

GISST Training Schedule 2022-23

Fall Season (September - December 2022)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.1	Varsity Girls Volleyball 5 Sept - 28 Nov 4:00 - 5:30 pm Coaches - Adrian Haug, Nadja Manger	Varsity Basketball (prep-season) 20 Sept - 29 Nov 4:00 - 5:30 pm Coach - Frank Wölfel	Varsity Girls Volleyball 7 Sept - 30 Nov 4:00 - 5:30 pm Coaches - Adrian Haug, Nadja Manger	U14 Basketball (prep-season) 22 Sept - 1 Dec 4:00 - 5:30 pm Coaches - Teresa Strauss, Kristijan Vidovic	U14 Volleyball (prep-season) 23 Sept - 2 Dec 3:45 - 5:00 pm Coaches - tbc, Adrian Haug
Gym 1.2					
Gym 2.1	U14 & Varsity Badminton 19 Sept - 5 Dec 4:00 - 5:30 pm Coaches - Daniel Paulini, Elias Ruf	Varsity Boys Volleyball 6 Sept - 29 Nov 4:00 - 5:30 pm Coach - Sirpa Hope	U14 & Varsity Badminton 21 Sept - 7 Dec 4:00 - 5:30 pm Coaches - Daniel Paulini, Elias Ruf	Varsity Boys Volleyball 8 Sept - 24 Nov 4:00 - 5:30 pm Coach - Sirpa Hope	
Gym 2.2					
Gym 2.3				ASA 3-4 Basketball	
Swimming pool (Uni)	U14 & Varsity Swimming 19 Sept - 30 Jan 4:00 - 5:00 pm Coaches - Alessia Prest, Asger Sondberg, tbc				G 2-5 Swimming 16 Sept - 27 Jan 2:30 - 3:15 / 3:15 - 4:00 pm Coaches - Alessia Prest, Asger Sondberg, tbc
SpVgg Field	Varsity Boys Football 5 Sept - 21 Nov 3:45 - 5:15 pm Coach - Bernardo Amaro	Varsity Girls Football 6 Sept - 22 Nov 3:45 - 5:15 pm Coach - Sebastian Orellana Prado	Varsity Boys Football 7 Sept - 23 Nov 3:45 - 5:15 pm Coach - Bernardo Amaro	Varsity Girls Football 8 Sept - 17 Nov 3:45 - 5:15 pm Coach - Sebastian Orellana Prado	
FIS Field	U14 Boys Football 5 Sept - 14 Nov 3:45 - 5:15 pm Coaches - Derek Hyde	U14 Girls Football 6 Sept - 8 Nov 3:45 - 5:15 pm Coach - Sebastian Orellana Prado	U14 Boys Football 7 Sept - 9 Nov 3:45 - 5:15 pm Coach - Derek Hyde	U14 Girls Football 8 Sept - 27 Oct 3:45 - 5:15 pm Coach - Sebastian Orellana Prado	ASA 1-2 / 3-4 Football
FIS / Forest	G 2-5 Cross Country 5 Sept - 24 Oct 3:45 - 4:45 pm Coaches - Jamie Williamson, Carole Williamson	U14 & Varsity Cross Country 6 Sept - 25 Oct 3:45 - 5:15 pm Coaches - Jamie Williamson, Carole Williamson	G 2-5 Cross Country 7 Sept - 26 Oct 3:45 - 4:45 pm Coaches - Jamie Williamson, Carole Williamson	U14 & Varsity Cross Country 9 Sept - 27 Oct 3:45 - 5:15 pm Coaches - Jamie Williamson, Carole Williamson	