

GISST Training Schedule 2019-20

Fall Season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	U14 Badminton 9 Sept – 2 Dec 4.00 – 5.30 pm Coach – Mr. Daniel Paulini	Varsity Boys Volleyball 27 Aug - 26 Nov 4.00 – 5.30 pm Coach – Mrs. Sirpa Hope	U14 Badminton 11 Sept – 4 Dec 4.00 – 5.30 pm Coach – Mr. Daniel Paulini	Varsity Boys Volleyball 29 Aug - 21 Nov 4.00 – 5.30 pm Coach – Mrs. Sirpa Hope	
Gym 2	Varsity Badminton 9 Sept – 2 Dec 4.00 – 5.30 pm Coach – Mr. Elias Ruf	Varsity Girls Volleyball 27 Aug – 19 Nov 4.00 – 5.30 pm Coach – Mr. Adrian Haug	Varsity Badminton 11 Sept – 4 Dec 4.00 – 5.30 pm Coach – Mr. Elias Ruf	Varsity Girls Volleyball 29 Aug – 14 Nov 4.00 – 5.30 pm Coach – Mr. Adrian Haug	
SpVgg Sports Field	U14 Boys Football 26 Aug – 4 Nov 3.45 – 5.15 pm Coach – Mr. Derek Hyde	Varsity Boys Football 27 Aug – 5 Nov 3.45 – 5.15 pm Coach – Mr. Christiaan Redelinghuys	U14 Boys Football 28 Aug – 6 Nov 3.45 – 5.15 pm Coach – Mr. Derek Hyde	Varsity Boys Football 29 Aug – 7 Nov 3.45 – 5.15 pm Coach – Mr. Christiaan Redelinghuys	
	U14 Girls Football 26 Aug – 4 Nov 3.45 – 5.15 pm Coach – Ms. Julie Ann Chiodo	Varsity Girls Football 27 Aug – 5 Nov 3.45 – 5.15 pm Coach – Ms. Jacqueline Francis	U14 Girls Football 28 Aug – 6 Nov 3.45 – 5.15 pm Coach – Ms. Julie Ann Chiodo	Varsity Girls Football 29 Aug – 24 Oct 3.45 – 5.15 pm Coach – Ms. Jacqueline Francis	
FIS / Forest	Varsity Cross Country 2 Sept – 23 Sept 3.45 – 5.15 pm 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 3.45 – 5.15 pm Coach – Mrs. Christina Lohwasser	Varsity Cross Country 4 Sept – 25 Sept 3.45 – 5.15 pm Coach – Mrs. Carole Williamson G2-5 Cross Country 28 Aug – 23 Oct 3.45 – 4.45 pm Coach – Mr. Thomas Phillipson	U14 Cross Country 29 Aug – 24 Oct 3.45 – 5.15 pm Coach – Mrs. Christina Lohwasser	
University Pool	U14 & Varsity Swimming 16 Sep – 22 June 4.00 - 5.00 pm Coach – Ms. Alessia Prest & Mr. Asger Sondberg				Interschool (G2-5) Swimming 20 Sept – 26 June 2.30 – 3.15 / 3.15 – 4.00 pm Coach – Mrs. Theresa Eckersley, Ms. Alessia Prest, Mr. Asger Sondberg & Mr. Christiaan Redelinghuys

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Winter Season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	U14 Boys Basketball 9 Dec – 2 March 4.00 – 5.30 pm Coach – Mr. Frank Wölfel	Winter Pre-Season Varsity Boys & Girls Volleyball 3 Dec – 17 March 3.45 – 5.00 pm Coach – Mr. Adrian Haug & Mrs. Sirpa Hope	U14 Boys Basketball 11 Dec – 4 March 4.00 – 5.30 pm Coach – Mr. Frank Wölfel	Winter Pre-Season U14 Boys & Girls Volleyball 5 Dec – 5 March 3.45 – 5.00 pm Coach – Ms. Yvonne Krauss & Mrs. Sirpa Hope	
Gym 2	U14 Girls Basketball 9 Dec – 2 March 4.00 – 5.30 pm Coach – Mrs. Teresa Strauss	ASA G3-5 Basketball 7 Jan – 3 April 3.45 – 4.45 pm Coach – Mr. Christiaan Redelinghuys	U14 Girls Basketball 11 Dec – 4 March 4.00 – 5.30 pm Coach – Mrs. Teresa Strauss		
Gym 1 & 2		Varsity Boys Basketball 3 Dec – 17 March 5.00 - 6.30 pm Coach – Mr. Timothy Dubbe		Varsity Boys Basketball 5 Dec – 12 March 5.00 - 6.30 pm Coach – Mr. Timothy Dubbe	
		Varsity Girls Basketball 3 Dec – 17 March 5.00 - 6.30 pm Coach – Mr. Christopher Keninger		Varsity Girls Basketball 5 Dec – 12 March 5.00 - 6.30 pm Coach – Mr. Christopher Keninger	
University Pool	U14 & Varsity Swimming 16 Sep – 22 June 4.00 - 5.00 pm Coach – Ms. Alessia Prest & Mr. Asger Sondberg				Interschool (G2-5) Swimming 20 Sept – 26 June 2.30 – 3.15 / 3.15 – 4.00 pm Coach – Mrs. Theresa Eckersley, Ms. Alessia Prest, Mr. Asger Sondberg & Mr. Christiaan Redelinghuys

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Spring Season

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	U14 Boys Volleyball 9 March – 20 April 4.00 – 5.30 pm Coach – Ms. Yvonne Krauss	Spring Pre-Season Varsity Girls Volleyball 24 March – 30 June 4.00 – 5.30 pm Coaches – Mr. Adrian Haug	U14 Boys Volleyball 10 March – 22 April 4.00 – 5.30 pm Coach – Ms. Yvonne Krauss	Spring Pre-Season U14 & Varsity Badminton 23 April – 2 July 4.00 – 5.30 pm Coaches – Mr. Daniel Paulini & Mr. Elias Ruf	
Gym 2	U14 Girls Volleyball 9 March – 20 April 4.00 – 5.30 pm Coach – Mrs. Sirpa Hope		U14 Girls Volleyball 10 March – 22 April 4.00 – 5.30 pm Coach – Mrs. Sirpa Hope		
SpVgg		Spring Pre-Season Varsity Boys Football 21 April – 30 June 3.45 – 5.15 pm Coach – tbc		Spring Pre-Season U14 & V Girls / U14 Boys Football 23 April – 2 July 3.45 – 5.15 pm Coaches – Ms. Chiodo, Ms. Francis and Mr. Hyde	
FIS / University Track		U14 & Varsity Track and Field 24 March (FIS) / 21 April (track) – 26 May 4.00 – 5.30 pm Coaches – Mr. Keninger, Mr. Redelinghuys & Mrs. Williamson		U14 & Varsity Track and Field 26 March (FIS) / 23 April (track) – 14 May 4.00 – 5.30 pm Coaches – Mr. Keninger, Mr. Redelinghuys & Mrs. Williamson	
FIS / Forest	Spring Pre-Season G2-5 Cross Country 20 April – 29 June 3.45 – 4.45 pm Coach - Mr. Thomas Phillipson				
University Pool	U14 & Varsity Swimming 16 Sep – 22 June 4.00 - 5.00 pm Coach – Ms. Alessia Prest & Mr. Asger Sondberg				

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