



# WASHINGTON RAMS FOOTBALL CALENDAR



## May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28-Apr</b>	<b>MANDATORY 29-Apr</b>	<b>MANDATORY 30-Apr</b>	<b>MANDATORY 1</b>	<b>MANDATORY 2</b>	<b>MANDATORY 3</b>	<b>4</b>
<b>Spring Football is for CLEARED Athletes through Register My Athlete, ONLY!</b>	Spring Football # 1 Defensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 2 Defensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 3 Defensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 4 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 5 Defensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	<b>On your own</b> 35 Squats 35 Jump Squats 35 Lunges
<b>5</b>	<b>MANDATORY 6</b>	<b>MANDATORY 7</b>	<b>MANDATORY 8</b>	<b>MANDATORY 9</b>	<b>MANDATORY 10</b>	<b>MANDATORY 11</b>
<b>Relax! Make sure you're getting A's and B's in ALL of your classes!</b>	Spring Football # 7 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 8 Defensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 9 S-T Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 10 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 11 Defensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	<b>Media Day #6</b> 7:25-11:55 AM Ht, Wt, 40, ProAgility, L-Drill, Vertical, Broad Jump, Ram Run
<b>12</b>	<b>MANDATORY 13</b>	<b>MANDATORY 14</b>	<b>MANDATORY 15</b>	<b>MANDATORY 16</b>	<b>MANDATORY 17</b>	<b>18</b>
<b>Mothers Day</b>	Spring Football # 12 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 13 Defensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 14 S-T Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 15 Big Man Challenge & Passing League Game 3:30-6:00 PM BBQ to Follow & Parents Meeting	<b>Review Film of Intersquad PLG</b> 3:30-5:00 PM 	 <b>AzFCA Free Football Combine</b> @Site TBD 7:00-11:00 AM
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Relax! Make sure you're getting A's and B's in ALL of your classes!</b>	No Weightroom, Speed or Agility Training, No Field Workout. Study and prepare for Finals.	<b>1/2 Day Finals</b>	<b>1/2 Day Finals</b>	 <b>6:25-8:45AM</b> <b>A HERO WILL RISE</b>	<b>On your own</b> 50 Push-ups 50 Sit-ups Stretch, Run 10 40 yd Sprints	<b>On your own</b> 50 Squats 50 Jump Squats 50 Lunges
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1-Jun</b>
<b>On your own</b> Stretch Run 3/4 mile	 <b>MEMORIAL DAY</b> We Will Always Remember <b>Rest &amp; Relax</b>	Speed Training 6:25-7:25 AM Weightroom 7:35-8:45 AM PLG Game @ Glendale 5:00-7:30 PM	Agility Training 6:25-7:25 AM Weightroom 7:35-8:45 AM PLG Game @ WHS 5:00-7:30 PM	 <b>6:25-8:45AM</b> <b>A HERO WILL RISE</b>	<b>On your own</b> 50 Push-ups 50 Sit-ups Stretch, Run 10 40 yd Sprints	