



WASHINGTON RAMS FOOTBALL CALENDAR



November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1	2
No Workout DO STRETCH ROUTINE Watch 	Full Pads RAM's Varsity Practice #51 3:25 Meetings 4:05 Weightroom 5:00-6:30 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #52 3:25 Meetings 4:05 Weightroom 5:00-6:30 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #53 3:25-5:00 Practice	Helmet ONLY! RAM's Varsity Practice #54 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	10th Varsity Game Washington @ Cortez	RAM's Varsity Practice #55 Treatment 8:00 AM Weightroom 9:00-10:15 AM
3	4	5	6	7	8	9
No Workout DO STRETCH ROUTINE Watch 	Full Pads RAM's Varsity Practice #56 3:25 Meetings 4:05 Weightroom 4:45-6:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #57 3:25 Meetings 4:05 Weightroom 4:45-6:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #58 3:25-5:00 Practice	Helmet ONLY! RAM's Varsity Practice #59 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	1st Playoff Game Washington vs. TBD	RAM's Varsity Practice #60 Treatment 8:00 AM Weightroom 9:00-10:15 AM
10	11	12	13	14	15	16
No Workout DO STRETCH ROUTINE Watch 	Helmet & Shoulder Pads RAM's Varsity Practice #61 3:25 Meetings 4:05 Weightroom 4:45-6:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #62 3:25 Meetings 4:05 Weightroom 4:45-6:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #63 3:25-5:00 Practice	Helmet ONLY! RAM's Varsity Practice #64 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	Quarter Finals Playoff Game Washington vs. TBD	RAM's Varsity Practice #65 Treatment 8:00 AM Weightroom 9:00-10:15 AM
17	18	19	20	21	22	23
No Workout DO STRETCH ROUTINE Watch 	Helmet & Shoulder Pads RAM's Varsity Practice #66 3:25 Meetings 4:05 Weightroom 4:45-6:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #67 3:25 Meetings 4:05 Weightroom 4:45-6:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #68 3:25-5:00 Practice	Helmet ONLY! RAM's Varsity Practice #69 9:00 AM Ram Time 9:30-11:00 AM Practice	Semi-Finals Playoff Game Washington vs. TBD	RAM's Varsity Practice #70 Treatment 8:00 AM Weightroom 9:00-10:15 AM
24	25	26	27	28	29	30
No Workout DO STRETCH ROUTINE Watch 	Helmet & Shoulder Pads RAM's Varsity Practice #71 3:25 Meetings 4:05 Weightroom 4:45-6:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #72 3:25 Meetings 4:05 Weightroom 4:45-6:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #73 3:25-5:00 Practice	Helmet ONLY! Thanksgiving RAM's Varsity Practice #74 9:00 AM Ram Time 9:30-11:00 AM Practice	Helmet ONLY! RAM's Varsity Practice #75 2:45-4:15 PM Walk-Thru this Week's Game Plan 5:00 PM Team Dinner	Championship Game Washington vs. TBD