

Overlander Ski League Level 2-3 (age 6,7) Seasonal Plan

September 2022

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

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 dryland practice	7	8
9	10	11	12	13	14	15

				dryland practice		
16	17	18	19	20	21	22
				dryland practice		
23	24	25	26	27	28	29
				dryland practice		
30	31					

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2		3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10						

11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 first practice at Stake Lake 10:30am start (register for planned event on Jan 15th)
8	9	10	11	12	13	14 practice - pre ski event course
15 Kamloops Okanagan Cup race event. Organized race event as part of ski league practice.	16	17	18	19	20	21 practice # 3
22	23	24	25	26	27	28 practice #4
29	30	31				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 practice # 5
5	6	7	8	9	10	11 Practice #6
12	13	14	15	16	17	18 Practice #7
19	20	21	22	23	24	25 practice #8
26	27	28				

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					Kelowna - BC Champs team event	
5 cont. Kelowna - BC Champs	6	7	8	9	10	11 year end windup event at Stake Lake
12	13	14	15	16	17	18
19	20	21	22	23	24	25

26	27	28	29	30	31	
----	----	----	----	----	----	--