 Coach – Daniel / Elias	V Girls Volleyball 23 Aug – 6 Dec (15 weeks) 4.00 – 5.30 Coach - Mr H	U14 Badminton 5 Sep - 30 Nov (12 Weeks) 4.00 – 5.30 Coach – Daniel / Elias	V Girls Volleyball 23 Aug – 6 Dec (15 weeks) 4.00 – 5.30 Coach - Mr H	
Sports Hall 2	Varsity Badminton 5 Sep - 30 Nov (12 Weeks) 4.00 – 5.30 Coach – Daniel / Elias	U14 Mixed Pre-Season Basketball 6 Sep - 29 Nov (12 Weeks) 4.00 – 5.30	Varsity Badminton 5 Sep - 30 Nov (12 Weeks) 4.00 – 5.30 Coach – Daniel / Elias	Varsity Recreational Volleyball 8 Sep – 1 Dec (12 Weeks) 4.00 – 5.30	
Sports Hall (5.30 – 7.00)	Varsity Pre-Season Basketball 31 Aug – 30 Nov (13 weeks) 5.30 – 7.00pm				
School Field 1	U14 Boys Football 29 Aug – 16 Nov (11 Weeks) 4.00 – 5.30 Coach – Mr Heaney	V Boys Football 30 Aug – 8 Nov (10 Weeks) 4.00 – 5.30 Coach – Mr Hyde	U14 Boys Football 29 Aug – 16 Nov (11 Weeks) 4.00 – 5.30 Coach – Mr Heaney	V Boys Football 30 Aug – 8 Nov (10 Weeks) 4.00 – 5.30 Coach – Mr Hyde	
School Field 2	U14 Girls Football 29 Aug – 16 Nov (11 Weeks) 4.00 – 5.30 Coach – Ms Chiodo	V Girls Football 30 Aug – 8 Nov (10 Weeks) 4.00 – 5.30 Coach – Ms Francis	U14 Girls Football 29 Aug – 16 Nov (11 Weeks) 4.00 – 5.30 Coach - Ms Chiodo	V Girls Football 30 Aug – 8 Nov (10 Weeks) 4.00 – 5.30 Coach – Ms Francis	
School track / Forest	Varsity Cross Country 22 Aug – 5 Oct (7 weeks) 3.45 – 5.15 Coach – Carole G2-5 Cross Country 3.45 – 4.45 Coach - Ms Bedernik	U14 Cross Country 23 Aug – 6 Oct (7 weeks) 3.45 – 5.15 Coach – Ms King	Varsity Cross Country 22 Aug – 5 Oct (7 weeks) 3.45 – 5.15 Coach – Carole	U14 Cross Country 23 Aug – 6 Oct (7 weeks) 3.45 – 5.15 Coach – Ms King	
Pool	U14 and Varsity Swimming 12 Sep – 16 Jan (15 Weeks) 4.00 - 5.00				U14 Swimming 18 Nov - 13 Jan (5 weeks) 2.30 - 4.00

GISST Training Schedule



Winter Season 2016/17

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Sports Hall 1 3.45 – 5.00/5.30	U14 Boys Basketball 5 Dec – 8 Mar (10 weeks) 4.00 – 5.30	U14 Boys Pre-Season Volleyball 10 Jan – 21 Mar (10 Weeks) 3.45 – 5.00	U14 Boys Basketball 5 Dec – 8 Mar (10 weeks) 4.00 – 5.30	U14 and Varsity Fitness / Circuit Training 5 Dec – 8 Mar (10 weeks) 4.00 – 5.00	
Sports Hall 2 3.45 – 5.00/5.30	U14 Girls Basketball 5 Dec – 8 Mar (10 weeks) 4.00 – 5.30	U14 Girls Pre-Season Volleyball 10 Jan – 21 Mar (10 Weeks) 3.45 – 5.00	U14 Girls Basketball 5 Dec – 8 Mar (10 weeks) 4.00 – 5.30		
Sports Hall 5.00 – 6.30		V Boys Basketball 10 Jan – 21 Mar (10 Weeks) 5.00 - 6.30pm		V Boys Basketball 10 Jan – 21 Mar (10 Weeks) 5.00 - 6.30pm	
		V Girls Basketball 10 Jan – 21 Mar (10 Weeks) 5.00 - 6.30pm		V Girls Basketball 10 Jan – 21 Mar (10 Weeks) 5.00 - 6.30pm	
Pool	U14 and Varsity Swimming 12 Sep – 16 Jan (15 Weeks) 4.00 - 5.00				
Indoor Tennis Courts (Nuremberg)		Varsity Tennis 17 Jan – 25 Apr (12 weeks) 4.00 - 5.30		Varsity Tennis 17 Jan – 25 Apr (12 weeks) 4.00 - 5.30	

GISST Training Schedule

Spring Season 2016-17

Facility	Monday	Tuesday	Wednesday	Thursday	Friday (2.15 – 3.45)
Sports Hall 1	U14 Girls Volleyball 13 March – 17 May (8 Weeks) 4.00 – 5.30	Pre-Season Varsity Girls Volleyball 28 Mar – 27 Jun (12 Weeks) 4.00 – 5.30	U14 Girls Volleyball 13 March – 17 May (8 Weeks) 4.00 – 5.30	U14 Pre-Season Badminton 7 Apr – 23 Jun (10 Weeks) 4.00 – 5.30	
Sports Hall 2	U14 Boys Volleyball 13 March – 17 May (8 Weeks) 4.00 – 5.30		U14 Boys Volleyball 13 March – 17 May (8 Weeks) 4.00 – 5.30	Varsity Pre-Season Badminton 7 Apr – 23 June (10 Weeks) 4.00 – 5.30	
School Field 1		Pre-Season Varsity Boys Football 25 Apr – 27 Jun (10 Weeks) 4.00 – 5.30	U14 and Varsity Track and Field Throwing (Shot and Discus) Long Jump and High Jump 14 Mar - 8 Jun (11 Weeks) 4.00 – 5.30	Pre-Season U14 Boys Football 27 Apr – 29 Jun (10 Weeks) 4.00 – 5.30	
School Field 2		Pre-Season Varsity Girls Football 25 Apr – 27 Jun (10 Weeks) 4.00 – 5.30		Pre-Season U14 Girls Football 27 Apr – 29 Jun (10 Weeks) 4.00 – 5.30	
School track / Forest				G2-5 Cross Country 27 Apr – 29 Jun (10 Weeks) 4.00 – 5.00	
University Track		U14 and Varsity Track and Field Sprinting Long Distance Throwing (Shot and Discus) 14 Mar - 8 Jun (11 Weeks) 4.00 – 5.30		U14 and Varsity Track and Field Sprinting Long Distance Long Jump 14 Mar - 8 Jun (11 Weeks) 4.00 – 5.30	