

To the Parents of
Middle and High School Students

O/ref: SVA/gf

Lausanne, July 13th, 2020

ADISR Training Calendar – 2020-2021

Dear Parents and dear Students,

In the framework of the sports competitions for the school year 2020-2021, 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 2020.

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

Appendix:
- ADISR Training Calendar



ADISR TRAINING 2020-2021

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	Football & Uni-Hockey Gr. 4-8	Football & Uni-Hockey Gr. 4-8	Badminton Gr. 8-12	Badminton Gr. 8-12	Badminton Gr. 8-12	Track & Fields (Athletics)	
TUESDAY 16.30-18.00	Running class Volleyball Gr. 8-12	Running class Volleyball Gr. 8-12	General Fitness Program Volleyball Gr. 8-12	General Fitness Program Volleyball Gr. 8-12	Running class Track & Fields (Athletics) Volleyball Gr. 8-12	Running class Track & Fields (Athletics) Volleyball Gr. 8-12	
WEDNESDAY 16.30-18.00	Basketball Gr. 8-12	Basketball Gr. 8-12	Basketball Gr. 8-12	Basketball Gr. 8-12	Basketball Gr. 8-12	Basketball Gr. 8-12	
THURSDAY 16.30-18.00	Volleyball Gr. 8-12	Volleyball Gr. 8-12	Badminton Gr. 8-12	Badminton Gr. 8-12	Volleyball Gr. 8-12	Volleyball Gr. 8-12	
FRIDAY							