

RAB CUP - April 26-27 Cochrane - TEAM 3 - 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	8:00 AM	9:15 AM	PRACTICE	MENTOR COACH	3 - NAVY	4 - GREY	TOTEM 2
Saturday, April 26	10:30 AM	11:30 AM	TEAM-BUILDING/STRATEGY	TEAM COACHES	3 - NAVY		Glenbow Gym
Saturday, April 26	1:00 PM	2:15 PM	PRACTICE	MENTOR COACH	3 - NAVY	4 - GREY	TOTEM 2
Saturday, April 26	3:00 PM	4:00 PM	COACH DEV*	MENTOR COACH	3 - NAVY	4 - GREY	Creekside
Saturday, April 26	3:00 PM	4:00 PM	PSYCH	Frank Van Den Berg	3 - NAVY	4 - GREY	Glenbow Gym
Saturday, April 26	8:30 PM	9:15 PM	GOALIE DEV.	GOALIE COACH	GOALIES	teams 1-6	TOTEM 2
Sunday, April 27	9:00 AM	10:00 AM	COACH DEV*	MENTOR COACH	3 - NAVY	4 - GREY	Waterfall
Sunday, April 27	11:00 AM	12:15 PM	GAME	TEAM COACHES	3 - NAVY	4 - GREY	TOTEM 1
Sunday, April 27	1:15 PM	2:00 PM	PREVENTION & RECOVERY^	TBD	3 - NAVY	4 - GREY	Glenbow Gym
Sunday, April 27	1:30 PM	2:00 PM	DEBRIEF*	MENTOR COACH	3 - NAVY	4 - GREY	Waterfall
Sunday, April 27	2:00 PM	2:45 PM	OFF-ICE POWER SKATING^	Dallas Robbins	3 - NAVY	4 - GREY	Glenbow Gym
Sunday, April 27	3:45 PM	5:00 PM	GAME	TEAM COACHES	3 - NAVY	2 - WHITE	TOTEM 2

*Coaches only

^Athletes only