



WASHINGTON RAMS FOOTBALL CALENDAR



August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28-Jul	29-Jul	30-Jul	31-Jul	1	2	3
Ram's Football Practice is for CLEARED Athletes through Register My Athlete, ONLY!	RAM's Pre-Season Practice #1 Conditioning Test 6:00-7:15 PM Equipment 7:15-8:15 PM	RAM's Pre-Season Practice #2 Offensive Meetings 4:25 PM Weightroom 5:05-6:05 PM Practice 6:15-8:15	RAM's Pre-Season Practice #3 Defensive Meetings 4:25 PM Weightroom 5:05-6:05 PM Practice 6:15-8:15	RAM's Pre-Season Practice #4 S-T Meetings 4:25 PM Weightroom 5:05-6:05 PM Practice 6:15-8:15	RAM's Pre-Season Practice #5 Offensive Meetings 4:25 PM Weightroom 5:05-6:05 PM Practice 6:15-8:15	Review Film in
4	Helmet & Shoulder Pads 5	Helmet & Shoulder Pads 6	Helmet & Shoulder Pads 7	Full Pads 8	Full Pads 9	10
No Workout DO STRETCH ROUTINE	School Begins RAM's Pre-Season Practice #6 Def. Meet. 3:25 PM Weightroom 4:05-5:05 PM Practice 5:15-7:15	RAM's Pre-Season Practice #7 S-T Meetings 3:25 PM Weightroom 4:05-5:05 PM Practice 5:15-7:15	RAM's Pre-Season Practice #8 Football Card 3:25 PM Weightroom 4:05-5:05 PM Practice 5:15-7:15	RAM's Pre-Season Practice #9 Offensive Meetings 3:25 PM Weightroom 4:05-5:05 PM Practice 5:15-7:15	RAM's Pre-Season Practice #10 Practice 5:45-7:45 Film Front 7, 7on7 and Team	Review Film in
11	Full Pads 12	Full Pads 13	Full Pads 14	Full Pads 15	Full Pads 16	NO Pads 17
No Workout DO STRETCH ROUTINE Watch 	RAM's Pre-Season Practice #11 3:25 Meetings 4:05 Weightroom 5:15-7:30 Practice	RAM's Pre-Season Practice #12 3:25 Meetings 4:05 Weightroom 5:15-7:30 Practice	RAM's Pre-Season Practice #13 3:25 Meetings 4:05 Weightroom 5:15-7:30 Practice	RAM's Pre-Season Practice #14 3:25 Meetings 4:05 Weightroom 5:15-7:30 Practice	Purple & White Scrimmage 5:25 PM BBQ & Parents Meeting to follow	Football Blitz Day 10:00-2:00 PM
18	Full Pads 19	Full Pads 20	Full Pads 21	Full Pads 22	NO Pads 23	24
No Workout DO STRETCH ROUTINE Watch 	RAM's Varsity Practice #1 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	RAM's Varsity Practice #2 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	RAM's Varsity Practice #3 3:25 Meetings 4:05 Weightroom 5:15-6:45 Practice	RAM's Varsity Practice #4 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	1st Varsity Game Washington @ Dysart	RAM's Varsity Practice #5 Treatment 8:00 AM Weightroom 9:00-10:15 AM
25	Full Pads 26	Full Pads 27	Helmet & Shoulder Pads 28	Helmet ONLY! 29	30	31
No Workout DO STRETCH ROUTINE Watch 	RAM's Varsity Practice #6 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	RAM's Varsity Practice #7 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	RAM's Varsity Practice #8 3:25 Meetings 4:05 Weightroom 5:15-6:45 Practice	RAM's Varsity Practice #9 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	2nd Varsity Game Washington @ Sierra Linda	RAM's Varsity Practice #10 Treatment 8:00 AM Weightroom 9:00-10:15 AM