

RAB CHALLENGE



2022

Parent Package

April 8-10, 2022

Airdrie AB

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

Dates: April 8-10, 2022

Location: Genesis Place

800 East Lake Blvd NE
Airdrie, AB T4A 2K9

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
- 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 2 practice/skills session and 3 games.

OFF-ICE EVENTS

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

1. Dryland Session – Yoga (Stretch/Roll/Mobility) – bring a yoga mat if you have one
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.

RAB'S Got Talent Competition

Saturday evening we will be hosting a RAB's Got Talent competition. This event will have teams face off to show us their off-ice talents which could include a group dance routine, cheer, gymnastics, singing, magic show. We are ready to be "wowed" by our incredible young athletes talents and imagination!

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 talent routine.

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
08-Apr-22	9:00 AM	10:00 AM	PRACTICE/COACH MENTOR	RED	ROYAL		Shane Homes Ice
08-Apr-22	9:15 AM	10:15 AM	SKILL DEVELOPMENT	WHITE	YELLOW		Rocky View County Ice
08-Apr-22	10:15 AM	11:15 AM	PRACTICE/COACH MENTOR	MAROON	SKY		Shane Homes Ice
08-Apr-22	10:30 AM	11:30 AM	SKILL DEVELOPMENT	GREEN	BLACK		Rocky View County Ice
08-Apr-22	11:30 AM	12:30 PM	PRACTICE/COACH MENTOR	PURPLE	ORANGE		Shane Homes Ice
08-Apr-22	11:45 AM	12:45 PM	SKILL DEVELOPMENT	GREY	PINK		Rocky View County Ice
08-Apr-22	12:45 PM	1:45 PM	GAME	RED	ROYAL	1	Shane Homes Ice
08-Apr-22	1:00 PM	2:00 PM	GAME	WHITE	YELLOW	2	Rocky View County Ice
08-Apr-22	2:15 PM	3:15 PM	GAME	MAROON	SKY	3	Rocky View County Ice
08-Apr-22	3:30 PM	4:30 PM	GAME	GREEN	BLACK	4	Rocky View County Ice
08-Apr-22	4:15 PM	5:15 PM	GAME	PURPLE	ORANGE	5	Shane Homes Ice
08-Apr-22	4:45 PM	5:45 PM	GAME	GREY	PINK	6	Rocky View County Ice

SATURDAY

Date	Start	End	Info	Home	Visitor	Game #	Location
09-Apr-22	8:30 AM	9:30 AM	SKILL DEVELOPMENT	MAROON	SKY		Shane Homes Ice
09-Apr-22	8:45 AM	9:45 AM	PRACTICE/COACH MENTOR	GREEN	BLACK		Rocky View County Ice
09-Apr-22	9:45 AM	10:45 AM	SKILL DEVELOPMENT	RED	ROYAL		Shane Homes Ice
09-Apr-22	10:00 AM	11:00 AM	PRACTICE/COACH MENTOR	WHITE	YELLOW		Rocky View County Ice
09-Apr-22	11:00 AM	12:00 PM	SKILL DEVELOPMENT	PURPLE	ORANGE		Shane Homes Ice
09-Apr-22	11:15 AM	12:15 PM	PRACTICE/COACH MENTOR	GREY	PINK		Rocky View County Ice
09-Apr-22	12:45 PM	2:00 PM	GAME	MAROON	GREEN	7	Shane Homes Ice
09-Apr-22	12:30 PM	1:45 PM	GAME	SKY	BLACK	8	Rocky View County Ice
09-Apr-22	2:15 PM	3:30 PM	GAME	RED	WHITE	9	Shane Homes Ice
09-Apr-22	2:00 PM	3:15 PM	GAME	ROYAL	YELLOW	10	Rocky View County Ice
09-Apr-22	3:45 PM	5:00 PM	GAME	PURPLE	GREY	11	Shane Homes Ice
09-Apr-22	3:30 PM	4:45 PM	GAME	ORANGE	PINK	12	Rocky View County Ice
09-Apr-22	6:00 PM	7:00 PM	RAB'S GOT TALENT!				Shane Homes Field

SUNDAY

Date	Start	End	Info	Home	Visitor	Game #	Location
10-Apr-22	9:15 AM	10:30 AM	GAME	ORANGE	GREY	13	Shane Homes Ice
10-Apr-22	9:30 AM	10:45 AM	GAME	PURPLE	PINK	14	Rocky View County Ice
10-Apr-22	10:45 AM	12:00 PM	GAME	MAROON	BLACK	15	Shane Homes Ice
10-Apr-22	11:00 AM	12:15 PM	GAME	SKY	GREEN	16	Rocky View County Ice
10-Apr-22	12:15 PM	1:30 PM	GAME	RED	YELLOW	17	Shane Homes Ice
10-Apr-22	12:30 PM	1:45 PM	GAME	ROYAL	WHITE	18	Rocky View County Ice

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 8, 2022			
Start	End	Event	Lumley Room
9:00 AM	9:30 AM	TEAM BLDG	GREEN
9:30 AM	10:00 AM	TEAM BLDG	BLACK
10:00 AM	10:30 AM	TEAM BLDG	PURPLE
10:30 AM	11:00 AM	TEAM BLDG	ORANGE
11:00 AM	11:30 AM	TEAM BLDG	WHITE
11:30 AM	12:00 PM	TEAM BLDG	YELLOW
12:30 PM	1:00 PM	TEAM BLDG	MAROON
1:00 PM	1:30 PM	TEAM BLDG	SKY
1:30 PM	2:00 PM	TEAM BLDG	GREY
2:00 PM	2:30 PM	TEAM BLDG	PINK
2:30 PM	3:00 PM	TEAM BLDG	RED
3:00 PM	3:30 PM	TEAM BLDG	ROYAL

Friday April 8, 2022				
OFF ICE				
Nutrition - Aecon Multipurpose Room				
Start	End	Event	Team	
9:00 AM	9:45 AM	NUTRITION	MAROON	SKY
10:00 AM	10:45 AM	NUTRITION	GREY	PINK
11:00 AM	11:45 AM	NUTRITION	RED	ROYAL
12:00 PM	12:45 PM	NUTRITION	GREEN	BLACK
1:00 PM	1:45 PM	NUTRITION	PURPLE	ORANGE
2:30 PM	3:15 AM	NUTRITION	WHITE	YELLOW

Saturday, April 9, 2022				
OFF ICE				
Yoga - Meadowbrick Junior High School				
Start	End	Event	Team	Team
9:00 AM	10:00 AM	YOGA	PURPLE	GREY
10:30 AM	11:30 AM	YOGA	MAROON	GREEN
12:00 PM	1:00 PM	YOGA	RED	WHITE
1:15 PM	2:15 PM	YOGA	ORANGE	PINK
2:30 PM	3:30 PM	YOGA	SKY	BLACK
4:00 PM	5:00 PM	YOGA	ROYAL	YELLOW
6:00 PM	7:00 PM	RAB'S GOT TALENT!		