

Overlander Ski League Level 1 (age 4,5) Seasonal Plan

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. Fun race for youth level 1 planned with prize for completion of event.	16	17	18	19	20	21 practice #3
22	23	24	25	26	27	28 practice #4
29	30	31				

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
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	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
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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	

Overlander Ski League Level 4 (age 8) Seasonal Plan

September 2022

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

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						2
2	3	4	5	6	7	8
				dryland practice		
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
				dryland practice		

6	7	8	9	10	11	12
					on snow Regional camp Vernon	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
				dryland or on snow?		
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 On snow practice 6:30PM	9	10
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 official Saturday on snow practice
8	9	10	11	12 evening practice	13	14 practice - pre ski event course
15	16	17	18	19	20	21

Kamloops Okanagan Cup race event. Organized race event as part of ski league practice.				evening practice		practice
22	23	24	25	26 evening practice	27	28 practice
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 Practice
19	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 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	

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	

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 On snow practice 6:30PM	2	3
					Canmore Super B	
4	5	6	7	8	9	10

				On snow practice 6:30PM		on snow practice		
11	12	13	14	On snow practice 6:30PM	15	16	17	on snow practice
18	19	20	21	Holidays		22	23	24
25	26	27	28	Holidays		29	30	31

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 evening practice	6	7 Whistler BC Cup 1
8 Whistler BC Cup 1	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	20	21 U23 Trials Prince George
22	23	24	25	26	27	28

			evening practice		100 Mile Regional Cup
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 Kelowna - BC Champs team event	4
5 cont. Kelowna - BC Champs	6	7 ski practice	8	9	10	11 Nationals - thunder Bay
12	13	14	15 Thunder Bay	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

