

Overlander Ski League Track Attack (age 9-12) 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	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	15 On snow practice 6:30PM	16	17
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	5 evening practice	6	7 first Saturday practice at Stake Lake 10:30am start (register for planned event on Jan 15th)
8	9	10	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	18	19 evening practice	20	21 practice
22	23	24	25	26	27	28

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