

To the Parents of Middle and High School Students

O/ref: SVA/cg	Lausanne, July 2 nd	, 2024

ADISR Training Calendar – 2024-2025

Dear Parents and dear Students,

In the framework of the sports competitions for the school year 2024-2025, we send you enclosed the ADISR training calendar.

These sports sessions are proposed by the ENSR teachers to students, from class 5 upwards, participating in inter-school competitions. This calendar will be definitively announced at the end of August 2024.

The students will be informed at the beginning of the school year of the registration procedures for the competitions and training sessions. In case of interest, please take note of the training periods and schedules to facilitate their implementation.

The organization and general coordination of ADISR training sessions are ensured by Mr. van Aartrijk (079 794 76 13) and Mr. Gsell (078 635 57 09). They will be pleased to receive your comments and answer your questions by telephone or on their e-mail addresses vanaartrijk@ensr.ch and gsell@ensr.ch.

We look forward to meeting you at the start of the new school year and wish you, dear parents and students, a very pleasant summer.

The Sports Department

Attached:

- ADISR Training Calendar



ADISR TRAINING 2024-2025

JOUR	Until October	4 weeks in November	December	January and February	February until Easter	Easter until end of May	June
MONDAY 16.30-18.00	Track & Fields (Athletics) Unihockey Gr. 5-12	General Fitness Program Unihockey Gr 5-12	General Fitness Program Badminton Gr. 8-12	General Fitness Program Badminton Gr. 8-12	Track & Fields (Athletics)	Track & Fields (Athletics)	
TUESDAY 16.30-18.00	Volleyball Girls Gr. 8-12	Volleyball Girls Gr. 8-12	Volleyball Mixt Gr. 8-12	Volleyball Mixt Gr. 8-12	Volleyball Mixt Gr. 8-12	Volleyball Gr. 8-12	
WEDNESDA Y Afternoon							
THURSDAY 16.30-18.00	Volleyball Boys Gr. 8-12	Volleyball Boys Gr. 8-12	Badminton Gr. 8-12	Badminton Gr. 8-12	Volleyball Boys Gr. 8-12	Volleyball Gr. 8-12	
FRIDAY	Basket-Ball Gr. 8-12	Basket-Ball Gr. 8-12	Basket-Ball Gr. 8-12	Basket-Ball Gr. 8-12	Basket-Ball Gr. 8-12	Basket-Ball Gr. 8-12	