





























WASHINGTON RAMS FOOTBALL CALENDAR



June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-May	30-May	1	2	3	4	5
	 Rest & Relax	 Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game @ Indy 5:30-7:30 PM	 Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game @ WHS 5:00-7:30 PM	 PLG Game & Big Man Competition @ North Canyon 5:30-7:30 PM	 GLADIATOR 6:25-8:45AM A HERO WILL RISE	
6	7	8	9	10	11	12
	 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 Big Man Training 6:20-7:15 PM PLG Game @ WHS 5:00-7:30 PM	Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM 	 GLADIATOR 6:25-8:45AM A HERO WILL RISE	
13	14	15	16	17	18	19
	DAY OFF	DAY OFF	 Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game @ WHS 5:00-7:30 PM	DAY OFF	DAY OFF	
20	21	22	23	24	25	26
	 Monday Night Football & Weighroom 5:00-7:45 PM 	 Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game @ Indy 5:30-7:30 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 	 GLADIATOR 6:25-8:45AM A HERO WILL RISE	
27	28	29	30	1-Jul	2-Jul	3-Jul
	 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	