

## RAB Challenge - April 11-13 Spruce Grove

date	start time	end time	Activity	Leader	Team 1	Team 2	Location
Friday, April 11	9:00 AM	9:30 AM	team-building	Team Coaches	PURPLE		Border Paving
Friday, April 11	10:30 AM	11:30 AM	practice	Coach Mentors	ORANGE	PURPLE	TLC South
Friday, April 11	12:45 PM	2:15 PM	Coach Development	Coach Mentors	ORANGE	PURPLE	Border Paving
Friday, April 11	1:15 PM	2:45 PM	Dare to Care	Dare to Care	ORANGE	PURPLE	South field - Court
Friday, April 11	3:45 PM	4:45 PM	game	Team Coaches	ORANGE	PURPLE	TLC North
Friday, April 11	5:00 PM	6:00 PM	nutrition	Katie Henderson	ORANGE	PURPLE	Multi-Purpose Room
Saturday, April 12	8:45 AM	9:45 AM	practice	Coach Mentors	PURPLE	WHITE	TLC South
Saturday, April 12	10:30 AM	11:00 AM	strategy	Team Coaches	PURPLE		BPAC 1
Saturday, April 12	11:30 AM	12:15 PM	off-ice power skating	Mel Thomas	PURPLE	WHITE	South Court 1
Saturday, April 12	12:30 PM	1:45 PM	COACH GAME	Coach Mentors	NAVY	GOLD	TLC North
Saturday, April 12	12:45 PM	2:00 PM	GOALIE DEVELOPMENT	Kat and Sid	ALL GOALIES		TLC South
Saturday, April 12	2:15 PM	3:15 PM	game	Team Coaches	PURPLE	WHITE	TLC South
Saturday, April 12	4:00 PM	4:45 PM	Talent Show Prep	jr coaches	PURPLE		South Court 1
Saturday, April 12	6:30 PM	7:45 PM	RAB's Got Talent	EVERYONE	everyone		South field - Court
Sunday, April 13	10:30 AM	11:30 AM	game	Team Coaches	PURPLE	SKY	TLC South

EVERYONE

ATHLETES/JR COACHES

TEAM COACHES