

# RAB CUP - TRI LEISURE - SPRUCE GROVE

**CHECK IN (La Releve prospects): Friday 6:00pm - 7:00pm**

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

Date	Start	End	Info	Leader	Team 1	Team 2	Location
26-Apr-24	7:00 PM	8:00 PM	<b>La Releve info</b>	RAB	2008 born athletes - scouted		Lounge
26-Apr-24	8:15 PM	9:45 PM	<b>GOALIE</b>	<b>TBD</b>	<b>ALL GOALIES</b>		TLC - NORTH ARENA
27-Apr-24	8:45 AM	9:45 AM	PRACTICE	Coach Mentors	<b>Team 1 - NAVY</b>	<b>Team 2 - GREY</b>	TLC - NORTH ARENA
27-Apr-24	11:00 AM	12:30 PM	ATHLETICS	Mel/TBD	<b>Team 1 - NAVY</b>	<b>Team 2 - GREY</b>	North Field - half
27-Apr-24	1:00 PM	2:00 PM	NUTRITION	Katie	<b>Team 1 - NAVY</b>	<b>Team 2 - GREY</b>	Border Paving Room TBD
27-Apr-24	1:30 PM	3:00 PM	FEEDBACK & EVAL	Coach Mentors	<b>Team 1 - NAVY</b>	<b>Team 2 - GREY</b>	Lounge
27-Apr-24	3:15 PM	4:30 PM	PRACTICE	Coach Mentors	<b>Team 1 - NAVY</b>	<b>Team 2 - GREY</b>	TLC - NORTH ARENA
27-Apr-24	4:45 PM	5:30 PM	STRATEGY	Team Coaches	<b>Team 1 - NAVY</b>	<b>Team 1 - NAVY</b>	Border Paving Room TBD
28-Apr-24	10:30 AM	11:15 AM	Coach Development	Mel	<b>Team 1 - NAVY</b>	<b>Team 2 - GREY</b>	Lounge
28-Apr-24	12:15 PM	1:30 PM	GAME	Team Coaches	<b>Team 1 - NAVY</b>	<b>Team 2 - GREY</b>	TLC - NORTH ARENA
28-Apr-24	2:00 PM	3:00 PM	Mental Training	Brittany	<b>Team 1 - NAVY</b>	<b>Team 2 - GREY</b>	Border Paving Zender Ford
28-Apr-24	2:00 PM	2:45 PM	DEBRIEF	Coach Mentors	<b>Team 1 - NAVY</b>	<b>Team 1 - NAVY</b>	TBD
28-Apr-24	6:15 PM	7:30 PM	GAME	Team Coaches	<b>Team 1 - NAVY</b>	<b>Team 7 - RED</b>	TLC - NORTH ARENA

EVERYONE  
 ATHLETES  
 TEAM COACHES