

## RAB CUP - April 26-27 Cochrane - TEAM 11 - NAVY

date	start time	end time	Activity	Leader	Team 1	Team 2	Location
Thurs or Fri	misc		Fitness Testing	CSI Calgary	CWG	Self-ID	Winsport
Saturday, April 26	9:30 AM	10:30 AM	TEAM-BUILDING/STRATEGY	TEAM COACHES	11 - NAVY		Glenbow Gym
Saturday, April 26	12:45 PM	2:00 PM	PRACTICE	MENTOR COACH	11 - NAVY	12 - GREY	TOTEM 1
Saturday, April 26	3:00 PM	4:00 PM	COACH DEV*	MENTOR COACH	11 - NAVY	12 - GREY	Creekside
Saturday, April 26	3:00 PM	4:00 PM	PSYCH	Frank Van Den Berg	11 - NAVY	12 - GREY	Glenbow Gym
Saturday, April 26	5:15 PM	6:30 PM	PRACTICE	MENTOR COACH	11 - NAVY	12 - GREY	TOTEM 1
Saturday, April 26	7:45 PM	8:30 PM	GOALIE DEV.	GOALIE COACH	GOALIES	teams 7-12	TOTEM 2
Sunday, April 27	8:00 AM	9:15 AM	GAME	TEAM COACHES	11 - NAVY	12 - GREY	TOTEM 1
Sunday, April 27	10:15 AM	11:15 AM	COACH DEV*	MENTOR COACH	11 - NAVY	12 - GREY	Waterfall
Sunday, April 27	10:15 AM	11:00 AM	OFF-ICE POWER SKATING^	Dallas Robbins	11 - NAVY	12 - GREY	Glenbow Gym
Sunday, April 27	11:00 AM	11:45 AM	PREVENTION & RECOVERY^	TBD	11 - NAVY	12 - GREY	Glenbow Gym
Sunday, April 27	12:30 PM	1:45 PM	GAME	TEAM COACHES	11 - NAVY	10 - WHITE	TOTEM 1
Sunday, April 27	2:15 PM	2:45 PM	DEBRIEF*	MENTOR COACH	11 - NAVY	12 - GREY	Waterfall

\*Coaches only

^Athletes only