

# GISST Training Schedule 2020-21

Winter Season (December 2020 - March 2021)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	<b>G9-12 Girls Volleyball Prep-season</b> 7 Dec - 22 March 4:00 - 5:30 pm Coach - Ciara Donnelly	<b>G9-12 Boys Basketball</b> 8 Dec - 23 March 4:00 - 5:30 pm Coach - Timothy Dubbe	<b>G5-8 &amp; G9-12 Badminton Prep-season</b> 13 Jan - 24 March 4:00 - 5:30 pm Coaches - Daniel Paulini, Elias Ruf	<b>G5-8 Football Prep-season</b> 7 Jan - 25 March 4:00 - 5:30 pm Coach - Derek Hyde	<b>G5-8 Volleyball Prep-season</b> 8 Jan - 25 March 2:10 - 3:40 pm Coach - Sirpa Hope, Ciara Donnelly, Alessia Prest
Gym 2	<i>After School Activity</i>		<i>After School Activity</i>	<i>After School Activity</i>	<i>After School Activity</i>
Gym 3	<b>G5-8 Basketball</b> 7 Dec - 22 March 4:00 - 5:30 pm Coaches - Frank Wölfel, Teresa Strauss, Annika Strauss	<b>G9-12 Girls Basketball</b> 8 Dec - 23 March 4:00 - 5:30 pm Coaches - Leanna Frasch, Christopher Keninger	<b>G5-8 Basketball</b> 9 Dec - 24 March 4:00 - 5:30 pm Coaches - Frank Wölfel, Teresa Strauss, Annika Strauss	<b>G9-12 Basketball</b> 10 Dec - 25 March 4:00 - 5:30 pm Coaches - Timothy Dubbe, Leanna Frasch, Christopher Keninger	<b>G9-12 Football Prep-season</b> 8 Jan - 25 March 3:45 - 4:45 pm Coach - Frank Wölfel
Gym 4					<b>G9-12 Boys Volleyball Prep-season</b> 11 Dec - 26 March 3:45 - 4:45 pm Coach - Sirpa Hope
Gym 5		<b>G9-12 Girls Volleyball Prep-season</b> 8 Dec - 23 March 4:00 - 5:30 pm Coach - Adrian Haug			<i>After School Activity</i>
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)	<b>G9-12 Fitness for Swimmers &amp; Friends</b> 11 Jan - 22 March 4:00 - 5:15 pm Coach - Alessia Prest	<i>After School Activity</i>		<i>Staff Fitness</i>	
FIS red top	<i>After School Activity</i>		<i>After School Activity</i>		<i>After School Activity</i>