

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	7:30 AM	8:30 AM	PRACTICE	Coach Mentors	Team 8 - TURQUOISE	Team 7 - RED	TLC - NORTH ARENA
27-Apr-24	8:45 AM	9:30 AM	STRATEGY	Team Coaches	Team 7 - RED	Team 7 - RED	Lounge
27-Apr-24	10:45 AM	11:45 AM	NUTRITION	Katie	Team 8 - TURQUOISE	Team 7 - RED	Border Paving Room TBD
27-Apr-24	1:45 PM	3:00 PM	PRACTICE	Coach Mentors	Team 8 - TURQUOISE	Team 7 - RED	TLC - NORTH ARENA
27-Apr-24	3:30 PM	5:00 PM	FEEDBACK & EVAL	Coach Mentors	Team 8 - TURQUOISE	Team 7 - RED	Lounge
27-Apr-24	3:30 PM	5:00 PM	ATHLETICS	Mel/TBD	Team 8 - TURQUOISE	Team 7 - RED	North Field - half
28-Apr-24	10:45 AM	12:00 PM	GAME	Team Coaches	Team 8 - TURQUOISE	Team 7 - RED	TLC - NORTH ARENA
28-Apr-24	1:00 PM	2:00 PM	Mental Training	Brittany	Team 8 - TURQUOISE	Team 7 - RED	Border Paving Zender Ford
28-Apr-24	1:15 PM	2:00 PM	Coach Development	Mel	Team 8 - TURQUOISE	Team 7 - RED	Lounge
28-Apr-24	2:15 PM	3:00 PM	DEBRIEF	Coach Mentors	Team 7 - RED	Team 7 - RED	TBD
28-Apr-24	6:15 PM	7:30 PM	GAME	Team Coaches	Team 1 - NAVY	Team 7 - RED	TLC - NORTH ARENA

EVERYONE
ATHLETES
TEAM COACHES