Washington Rams Football Calendar

March 2024 ~ GET BIGGER, FASTER, STRONGER MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb	1	2
	Weightroom & Field Workout 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM		Ram Workout @ Home
3	4	5	6	7	8	9
Weightroom Doors will open at 2:40-2:50PM ~ Doors will lock at 3:40PM	Weightroom & Field Workout 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM		Ram Workout @ Home
10	11	12	13	14	15	16
	Weightroom & Field Workout 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM		Ram Workout @ Home
17	18	19	20	21	22	23
SPRING BREAK						
24	25	26	27	28	29	30
Weightroom Doors will open at 2:40-2:50PM ~ Doors will lock at 3:40PM	Weightroom & Field Workout 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM	Weightroom & Speed/Agility 2:45-5:00 PM		Ram Workout @ Home

Coach Mayfield Cell Phone #: 602-828-2118 ~ E-mail: tmayfield@WHSRamsFootball.com ~ Website: WHSRamsFootball.com