

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 | 9:30 AM | 11:00 AM | ATHLETICS | Mel/TBD | Team 5 - BLACK | Team 9 - YELLOW | North Field - half |
| 27-Apr-24 | 11:15 AM | 12:00 PM | STRATEGY | Team Coaches | Team 5 - BLACK | Team 5 - BLACK | Lounge |
| 27-Apr-24 | 12:30 PM | 1:30 PM | PRACTICE | Coach Mentors | Team 5 - BLACK | Team 9 - YELLOW | TLC - NORTH ARENA |
| 27-Apr-24 | 2:15 PM | 3:15 PM | NUTRITION | Katie | Team 5 - BLACK | Team 9 - YELLOW | Border Paving Room TBD |
| 27-Apr-24 | 3:30 PM | 5:00 PM | FEEDBACK & EVAL | Coach Mentors | Team 5 - BLACK | Team 9 - YELLOW | Lounge |
| 27-Apr-24 | 6:15 PM | 7:30 PM | PRACTICE | Coach Mentors | Team 5 - BLACK | Team 9 - YELLOW | TLC - NORTH ARENA |
| 28-Apr-24 | 7:45 AM | 9:00 AM | GAME | Team Coaches | Team 5 - BLACK | Team 9 - YELLOW | TLC - NORTH ARENA |
| 28-Apr-24 | 9:30 AM | 10:15 AM | DEBRIEF | Coach Mentors | Team 5 - BLACK | Team 5 - BLACK | TBD |
| 28-Apr-24 | 10:00 AM | 11:00 AM | Mental Training | Brittany | Team 5 - BLACK | Team 9 - YELLOW | Border Paving Zender Ford |
| 28-Apr-24 | 10:30 AM | 11:15 AM | Coach Development | Mel | Team 5 - BLACK | Team 9 - YELLOW | Lounge |
| 28-Apr-24 | 1:45 PM | 3:00 PM | GAME | Team Coaches | Team 5 - BLACK | Team 10 - GREEN | TLC - NORTH ARENA |

EVERYONE
 ATHLETES
 TEAM COACHES