

# GISST & ASA Training Schedule 2020-21

Spring Season 2021

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1	<b>ASA G3-4 Basketball</b> Coach - Frank Wölfel	<b>G5-8 Girls Basketball</b> 8 June - 6 July 4:00 - 5:30 pm Coaches - Teresa Strauss, Annika Strauss	<b>G5-8 Boys Basketball</b> 9 June - 7 July 4:00 - 5:30 pm Coach - Frank Wölfel	<b>G8-12 Volleyball</b> 7 June - 5 July 4:00 - 5:30 pm Coaches - Adrian Haug, Ciara Donnelly, Sirpa Hope	<b>G5-8 Boys Basketball</b> 11 June - 2 July 2:10 - 3:40 pm Coaches - Frank Wölfel
Gym 2		<b>ASA G4-7 Cricket</b> Coach - Stephen Mirtschin			<b>ASA G3-4 Badminton</b> Coach - Ramona Stenzel
Gym 3	<b>G5-8 Girls Basketball</b> 7 June - 5 July 4:00 - 5:30 pm Coaches - Teresa Strauss, Annika Strauss	<b>G8-12 Volleyball</b> 8 June - 6 July 4:00 - 5:30 pm Coaches - Adrian Haug, Ciara Donnelly, Sirpa Hope	<b>G5-7 Badminton</b> 9 June - 7 July 4:00 - 5:30 pm Coach - Daniel Paulini	<b>G9-12 Basketball</b> 10 June - 8 July 4:00 - 5:30 pm Coaches - Timothy Dubbe, Leanna Frasch	<b>PE 9 / 10</b> (week A only)
Gym 4					<b>G5-7 Volleyball</b> 11 June - 2 July 2:10 - 3:40 pm Coaches - Sirpa Hope, Ciara Donnelly, Alessia Prest
Gym 5	<b>G8-12 Badminton</b> 7 June - 5 July 4:00 - 5:30 pm Coach - Elias Ruf				
EY Gym		<b>ASA G1-3 Move and Learn</b> Coach - Marko	<b>ASA G6-8 SmartFit</b> Coach - Marko		
FIS / Forest	<b>G2-5 Cross Country</b> 7 June - 5 July 3:45 - 4:45 pm Coaches - Thomas Phillipson, Jamie Williamson		<b>G2-5 Cross Country</b> 9 June - 7 July 3:45 - 4:45 pm Coaches - Thomas Phillipson, Jamie Williamson		
Gallery (new gym)	<b>G9-12 Fitness for Swimmers &amp; Friends</b> 7 June - 5 July 4:00 - 5:15 pm Coach - Alessia Prest				
FIS field	<b>G5-8 Football</b> 7 June - 5 July 4:00 - 5:30 pm Coaches - Derek Hyde, Julie Ann Chiodo, Tarik Schäfler	<b>G5-8 &amp; G9-12 Track and Field</b> 8 June - 6 July 4:00 - 5:30 pm Coaches - Christopher Keninger, Carole Williamson, Jamie Williamson		<b>G5-8 &amp; G9-12 Track and Field</b> 10 June - 8 July 4:00 - 5:30 pm Coaches - Christopher Keninger, Carole Williamson, Jamie Williamson	<b>ASA G1-2 &amp; G3-4 Football</b> Coach Marc Themann
FIS red top	<b>ASA G1-2 BMX</b>		<b>ASA G3-5 BMX</b>		<b>ASA G6-8 BMX</b>