RAB CUP - Spray Lakes - COCHRANE

CHECK IN (La Releve prospects): Friday 6:30pm - 7:30pm

Players not evaluating for La Releve may check in before their first ice time on Saturday

FRIDAY INFO SESSION

Date	Start	End	Info	Home	Visitor	Game #	Location
28-Apr-23	7:30 PM	8:30 PM	**La Releve Information session (ATHLETES ONLY)**				Hillside Boardroom

FRIDAY (ICE)

28-Apr-23	8:15 PM	9:30 PM	GOALIE	**ALL**			SLS - Totem 2

SATURDAY (ICE)

Date	Start	End	Info	Home	Visitor	Game #	Location
29-Apr-23	8:00 AM	9:15 AM	PRACTICE	**Team 1 - NAVY**	**Team 2 - GREY**		SLS - Totem 2
29-Apr-23	11:00 AM	12:30 PM	ATHLETIC TESTING	**Team 1 - NAVY**	**Team 2 - GREY**		Gymnasium - East
29-Apr-23	2:00 PM	3:00 PM	NUTRITION	**Team 1 - NAVY**	**Team 2 - GREY**		Hillside Boardroom
29-Apr-23	4:45 PM	6:00 PM	GAME	**Team 1 - NAVY**	**Team 2 - GREY**	2	SLS - Totem 2

SUNDAY (ICE)

Date	Start	End	Info	Home	Visitor	Game #	Location
30-Apr-23	9:30 AM	10:45 AM	GAME	**Team 5 - BLACK**	**Team 2 - GREY**	7	SLS - Totem 2
30-Apr-23	1:00 PM	1:45 PM	Mental Training	**Team 5 - BLACK**	**Team 2 - GREY**		Hillside Boardroom
30-Apr-23	4:45 PM	6:00 PM	GAME	**Team 7 - RED**	**Team 2 - GREY**	11	SLS - Totem 2