

GISST Training Schedule 2019-20

Fall Season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	U14 Badminton 9 Sept – 2 Dec 16:00 – 17:30 Coach – Mr. Daniel Paulini	Varsity Boys Volleyball 27 Aug - 26 Nov 16:00 – 17:30 Coach – Mrs. Sirpa Hope	U14 Badminton 11 Sept – 4 Dec 16:00 – 17:30 Coach – Mr. Daniel Paulini	Varsity Boys Volleyball 29 Aug - 21 Nov 16:00 – 17:30 Coach – Mrs. Sirpa Hope	
Gym 2	Varsity Badminton 9 Sept – 2 Dec 16:00 – 17:30 Coach – Mr. Elias Ruf	Varsity Girls Volleyball 27 Aug – 19 Nov 16:00 – 17:30 Coach – Mr. Adrian Haug	Varsity Badminton 11 Sept – 4 Dec 16:00 – 17:30 Coach – Mr. Elias Ruf	Varsity Girls Volleyball 29 Aug – 14 Nov 16:00 – 17:30 Coach – Mr. Adrian Haug	
SpVgg Sports Field	U14 Boys Football 26 Aug – 4 Nov 15:45 – 17:15 Coach – Mr. Derek Hyde	Varsity Boys Football 27 Aug – 5 Nov 15:45 – 17:15 Coach – Mr. Christiaan Redelinghuys	U14 Boys Football 28 Aug – 6 Nov 15:45 – 17:15 Coach – Mr. Derek Hyde	Varsity Boys Football 29 Aug – 7 Nov 15:45 – 17:15 Coach – Mr. Christiaan Redelinghuys	
	U14 Girls Football 26 Aug – 4 Nov 15:45 – 17:15 Coach – Ms. Julie Ann Chiodo	Varsity Girls Football 27 Aug – 5 Nov 15:45 – 17:15 Coach – Ms. Jacqueline Francis	U14 Girls Football 28 Aug – 6 Nov 15:45 – 17:15 Coach – Ms. Julie Ann Chiodo	Varsity Girls Football 29 Aug – 24 Oct 15:45 – 17:15 Coach – Ms. Jacqueline Francis	
FIS / Forest	Varsity Cross Country 2 Sept – 23 Sept 15:45 – 17:15 Coach – Mrs. Carole Williamson G2-5 Cross Country 26 Aug – 21 Oct 3.45 – 4.45 pm Coach – Mr. Thomas Phillipson	U14 Cross Country 27 Aug – 22 Oct 15:45 – 17:15 Coach – Mrs. Christina Lohwasser	Varsity Cross Country 4 Sept – 25 Sept 15:45 – 17:15 Coach – Mrs. Carole Williamson G2-5 Cross Country 28 Aug – 23 Oct 3.45 – 16:45 pm Coach – Mr. Thomas Phillipson	U14 Cross Country 29 Aug – 24 Oct 15:45 – 17:15 Coach – Mrs. Christina Lohwasser	
University Pool	U14 & Varsity Swimming 16 Sep – 22 June 16:00 – 17:00 Coach – Ms. Alessia Prest and Mr. Asger Sondberg				Interschool (G2-5) Swimming 20 Sept – 26 June 14:30 – 15:15 / 15:15 – 16:00 Coach – Mrs. Theresa Eckersley, Ms. Alessia Prest, Mr. Asger Sondberg & Mr. Christiaan Redelinghuys

GISST Training Schedule 2019-20

Winter Season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	U14 Boys Basketball 9 Dec – 2 March 16:00 – 17:30 Coach – Mr. Frank Wölfel	Winter Pre-Season Varsity Boys & Girls Volleyball 3 Dec – 17 March 15:45 – 17:00 Coach – Mr. Adrian Haug and Mrs. Sirpa Hope	U14 Boys Basketball 11 Dec – 4 March 16:00 – 17:30 Coach – Mr. Frank Wölfel	Winter Pre-Season U14 Boys & Girls Volleyball 5 Dec – 5 March 15:45 – 17:00 Coach – Ms. Yvonne Krauss and Mrs. Sirpa Hope	
Gym 2	U14 Girls Basketball 9 Dec – 2 March 16:00 – 17:30 Coach – Mrs. Teresa Strauss	ASA G3-5 Basketball 7 Jan – 3 April 15:45 – 16:45 Coach – Mr. Christiaan Redelinghuys	U14 Girls Basketball 11 Dec – 4 March 16:00 – 17:30 Coach – Mrs. Teresa Strauss		
Gym 1 and 2		Varsity Boys Basketball 10 Dec – 17 March 17:00 – 18:30 Coach – Mr. Timothy Dubbe		Varsity Boys Basketball 12 Dec – 12 March 17:00 – 18:30 Coach – Mr. Timothy Dubbe	
		Varsity Girls Basketball 10 Dec – 17 March 17:00 – 18:30 Coach – Mr. Christopher Keninger		Varsity Girls Basketball 12 Dec – 12 March 17:00 – 18:30 Coach – Mr. Christopher Keninger	
University Pool	U14 & Varsity Swimming 16 Sep – 22 June 16:00 – 17:00 Coach – Ms. Alessia Prest and Mr. Asger Sondberg				Interschool (G2-5) Swimming 20 Sept – 26 June 14:30 – 15:15 / 15:15 – 16:00 Coach – Mrs. Theresa Eckersley, Ms. Alessia Prest, Mr. Asger Sondberg and Mr. Christiaan Redelinghuys

GISST Training Schedule 2019-20

Spring Season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	
Gym 1	U14 Boys Volleyball 9 March – 20 April 16:00 – 17:30 Coach – Ms. Yvonne Krauss	Spring Pre-Season Varsity Girls Volleyball 24 March – 30 June 16:00 – 17:30 Coaches – Mr. Adrian Haug	U14 Boys Volleyball 10 March – 22 April 16:00 – 17:30 Coach – Ms. Yvonne Krauss	Spring Pre-Season U14 and Varsity Badminton 23 April – 2 July 16:00 – 17:30 Coaches – Mr. Daniel Paulini and Mr. Elias Ruf		
Gym 2	U14 Girls Volleyball 9 March – 20 April 16:00 – 17:30 Coach – Mrs. Sirpa Hope		U14 Girls Volleyball 10 March – 22 April 16:00 – 17:30 Coach – Mrs. Sirpa Hope			
SpVgg		Spring Pre-Season Varsity Boys Football 21 April – 30 June 16:00 – 17:30 Coach – tbc		Spring Pre-Season U14 and Varsity Girls / U14 Boys Football 23 April – 2 July 15:45 – 17:15 Coaches – Ms. Chiodo, Ms. Francis and Mr. Hyde		
FIS / University Track		U14 & Varsity Track and Field 24 March (FIS) / 21 April (track) – 26 May 16:00 – 17:30 Coaches – Mr. Keninger, Mr. Redelinghuys and Mrs. Williamson		U14 & Varsity Track and Field 26 March (FIS) / 23 April (track) – 14 May 16:00 – 17:30 Coaches – Mr. Keninger, Mr. Redelinghuys and Mrs. Williamson		
FIS / Forest	Spring Pre-Season G2-5 Cross Country 20 April – 29 June 15:45 – 16:45 Coach - Mr. Thomas Phillipson					
University Pool	U14 & Varsity Swimming 16 Sep – 22 June 16:00 – 17:00 Coach – Ms. Alessia Prest and Mr. Asger Sondberg					Interschool (G2-5) Swimming 20 Sept – 26 June 14:30 – 15:15 / 15:15 – 16:00 Coach – Mrs. Theresa Eckersley, Ms. Alessia Prest Mr. Asger Sondberg and Mr. Christiaan Redelinghuys