



WASHINGTON RAMS FOOTBALL CALENDAR



July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27-Jun	28-Jun	29-Jun	30-Jun	1	2	3
Ram's Football Camp 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 	PLG & Big Man @ Apollo: 5:00-8:30 PM  	Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM 	 GLADIATOR 6:25-8:45AM A HERO WILL RISE	
4	5	6	7	8	9	10
 HAPPY 4th of JULY						
<h1>Summer Break</h1> <h1>Rest & Relax</h1>						
11	12	13	14	15	16	17
	 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 	 GLADIATOR 6:25-8:45AM A HERO WILL RISE	
18	19	20	21	22	23	24
	 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 	 RAM's Football Camp @ Prescott High School Cost per player \$200 		
25	26	27	28	29	30	31
Return from Camp @ 5:00PM	DAY OFF	DAY OFF	DAY OFF	\$20 Physical More info to come	DAY OFF	