

# GISST Training Schedule



## Fall Season 2017/2018

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Sports Hall 1	<b>U14 Badminton</b> 11.09 – 06.12., 16:00 – 17:30 Coach – Daniel	<b>V Girls Volleyball</b> 29.08. – 07.09. TRY-OUTS 12.09. - 28.11., 16:00 – 17:30 Coach – Mr. H	<b>U14 Badminton</b> 11.09. – 06.12., 16:00 – 17:30 Coach – Daniel	<b>V Girls Volleyball</b> 29.08.– 07.09. TRY-OUTS 12.09. - 28.11., 16:00 – 17:30 Coach – Mr. H	
Sports Hall 2	<b>Varsity Badminton</b> 11.09. – 06.12., 16:00 – 17:30 Coach – Elias	<b>V Boys Volleyball</b> 12.09. – 28.11., 16:00 – 17:30 Coach – Yvonne (Sirpa)	<b>Varsity Badminton</b> 11.09. – 06.12., 16:00 – 17:30 Coach – Elias	<b>V Boys Volleyball</b> 12.09. – 28.11., 16:00 – 17:30 Coach – Yvonne (Sirpa)	
School Field 1	<b>U14 Boys Football</b> 28.08. – 08.11., 16:00 – 17:30 Coach – Mr. Hyde	<b>V Boys Football</b> 29.08. – 14.11., 16:00 – 17:30 Coach – Drew	<b>U14 Boys Football</b> 28.08. – 08.11., 16:00 – 17:30 Coach – Mr. Hyde	<b>V Boys Football</b> 29.08. – 14.11., 16:00 – 17:30 Coach – Drew	
School Field 2	<b>U14 Girls Football</b> 28.08. – 08.11., 16:00 – 17:30 Coach – Ms. Chiodo	<b>V Girls Football</b> 29.08. – 14.11., 16:00 – 17:30 Coach – Ms. Francis	<b>U14 Girls Football</b> 28.08. – 08.11., 16:00 – 17:30 Coach – Ms. Chiodo	<b>V Girls Football</b> 29.08. – 14.11., 16:00 – 17:30 Coach – Ms. Francis	
School track / Forest	<b>Varsity Cross Country</b> 28.08. – 04.10., 15:45 – 17:15 Coach – Carole  <b>G2-5 Cross Country</b> 28.08. – 25.09., 15:45 – 16:45 Coach - Thomas	<b>U14 Cross Country</b> 29.08. – 05.10., 15:45 – 17:15 Coach – Ms. King	<b>Varsity Cross Country</b> 28.08. – 04.10., 15:45 – 17:15 Coach – Carole	<b>U14 Cross Country</b> 29.09. – 05.10., 15:45 – 17:15 Coach – Ms. King	
Pool	<b>U14 and Varsity Swimming</b> 18.09. – 15.01., 16:00 - 17:00 Coach – Ms. Prest, Mr. Lindblad & Mrs. Eckersley				<b>G2-5 Swimming</b> 15.09. – 21.11., 14:30 - 16:00 Coach – Ms. Prest, Mrs. Eckersley, Megan, Barbara  <b>U14 and Varsity Swimming</b> 24.11.- 12.01., 14:30 - 16:00 Coach – Ms. Prest, Mr. Lindblad & Mrs. Eckersley

# GISST Training Schedule

## Winter Season 2017/2018

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Sports Hall 1	<b>U14 Boys Basketball</b> 11.12. – 07.03., 16:00 – 17:30 Coach – Frank	<b>U14 Boys Pre-Season Volleyball</b> 05.12. – 06.03., 15:45 – 17:00 Coach – Eric	<b>U14 Boys Basketball</b> 11.12. – 07.03., 16:00 – 17:30 Coach – Frank	<b>U14 and Varsity Fitness / Circuit Training</b> 07.12. – 08.03., 16:00 – 17:00 Coach – Luke?	
Sports Hall 2	<b>U14 Girls Basketball</b> 11.12. – 07.03., 16:00 – 17:30 Coach - Jana	<b>U14 Girls Pre-Season Volleyball</b> 05.12. – 06.03., 15:45 – 17:00 Coach – Sirpa	<b>U14 Girls Basketball</b> 11.12. – 07.03., 16:00 – 17:30 Coach - Jana		<i>tbc</i>
Sports Hall		<b>V Boys Basketball</b> 12.12. – 13.03., 17:00 - 18:30 Coach – Eric		<b>V Boys Basketball</b> 12.12. – 13.03., 17:00 - 18:30 Coach – Eric	
		<b>V Girls Basketball</b> 12.12. – 13.03., 17:00 - 18:30 Coach – Rali		<b>V Girls Basketball</b> 12.12. – 13.03., 17:00 - 18:30 Coach – Rali	
Pool	<b>U14 and Varsity Swimming</b> 18.09. – 15.01., 16:00 - 17:00 Coach – Ms. Prest, Mr. Lindblad & Mrs. Eckersley  <b>G2-5 Swimming</b> 22.01. – 16.04., 16:00 - 17:00 Coach – Ms. Prest, Mrs. Eckersley, Megan, Barbara				<b>G2-5 Swimming</b> 26.01. – 13.04., 14:30 - 16:00 Coach – Ms. Prest, Mrs. Eckersley, Megan, Barbara

# GISST Training Schedule

## Spring Season 2017/2018

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Sports Hall 1	<b>U14 Girls Volleyball</b> 12.03. – 16.05., 16:00 – 17:30 Coach – Sirpa	<b>Pre-Season Varsity Girls Volleyball</b> 27.03. – 03.07., 16:00 – 17:30 Coach – Mr. H	<b>U14 Girls Volleyball</b> 12.03. – 16.05., 16:00 – 17:30 Coach – Sirpa	<b>U14 Pre-Season Badminton</b> 12.04. – 05.05., 16:00 – 17:30 Coach – Daniel	
Sports Hall 2	<b>U14 Boys Volleyball</b> 12.03. – 16.05., 16:00 – 17:30 Coach – Eric		<b>U14 Boys Volleyball</b> 12.03. – 16.05., 16:00 – 17:30 Coach – Eric	<b>Varsity Pre-Season Badminton</b> 12.04. – 05.07., 16:00 – 17:30 Coach - Elias	
School Field 1		<b>Pre-Season Varsity Boys Football</b> 17.04. – 26.06., 16:00 – 17:30		<b>Pre-Season U14 Boys Football</b> 19.04. – 28.60., 16:00 – 17:30	
School Field 2		<b>Pre-Season Varsity Girls Football</b> 17.04. – 26.06., 16:00 – 17:30		<b>Pre-Season U14 Girls Football</b> 19.04. – 28.06., 16:00 – 17:30	
School track / Forest	<b>G2-5 Cross Country</b> 16.04. – 25.06., 16:00 – 17:00				
University Track		<b>U14 and Varsity Track and Field</b> 13.03. - 07.06., 16:00 – 17:30		<b>U14 and Varsity Track and Field</b> 13.03. - 07.06., 16:00 – 17:30	
Pool	<b>U14 and Varsity Swimming</b> 23.04. – 25.06., 16:00 - 17:00 Coach – Ms. Prest, Megan, Barbara				<b>G2-5 Swimming</b> 27.04. – 29.06., 14:30 - 16:00 Coach – Ms. Prest, Mrs. Eckersley, Megan, Barbara