

Overlander Ski League Track Attack (age 9-12) 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 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 dryland practice	14	15
16	17	18	19	20	21	22

				dryland practice		
23	24	25	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	9	10	11 Regional on snow camp	12
13	14	15	16	17 dryland or on snow?	18	19
20	21	22	23	24 dryland or on snow?	25	26
27	28	29	30			

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 On snow practice 6:30PM	2	3
4	5	6	7	8	9	10

				On snow practice 6:30PM		
11	12	13	14	On snow practice 6:30PM	16	Teck cup Revelstoke
18	19	20	21	22	23	24
Hollidays						
25	26	27	28	29	30	31
Hollidays						

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	evening practice	6	first Saturday practice at Stake Lake 10:30am start (register for planned event on Jan 15th)
8	9	10	11	evening practice	13	practice - pre ski event course
15	16	17	18	evening practice	20	practice
22	23	24	25	26	27	28

Kamloops Okanagan Cup race event. Organized race event as part of ski league practice.

				evening practice		Midget Championships - Salmon Arm 28/29th
29	30	31				

February 2023

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

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Kelowna - BC Champs team event
5	6	7	8	9	10	11

cont. Kelowna - BC Champs						Year End Windup event
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	