

GISST Training schedule 2018/2019

Fall season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	U14 Badminton Sept 10 – Dec 3 16:00 – 17:30 Coach – Daniel	Varsity Boys Volleyball Aug 28 – Nov 20 16:00 – 17:30 Coach – Sirpa	U14 Badminton Sept 12 – Dec 5 16:00 – 17:30 Coach – Daniel	Varsity Boys Volleyball Aug 30 – Nov 22 16:00 – 17:30 Coach – Sirpa	
Gym 2	Varsity Badminton Sept 10 – Dec 3 16:00 – 17:30 Coach – Elias	Varsity Girls Volleyball Aug 28 – Nov 20 16:00 – 17:30 Coach – Mr. Haug	Varsity Badminton Sept 12 – Dec 5 16:00 – 17:30 Coach – Elias	Varsity Girls Volleyball Aug 30 – Nov 22 16:00 – 17:30 Coach – Mr. Haug	
Sports Field	U14 Boys Football Aug 27 – Nov 12 16:00 – 17:30 Coach – Mr. Hyde	Varsity Boys Football Aug 28 – Nov 6 16:00 – 17:30 Coach – Mr. Ben Hartwright	U14 Boys Football Aug 29 – Nov 14 16:00 – 17:30 Coach – Mr. Hyde	Varsity Boys Football Aug 30 – Oct 25 16:00 – 17:30 Coach – Mr. Ben Hartwright	
	U14 Girls Football Aug 27 – Nov 12 16:00 – 17:30 Coach – Ms. Chiodo	Varsity Girls Football Aug 28 – Nov 6 16:00 – 17:30 Coach – Ms. Francis	U14 Girls Football Aug 29 – Nov 14 16:00 – 17:30 Coach – Ms. Chiodo	Varsity Girls Football Aug 30 – Oct 25 16:00 – 17:30 Coach – Ms. Francis	
FIS / Forest	Varsity Cross Country Aug 27 – Oct 22 15:45 – 17:15 Coach – Carole G2-5 Cross Country Aug 27 – Oct 22 15:45 – 16:45 Coach – Thomas	U14 Cross Country Aug 28 – Oct 23 15:45 – 17:15 Coach – Ms. Lohwasser	Varsity Cross Country Aug 29 – Oct 24 15:45 – 17:15 Coach – Carole G2-5 Cross Country Aug 29 – Oct 24 15:45 – 16:45 Coach – Thomas	U14 Cross Country Aug 30 – Oct 25 15:45 – 17:15 Coach – Ms. Lohwasser	
University Pool	U14 & Varsity Swimming Sep 17 – June 24 16:00 – 17:00 Coach – Ms. Prest and Asger				Interschool (G2-5) Swimming Sept 21 – June 28 14:30 – 15:15 / 15:15 – 16:00 Coach – Mrs. Eckersley, Ms. Prest and Asger

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Winter season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	U14 Boys Basketball Dec 10 – March 18 16:00 – 17:30 Coach – Frank	Pre-Season Varsity Boys & Girls Volleyball Dec 4 – March 19 15:45 – 17:00 Coach – Mr. Haug and Sirpa	U14 Boys Basketball Dec 12 – Mar 20 16:00 – 17:30 Coach – Frank	Pre-Season U14 Boys & Girls Volleyball Dec 6 – March 21 15:45 – 17:00 Coach – Sirpa	
Gym 2	U14 Girls Basketball Dec 10 – March 18 16:00 – 17:30 Coach – tbc		U14 Girls Basketball Dec 12 – Mar 20 16:00 – 17:30 Coach – tbc		
Gym 1 and 2		Varsity Boys Basketball Dec 4 – March 12 17:00 – 18:30 Coach – tbc		Varsity Boys Basketball Dec 6 – Feb 28 17:00 – 18:30 Coach – tbc	
		Varsity Girls Basketball Dec 4 – March 12 17:00 – 18:30 Coach – tbc		Varsity Girls Basketball Dec 6 – Feb 28 17:00 – 18:30 Coach – tbc	
University Pool	U14 & Varsity Swimming Sep 17 – June 24 16:00 – 17:00 Coach – Ms. Prest and Asger				Interschool (G2-5) Swimming Sept 21 – June 28 14:30 – 15:15 / 15:15 – 16:00 Coach – Mrs. Eckersley, Ms. Prest and Asger

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Spring season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	U14 Boys Volleyball March 25 – May 13 16:00 – 17:30 Coach – tbc	Pre-Season Varsity Boys & Girls Volleyball March 26 – July 2 15:45 – 17:00 Coaches – Mr. Haug and Sirpa	U14 Boys Volleyball March 27 – May 15 16:00 – 17:30 Coach – tbc	Pre-Season U14 & Varsity Badminton May 2 – July 4 16:00 – 17:30 Coaches – Daniel and Elias	
Gym 2	U14 Girls Volleyball March 25 – May 13 16:00 – 17:30 Coach – Sirpa		U14 Girls Volleyball March 25 – May 15 16:00 – 17:30 Coach – Sirpa		
SpVgg		Pre-Season Varsity Boys Football April 30 – June 25 16:00 – 17:30 Coach – Mr. Ben Hartwright		Pre-Season U14 & Varsity Girls U14 Boys Football May 2 – June 27 16:00 – 17:30 Coaches – Ms. Chiodo, Ms. Francis and Mr. Hyde	
FIS / University Track		U14 & Varsity Track and Field March 19 (FIS) / April 30 (track) – June 11 16:00 – 17:30 Coach – Mr. Dubbe, Ms. Nögel and Carole		U14 & Varsity Track and Field March 21 (FIS) / May 2 (track) – June 6 16:00 – 17:30 Coaches – Mr. Dubbe, Ms. Nögel and Carol	
FIS / Forest	Pre-Season G2-5 Cross Country April 29 – June 24 15:45 – 16:45 Coach – Thomas				
University Pool	U14 & Varsity Swimming Sep 17 – June 24 16:00 – 17:00 Coach – Ms. Prest and Asger				