

Overlander Ski League Junior Development (age 13 plus - experienced skiers only)
Seasonal Plan

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 school starts	7	8	9	10
11	12	13	14	15 preseason dryland ski practice sessions begin. 6:00pm- 7pm	16	17
18	19	20 dryland rollerski	21	22 dryland practice	23	24
25	26	27 dryland rollerski	28	29 dryland practice	30	

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 dryland rollerski	5	6 dryland practice	7	8
9	10	11 dryland rollerski	12	13 dryland practice	14	15
16	17	18	19	20	21	22

		dryland rollerski		dryland practice		
23	24	25 dryland rollerski	26	27 dryland practice	28	29
30	31					

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 dryland practice	4	5
6	7	8 dryland rollerski	9	10	11	12
13	14	15	16	17	18	19
On Snow camp - Vernon						
20	21	22 dryland rollerski or on snow	23	24 dryland or on snow?	25	26 Vernon canada Cup
27	28	29 practice	30			

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					Vernon Super B Nordiq cup	
4	5	8 On snow practice 6:30PM	7		9	10 on snow practice

11	12	15 On snow practice 6:30PM	14		16	17 Revelstoke OK Cup
18	19	20	21	22 Hollidays	23	24
25	26	27	28 Hollidays	29	30	31

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Practice	4	5 evening practice	6	7 Whistler BC Cup 1
8 Whistler BC Cup 1	9	10 Practice	11	12 evening practice	13	14 practice - pre ski event course
15 Kamloops Okanagan Cup race event. Organized race event as part of ski league practice.	16	17 Practice	18	19	20	21 U23 Trials Prince George
22	23	24 Practice	25	26 evening practice	27	practice
29	30 Practice					

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1		3	4 practice
5	6 Practice	17	8		10	11 Practice
12	13 Practice	24	15		17	18 Revelstoke Teck Cup 18/19th
19 Revelstoke	20 Practice		22		24	25 practice
26	27					

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Kelowna - BC Champs team event	4
5 cont. Kelowna - BC Champs	6	7 practice	8	9	10	11 Nationals - thunder Bay
12	13	14	15	16	17	18 Thunder Bay
19	20	21	22	23	24	25
26	27	28	29	30	31	