



WASHINGTON RAMS FOOTBALL CALENDAR



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Jun	1	2	3	4	5	6
Ram's Football Camp is for CLEARED Athletes through Register My Athlete, ONLY!	No Workout DO STRETCH ROUTINE	No Workout DO STRETCH ROUTINE	No Workout DO STRETCH ROUTINE	INDEPENDENCE DAY 	No Workout DO STRETCH ROUTINE	No Workout DO STRETCH ROUTINE
7	8	9	10	11	Cost \$100 12	Cost \$100 13
On your own Stretch Run 1½ miles	Monday Night Football 5:25-7:25 PM Weighroom 7:35-8:45 PM 	Speed Training 6:25-7:25 AM Weightroom 7:35-8:35 AM 	Agility Training 6:25-7:25 AM Weightroom 7:35-8:45 AM 	 GLADIATOR 6:25-8:05AM A HERO WILL RISE	Ram's Football Camp  	Ram's Football Camp  
14	15	16	17	18	19	20
On your own Stretch Run 1½ miles	Monday Night Football 5:25-7:25 PM Weighroom 7:35-8:45 PM 	Speed Training 6:25-7:25 AM Weightroom 7:35-8:35 AM 	Agility Training 6:25-7:25 AM Weightroom 7:35-8:45 AM 	 GLADIATOR 6:25-8:05AM A HERO WILL RISE	On your own 50 Push-ups 50 Sit-ups Stretch 20-10 yd. Sprints 10-20 yd. Sprints	On your own 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints
21	22	23	24	25	26	27
On your own Stretch Run 1½ miles	Monday Night Football 5:25-7:25 PM Weighroom 7:35-8:45 PM 	Speed Training 6:25-7:25 AM Weightroom 7:35-8:35 AM 	Agility Training 6:25-7:25 AM Weightroom 7:35-8:45 AM 	 GLADIATOR 6:25-8:05AM A HERO WILL RISE	On your own 50 Push-ups 50 Sit-ups Stretch 20-10 yd. Sprints 10-20 yd. Sprints	On your own 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints
28	1st Practice 29	Helmet ONLY! 30	Helmet ONLY 31	Helmet ONLY! 1-Aug	Helmet ONLY 2-Aug	3-Aug
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 7:15-8:30 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 