

## RAB CHALLENGE - CHESTERMERE REC CENTRE

| Date      | Start    | End      | Info               | Leader        | Team 1   | Team 2   | Location                                      |
|-----------|----------|----------|--------------------|---------------|----------|----------|---|
| 19-Apr-24 | 10:00 AM | 11:00 AM | Practice           | Coach Mentors | RED      | ROYAL    | ARENA 1                                       |
| 19-Apr-24 | 11:15 AM | 12:00 PM | Team Building      | Team/Coaches  | RED      | RED      | Boardroom 2 (20 people)                       |
| 19-Apr-24 | 1:00 PM  | 1:30 PM  | Shooting clinic    | HP Athletes   | RED      | ROYAL    | Soccer Fieldhouse (no turf) - shooting clinic |
| 19-Apr-24 | 2:30 PM  | 3:45 PM  | GAME               | Team/Coaches  | RED      | ROYAL    | ARENA 1                                       |
| 19-Apr-24 | 4:30 PM  | 5:45 PM  | Nutrition          | Can Sport     | RED      | ROYAL    | Large Boardroom (50 people)                   |
| 19-Apr-24 | 5:00 PM  | 6:00 PM  | Coach Development  | COACHES ONLY  | RED      | ROYAL    | Boardroom 1 (20 people)                       |
|           |          |          |                    |               |          |          |   |
| 20-Apr-24 | 8:45 AM  | 9:15 AM  | Strategy/game prep | Team/Coaches  | RED      | RED      | Boardroom 1 (20 people)                       |
| 20-Apr-24 | 9:45 AM  | 10:45 AM | Practice           | Coach Mentors | RED      | ROYAL    | ARENA 2                                       |
| 20-Apr-24 | 11:30 AM | 12:30 PM | Fitness            | Trainer       | RED      | royal    | Soccer Fieldhouse/Gymnasium                   |
| 20-Apr-24 | 12:30 PM | 1:30 PM  | Coach Development  | COACHES ONLY  | RED      | ROYAL    | Boardroom 1 (20 people)                       |
| 20-Apr-24 | 2:15 PM  | 3:30 PM  | GAME               | Team/Coaches  | RED      | WHITE    | ARENA 2                                       |
| 20-Apr-24 | 3:45 PM  | 4:45 PM  | RGT Prep Time      | Team/Coaches  | RED      | RED      | 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 | 12:15 PM | 1:30 PM  | GAME               | Team/Coaches  | RED      | YELLOW   | ARENA 2                                       |

EVERYONE

ATHLETES/JR COACHES

TEAM COACHES