

# GISST Training Schedule 2022-23

## Spring Season (April - June 2023)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.1	<b>U14 Boys Basketball</b> (prep-season) 17 April - 26 June 4:00 - 5:30 pm Coach - Kristijan Vidovic	<b>Varsity Boys Volleyball</b> (prep-season) 18 April - 27 June 4:00 - 5:30 pm Coach - Julian Tsang	<b>U14 Boys Basketball</b> (prep-season) 19 April - 28 June 4:00 - 5:30 pm Coach - Kristijan Vidovic	<b>U14 Boys Volleyball</b> 20 April - 25 May 4:00 - 5:30 pm Coaches - Franz Schraut, Adrian Hemmelmann	<b>Varsity Girls Volleyball</b> (prep-season) 21 April - 30 June 4:00 - 5:30 pm Coach - Adrian Haug
Gym 1.2			<b>U14 Girls Basketball</b> (prep-season) 19 April - 28 June 4:00 - 5:30 pm Coach - Teresa Strauss		
Gym 2.1	<b>U14 Girls Volleyball</b> 17 April - 22 May 4:00 - 5:30 pm Coach - Adrian Haug	<b>U14 Badminton</b> (prep-season) 18 April - 27 June 4:00 - 5:30 pm Coach - Daniel Paulini	<b>U14 Girls Volleyball</b> 19 April - 24 May 4:00 - 5:30 pm Coach - Adrian Haug	<b>Varsity Badminton</b> (prep-season; tbc) 20 April - 29 June 4:00 - 5:30 pm Coach - tbc	<b>U14 Boys Volleyball</b> 21 April - 26 May 3:45 - 5:00 pm Coaches - Franz Schraut, Adrian Hemmelmann
Gym 2.2					
Gym 2.3					
University Track		<b>U14 &amp; Varsity Track and Field</b> 18 April - 13 June 4:00 - 5:30 pm Coaches - Chris Keninger, Sebastian Orellana Prado, Kristijan Vidovic		<b>U14 &amp; Varsity Track and Field</b> 20 April - 1 June 4:00 - 5:30 pm Coaches - Jamie Williamson, Chris Keninger, Sebastian Orellana Prado	
SpVgg/FIS Field	<b>Varsity Football</b> (prep-season) 17 April - 26 June 3:45 - 5:15 pm Coach - Bernardo Amaro		<b>U14 &amp; Varsity Football</b> (prep-season) 19 April - 28 June 3:45 - 5:15 pm Coaches - Derek Hyde, Bernardo Amaro		
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