

RAB CUP - April 26-27 Cochrane - TEAM 8 - GREY

| 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 | 10:45 AM | PRACTICE | MENTOR COACH | 7 - NAVY | 8 - GREY | TOTEM 2 |
| Saturday, April 26 | 11:30 AM | 12:30 PM | TEAM-BUILDING/STRATEGY | TEAM COACHES | 8 - GREY | | Glenbow Gym |
| Saturday, April 26 | 2:30 PM | 3:45 PM | PRACTICE | MENTOR COACH | 7 - NAVY | 8 - GREY | TOTEM 2 |
| Saturday, April 26 | 4:15 PM | 5:15 PM | COACH DEV* | MENTOR COACH | 7 - NAVY | 8 - GREY | Creekside |
| Saturday, April 26 | 4:30 PM | 5:30 PM | PSYCH | Frank Van Den Berg | 7 - NAVY | 8 - GREY | Glenbow Gym |
| Saturday, April 26 | 7:45 PM | 8:30 PM | GOALIE DEV. | GOALIE COACH | GOALIES | teams 7-12 | TOTEM 2 |
| Sunday, April 27 | 9:30 AM | 10:45 AM | GAME | TEAM COACHES | 7 - NAVY | 8 - GREY | TOTEM 1 |
| Sunday, April 27 | 11:30 AM | 12:30 PM | COACH DEV* | MENTOR COACH | 7 - NAVY | 8 - GREY | Waterfall |
| Sunday, April 27 | 11:45 AM | 12:30 PM | OFF-ICE POWER SKATING^ | Dallas Robbins | 7 - NAVY | 8 - GREY | Glenbow Gym |
| Sunday, April 27 | 12:30 PM | 1:15 PM | PREVENTION & RECOVERY^ | TBD | 7 - NAVY | 8 - GREY | Glenbow Gym |
| Sunday, April 27 | 2:15 PM | 3:30 PM | GAME | TEAM COACHES | 5 - BLACK | 8 - GREY | TOTEM 2 |
| Sunday, April 27 | 3:45 PM | 4:15 PM | DEBRIEF* | MENTOR COACH | 7 - NAVY | 8 - GREY | Waterfall |

*Coaches only

^Athletes only