

# GISST Training Schedule 2023-24

## Spring Season (April - June 2024)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.1	<b>U14 Girls Volleyball</b> 8 April - 3 June 4:00 - 5:30 pm	<b>U14 &amp; Varsity Table Tennis</b> 9 April - 16 April 4:00 - 5:30 pm	<b>U14 Girls Volleyball</b> 10 April - 5 June 4:00 - 5:30 pm	<b>U14 &amp; Varsity Table Tennis</b> 11 April - 18 April 4:00 - 5:30 pm	<b>Varsity Volleyball (prep-season)</b> 12 April - 28 June 3:45 - 5:00 pm
Gym 1.2		<b>U14 &amp; Varsity Boys Basketball (prep-season)</b> 9 April - 25 June 4:00 - 5:30 pm		After School Activity	
Gym 2.1	<b>U14 Boys Volleyball</b> 8 April - 3 June 4:00 - 5:30 pm	<b>U14 &amp; Varsity Badminton (prep-season)</b> 9 April - 25 June 4:00 - 5:30 pm	<b>U14 Boys Volleyball</b> 10 April - 5 June 4:00 - 5:30 pm	<b>U14 &amp; Varsity Boys Basketball (prep-season)</b> 11 April - 27 June 4:00 - 5:30 pm	
Gym 2.2					
Gym 2.3	<b>U14 &amp; Varsity Girls Basketball (prep-season)</b> 8 April - 24 June 4:00 - 5:30 pm		<b>U14 &amp; Varsity Girls Basketball (prep-season)</b> 10 April - 26 June 4:00 - 5:30 pm		
University Track		<b>U14 &amp; Varsity Track and Field</b> 9 April - 11 June 4:00 - 5:30 pm		<b>U14 &amp; Varsity Track and Field</b> 11 April - 6 June 4:00 - 5:30 pm Coaches - tbc	
SpVgg / FIS Field	<b>Varsity Football (prep-season)</b> 8 April - 24 June 3:45 - 5:15 pm		<b>U14 &amp; Varsity Football (prep-season)</b> 10 April - 26 June 3:45 - 5:15 pm		
Swimming pool (Uni)	<b>U14 &amp; Varsity Swimming (advanced level)</b> 8 April - 24 June 4:00 - 5:00 pm				<b>G 3-5 Swimming (advanced level)</b> 12 April - 28 June 2:30 - 3:15 / 3:15 - 4:00 pm