



WASHINGTON RAMS FOOTBALL CALENDAR



August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Football is for CLEARED Athletes through Register My Athlete, ONLY!	 Monday Night Football & Weighroom 5:00-7:45 PM 	Weightroom 5:00-6:15 PM Speed Training 6:20-7:15 PM 	Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM 	Weightroom 5:00-6:15 PM Conditioning 6:20-7:15 PM 	 Media Day 5:00-8:30 PM Lifts, Ht, Wt, 40, ProAgility, L-Drill, Vertical, Broad Jump, Ram Run	
8	1st Practice 9	Helmet ONLY! 10	Helmet ONLY! 11	Helmet ONLY! 12	Helmet ONLY! 13	14
	School Begins RAM's Pre-Season Conditioning Test 4:25-5:30 PM Equipment & Meeting 5:30-9:00 PM	 RAM's Pre-Season Practice #2 Offensive Meetings 3:25 PM Weightroom 4:15-5:30 PM Practice 5:35-8:15	 RAM's Pre-Season Practice #3 Defensive Meetings 3:25 PM Weightroom 4:15-5:30 PM Practice 5:35-8:15	 RAM's Pre-Season Practice #4 S-T Meetings 3:25 PM Weightroom 4:15-5:30 PM Practice 5:35-8:15	 RAM's Pre-Season Practice #5 Offensive Meetings 3:25 PM Weightroom 4:15-5:30 PM Practice 5:35-8:15	
15	Helmet & Shoulder Pads 16	Helmet & Shoulder Pads 17	Helmet & Shoulder Pads 18	Full Pads 19	Full Pads 20	21
	 RAM's Pre-Season Practice #6 Defensive Meetings 3:25 PM Weightroom 4:15-5:30 PM Practice 5:35-8:15	 RAM's Pre-Season Practice #7 Offensive Meetings 3:25 PM Weightroom 4:15-5:30 PM Practice 5:35-8:15	 RAM's Pre-Season Practice #8 Football Card 3:25 PM Special Teams Practice 4:30-6:45	 RAM's Pre-Season Practice #9 Offensive Meetings 3:25 PM Weightroom 4:05-5:05 PM Practice 5:15-7:15	 RAM's Pre-Season Practice #10 3:25 ST-Meetings Special Teams Practice 4:30-6:45	On your own Review Film in
22	Full Pads 23	Full Pads 24	Full Pads 25	Full Pads 26	Full Pads 27	NO Pads 28
	 RAM's Pre-Season Practice #11 3:25 O-Meetings 4:05 Weightroom 5:15-7:30 Practice	 RAM's Pre-Season Practice #12 3:25 D-Meetings 4:05 Weightroom 5:15-7:30 Practice	 RAM's Pre-Season Practice #13 ✓ Football Card 3:25 ST-Meetings 4:05 Weightroom 5:15-7:30 Practice	 RAM's Pre-Season Practice #14 3:25 Weightroom 4:35-6:35 Practice	 Purple & White Scrimmage 5:25 PM BBQ & Parents Meeting to follow	Football Blitz Day 10:00-2:00 PM
29	Full Pads 30	Full Pads 31	Helmet & Shoulder Pads 1-Sep	Full Pads 2-Sep	Full Pads 3-Sep	NO Pads 4-Sep
	 RAM's Varsity Practice #1 3:25 O-Meetings 4:05 Weightroom 5:15-7:15 Practice	 RAM's Varsity Practice #2 3:25 D-Meetings 4:05 Weightroom 5:15-7:15 Practice	 RAM's Varsity Practice #3 3:25 ST-Meetings 4:05 Weightroom 5:15-6:45 Practice	Scrimmage Game Washington @ Tempe	 RAM's Varsity Practice #5 3:00 PM Film Break Down 4:15-5:00 PM Weightroom	On your own Review Film in