

## RAB Challenge - April 11-13 Spruce Grove

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

EVERYONE  
 ATHLETES/JR COACHES  
 TEAM COACHES