

# GISST Training Schedule 2022-23

## Winter Season (February - March 2023)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.1	<b>U14 Boys Basketball</b> 5 Dec - 20 March 4:00 - 5:30 pm Coach - Kristijan Vidovic, Chris Keninger	<b>U14 Girls Basketball</b> 6 Dec - 21 March 4:00 - 5:30 pm Coach - Teresa Strauss	<b>U14 Girls Volleyball</b> 18 Jan - 29 March 4:00 - 5:30 pm Coaches - Adrian Haug	<b>U14 Girls Basketball</b> 8 Dec - 16 March 4:00 - 5:30 pm Coach - Teresa Strauss	<b>Varsity Girls Volleyball</b> (prep-season) 13 Jan - 31 March 4:00 - 5:30 pm Coaches - Adrian Haug
Gym 1.2		<b>U14 &amp; Varsity Table Tennis</b> 6 Dec - 28 Feb 4:00 - 5:30 pm Coach - Sebastian Orellana Prado		<b>U14 &amp; Varsity Table Tennis</b> 8 Dec - 2 March 4:00 - 5:30 pm Coach - Sebastian Orellana Prado	
Gym 2.1	<b>U14 Girls Volleyball</b> 16 Jan - 27 March 4:00 - 5:30 pm Coaches - Adrian Haug	<b>Varsity Boys Basketball</b> 13 Dec - 14 March 4:00 - 5:30 pm Coach - Frank Wölfel	<b>U14 Boys Basketball</b> 7 Dec - 22 March 4:00 - 5:30 pm Coach - Kristijan Vidovic, Chris Keninger	<b>Varsity Boys Basketball</b> 15 Dec - 9 March 4:00 - 5:30 pm Coach - Frank Wölfel	
Gym 2.2					
Gym 2.3	<b>U14 Boys Volleyball</b> 13 Feb - 27 March 4:00 - 5:30 pm Coach - Julian Tsang	<b>U14 Boys Volleyball</b> 7 Feb - 28 March 4:00 - 5:30 pm Coach - Sirpa Hope	<b>Varsity Boys Volleyball</b> (prep-season) 11 Jan - 29 March 4:00 - 5:30 pm Coach - Sirpa Hope		
Swimming pool (Uni)	<b>U14 &amp; Varsity Swimming</b> 13 Feb - 26 June 4:00 - 5:00 pm Coaches - Alessia Prest, Asger Sondberg, Daria Barkova				<b>G 2-5 Swimming</b> 10 Feb - 30 June 2:30 - 3:15 / 3:15 - 4:00 pm Coaches - Alessia Prest, Asger Sondberg, Daria Barkova