



WASHINGTON RAMS FOOTBALL CALENDAR



May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26-Apr	MANDATORY 27-Apr	MANDATORY 28-Apr	MANDATORY 29-Apr	MANDATORY 30-Apr	MANDATORY 1	2
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	Football Camp Money Due May 13 \$125
3	MANDATORY 4	MANDATORY 5	MANDATORY 6	MANDATORY 7	MANDATORY 8	9
Relax! Make sure you're getting A's and B's in ALL of your classes!	Spring Football # 6 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 7 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 8 Defensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 9 S-T Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 10 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Football Camp Money Due May 13 \$125
10	MANDATORY 11	MANDATORY 12	MANDATORY 13	MANDATORY 14	MANDATORY 15	16
Mother's DAY	Spring Football # 11 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 12 Offensive Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Spring Football # 13 S-T Meeting 3:25-4:20 PM Weightroom 4:30-5:30 PM Field Workout 5:30-7:00 PM	Media Day #14 3:30-6:30 PM Lifts, Ht, Wt, 40, ProAgility, L-Drill, Vertical, Broad Jump, Ram Run	Spring Football #15 Big Man Challenge & Passing League Game 3:30-6:00 PM BBQ to Follow & Parents Meeting	On your own 50 Squats 50 Jump Squats 50 Lunges
17	18	19	20	21	22	23
Relax! Make sure you're getting A's and B's in ALL of your classes!	Get Ready for FINALS. Finish the year strong! STUDY	1/2 Day Finals FINAL EXAM SCHEDULE	1/2 Day Finals FINAL EXAM SCHEDULE	Weightroom 5:30-6:45 PM Conditioning 6:50-7:25 PM	GLADIATOR 6:25-8:45AM A HERO WILL RISE	On your own 50 Squats 50 Jump Squats 50 Lunges
24	25	26	27	28	29	30
On your own Stretch Run 3/4 mile	MEMORIAL DAY We Will Always Remember Rest & Relax	Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game @ TBD 5:00-7:30 PM	Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game @ TBD 5:00-7:30 PM	Weightroom 5:00-6:15 PM Conditioning 6:20-7:15 PM	GLADIATOR 6:25-8:45AM A HERO WILL RISE	On your own 50 Squats 50 Jump Squats 50 Lunges