

Overlander Ski League Level 4 (age 8) 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 on snow Regional camp Vernon	12
13	14	15	16	17	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 official Saturday on snow practice
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 evening practice	27	28 practice

29	30	31	
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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	

