

GISST Training Schedule 2021-22

Winter Season (December 2021 - March/April 2022)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.1	U14 Volleyball (prep-season) 6 Dec - 21 March 4:00 - 5:30 pm Coaches - Sirpa Hope, Marko Stevanovski	Varsity Girls Volleyball 11 Jan - 5 April 4:00 - 5:30 pm Coaches - Adrian Haug, Ciara Donnelly	ASA G 3-4 Basketball	Varsity Boys Volleyball 13 Jan - 7 April 4:00 - 5:30 pm Coach - Sirpa Hope	ASA G 3-4 Badminton
Gym 1.2				ASA G 1-2 / 3-4 Football	regular PHE class
Gym 2.1	U14 Boys & Girls Basketball 6 Dec - 21 March 4:00 - 5:30 pm Coaches - tbc, Teresa Strauss	Varsity Girls Basketball 7 Dec - 15 March 4:00 - 5:30 pm Coach - Christopher Keninger	U14 Boys & Girls Basketball 8 Dec - 23 March 4:00 - 5:30 pm Coaches - tbc, Teresa Strauss	Varsity Girls Basketball 9 Dec - 17 March 4:00 - 5:30 pm Coach - Christopher Keninger	regular PHE class
Gym 2.2		Varsity Boys Basketball 7 Dec - 17 March 4:00 - 5:30 pm Coach - Frank Wölfel		Varsity Boys Basketball 9 Dec - 17 March 4:00 - 5:30 pm Coach - Frank Wölfel	
Gym 2.3					
Swimming pool (Uni)	U14 (G7-8) & Varsity Swimming 20 Sept - 24 Jan 4:00 - 5:00 pm Coaches - Alessia Prest, Theresa Eckersley, Asger Sondberg, Ciara Donnelly				G 2-5 Swimming 17 Sept - 21 Jan 2:30-3:15 pm U14 (G5-6) Swimming 24 Sept - 21 Jan 3:15 - 4:00 pm Coaches - Alessia Prest, Theresa Eckersley, Asger Sondberg, Marko Stevanovski