

RAB CUP SOUTH - DON HARTMAN NORTHEAST SPORTSPLEX, CALGARY AB

CHECK IN: Friday 5:30pm - 6:30pm

FRIDAY INFO SESSION

Date	Start	End	Info	Home	Visitor	Game #	Location
29-Apr-22	6:30 PM	7:30 PM	Canada Winter Games Info Session (ATHLETES ONLY)				NESS - Team Room

SATURDAY (ICE)

30-Apr-22	8:00 AM	9:15 AM	PRACTICE	Team 1 - NAVY	Team 2 - GREY		NESS - Rink East
30-Apr-22	9:30 AM	10:45 AM	PRACTICE	Team 3 - ROYAL	Team 4 - WHITE		NESS - Rink East
30-Apr-22	11:00 AM	12:15 PM	PRACTICE	Team 5 - BLACK	Team 6 - SKY		NESS - Rink East
30-Apr-22	1:45 PM	3:00 PM	GAME	Team 1 - NAVY	Team 2 - GREY	1	NESS - Rink East
30-Apr-22	3:15 PM	4:30 PM	GAME	Team 3 - ROYAL	Team 4 - WHITE	2	NESS - Rink East
30-Apr-22	4:45 AM	6:00 PM	GAME	Team 5 - BLACK	Team 6 - SKY	3	NESS - Rink East

SUNDAY (ICE)

Date	Start	End	Info	Home	Visitor	Game	Location
01-May-22	8:00 AM	9:15 AM	GAME	Team 3 - ROYAL	Team 2 - GREY	4	NESS - Rink East
01-May-22	9:30 AM	10:45 AM	GAME	Team 5 - BLACK	Team 4 - WHITE	5	NESS - Rink East
01-May-22	11:30 AM	12:45 PM	GAME	Team 1 - NAVY	Team 6 - SKY	6	NESS - Rink West
01-May-22	1:45 PM	3:00 PM	GAME	Team 5 - BLACK	Team 2 - GREY	7	NESS - Rink East
01-May-22	3:15 PM	4:30 PM	GAME	Team 3 - ROYAL	Team 6 - SKY	8	NESS - Rink East
01-May-22	4:45 PM	6:00 PM	GAME	Team 1 - NAVY	Team 4 - WHITE	9	NESS - Rink East

SATURDAY (FITNESS)

Date	Start	End	Info	Team #	Team #	Location
30-Apr-22	11:15 AM	12:30 PM	ATHLETIC TESTIN	Team 1 - NAVY	Team 2 - GREY	NESS - Gymnasium
30-Apr-22	12:45 PM	2:00 PM	ATHLETIC TESTIN	Team 3 - ROYAL	Team 4 - WHITE	NESS - Gymnasium
30-Apr-22	2:00 PM	3:30 PM	ATHLETIC TESTIN	Team 5 - BLACK	Team 6 - SKY	NESS - Gymnasium

SATURDAY (NUTRITION)

Date	Start	End	Info	Home	Visitor	Location
30-Apr-22	9:30 AM	10:15 AM	NUTRITION	Team 1 - NAVY		NESS - Board Room
30-Apr-22	10:15 AM	11:00 AM	NUTRITION	Team 2 - GREY		NESS - Board Room
30-Apr-22	11:00 AM	11:45 AM	NUTRITION	Team 3 - ROYAL		NESS - Board Room
30-Apr-22	11:45 AM	12:30 PM	NUTRITION	Team 4 - WHITE		NESS - Board Room
30-Apr-22	1:00 PM	1:45 PM	NUTRITION	Team 5 - BLACK	Team 6 - SKY	NESS - Team Room

SUNDAY (MENTAL TRAINING)

Date	Start	End	Info	Home	Visitor	Location
01-May-22	12:00 PM	12:45 PM	Mental Training	Team 5 - BLACK	Team 2 - GREY	NESS - Team Room
01-May-22	1:00 PM	1:45 PM	Mental Training	Team 3 - ROYAL	Team 6 - SKY	NESS - Team Room
01-May-22	2:00 PM	2:45 PM	Mental Training	Team 1 - NAVY	Team 4 - WHITE	NESS - Team Room

*Combo 2 groups together for 1.5 hours

Nutritionist:

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Mental Trainer:

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