



WASHINGTON RAMS FOOTBALL CALENDAR



April 2020 ~ GET CLEARED MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Mar	30-Mar	31-Mar	1	2	3	4
GET Cleared Month	Mandatory Players Meeting 3:30 PM @ Weightroom Lift & Run 	 TESTING DAY 1/2 Day School No Lifting	 TESTING DAY 1/2 Day School No Lifting	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	On your own 35 Push-ups 35 Sit-ups Stretch, Run 10 40 yd Sprints	On your own 35 Squats 35 Jump Squats 35 Lunges
5	6	7	8	9	10	11
Spring Football is for CLEARED Athletes through Register My Athlete, ONLY!	Monday Night Football 3:30-4:25 PM Weightroom 4:35-5:55 PM Field 	 TESTING DAY 1/2 Day School No Lifting	 TESTING DAY 1/2 Day School No Lifting	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	On your own 35 Push-ups 35 Sit-ups Stretch, Run 10 40 yd Sprints	On your own 35 Squats 35 Jump Squats 35 Lunges
12	13	14	15	16	17	MANDATORY 18
Rest & Relax 	Monday Night Football 3:30-4:25 PM Weightroom 4:35-5:55 PM Field 	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	On your own 35 Push-ups 35 Sit-ups Stretch, Run 10 40 yd Sprints	MANDATORY FREE Physical @ Sunnyslope Time 8:30 AM
19	20	21	22	23	24	25
On your own Stretch Run 1/2 mile	Monday Night Football 3:30-4:25 PM Weightroom 4:35-5:55 PM Field 	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	On your own 35 Push-ups 35 Sit-ups Stretch, Run 10 40 yd Sprints	On your own 35 Squats 35 Jump Squats 35 Lunges
26	MANDATORY 27	MANDATORY 28	MANDATORY 29	MANDATORY 30	MANDATORY 31	MANDATORY 1-Feb
Spring Football is for CLEARED Athletes through Register My Athlete, ONLY!	Spring Football # 1 Offensive 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 Defensive 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 	Rest & Relax