



WASHINGTON RAMS FOOTBALL CALENDAR



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
No Workout DO STRETCH ROUTINE Watch 	Full Pads RAM's Varsity Practice #11 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	Full Pads RAM's Varsity Practice #12 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #13 3:25 Meetings 4:05 Weightroom 5:15-6:45 Practice	Helmet ONLY! RAM's Varsity Practice #14 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	3rd Varsity Game Washington Arcadia Titans	RAM's Varsity Practice #15 Treatment 8:00 AM Weightroom 9:00-10:15 AM
8	9	10	11	12	13	14
No Workout DO STRETCH ROUTINE Watch 	Full Pads RAM's Varsity Practice #16 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	Full Pads RAM's Varsity Practice #17 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #18 3:25 Meetings 4:05 Weightroom 5:15-6:45 Practice	Helmet ONLY! RAM's Varsity Practice #19 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	4th Varsity Game Washington Moon Valley	RAM's Varsity Practice #20 Treatment 8:00 AM Weightroom 9:00-10:15 AM
15	16	17	18	19	20	21
No Workout DO STRETCH ROUTINE Watch 	Full Pads RAM's Varsity Practice #21 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	Full Pads RAM's Varsity Practice #22 3:25 Meetings 4:05 Weightroom 5:15-7:15 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #23 3:25 Meetings 4:05 Weightroom 5:15-6:45 Practice	Helmet ONLY! RAM's Varsity Practice #24 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	5th Varsity Game Washington Vista Grande	RAM's Varsity Practice #25 Treatment 8:00 AM Weightroom 9:00-10:15 AM
22	23	24	25	26	27	28
No Workout DO STRETCH ROUTINE Watch 	Full Pads RAM's Varsity Practice #26 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Full Pads RAM's Varsity Practice #27 3:25 Meetings 4:05 Weightroom 5:00-6:45 Practice	Helmet & Shoulder Pads RAM's Varsity Practice #28 3:25 Meetings 4:05 Weightroom 5:00-6:30 Practice	Helmet ONLY! RAM's Varsity Practice #29 2:55 Ram Time 3:40 Practice Walk-Thru Game Plan 5:00 PM Team Dinner	6th Varsity Game Washington St. Mary's	RAM's Varsity Practice #30 Treatment 8:00 AM Weightroom 9:00-10:15 AM
29	30	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
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	7th Varsity Game Washington Apache Junction	RAM's Varsity Practice #30 Treatment 8:00 AM Weightroom 9:00-10:15 AM