

GISST Training Schedule 2020-21

Fall Season (August - December 2020)

| Facility | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---|---|---|---|--|
| Gym 1 | <i>After School Activity</i> | G5 Basketball Prep-season 15 Sept - 1 Dec 4:00 - 5:30 pm Coach - Teresa Strauss | <i>After School Activity</i> | <i>After School Activity</i> | G7 Basketball Prep-season 18 Sept - 4 Dec 2:10 - 3:40 pm Coach - Teresa Strauss |
| Gym 2 | <i>After School Activity</i> | G6 Basketball Prep-season 15 Sept - 1 Dec 4:00 - 5:30 pm Coach - Frank Wölfel | <i>After School Activity</i> | <i>After School Activity</i> | G8 Basketball Prep-season 18 Sept - 4 Dec 2:10 - 3:40 pm Coach - Frank Wölfel |
| Gym 3 | G5-8 & G9-12 Badminton 14 Sept - 30 Nov 4:00 - 5:30 pm Coaches - Daniel Paulini, Ramona Stenzel, Elias Ruf | G9-12 Volleyball 25 Aug - 1 Dec 4:00 - 5:30 pm Coaches - Adrian Haug, Sirpa Hope, Ciara Donnelly | G5-8 & G9-12 Badminton 16 Sept - 2 Dec 4:00 - 5:30 pm Coaches - Daniel Paulini, Ramona Stenzel, Elias Ruf | G9-12 Volleyball 27 Aug - 3 Dec 4:00 - 5:30 pm Coaches - Adrian Haug, Sirpa Hope, Ciara Donnelly | G9-12 Basketball Prep-season tbc 3:45 - 4:45 pm Coach - tbc |
| Gym 4 | | | | | G5-8 Volleyball Prep-season 18 Sept - 11 Dec 2:10 - 3:40 pm Coach - Sirpa Hope, Ciara Donnelly |
| Gym 5 | | | | | |
| EY Gym | <i>After School Activity</i> | <i>After School Activity</i> | <i>After School Activity</i> | <i>After School Activity</i> | |
| Multipurpose room (behind Aula) | <i>After School Activity</i> | | | | |
| Gallery (new gym) | G9-12 Fitness for Swimmers & Friends 14 Sept - 14 Dec 4:00 - 5:15 pm Coaches - Alessia Prest | | | | |
| SpVgg Field | G5-8 Football 24 Aug - 26 Oct 3:45 - 5:15 pm Coaches - Derek Hyde, Julie Ann Chiodo, Duncan Makori, Tarik Scheffler, CJ | G9-12 Football 25 Aug - 27 Oct 3:45 - 5:15 pm Coaches - Catalina Stone, Tarik Scheffler, CJ, Stephen Mirtshin | G5-8 Football 26 Aug - 28 Oct 3:45 - 5:15 pm Coaches - Derek Hyde, Julie Ann Chiodo, Duncan Makori, Tarik Scheffler, CJ | G9-12 Football 27 Aug - 29 Oct 3:45 - 5:15 pm Coaches - Catalina Stone, Tarik Scheffler, CJ, Stephen Mirtshin | <i>After School Activity</i> |
| FIS / Forest | G 2-5 Cross Country 31 Aug - 26 Oct 3:45 - 4:45 pm (G2-5) / 5:15 (G9-12) pm Coaches - Thomas Phillipson, Jamie Williamson | G6-8 Cross Country 1 Sept - 27 Oct 3:45 - 5:15 pm Coach - Christina Lohwasser | G 2-5 Cross Country 2 Sept - 28 Oct 3:45 - 4:45 pm (G2-5) / 5:15 (G9-12) pm Coaches - Thomas Phillipson, Jamie Williamson | G6-8 Cross Country 3 Sept - 29 Oct 3:45 - 5:15 pm Coach - Christina Lohwasser | |
| FIS red top | <i>After School Activity</i> | | | | |