
























# WASHINGTON RAMS FOOTBALL CALENDAR



April 2024 ~ **GET CLEARED FOR NEXT FOOTBALL SEASON MONTH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31-Mar</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Rest & Relax 	Weightroom & Field Workout 2:45-5:00 PM 	<b>NO WEIGHTROOM</b> Testing ACT Aspire PreACT 	Weightroom & Speed/Agility 2:45-5:00 PM 	Weightroom & Speed/Agility 2:45-5:00 PM 	Spring Football is for <b>CLEARED</b> Athletes through Register My Athlete, <b>ONLY!</b>	Ram Workout @ Home
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Weightroom Doors will open at 2:40-2:50PM ~ Doors will lock at 3:40PM	Weightroom & Field Workout 2:45-5:00 PM 	<b>NO WEIGHTROOM</b> Testing 	Weightroom & Speed/Agility 2:45-5:00 PM 	Weightroom & Speed/Agility 2:45-5:00 PM 		Ram Workout @ Home
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Spring Football is for <b>CLEARED</b> Athletes through Register My Athlete, <b>ONLY!</b>	Weightroom & Field Workout 2:45-5:00 PM 	Weightroom & Speed/Agility 2:45-5:00 PM 	<b>Mandatory Meeting Weightroom 2:50 PM</b> 	Weightroom & Speed/Agility 2:45-5:00 PM 	<b>Football Camp July 6-9th Cost \$275 Due May 20th</b>	Ram Workout @ Home
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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 	You <b>NEED</b> to be <b>CLEARED</b> Athletes Register My Athlete in order to participate in Spring Football	<b>Sunnyslope 8:00AM</b>  <b>FREE SPORTS PHYSICALS</b>
<b>28</b>	<b>MANDATORY 29</b>	<b>MANDATORY 30</b>	<b>MANDATORY 1-May</b>	<b>MANDATORY 2-May</b>	<b>MANDATORY 3-May</b>	<b>4-May</b>
Spring Football is for <b>CLEARED</b> Athletes through Register My Athlete, <b>ONLY!</b>	Spring Football # 1 Team Meeting 2:45-3:30 PM Weight Room 3:40-4:30 PM Field Workout 4:40-5:45 PM	Spring Football # 2 Team Meeting 2:45-3:30 PM O-Line & Skills Break Out Meetings 3:35-4:15 Field Workout 4:25-5:45 PM 	Spring Football # 3 Offensive Meeting 2:45-3:30 PM Weightroom 3:40-4:30 PM Offensive Practice 4:40-5:45 PM 	Spring Football # 4 Defensive Meeting 2:45-3:30 PM Weightroom L Drill & Pro Agility 3:40-4:30 PM Field Workout 4:40-5:45 PM 	Spring Football # 5 Defensive Meeting 2:45-3:30 PM D-Line & LB, DB's Break Out Meetings 3:35-4:15 40 Yard Dash 4:40-5:45 PM	Ram Workout @ Home