

## RAB Challenge - April 11-13 Spruce Grove

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

EVERYONE

ATHLETES/JR COACHES

TEAM COACHES