



WASHINGTON RAMS FOOTBALL CALENDAR



October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Sep	30-Sep	1	2	3	4	5
No Workout DO STRETCH ROUTINE Watch 	Full Pads RAM's Varsity Practice #31 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Full Pads RAM's Varsity Practice #32 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #33 3:25 Weightroom 4:30-6:00 Practice	Helmet ONLY! RAM's Varsity Practice #34 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	Senior Night 7th Varsity Game Washington vs. Apache Junction	RAM's Varsity Practice #35 Treatment 8:00 AM Weightroom 9:00-10:15 AM
6	7	8	9	10	11	12
No Workout DO STRETCH ROUTINE Watch 	Full Pads Fall Break RAM's Varsity Practice #36 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Full Pads Fall Break RAM's Varsity Practice #37 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Helmet & Shoulder Pads Fall Break RAM's Varsity Practice #38 3:25 Weightroom 4:30-6:00 Practice	Helmet ONLY! Fall Break RAM's Varsity Practice #39 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	8th Varsity Game Washington vs. Glendale	RAM's Varsity Practice #40 Treatment 8:00 AM Weightroom 9:00-10:15 AM
13	14	15	16	17	18	19
No Workout DO STRETCH ROUTINE Watch 	Helmet & Shoulder Pads RAM's Varsity Practice #41 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #42 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #43 3:25 Weightroom 4:30-6:00 Practice	Helmet ONLY! RAM's Varsity Practice #44 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	No Game	No Workout DO STRETCH ROUTINE Watch
20	21	22	23	24	25	26
No Workout DO STRETCH ROUTINE Watch 	Full Pads RAM's Varsity Practice #46 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Full Pads RAM's Varsity Practice #47 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #48 3:25 Weightroom 4:30-6:00 Practice	Helmet ONLY! RAM's Varsity Practice #49 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	Homcoming 9th Varsity Game Washington vs. Combs	RAM's Varsity Practice #50 Treatment 8:00 AM Weightroom 9:00-10:15 AM
27	28	29	30	31	1-Nov	2-Nov
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 vs. Cortez	RAM's Varsity Practice #55 Treatment 8:00 AM Weightroom 9:00-10:15 AM