

RAB CHALLENGE



2019

Parent Package

April 26-28, 2019

Spruce Grove AB

Thank you for registering for the annual RAB Challenge event hosted by Ringette Alberta.

Dates: April 26-28, 2019

Location: TransAlta Tri Leisure Centre

221 Jennifer Heil Way
Spruce Grove AB T7X 4J5

Our staff is very excited to get this event underway! This information package will go through key details for the weekend, including:

- On-Ice Events
- Off-Ice Events
- Spirit Points
- Swag
- Hotels
- Fees
- Minor Officials
- Sunday Skills Sessions
- Teams/Schedules

This camp is an opportunity for athletes to participate on a team made up of athletes from across the province. Additionally, they will be exposed to new coaching styles in a fun, developmentally focused weekend. The goal of the weekend is to learn, meet new people and most importantly, have fun!

If you have any questions regarding the event, please contact:

Carolyn Reich

carolyn@ringettealberta.com

780-415-1761

ON-ICE EVENTS

All athletes attending RAB Challenge will be guaranteed 5 ice times. All teams will have 1 practice, 1 skills session and 3 games. Practices and skills sessions will be facilitated by our Canadian National Athletes.

OFF-ICE EVENTS

Each team will also attend two off-ice sessions over the course of the weekend:

1. Dryland Session – Stretch/Roll/Mobility
2. Nutrition for Young Athletes Session

In addition, each team will have a half hour Team Building session allotted for everyone to get to know each other.

Air Band Competition

Saturday evening we will be hosting a RAB Challenge Air Band Competition. This event will have teams face off in an air band competition to determine a winner. This event is not mandatory but will be a fun addition to the weekend. Please ask your child to come prepared with some of their favorite songs on their iPod or phone. The songs should be suitable to play in a public venue (non-explicit).

If there are gaps in your athlete's schedule on Friday or Saturday, the team is encouraged to use this down time to practice their Air Band routines.

The winner of the air band competition will receive 25 spirit points, and the runner up will receive 15 spirit points.

SPIRIT POINTS

Over the course of the weekend we are looking for athletes to get into the team spirit and show their team colours! Earn spirit points over the weekend by doing any of the following:

- Make a team banner (5 points)
- Teach your parents a cheer (10 points)
- Wear your team colours! (morph suits encouraged) (1 point per player/parent dressed up per day)
- Paint your face in your team colours (1 point per player/parent with face painted per day)
- Cheer on another team (10 points)
- BONUS: Creative ideas will be rewarded! Especially those with a sportsmanship or "Friends First" focus.

SWAG

Every athlete will receive a jersey as well as a t-shirt in their team colours. Please note that sizes given in registration were not guaranteed as the clothing was pre-ordered to ensure it arrived in time for the camp.

HOTELS

Ringette Alberta does not have a group block of hotels. Please make your own accommodations for the weekend.

LUNCH

There are two food venues on-site if you would like to send money with your child. Otherwise, please send a bagged lunch with a labelled water bottle to stay hydrated throughout the day.

FEES

All RAB Challenge athletes MUST have paid their registration fees before they will be allowed to participate in the event.

MINOR OFFICIALS

Each team should provide at least 2 minor officials for all games over the weekend. Minor officials will cover the following positions in the box:

- Shot Clock
- Time Clock
- Gamesheet
- Penalty Box doors

TEAMS/SCHEDULES

There is a team package which includes the team roster as well as the team schedule for the weekend. Please refer to these packages for all roster and schedule information.

Please note, many hours have been expended to ensure teams are even. We will not make any team changes to accommodate friend requests. All teams consist of athletes from around the Province, therefore most of the team will not know each other. This is a great opportunity for your child to step outside of their comfort zone and meet players they may compete against next year. Many friendships were formed at past RAB Challenges!

Please check your schedule a few days prior to the event to ensure there are not any minor changes.

RAB CHALLENGE ON-ICE SCHEDULE

Please note, this schedule is only for on-ice activities. Final complete schedules for all teams are available on the website under the RAB CHALLENGE page.

FRIDAY							
Date	Start	End	Info	Home	Visitor	Game #	Location
26-Apr-19	11:15 AM	12:15 PM	PRACTICE/COACH MENTOR	RED	ROYAL		Tri-Leisure North
26-Apr-19	11:30 AM	12:30 PM	SKILL DEVELOPMENT	WHITE	YELLOW		Tri-Leisure South
26-Apr-19	12:30 PM	1:30 PM	PRACTICE/COACH MENTOR	MAROON	SKY		Tri-Leisure North
26-Apr-19	12:45 PM	1:45 PM	SKILL DEVELOPMENT	GREEN	BLACK		Tri-Leisure South
26-Apr-19	1:45 PM	2:45 PM	PRACTICE/COACH MENTOR	PURPLE	ORANGE		Tri-Leisure North
26-Apr-19	2:00 PM	3:00 PM	SKILL DEVELOPMENT	GREY	PINK		Tri-Leisure South
26-Apr-19	3:00 PM	4:15 PM	GAME	RED	ROYAL	3	Tri-Leisure North
26-Apr-19	3:15 PM	4:30 PM	GAME	WHITE	YELLOW	4	Tri-Leisure South
26-Apr-19	4:30 PM	5:45 PM	GAME	MAROON	SKY	1	Tri-Leisure North
26-Apr-19	4:45 PM	6:00 PM	GAME	GREEN	BLACK	2	Tri-Leisure South
26-Apr-19	6:00 PM	7:15 PM	GAME	PURPLE	ORANGE	5	Tri-Leisure North
26-Apr-19	6:15 PM	7:30 PM	GAME	GREY	PINK	6	Tri-Leisure South
* Coach Mentor/Skill Development sessions facilitated by U21 Canadian National Athletes Alumni							

SATURDAY

Date	Start	End	Info	Home	Visitor	Game #	Location
27-Apr-19	8:30 AM	9:30 AM	SKILL DEVELOPMENT	MAROON	SKY		Tri-Leisure North
27-Apr-19	8:45 AM	9:45 AM	PRACTICE/COACH MENTOR	GREEN	BLACK		Tri-Leisure South
27-Apr-19	9:45 AM	10:45 AM	SKILL DEVELOPMENT	RED	ROYAL		Tri-Leisure North
27-Apr-19	10:00 AM	11:00 AM	PRACTICE/COACH MENTOR	WHITE	YELLOW		Tri-Leisure South
27-Apr-19	11:00 AM	12:00 PM	SKILL DEVELOPMENT	PURPLE	ORANGE		Tri-Leisure North
27-Apr-19	11:15 AM	12:15 PM	PRACTICE/COACH MENTOR	GREY	PINK		Tri-Leisure South
27-Apr-19	12:15 PM	1:30 PM	GAME	MAROON	GREEN	7	Tri-Leisure North
27-Apr-19	12:30 PM	1:45 PM	GAME	SKY	BLACK	8	Tri-Leisure South
27-Apr-19	1:45 PM	3:00 PM	GAME	RED	WHITE	9	Tri-Leisure North
27-Apr-19	2:00 PM	3:15 PM	GAME	ROYAL	YELLOW	10	Tri-Leisure South
27-Apr-19	3:15 PM	4:30 PM	GAME	PURPLE	GREY	11	Tri-Leisure North
27-Apr-19	3:30 PM	4:45 PM	GAME	ORANGE	PINK	12	Tri-Leisure South
27-Apr-19	6:15 PM	7:15 PM	GYM	AIR BAND COMPETITION			Soccer Field - South

SUNDAY

Date	Start	End	Info	Home	Visitor	Game #	Location
28-Apr-19	9:15 AM	10:30 AM	GAME	ORANGE	GREY	13	Tri-Leisure North
28-Apr-19	9:30 AM	10:45 AM	GAME	PURPLE	PINK	14	Tri-Leisure South
28-Apr-19	10:45 AM	12:00 PM	GAME	MAROON	BLACK	15	Tri-Leisure North
28-Apr-19	11:00 AM	12:15 PM	GAME	SKY	GREEN	16	Tri-Leisure South
28-Apr-19	12:15 PM	1:30 PM	GAME	RED	YELLOW	17	Tri-Leisure North
28-Apr-19	12:30 PM	1:45 PM	GAME	ROYAL	WHITE	18	Tri-Leisure South

RAB CHALLENGE OFF-ICE SCHEDULE

Please note, this schedule is only for team building, yoga and the nutrition sessions. Final complete schedules for all teams are available on the website under the RAB CHALLENGE page.

Friday April 26, 2019				
Start	End	Event	Stony Plain Room	Spruce Grove Room
11:30 AM	12:00 PM	TEAM BLDG	GREEN	BLACK
12:15 PM	12:45 PM	TEAM BLDG	PURPLE	ORANGE
1:45 PM	2:15 PM	TEAM BLDG	WHITE	YELLOW
2:30 PM	3:00 PM	TEAM BLDG	MAROON	SKY
4:00 PM	4:30 PM	TEAM BLDG	GREY	PINK
5:00 PM	5:30 PM	TEAM BLDG	RED	ROYAL

Friday April 26, 2019				
Tri-Leisure Soccer Field - North				
Start	End	Event	Team	Team
11:00 AM	12:00 PM	YOGA	MAROON	SKY
12:15 PM	1:15 PM	YOGA	GREY	PINK
1:30 PM	2:30 PM	YOGA	RED	ROYAL
2:45 PM	3:45 PM	YOGA	GREEN	BLACK
4:00 PM	5:00 PM	YOGA	PURPLE	ORANGE
5:15 PM	6:15 PM	YOGA	WHITE	YELLOW

Saturday April 27, 2019				
OFF ICE				
Stony Plain Room				
Start	End	Event	Team	Team
9:30 AM	10:30 AM	NUTRITION	PURPLE	GREY
10:45 AM	11:45 AM	NUTRITION	MAROON	GREEN
12:00 PM	1:00 PM	NUTRITION	RED	WHITE
1:15 PM	2:15 PM	NUTRITION	ORANGE	PINK
2:30 PM	3:30 PM	NUTRITION	SKY	BLACK
3:45 PM	4:45 PM	NUTRITION	ROYAL	YELLOW