

RAB CHALLENGE - CHESTERMERE REC CENTRE

| Date | Start | End | Info | Leader | Team 1 | Team 2 | Location |
|-----------|----------|----------|--------------------|---------------|----------|----------|---|
| 19-Apr-24 | 9:30 AM | 10:15 AM | Team Building | Team/Coaches | MAROON | MAROON | Boardroom 2 (20 people) |
| 19-Apr-24 | 11:15 AM | 12:15 PM | Practice | Coach Mentors | MAROON | SKY | ARENA 1 |
| 19-Apr-24 | 1:00 PM | 2:00 PM | Coach Development | COACHES ONLY | MAROON | SKY | Boardroom 1 (20 people) |
| 19-Apr-24 | 1:00 PM | 2:15 PM | Nutrition | Can Sport | MAROON | SKY | Large Boardroom (50 people) |
| 19-Apr-24 | 2:45 PM | 3:15 PM | Shooting clinic | HP Athletes | MAROON | SKY | Soccer Fieldhouse (no turf) - shooting clinic |
| 19-Apr-24 | 4:00 PM | 5:15 PM | GAME | Team/Coaches | MAROON | SKY | ARENA 1 |
| | | | | | | | |
| 20-Apr-24 | 8:30 AM | 9:30 AM | Practice | Coach Mentors | MAROON | SKY | ARENA 2 |
| 20-Apr-24 | 10:00 AM | 10:30 AM | Strategy/game prep | Team/Coaches | MAROON | MAROON | Boardroom 1 (20 people) |
| 20-Apr-24 | 12:45 PM | 2:00 PM | GAME | Team/Coaches | MAROON | GREEN | ARENA 2 |
| 20-Apr-24 | 2:30 PM | 3:30 PM | Coach Development | COACHES ONLY | MAROON | SKY | Boardroom 1 (20 people) |
| 20-Apr-24 | 2:45 PM | 3:45 PM | Fitness | Trainer | MAROON | SKY | Soccer Fieldhouse/Gymnasium |
| 20-Apr-24 | 4:00 PM | 5:00 PM | RGT Prep Time | Team/Coaches | MAROON | MAROON | Find your own space! |
| 20-Apr-24 | 6:00 PM | 7:00 PM | RAB's Got Talent | EVERYONE | EVERYONE | EVERYONE | Soccer Fieldhouse/Gymnasium |
| | | | | | | | |
| 21-Apr-24 | 10:45 AM | 12:00 PM | GAME | Team/Coaches | MAROON | BLACK | ARENA 2 |

EVERYONE

ATHLETES/JR COACHES

TEAM COACHES