

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 | La Releve info | RAB | 2008 born athletes - scouted | | Lounge |
| 26-Apr-24 | 8:15 PM | 9:45 PM | GOALIE | TBD | ALL GOALIES | | TLC - NORTH ARENA |
| | | | | | | | |
| 27-Apr-24 | 10:00 AM | 11:00 AM | PRACTICE | Coach Mentors | Team 6 - SKY | Team 10 - GREEN | TLC - NORTH ARENA |
| 27-Apr-24 | 12:30 PM | 2:00 PM | ATHLETICS | Mel/TBD | Team 6 - SKY | Team 10 - GREEN | North Field - half |
| 27-Apr-24 | 2:30 PM | 3:15 PM | STRATEGY | Team Coaches | Team 10 - GREEN | Team 10 - GREEN | TBD |
| 27-Apr-24 | 3:30 PM | 4:30 PM | NUTRITION | Katie | Team 6 - SKY | Team 10 - GREEN | Border Paving Room TBD |
| 27-Apr-24 | 3:30 PM | 5:00 PM | FEEDBACK & EVAL | Coach Mentors | Team 6 - SKY | Team 10 - GREEN | Lounge |
| 27-Apr-24 | 7:45 PM | 9:00 PM | PRACTICE | Coach Mentors | Team 6 - SKY | Team 10 - GREEN | TLC - NORTH ARENA |
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| 28-Apr-24 | 9:00 AM | 10:15 AM | GAME | Team Coaches | Team 4 - WHITE | Team 10 - GREEN | TLC - SOUTH ARENA |
| 28-Apr-24 | 10:30 AM | 11:15 AM | Coach Development | Mel | Team 6 - SKY | Team 10 - GREEN | Lounge |
| 28-Apr-24 | 11:00 AM | 12:00 PM | Mental Training | Brittany | Team 6 - SKY | Team 10 - GREEN | Border Paving Zender Ford |
| 28-Apr-24 | 11:30 AM | 12:15 PM | DEBRIEF | Coach Mentors | Team 10 - GREEN | Team 10 - GREEN | TBD |
| 28-Apr-24 | 1:45 PM | 3:00 PM | GAME | Team Coaches | Team 5 - BLACK | Team 10 - GREEN | TLC - NORTH ARENA |

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| EVERYONE |
| ATHLETES |
| TEAM COACHES |