

GISST & ASA Training Schedule 2020-21

Spring Season (April - June 2021)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday		
Gym 1		G5-8 Girls Basketball 13 April - 29 June 4:00 - 5:30 pm Coaches - Teresa Strauss, Annika Strauss	G5-8 Boys Basketball 14 April - 30 June 4:00 - 5:30 pm Coach - Frank Wölfel	<i>Staff Fitness</i>			
Gym 2	ASA G3-4 Basketball Coach - Frank Wölfel	ASA G4-7 Cricket Coach - Stephen Mirtschin		ASA G6-8 Cheerleading Coach Fumika			
Gym 3	G8-12 Badminton 12 April - 28 June 4:00 - 5:30 pm Coach - Elias Ruf	G8-12 Volleyball 13 April - 29 June 4:00 - 5:30 pm Coaches - Adrian Haug, Ciara Donnelly, Sirpa Hope	G5-7 Badminton 14 April - 30 June 4:00 - 5:30 pm Coach - Daniel Paulini	G9-12 Basketball 15 April - 1 July 4:00 - 5:30 pm Coaches - Timothy Dubbe, Leanna Frasch, Christopher Keninger	PE 9 / 10 (week A only)	G9-12 Basketball 16 April - 2 July 3:45 - 4:45 pm Coaches - Timothy Dubbe, Leanna Frasch, Christopher Keninger	
Gym 4							G5-7 Volleyball 16 April - 2 July 2:10 - 3:40 pm Coaches - Sirpa Hope, Ciara Donnelly, Alessia Prest
Gym 5							
EY Gym		ASA G1-3 Move and Learn Coach - Marko	ASA G6-8 SmartFit Coach - Marko				
FIS / Forest	G2-5 Cross Country 12 April - 28 June 3:45 - 4:45 pm Coaches - Thomas Phillipson, Jamie Williamson		G2-5 Cross Country 14 April - 30 June 3:45 - 4:45 pm Coaches - Thomas Phillipson, Jamie Williamson				
Gallery (new gym)	G9-12 Fitness for Swimmers & Friends 12 April - 28 June 4:00 - 5:15 pm Coach - Alessia Prest						
FIS field	G5-8 Football 12 April - 28 June 4:00 - 5:30 pm Coach - Derek Hyde, Julie Ann Chiodo, Tarik Schäfler	G5-8 & G9-12 Track and Field 13 April - 29 June 4:00 - 5:30 pm Coaches - Christopher Keninger, Carole Williamson, Jamie Williamson	G9-12 Football 14 April - 30 June 4:00 - 5:30 pm Coach - Derek Hyde, Tarik Schäfler	G5-8 & G9-12 Track and Field 15 April - 1 July 4:00 - 5:30 pm Coaches - Christopher Keninger, Carole Williamson, Jamie Williamson	ASA G1-2 & G3-4 Football Coach Marc Themann		
FIS red top	ASA G1-2 BMX		ASA G3-5 BMX		ASA G6-8 BMX		