

RAB Challenge - April 11-13 Spruce Grove

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

EVERYONE

ATHLETES/JR COACHES

TEAM COACHES