



# WASHINGTON RAMS FOOTBALL CALENDAR



## July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>28-Jun</b>	<b>29-Jun</b>	<b>30-Jun</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
Ram's Football Camp is for <b>CLEARED</b> Athletes through Register My Athlete, <b>ONLY!</b>	 <b>Monday Night Football &amp; Weighroom</b> 5:00-7:45 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Speed Training</b> 6:20-7:15 PM 	<b>Summer Break Rest &amp; Relax</b>				 <b>HAPPY 4th of JULY</b> 
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>Cost \$125 10</b>	<b>Cost \$125 11</b>	
<b>On your own</b> Stretch Run 1½ miles	 <b>Monday Night Football &amp; Weighroom</b> 5:00-7:45 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Speed Training</b> 6:20-7:15 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Agility Training</b> 6:20-7:15 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Conditioning</b> 6:20-7:15 PM 	<b>Ram's Football Camp @ Prescott High</b>  	<b>Ram's Football Camp @ Prescott High</b>  	
<b>Cost \$125 12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
<b>Ram's Football Camp @ Prescott High</b>  	 <b>Monday Night Football &amp; Weighroom</b> 5:00-7:45 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Speed Training</b> 6:20-7:15 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Agility Training</b> 6:20-7:15 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Conditioning</b> 6:20-7:15 PM 	 <b>GLADIATOR</b> <b>6:25-8:45AM</b> <b>A HERO WILL RISE</b>	<b>On your own</b> 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
<b>On your own</b> Stretch Run 1½ miles	 <b>Monday Night Football &amp; Weighroom</b> 5:00-7:45 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Speed Training</b> 6:20-7:15 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Agility Training</b> 6:20-7:15 PM 	<b>Weightroom</b> 5:00-6:15 PM <b>Conditioning</b> 6:20-7:15 PM 	 <b>GLADIATOR</b> <b>6:25-8:45AM</b> <b>A HERO WILL RISE</b>	<b>On your own</b> 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints	
<b>26</b>	<b>1st Practice 27</b>	<b>Helmet ONLY! 28</b>	<b>Helmet ONLY 29</b>	<b>Helmet ONLY! 30</b>	<b>Helmet ONLY! 31</b>	<b>1-Aug</b>	
Ram's Football Practice is for <b>CLEARED</b> Athletes through Register My Athlete, <b>ONLY!</b>	<b>RAM's Pre-Season Conditioning Test</b> 4:25-5:30 PM <b>Equipment &amp; Meeting</b> 5:30-9:00 PM 	 <b>RAM's Pre-Season Practice #2</b> <b>Offensive Meetings</b> 3:25 PM <b>Weightroom</b> 4:15-5:30 PM <b>Practice 5:35-8:15</b>	 <b>RAM's Pre-Season Practice #3</b> <b>Defensive Meetings</b> 3:25 PM <b>Weightroom</b> 4:15-5:30 PM <b>Practice 5:35-8:15</b>	 <b>RAM's Pre-Season Practice #4</b> <b>S-T Meetings</b> 3:25 PM <b>Weightroom</b> 4:15-5:30 PM <b>Practice 5:35-8:15</b>	 <b>RAM's Pre-Season Practice #5</b> <b>Offensive Meetings</b> 3:25 PM <b>Weightroom</b> 4:15-5:30 PM <b>Practice 5:35-8:15</b>	<b>Review Film in</b> 	