

GISST Training Schedule 2022-23

Winter Season (December 2022 - March 2023)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.1	U14 Girls Volleyball 9 Jan - 27 March 4:00 - 5:30 pm Coaches - Adrian Haug	U14 Girls Basketball 6 Dec - 21 March 4:00 - 5:30 pm Coach - Teresa Strauss	U14 Girls Volleyball 11 Jan - 29 March 4:00 - 5:30 pm Coaches - Adrian Haug	U14 Girls Basketball 8 Dec - 16 March 4:00 - 5:30 pm Coach - Teresa Strauss	Varsity Girls Volleyball (prep-season) 13 Jan - 31 March 4:00 - 5:30 pm Coaches - Adrian Haug, tbc
Gym 1.2		U14 & Varsity Table Tennis 6 Dec - 28 Feb 4:00 - 5:30 pm Coach - Sebastian Orellana Prado		U14 & Varsity Table Tennis 8 Dec - 2 March 4:00 - 5:30 pm Coach - Sebastian Orellana Prado	
Gym 2.1	U14 Boys Basketball 5 Dec - 20 March 4:00 - 5:30 pm Coach - Kristijan Vidovic	Varsity Boys Basketball 6 Dec - 14 March 4:00 - 5:30 pm Coach - Frank Wölfel	U14 Boys Basketball 7 Dec - 22 March 4:00 - 5:30 pm Coach - Kristijan Vidovic	Varsity Boys Basketball 8 Dec - 9 March 4:00 - 5:30 pm Coach - Frank Wölfel	
Gym 2.2			Varsity Girls Basketball 7 Dec - 15 March 4:00 - 5:30 pm Coach - Chris Keninger		
Gym 2.3	Varsity Girls Basketball 5 Dec - 13 March 4:00 - 5:30 pm Coach - Chris Keninger	U14 Boys Volleyball 10 Jan - 28 March 4:00 - 5:30 pm Coach - tbc	Varsity Boys Volleyball (prep-season) 11 Jan - 29 March 4:00 - 5:30 pm Coach - tbc	U14 Boys Volleyball 12 Jan - 30 March 4:00 - 5:30 pm Coach - tbc	
Swimming pool (Uni)	U14 & Varsity Swimming 19 Sept - 30 Jan / 6 Feb - 26 June 4:00 - 5:00 pm Coaches - Alessia Prest, Asger Sondberg, Daria Barkova				